



Racquetteer

Newsletter for the Members of Los Gatos Swim and Racquet Club

August 2008



We'd like to remind members that the last day of the snack bar for the season will be Sunday, August 24th.

Also, be sure to look on page 3 for lifeguard & diving board hours as most schools resume Monday, August 25th.

Club Hours

Monday - Friday
5:00 am - 10:00 pm

Saturday and Sunday
6:30 am - 9:00 pm

Telephone Numbers

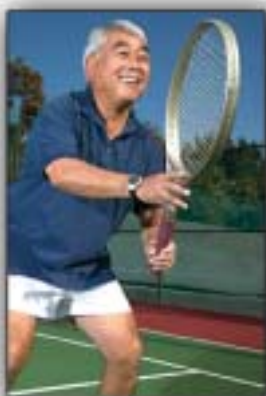
Main Office (408) 356 - 2136
Aquatics (408) 356 - 2136
Kids' Club (408) 358 - 1967
Fitness (408) 356 - 2136
Tennis (408) 356 - 8363
Fax (408) 358 - 2593
Web Site www.lgsrc.com

18th Annual Los Gatos Seniors Frank Apgar Memorial Tournament

The Los Gatos Swim and Racquet Club is proud to host the 18th Annual Seniors Frank Apgar Memorial Tennis Tournament from Monday, September 22nd to Friday, September 26th.

This is a USTA-sanctioned senior tournament and attracts some of the best senior tennis players in Northern California. Divisions will be Men's 65's, 70's,

75's, 80's and 85's for Singles and Doubles.



Entries open August 18th. The fee is \$32.00 for Singles and \$23.00 per person for Doubles. Snacks and refreshments will be provided for players.

Check with the Pro Shop at (408) 356-8363 for more information and court usage for the week during the tournament.

Club Closed Early September 20th

Please be advised the Los Gatos Swim and Racquet Club will be closed at 12 noon on Saturday, September 20th. All facilities will be unavailable. The Club will be open for normal hours again on Sunday, September 21 at 6:30 am. We apologize for any inconvenience this may cause.



Upcoming USTA Leagues Registration Dates

Here are the next series of leagues for USTA League play. These deadlines are for player registration; we're in the process of compiling the proper number of LGSRC teams. All registration for leagues will be via email. Vince Russo, LGSRC Tennis Director, will be making all the USTA teams. Please do not recruit your own players, but you may contact Vince to discuss rosters. Vince can be reached at vince@lgsrc.com. If you need to update your email address or register for a team please contact the pro shop at proshop@lgsrc.com or 356-8363.

Combo League Doubles	Deadline passed. Team participation not guaranteed. Season runs from July 14th – October 26th.
Senior League	Deadline to register with LGSRC, August 22nd. Regular season runs from September 22nd – February 1st.

USTA Schedule Change. Mixed Doubles will now start in January. Sign ups will start in November.

USTA League Standings

USTA Adult League Team Standings as of 7/6/08:

Men:

M3.0A	Acar	6-6	
M3.5A	Phipps	7-3	
M3.5B	Beyer	4-6	
M3.5C	Rucker	0-10	
M4.0A	Stillinger	10-3	(Finished Playoffs)
M4.0B	Scher	4-8	
M4.0C	Bartel	1-11	
M4.5A	Vallejo	9-4	(Finished Playoffs)
M5.0A	Bhola	8-3	(District Bound)
M5.5A	Ngo	0-5	

Women:

W3.0A	Parkman	14-1	(District Bound)
W3.0B	Floyd	0-14	
W3.5A	Switzer	12-4	(Finished Playoffs)
W3.5B	Bostrom	6-9	
W3.5C	Cox	3-12	
W3.5D	Andrus	4-11	
W4.0	Durnhofer	15-0	(District Bound)
W4.0B	Roberts	7-5	
W4.0C	Cullinan	0-14	
W5.0A	Okawa	4-5	

August Wine Down

AUGUST ROUND ROBIN

Date: Friday, August 29th
 Time: 6:30 pm – 8:20 pm,
 Tennis Round Robin
 8:20 pm – 9:30 pm,
 Dinner and Drinks

Cost: \$12.00 w/advance registration;
 \$17.00 same day



All levels welcome. No partner needed. Sign up in the Pro Shop today.
You must give 24-hour cancellation notice to receive a refund.

Aqua Combo & Masters' Swim Schedule Changes

Starting Friday, August 1st the practice time for Masters' Swim (Tuesdays - Fridays) will go back to 9:00 am to 10:30 am.

Also starting Monday, August 1st the Monday - Wednesday - Friday Aqua Combo class will move back to the training pool and the class time will remain 8:30 am to 9:30 am through the month of August.

