



Racqueteer

Newsletter for Members of the Los Gatos Swim & Racquet Club

MAY 2012



FIFTH ANNUAL LOS GATOS NTRP DOUBLES CHALLENGE

Why travel all over Nor Cal to enjoy tournaments when we can bring the event right here to your home courts!

LGSRC is very proud to host the 5th annual Los Gatos NTRP Doubles Challenge. Events will consist of 3.0-5.0 men's, women's and mixed doubles. Our tournament is very proud to have been named tournament of the year the last four years and has been awarded a USTA Grand Slam Tournament the past two years. We will be having our barbecue lunch on Saturday afternoon along with our one of a kind triples tournament, so come on out and enjoy lunch and watch some fun tennis. The tournament will run from May 18th to 20th. Most matches will be played on the weekend; however in the case of very large draws, some matches may be played on Friday evening.

WEEKEND SUMMER HOURS

The Club is now open until 9:00 pm on Saturdays and Sundays.

SPONSOR A FRIEND CREDIT

Members will receive a \$95.00 credit to their membership account when they sponsor a new member. When signing up, the new members must document that they were referred by the existing member (the sponsor) at the bottom of the New Member General Information Sheet. This must be done at the time they join, not at a later date. This offer may not be combined with any other offer.

CLUB HOURS

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

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

PHONE 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

SUMMER SWIM LESSONS

This summer we will offer a wonderful "Learn to Swim Program" for all ages, emphasizing the adaptation to a new environment with the goal of making the transition from "non-swimmer" to "swimmer" comfortable and enjoyable. All of our lessons are taught by gentle, highly qualified instructors in our heated pool. We have a full-range of private, semi-private, and group lessons available for all ages and abilities. Adult and extended-level lessons are also available upon request. Lessons are 30 minutes long. Group lessons are offered in two-week sessions; private and semi-private lessons may be scheduled in any combination of days and times. See the Front Desk for rates and details!



SESSIONS

- Session 1Monday, June 11 to Friday, June 22
- Session 2*Monday June 25 to Friday, July 6
- Session 3Monday, July 9 to Friday, July 20
- Session 4Monday, July 23 to Friday, August 3
- Session 5Monday, August 6 to Friday, August 17

*Pro-rated for July 4th.



TENNIS



TENNIS WINE DOWN

Date: Friday, May 25th, 2012

Time: 6:30 pm-8:30 pm Tennis Round Robin
8:30 pm-9:45 pm Dinner & Drinks

Fees: \$15.00 Tennis Members with
24 hour advance registration
\$25.00 Tennis Members
with same-day registration
\$25.00 Fitness Members, and
Guests of Members



NEW THEMES!

Each of our tennis professional staff will be running one Wine Down this year. All levels welcome. No partner needed. You must give 24 hour cancellation to receive a refund.

MEETPLAYLOVETENNIS

A COMPETITIVELY FUN TENNIS TOURNAMENT FOR WOMEN AGE 45+

Gather your friends, pack your racquets and leave your cares behind as you join other avid female tennis players in Tucson, Arizona this fall for fun tennis and team camaraderie.

Two of our Club members, Pam Turner and Kate Paisley, are launching a "competitively fun" four-day tennis event for women age 45+. Titled, the Meet Play Love Tennis Tournament, the event will offer three days of round-robin match play and a fourth day of finals for teams of 3.5 and 4.0 women.

The tournament will be held October 15-18, 2012 at the Hilton El Conquistador, a AAA Four Diamond resort nestled in the foothills of the breathtaking Santa Catalina Mountains. The resort offers 31 lighted tennis courts, comfortable accommodations and a myriad of activities to enjoy in addition to tennis.

Form a team, sign up, and enjoy tennis in the high Sonoran desert this October. For details on the event, visit www.meetplaylovetennis.com or talk to Kate or Pam.

PING-PONG SOCIAL

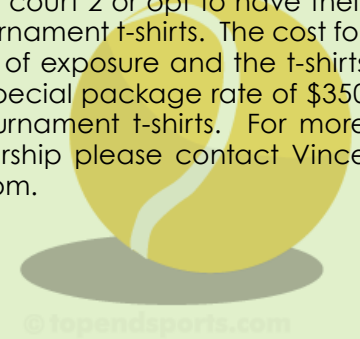
On the last Friday of every month we will be having drop-in ping-pong in the group exercise room. We will have two tables set up for competitive play. Our Tennis Director Vince Russo will be running a tournament or challenge court depending on how many players sign up. Our next ping-pong social is scheduled for May 25th at 7:30 pm.

