



# RACQUETEER



Newsletter for Members of the Los Gatos Swim & Racquet Club January 2024



## HOLIDAY HOURS

January 1, 2024  
Club Closed  
We Wish You a Happy New Year!  
*Happy New Year 2024*

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## CLUB HOURS

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

## WINTER SWIM LESSONS

At Los Gatos Swim and Racquet Club we pride ourselves in our swim lesson programs for all ages and abilities. Our goals include water safety, building confidence in the water, having fun while learning new skills, progression of those skills, learning proper technique, and more!

**Private Lessons for Kids**  
Our trained swim instructors are passionate and friendly. They are eager to motivate your child at any level while teaching correct swim technique and safety skills.

Length: 25 minutes, Ratio: 1:1  
Fees: Members: \$40 Non-Members: \$60

**Private Lessons for Adult & Intermediate Youth Members**  
Our trained coaches are available for private lessons to teach member-only adults and intermediate youth swimmers how to swim or improve their swimming skills.

Michael Postek  
\$80 for a 1 hour lesson  
  
Coach Nick  
\$95 for a 1 hour lesson or \$145 for a semi-private lesson

To sign up or for more information about our private swim lessons for kids or adults, visit [lgsrc.captyn.com](http://lgsrc.captyn.com) or for more information e-mail our Aquatics Director, Shelbi Oskolkoff-Campbell at [swimlesson@lgsrc.com](mailto:swimlesson@lgsrc.com).



# TENNIS

## 2024 ADULT USTA LEAGUE SCHEDULE

### Adult 40+

League Season: January 2 – March 24

### Adult 40+ Daytime

League Season: January 1 – March 22

### Mixed 18+

League Season: January 2 – March 24

### Adult 65+ Daytime

League Season: February 5 – April 12

### Adult 55+

League Season: March 18 – May 26

### Adult 18+

League Season: April 8 – June 16

### Adult 18+ Daytime

League Season: April 8 – June 14

### Mixed 40+

League Season: June 17 – August 25

### Adult 70+ Daytime

League Season: August 19 – October 25

### Mixed 55+

League Season: August 19 – October 27

### Combo Doubles

League Season: August 26 – November 3



## JANUARY WINE DOWN WITH JEFF CERVANTES

Join Tennis Director, Jeff Cervantes, for the very first Wine Down of the year! Food and drinks will be provided following the event. To sign up, please visit the Pro Shop. There is a 24 hour cancellation required for a full refund.

Event: Australian Open Wine Down

Host: Jeff Cervantes

Time: 6:30pm - 9:30pm

When: January 26, 2024

Cost: \$30 for Tennis Members, \$35 Tennis Member Same Day Registration, \$45 Guests of Tennis Members



# AQUATICS

## 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



We hope you enjoyed your holiday break.  
We will see you back in the water on Monday, January 8, 2024!

### 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

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](http://gomotionapp.com/calgsc). Price: \$135/month + \$100 team fee.

## LGSC NORTH POLE RACES

LGSC started the North Pole Challenge on November 1st and it will run until January 14th. Each day swimmers come to practice they earn a certain number of miles towards traveling to the North Pole by placing a sticker on a chart. Swimmers who make it to the North Pole earn a prize and get a shout out on TeamFeed! The first 3 swimmers in each group also get to pick a set in practice. Friday's during the Race to the North Pole we will be giving out Hot Chocolate after practice!

Congrats to our swimmers who have already made it to the north pole!

Maura, Liam, William, and Aly!



# GROUP EXERCISE

## YOGA STRENGTH & STRETCH

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



NEVER REGRET  
*A workout*



## BENEFITS OF GROUP EXERCISE

What are some of the benefits of group exercise?

- You get a qualified fitness expert at your disposal.
- Increased motivation and accountability.
- Provides you with a fun structured workout.
- There is a lower risk of injury.
- There's camaraderie between participants.
- It adds huge variety to your workout.
- Those who participate in group exercise are more likely to reach and maintain their health goals.
- It improves your mental health. Group exercise decreases your frequency of "poor mental health" days.
- It gives you an enhanced social life. The positive social reinforcement of group exercise pushes you to go beyond your perceived physical limitations, but in a safe environment.

