



RACQUETEER



Newsletter for Members of the Los Gatos Swim & Racquet Club December 2023



CHILDREN'S HOLIDAY PARTY

Join Santa and the rest of the Kids' Club staff in the Group Exercise room on Saturday, December 9, 2023 from 11am - 12pm for a very merry Christmas party for the whole family! We will write letters to Santa, enjoy yummy snacks, make a fun craft, and take a picture with Santa too! This is a family event, so we ask that parents stay with children at all times. Sign ups are located at the Front Desk. This event is complimentary for Members and \$10 for guests of Members.



HOLIDAY HOURS

Sunday, December 24, 2023	6:00am - 5:00pm
Monday, December 25, 2023	CLOSED
Sunday, December 31, 2023	6:00am - 5:00pm
Monday, January 1, 2024	CLOSED

IN THIS ISSUE...

Tennis	2
Programs.....	3
Group Exercise	4
Group Ex Schedule	5
Fitness	6
Just for Kids!	7

CLUB HOURS

<u>Weekday Hours</u>	
Monday - Friday	5:00AM - 10:00PM
<u>Weekend Hours</u>	
Saturday and Sunday	6:00AM - 8:00PM
<u>Proshop Hours</u>	
Monday - Thursday	8:00AM - 8:00PM
Friday - Sunday	8:00AM - 6:00PM

DUES INCREASE

Our goal at Los Gatos Swim and Racquet Club has always been to provide you with the highest-quality service at the most reasonable rates. Our family-owned-and-managed Club has demonstrated this commitment by continually adding new services and equipment, and enhancing facilities, since opening in 1959.

As you might imagine, the Club's operating costs have continued to significantly increase over the past several years. In order to continue to improve our facilities and provide a high level of service we are increasing dues effective January 1, 2024. The dues structure for the various types of memberships will increase by \$10.00. We value your business and will continue to provide you with reliable service and a quality facility to support your health and fitness needs.

TENNIS

FUN TIMES AT OUR FINAL MIXER OF THE YEAR!

A special thank you to everyone who brought cheer to our final mixer of the year! The night twinkled with a delightful taco bar and a sleigh-full of costumes, including Taylor Swift, Travis Kelce, Mr. and Mrs. Smith, Darth Vader, Maverick, Joker, and more. Your festive ensembles truly sleighed the night! While there won't be mixers in December, it's time to cozy up with family and friends for the holidays. The tennis staff can't wait to see you all again at the 2024 LGSRC mixer events. Happy holidays to all the LGSRC families and friends!



A SPECIAL CONGRATULATIONS!

Congratulations to Rick and Barb Massa for securing the gold in the 3.9 category at the AVAC pickleball tournament on Friday, October 27, 2023!



MONTEREY BAY PICKLEBALL TOURNAMENTS

A very special mention to LGSRC Members for winning another Pickleball tournament at the Monterey Bay Pickleball Tournaments! Congrats to LGSRC members Rick and Barb Massa, Sylvia Maggipinto, Marybeth Gonzales, and Anthony Gonzales. All different brackets... so much fun!!!



Wendy and Sylvia GOLD, Rick and Barb BRONZE, Barb and Mary Beth SILVER, Rick and Brian D BRONZE, Eric and Anthony GOLD, Eric and Wendy SILVER

PROGRAMS

LGSC YEAR-ROUND SWIM TEAM

Developmental Track

Stroke School (4-7)

Mini (5-8)

Junior (9-12)

Senior (13+)

Practice Times

Monday - Friday

3:00pm - 3:30pm

3:30pm - 4:15pm

3:30pm - 4:30pm

5:30pm - 6:45pm



Competitive Track

Silver (6-8)

Gold (9-12)

Platinum (13+)

Practice Times

Monday - Friday

4:15pm - 5:30pm

3:55pm - 5:30pm

5:00pm - 7:00pm

SWIM TEAM DATES TO REMEMBER:
12/22/23 HOLIDAY PARTY (NO PRACTICE)
12/25/23 - 1/5/24 HOLIDAY BREAK (NO PRACTICE).
SEE YOU BACK ON 1/8/24!

Register for the appropriate group based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on our website. To register for LGSC or find more information on our team, please go to gomotionapp.com/calgsc. Price: \$135/month + \$100 team fee.

DECEMBER CPR CLASS

Why is CPR Important? CPR can save lives. As a first-line response that can help save someone's life in an emergency, this technique aims to keep oxygen moving to vital organs, especially the brain, until the heart can beat on its own again. Sign up at the Front Desk today!

December Class Details

When: Wednesday, December 13, 2023 from 5pm - 8pm

Instructor: John Rizzi, Retired Firefighter

Location: Members' Lounge

Price: \$40.00 for Members & \$50 for Guests of Members

Certification is issued upon successful completion.



HOLIDAY TOY DRIVE & GUEST PASS INITIATIVE



The Santa Clara County Fire Department will continue its long-standing tradition of supporting local holiday toy programs by collecting new unwrapped toy donations. Los Gatos Swim and Racquet Club is collecting new, unwrapped toys and gift cards at the Front Desk through December 22nd for children who are hospitalized during the holiday season.

During the toy drive, LGSRC will offer one free guest pass with each donation (limit one per membership). Donated toys will be given to hospitalized children through the Santa Clara Valley Medical Center. Thank you and happy holidays!