Celebrate the Club's Birthday with a Family Portrait

Celebrate your family, compliments of LGSRC, as we celebrate our 49th birthday! Thanks for being part of our extended family!

We have retained award-winning portrait photographer, Michael Kohl, for family portrait sessions at the Club on Sunday, August 10th and Sunday, August 17th.

Your complimentary family session includes a \$75.00 gift certificate towards any portraits you might wish to order. See the sign up sheet in the Front Desk lobby for available sessions.

You may call Kohl Photography at 985 - 7676 with any questions or for more information about the portrait sessions.



Lifeguard & Diving Board Hours for August

August 1st - August 24th:

Guards on duty:

Monday - Sunday 10:00 am - 8:00 pm

Diving board open:

Monday - Sunday 12:00 pm - 6:00 pm

Guard hours subject to change due to inclement weather.

Beginning August 25th:

Guards on duty:

Monday - Friday 3:00 pm - 7:00 pm

Saturday & Sunday 12:00 pm - 7:00 pm

Diving board open:

Monday - Friday 3:00 pm - 6:00 pm

Saturday & Sunday 12:00 pm - 6:00 pm

Year-Round Swim Team

Los Gatos Aquatics is starting its sixth season of our Year-Round Swim Team Program. The LGSRC Year-Round Swim Team members participate in the United States Swimming (USS) competition program and will travel to various competitive meets within the Bay Area.

Year-Round Swim Team steps up the competition from Summer Swim Team, and in order to be competitive at this level, swimmers are recommended to attend practice 3 to 5 times per week. We also encourage swimmers to join the USS Swim Association. Sign up at the Front Desk.



FALL YEAR- ROUND SWIM TEAM

Days: Mondays - Fridays

Dates: September 8th - December 12th

Times: 4:00 pm - 5:00 pm (10 years & under)

5:00 pm - 6:30 pm (11 years & older)

Fees: \$ 300.00 for Members

\$ 400.00 for Non-Members

Group Exercise Schedule August 2008

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Masters' Swim (75) MW		Masters' Swim (75) MW		Masters' Swim (75) MW	
5:45 am		Group Cycle (60) LA	Advanced Power Sculpt (60) MB	Group Cycle (60) DM	Advanced Power Sculpt (60) MB	Group Cycle (60) JJ	
7:00 am							Group Cycle (55) RY
7:30 am							Masters' Swim (90) JS
8:00 am							Step/Sculpt (75) RY
8:30 am	Zumba Conditioning (60) LR	Step/Sculpt (60) JD Aqua Combo (60) CZ	Pilates Mat (60) AW	Cardio Sculpt (60) KH Aqua Combo (60) MW	Pilates Mat (60) AW	Step Interval (60) SA Aqua Combo (60) CZ	
9:00 am			Masters' Swim (90) JS	Masters' Swim (90) JS	Masters' Swim (90) JS	Masters' Swim (90) JS	
9:30 am		Pilates Mat (75) AA	Stamina & Strength (60) CK	Power Sculpt (60) SA	Group Cycle (90) RY Stamina & Strength (60) CK	Bosu & Bike (60) KH	VinyasaYoga Levels 1 & 2 (90) JeG AquaCombo (60) SaE
10:00 am	Eclectic Yoga (90) EB/AA						
10:30 am			Beginning Yoga (75) CA	Abs Blast (15) SA		Pilates Mat (30) KH	
11:30 am		EclecticYoga (90) MA		EclecticYoga (90) EB		Eclectic Yoga (90) EB	
12:00 pm			Group Cycle (60) RY		Gentle Yoga (60) DP		
12:30 pm							Zumba Dance (60) AC
1:00 pm		Sr. Conditioning (60) DD			Sr. Conditioning (60) DD		
2:45 pm							
4:15 pm			Power Sculpt (60) HD		Power Sculpt (60) HD		
4:30 pm		Group Cycle (60) DD		Group Cycle (60) SB			
5:15 pm			Cardio Cross-Training (50) HD		Cardio Cross-Training (50) CK		
5:30 pm		Zumba Dance (50) RYamat		Fitness Fusion (60) DD		Yin Yoga (90) JG/ML	
6:15 pm			Yoga/Pilates Combo (90) AA		Beginning Yoga (90) JG		
6:30 pm		Beginning Yoga (90) JG					

AA-Allyson Atwell
AC-Adriana Carr
AW-Ann Weismann
CA-Cheryl Allen-Hunter
CK-Cyndi Kramer
CZ-Cindy Zanotto

DD-Debbie Daniel
DM-Delores Montenegro
DP-Debora Parente
EB-Ellen Blumenfeld
HD-Holly Dobson Fales
JD-Janice Davis

JeG-Jenna Giuliani
JG-Jeannette Goudaillier
JJ-Jenny Jones
JS-John Shaefer
JuG-Judy Gadbois
KH-Kisa Harris