- Patty McNulty, Group Exercise Director



## TRY HIIT ME UP! IN THE NEW YEAR



Join instructor Shannon Larsen for one of our newest classes, HIIT Me UP! on Monday's and Wednesday's from 5:30pm - 6:30pm. High-intensity interval training (HIIT) is a great way to bump up your cardio and strength workouts by adding intensity, variety, and a calorie-burning boost. During HIIT, you alternate short, very high intensity intervals with longer, slower recovery intervals.

This class is a great way to kickstart your health and fitness goals in the new year. We hope to see you there!!!

# GROUP EX SCHEDULE

## JANUARY GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores		Sunrise Cycle Patty		Cycle Boot Camp Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM		Strength & Grace Stacy	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy	Master Swim Shelbi Large Pool	Zumba Kristy	Master Swim Shelbi Large Pool		Yoga 4 All Makiko
9:45AM-10:45AM			Strength & Stretch Patty Live & ZOOM		Strength & Stretch Patty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus Lisa					Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel		Group Cycle Rachel		
12:30PM-1:30PM	Group Cycle Rachel						
1:15PM-1:45PM			Ab Blaster Rachel		Ab Blaster Rachel		
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		HIIT Me UP! Shannon	Zumba Stacy	HIIT Me UP! Shannon	Zumba Stacy	Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Group Cycle Stacy		Group Cycle Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend		<span style="color:red">■</span> Strength	<span style="color:orange">■</span> Cycling	<span style="color:green">■</span> Zumba	<span style="color:blue">■</span> Aquatics	<span style="color:magenta">■</span> Sculpt	<span style="color:purple">■</span> Yoga



## PERSONAL TRAINING AT LGSRC



Why should you choose to work with a personal trainer in the new year? The answer lies in the pursuit of knowledge, the pursuit of health, and the desire to make the absolute best of your time in the gym. At The Los Gatos Swim & Racquet Club, we understand the significance of these motivations, and we're here to help you achieve them.

Are you ready to take your fitness journey to the next level? Look no further than The Los Gatos Swim & Racquet Club's Personal Training services! Whether you're a seasoned fitness enthusiast or just starting on your path to a healthier lifestyle, our expert trainers are here to guide, motivate, and support you every step of the way.

### Why Choose Personal Training at The Los Gatos Swim & Racquet Club?

- **Personalized Workouts:** Our trainers tailor workouts to your unique goals, ensuring maximum efficiency and results.
- **Motivation and Accountability:** Stay on track and motivated with a trainer by your side, pushing you to your limits.
- **Expert Guidance:** Benefit from the extensive knowledge and experience of our certified trainers.
- **Flexible Scheduling:** We work around your schedule, making it easy to fit fitness into your daily routine.
- **Achieve Your Goals:** Whether you want to lose weight, build strength, or improve overall fitness, our trainers are committed to helping you succeed.

### Meet Our Exceptional Team

Our Personal Training team is led by our dedicated Fitness Director, Brian Schweitzerhof, who brings a wealth of experience and expertise to help you achieve your fitness goals. Brian offers single sessions at \$90 or duo sessions at \$130, providing you with personalized attention and tailored workouts that will propel you towards success.

### Level 2 Trainers: Amy Nishide and Hailey Scola

Our Level 2 trainers, Amy Nishide and Hailey Scola, are here to help you reach your fitness goals efficiently. With their extensive knowledge and experience, they offer single sessions at just \$75 or duo sessions at \$120, making expert guidance accessible to you.

### Level 1 Trainers: Chase Williams and Megan Albert

For those looking to start their fitness journey or maintain their progress, our Level 1 trainers, Chase Williams, and Megan Albert, are at your service. Their dedication to your fitness success shines through in their single sessions at \$70 and duo sessions at \$115, offering quality training that won't break the bank.

### Get Started Today!

Ready to begin your fitness journey with The Los Gatos Swim & Racquet Club's Personal Training? Contact our Fitness Director, Brian Schweitzerhof, at [Brian@lgsrc.com](mailto:Brian@lgsrc.com), and he will help match you with the perfect trainer based on your goals and preferences. Don't miss this opportunity to experience the benefits of personalized fitness training. Invest in your health and well-being today, and let us guide you toward a healthier, happier you! We look forward to seeing you achieve your fitness goals with us.

**Stay fit, stay healthy! - Brian Schweitzerhof, Fitness Director & Certified Wellness Coach**