Date: Friday, May 25th
Time: 7:30 pm
Fees: Free to Members

**BRING YOUR PADDLE
AND YOUR GAME
AND WE WILL SEE
YOU THERE!**

PROMOTE YOUR BUSINESS: SPONSOR A TENNIS EVENT!

Get your business noticed! Any member interested in sponsoring our upcoming NTRP Doubles Challenge (May 18th-20th) may hang their company banner overlooking court 2 or opt to have their logo placed on as many as 350 tournament t-shirts. The cost for the banner is \$250 for four months of exposure and the t-shirts are \$100 for each tournament. A special package rate of \$350 includes the banner and both tournament t-shirts. For more information or to apply for sponsorship please contact Vince Russo at 356-8363 or vince@lgsr.com.



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AQUATICS



MAY LIFEGUARD CERTIFICATION

Get ready for the summer NOW! Train for an exciting and rewarding job! What to bring: swimsuit, towel, goggles, pen, paper, lunch to share, and a great attitude! You must give at least a 48-hour notice if you cancel, and we must fill your spot to receive a full refund. Participants must attend all class dates. Taking this certification at this facility does not guarantee employment at this facility. Contact Lifeguard Instructor Karen Szabo for more information at (408) 356-2136.

FEES PER SERIES: \$275.00 Members
\$325.00 Guests of Members

*Above fees cover ALL costs of materials and certificates. Checks payable to Los GatosSwim and Racquet Club. Minimum age is 15 years. Must be able to pass a swimming test given during the first class.

MAY LIFEGUARD CLASS DATES

Tuesday, May 1st:6:30 pm - 9:30 pm
 Thursday, May 3rd:.....6:30 pm - 9:30 pm
 Saturday, May 5th:.....12pm - 7pm (CPR DAY)
 Tuesday, May 8th:6:30 pm - 9:30 pm
 Thursday, May 10th:.....6:30 pm - 9:30 pm
 Saturday, May 12th:.....12pm - 7pm (SPINAL DAY)
 Sunday, May 13th:.....12pm - 7pm (TEST DAY)



4TH ANNUAL INTRA CLUB SWIM FESTIVAL

Masters Swim is having a swim meet Saturday, May 26th at 11:00 am! They will be using the training pool for this event. The large pool will still be available for laps and free swim.

DATE: SATURDAY, MAY 26th, 2012
TIME: 11:00 am- 2:00 pm
POTLUCK TO FOLLOW!

Sign up at the Front Desk for your event and potluck dish!



2012 GRAND SLAM SUMMER JUNIOR TENNIS PROGRAM

The Summer Grand Slam Junior Tennis Program is designed for all levels of junior players. Each program has specific requirements to help participants move to the next level. The Grand Slam Summer Junior Tennis Program provides a learning atmosphere in which your child will develop and improve tennis skills. "Fun" is the basis of all the programs. Improvement of tennis skills through structured workouts increases self-confidence and overall fun. Complete player development is our goal.

SESSIONS

Week One **June 11**
 Week Two **June 18**
 Week Three..... **June 25**
 Week Four..... **July 2***
 Week Five **July 9**
 Week Six..... **July 16**
 Week Seven **July 23**
 Week Eight..... **July 30**
 Week Nine **Aug 6-8****
 Week Ten **Aug 13**

*Week Four pro-rated for July 4th.

**Pro-rated for LG Jr Novice and Open Tennis Tournament

We look forward to helping each student move up through the ranks, starting with 10 and Under Prep/ Red and progressing toward higher levels like Junior League. Come join us for a great summer! The fun starts June 11th and registration is open now. For questions and additional information, please contact the Tennis Pro Shop at (408) 356-8363.