KK-Kathy Kaspar
KS-Karen Szabo
KSt-Kit Sturman
LA-Lori Alameda
LR-Laurel Rudd
LT-Lauren Trent

MA-Maria Alfaro
MB-Mary Burks
ML-Micki Love
MW-Mary Worn
RG-Rachel Gunn
RoY-Roger Yamat

RS-Rich Slader
RY-Rachel Young
SA-Suzeanne Anzalone
SaE-Sandra Escamilla
SB-Stacy Burnell
SE-Sally Ellis

Winners of "The Passport to Fitness Challenge"

1st Place:
Sharon Vaughan
90 points



2nd Place:
Linda Waldrop
44 points



3rd Place:
Veronica Rios
40 points



Five Runner-ups:

1. Elizabeth Vroman
22 points



2. Suzie Kinn
17 points



3. Elan Cramer
13 points



4. Lena Cherednyehento
10 points



5. Glenn Kelly
9 points



Congratulations to the winners of The Passport to Fitness Challenge! We also want to thank all the members who participated in the challenge, and hope that you will continue to try the variety of classes that the Club has to offer.

New Zumba Class Begins in August

Beginning Sunday, August 4th, we will have a new class at the 8:30 am time slot.

We are pleased to offer Zumba Conditioning with our new instructor Laurel Rudd.



The Zumba Conditioning class will consist of 45 minutes of Zumba dance and 15 minutes of core conditioning.

The instructor will focus on those muscle groups that need to be strengthened and stretched to maintain a strong Zumba body.

ZUMBA CONDITIONING

Instr.: Laurel Rudd

Date: Sundays

Times: 8:30 am - 9:30 am

Summer Camp 2008



The Kids' Summer Camp is in full swing; however there is still time for you to sign up to join us for the rest of the summer. Every day of camp is filled with fun activities including tennis, arts and crafts, outdoor games, cooking, and of course, the swimming pool.

Your kids won't want to miss exciting field trips to Golfland, Raging Waters, The Jungle, Bowling and Pizza and many more.

Don't let your kids sit at home bored all summer. Come and join us for an exciting time at the Club! Sign up your child today at the Front Desk. All camps run in one week sessions. Also be sure to remember to sign your child up for yummy camp lunches, like pizza, hot dogs and corn dogs. Contact Melissa Fales for more information or sign up now at the Front Desk. Hope to see your kids there!

Family Movie Night

The "stars" are out at the Los Gatos Swim and Racquet Club. We are hosting our final movie under the stars for the summer.

In August we will be watching *Indian Jones and the Last Crusade* on the big screen on the lawn area. The movie will come to life as you watch it in the open air, complete with surround-sound stereo. *Indian Jones* is full of high speed action and adventure, however it is rated PG, so parental discretion is advised.



The BBQ and picnic areas will also be open to members before the movie, so come on down to the club and make a night of it. This is a family event that you are not going to want to miss; grab a big blanket and your kids and head on down to the Club. We hope to see you there.

FAMILY MOVIE NIGHT

Date: Saturday, August 22nd
Time: 8:00 pm to 10:00 pm
Movie: Indiana Jones and the Last Crusade
Rating: PG - Parental Discretion Advised
Fees: FREE to Members

Creative Movement Dance Class

On Saturday, August 2nd the Club is hosting a very special dance class for kids. Creative Movement is a class that is specifically designed to cater to boys and girls ages 3 to 5 years old.

The class uses fun and dance to teach a variety of skills. The kids will be able to employ songs, dance and variety of props to learn rhythm, listening, and gross motor skills. Sign up is required and spots are limited. See the Front Desk to sign up or for more information.



Miss Rachel instructing some of her little dancers.

CREATIVE MOVEMENT DANCE CLASS

Date: Saturday, August 2nd
Time: 2:00 pm to 2:45 pm
Ages: 3-5 years old (must be completely potty trained to attend the class).
Instructor: Miss Rachel Gunn
Fees: \$10.00 for Members, \$12.00 for Guests

Kids' Night Out and Little Kids' Night Out

We have a very cool Kids' Night Out planned for August. Kids' Night Out features a fun-themed craft, great activities and so much more. A pizza dinner is included, or feel free to bring your own if you like.

We are having a garden party complete with painting our own flower pots, playing games outside and making a fun snack.

After all the activities are done, we will be relaxing with a fun summer movie. Space is limited, so sign up now with the Front Desk. We hope to see you all there.



KIDS' & LITTLE KIDS' NIGHT OUT

Date: Friday, August 22nd
Time: 6:00 pm to 9:30 pm
Theme: Nature
Ages: Newborn to 12 years
Fees: \$20 for Members
\$30 for Guests of Members