GROUP EXERCISE

Holiday Group Exercise Schedule

Sunday, December 24, 2023

9:45am - 11:15am Pilates Sculpt + with Lisa Roper
12:30pm - 1:30pm Cycling with Rachel Young

Christmas Day, Monday, December 25, 2023 - Club is Closed

Tuesday, December 26, 2023

8:00am - 9:30am Pilates Sculpt + with Lisa Roper
9:45am - 10:45am Strength & Stretch with Patty McNulty
12:15pm - 1:15pm Cycling with Rachel Young
1:15pm - 1:45pm Ab Blaster with Rachel Young
4:00pm - 5:15pm Gentle Yoga with Heather Estrada
5:30pm - 6:30pm Zumba with Stacy Dunnett
6:30pm - 7:30pm Cycling with Stacy Dunnett

Sunday, December 31, 2023

9:45am - 11:15am Pilates Sculpt + with Lisa Roper
12:30pm - 1:30pm Cycling with Rachel Young

New Year's Day, Monday, January 1, 2024 - Club is Closed

Your Group Exercise instructors are wishing all of the Los Gatos Swim & Racquet Club Members and families a very happy and healthy holiday season!

GROUP EX CHANGES COMING IN JANUARY



- The Sunday 8:30am - 9:30am Yoga Strength and Stretch with Sam Cooke will be removed from the schedule

- Beginning Friday, January 5th, we are adding a Yoga Strength and Stretch class from 5:30pm - 6:30pm with Lance Waldsmith.

Just Breathe

GROUP EX SCHEDULE

DECEMBER GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M.
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Strength & Grace Stacy Dunnett	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett	Master Swim Shelbi Oskolkoff Large Pool	Zumba Kristy Aguirre	Master Swim Shelbi Oskolkoff Large Pool		Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett	HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
6:45PM-7:45PM		Yoga Strength & Stretch Lance Waldsmith		Yoga 4 All Makiko Niwa			
Legend		■ Strength	■ Cycling	■ Zumba	■ Aquatics	■ Sculpt	■ Yoga



FITNESS

CONTRAST WATER THERAPY

Contrast water therapy, or the alternation of hot and cold water immersion, has been used for centuries as a natural way to improve circulation, reduce inflammation, and enhance recovery. This therapy involves immersing the body in hot water for a short period, followed by immersion in cold water for a short period. The contrast between the two temperatures stimulates the body's natural healing response and has many benefits for overall health and wellness.

One of the primary benefits of contrast water therapy is its ability to improve circulation. Alternating between hot and cold water immersion can help to increase blood flow to the body's tissues, improve nutrient and oxygen delivery, and enhance overall cardiovascular health. This can help to reduce blood pressure, improve immune function, and reduce the risk of chronic diseases.

Another benefit of contrast water therapy is its ability to reduce inflammation. The contrast between hot and cold water can help to decrease inflammation in the body, reducing pain and soreness, improving joint health, and enhancing recovery after exercise. This makes contrast water therapy an effective tool for athletes, fitness enthusiasts, and anyone looking to reduce inflammation in their body.

The protocol for contrast water therapy typically involves immersing the body in water that is between 92-100 degrees Fahrenheit for 2-3 minutes, followed by immersion in water that is between 50-65 degrees Fahrenheit for 30-60 seconds. This process is repeated 3-4 times, ending with cold water immersion. It is important to gradually acclimate the body to the temperature changes, starting with warm water and gradually increasing the temperature until it is hot. By following this protocol and using water temperatures within the recommended range, individuals can maximize the benefits of contrast water therapy while minimizing the risk of injury or discomfort.

It is important to note that contrast water therapy is not recommended for everyone. Those with certain medical conditions, such as heart disease, high blood pressure, or Raynaud's disease, should avoid contrast water therapy. It is also important to avoid immersion in water that is too hot or too cold, as this can cause burns or hypothermia.

Contrast water therapy is a natural and effective way to improve circulation, reduce inflammation, and enhance recovery. By alternately immersing the body in hot and cold water, this therapy stimulates the body's natural healing response and can provide many health benefits. Whether you're an athlete, fitness enthusiast, or just someone looking to improve your overall health and wellness, contrast water therapy is definitely worth considering as a natural and effective tool.

At our facility, we offer a unique opportunity for our members to experience contrast water therapy in our kiddie pool. During the winter months, the kiddie pool is not heated and as a result, the water temperature is typically around 50-55 degrees Fahrenheit. This cooler temperature provides an ideal environment for members to do contrast dips and reap the benefits of this natural therapy.

Our kiddie pool provides a convenient and accessible option for those who want to try this therapy. By alternating between the cooler water in the kiddie pool and the warmer water in the hot tub, members can create their own contrast water therapy experience and enjoy the many benefits that it provides.

Whether you're looking to improve your circulation, reduce inflammation, or enhance your recovery after exercise, contrast water therapy is a natural and effective way to achieve these goals. And with our kiddie pool offering a unique opportunity to experience contrast dips in a cooler environment, members can enjoy the benefits of this therapy in a convenient and accessible way. So why not come and try it out for yourself?

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach

JUST FOR KIDS!

KIDS NIGHT OUT NEW YEARS EXTRAVAGANZA



Join us on Friday December 29th 5:00pm - 9:00pm for an early New Year's party with the Kids' Club staff!

Drop your kids off in Kids' Club and enjoy your own night out! This Kids' Night Out we will ring in the new year by creating snowflakes, singing karaoke, and having so much fun while making new friends! Your little ones will enjoy a cheese pizza and juice dinner, watch an age appropriate movie, and eat a yummy dessert! Sign up at the Front Desk!

Members: \$45
Guests of Members: \$55



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Santa's Reindeer

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|---------|-------|---------|
| Dasher | Vixen | Donner |
| Dancer | Comet | Blitzen |
| Prancer | Cupid | Rudolph |