MAY PRE-SEASON LIFEGUARD SCHEDULE

Monday through Friday
3:30 pm - 6:30 pm

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

DIVING BOARD HOURS STARTING MAY 26TH

Saturday and Sunday
12:15 pm - 6:00 pm

GROUP EXERCISE SCHEDULE - MAY 2012

Los Gatos Swim
& Racquet Club

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) AH Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) ML Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) MK Group Cycle (60) DM	
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 (60) LR	Step/Sculpt (60) LP Running Class (90) LT	Pilates Mat (60) AW	Zumba (60) KH	Pilates Mat (60) AW	Step Interval (60) DF	
9:00 AM		Aqua Combo (60) SE		Aqua Combo (60) CP		Aqua Combo (60) SaE	
9:30 AM		Mat Pilates (75) AA	Booty Beat Boot Camp (60) GB Masters Swim (60) MK	Power Sculpt (75) JJ	Group Cycle (90) RY Masters Swim (60) AH	Cardio Blast (60) SE	AquaCombo (60) SaE Yoga Tune-Up (75) EB
10:00 AM	Eclectic Yoga (90) AA/EF						
10:30 AM						Pilates Mat (30) SE	
10:45 AM		Yoga Express (45) AA	Senior Yoga Tune-Up (60) EB				
11:00 AM				Vinyasa Yoga (75) LW			
11:30 AM						Vinyasa Yoga (75) EB	Zumba (60) LY/VJ
12:00 PM		Zumba (60) DB	Group Cycle (60) RY		Deep Water Running (60) SE Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DD			Sr. Conditioning (60) DD		
4:30 PM		Group Cycle (60) DD		Group Cycle (60) SB		Zumba (50) DB	
5:15 PM			Boot Camp (60) RF				
5:30 PM		U-Jam (50) RF		Fitness Fusion (60) DD	Zumba (50) KA	Yin Yoga (90) DC	
6:30 PM		Beginning Yoga (90) EF	Pre-Masters Swim (60) JS Core Conditioning (60) DC		Pre-Masters Swim (60) JS		
6:45 PM				Vinyasa Yoga (75) EB			

AA-Allyson Atwell
AH-Austin Hill
AW-Ann Weismann
CP-Charmaine Pokriots
DB-Danielle Burks
DC-Debora Cohen
DD-Debbie Daniel
DF-Diane Fournival

DM-Dolores Montenegro
EB-Ellen Blumenfeld
EF-Elena Fisher
GB-Gini Bellawala
JJ-Jenny Jones
JS-John Schaefer
KA-Karen Anderson
KH-Kathleen Hill

LP-Laura Peterson
LR-Laurel Rudd
LT-Lauren Trent
LY-Lupe Yepiz
LW-Linda Wagner
MK-Mike Kasper
ML-Mark Lougenour

RF-Robert Flores
RY-Rachel Young
SaE-Sandra Escamilla
SB-Stacy Burnell
SE-Sally Ellis
VJ-Valy Jalalian

GROUP EXERCISE SCHEDULE CHANGES

The Tuesday 10:30 am to 11:30 am **Senior Yoga** class time will be changed to 10:45 am to 11:45 am starting on May 1, 2012



Come and try the new **Core Conditioning** class on Tuesdays at 6:30 pm to 7:30 pm. Core conditioning is the act of strengthening the muscles of the abdominals and torso. Developing core muscle strength can boost the effectiveness of workouts and reduce the risk of injuries that sideline our efforts to stay in shape. Debora Cohen will be the instructor.

Zumba is coming to Friday Afternoons! Come join the party from 4:30 pm to 5:20 pm starting Friday May 4, 2012. Your instructor will be Danielle Burks.

GROUP EXERCISE & FITNESS

YOGA POSES OF THE MONTH: THREAD THE NEEDLE

1. On your hands and knees in Table pose, slide the right hand between the left hand and left knee. Slide the arm all the way out to the left so that the right shoulder and side of the head rest comfortably on the floor.
2. Inhale and reach the left hand up towards the ceiling. At first explore the posture with the arm, finding the place where you feel the deepest stretch, then stay there and reach out through the fingers.
3. Breathe and hold for 3-6 breaths.
4. To release: exhale the palm back to the floor and slowly inhale back to Table pose.
5. Repeat on the other side.

Benefits: Threading the Needle pose stretches the shoulders, arms, upper back and neck.

Contraindications: Recent or chronic injury to the knees, shoulders, or neck.

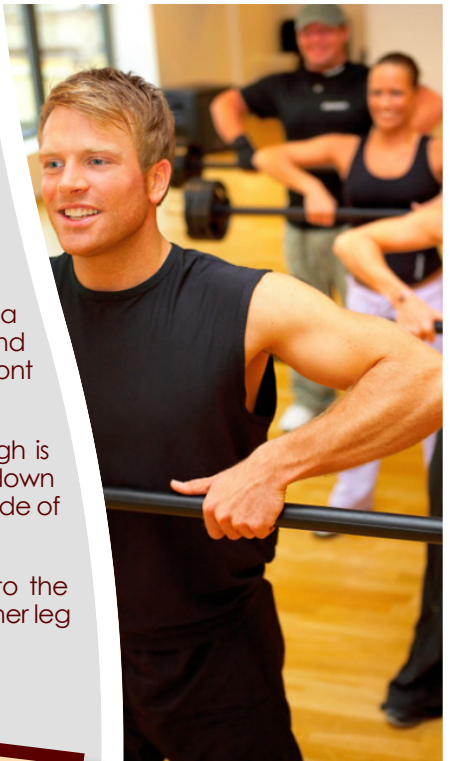
Modifications: Place a folded blanket under the knees to protect them from pressure and stress.

Variations: Cross upper hand over back and hold onto the inside of opposite thigh.

MEDICINE BALL LUNGE CROSSOVERS

WWW.SPORT-FITNESS-ADVISOR.COM

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
2. Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Hold medicine ball in front of your chest.
3. Lower body by bending at hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor. As you are lunging reach to one side of the leg with the ball.
4. Return to start position and repeat by reaching to the opposite side with the ball. Alternate or switch to other leg after prescribed reps.



MASTERS SWIMMING: TRY THIS WORKOUT!

Warm-up: Free Swim	@ 3000 yards	@ 2000 yards
#1. at 1000 pace	4 x 250	4 x 200
#2. 5 seconds faster		
#3. 5 seconds faster than #2		
#4. 5 seconds faster than #3		
Butterfly		
Kick (no board) front, back, side	200 200 2x100	200 100 2x50
Drill 1 arm, change each length		
Backstroke	200 100	100 100
Drill Delay pull, kick on side		
Breaststroke	200 100	100 100
Swim 1 length normal, 1 length with dolphin kick		
Freestyle	200	100
Pull hypoxic, 1/3 one length		
Kick 1/5 next, 1/7		
Swim down	8x75 200	4x75 200
Drill free catch-up		
	200	100



KIDS' CLUB

Kids' Club: (408)358-1967
KidsClub@lgsrcc.com

MOTHER'S DAY CRAFT WORKSHOP

Kids' Club will be hosting a very special craft workshop to honor our mothers on Friday, May 6th. All children with a Kids' Club reservation during the workshop will be able to take part in this lovely craft. Kids will be able to create a special craft and wrap it up to give to Mom on Sunday. Reservations will be taken up to 7 days in advance. We hope to see you there!

MOTHER'S DAY CRAFT WORKSHOP

Date: Friday, May 11th
Times: 10:00am to 11:00am
Ages: All ages welcome
Fees: No additional fee; normal Kids' Club reservation fees apply

KIDS' NIGHT OUT

We are excited to host another action-packed Kids' Night Out! This fantastic program gives children a chance to play games, make crafts, watch a movie, and more. A pizza dinner is included (or children may bring their own). Parents can drop children off and enjoy their own night out! Sign up for this fun program at the



Front Desk today!

KIDS' NIGHT OUT

Date: Friday, May 25th
Time: 6:00 pm - 9:30 pm
Ages: Newborn and Up
Theme: Mystery May
Cost: \$20 for Members, \$30 for Guests of Members

KIDS' CLUB HOURS:

Monday- Thursday
8:00 am - 8:30 pm
Between 1:00 and 8:30 pm, reservations are required*

Friday
8:00 am - 5:00 pm
Between 1:00 and 5:00 pm, reservations are required*

Saturday-Sunday by reservation only between 8:00 am-1:00 pm**

* Reservations for weekday afternoons must be made by 1:00 pm.

** Reservations for Saturday and Sunday must be made by 7:00 pm the night before.

See Kids' Club for full reservation policy

MAY PLAY DAY

Kids' Club will be having a fantastic Play Day this month! It will be a wonderful opportunity for all moms and dads to take advantage of. Come drop off your little ones in Kids' Club and have time to yourself to work out, run errands, or just relax. Kids will participate in a variety of activities including crafts, a movie and much more! A yummy snack is provided but please pack a lunch (no peanuts products please). Call or stop by Kids' Club or call (408) 356-2136 to sign up or for more information!

MAY PLAY DAY

Date: Tuesday, May 8th
Time: 9:00 am - 1:00 pm
Ages: Newborn & Up
Theme: Bug's Life!
Cost: \$18 first Member child
\$15 each Member sibling
\$24 Guests of Members

AFTERNOON ADVENTURE

Kids' Club is happy to announce an Afternoon Adventure! This fantastic program gives children a chance to play games, make crafts, watch a movie, and more. Parents can drop children off and enjoy their own night out! Sign up for this fun program at the Front Desk today!

AFTERNOON ADVENTURE

Date: Thursday, May 17th
Time: 3:30 pm - 6:30 pm
Ages: Newborn and Up
Theme: Science & Nature
Cost: \$18 for Members
\$15 Member siblings
\$24 Guests of Members

SIGN UP FOR SUMMER CAMPS NOW!

This year we are offering a Kinder Camp for our littlest campers, ages 2 to 4 years old. This is a great experience for your little ones to engage in a positive learning environment. Each day at camp, the campers will participate in arts and crafts, outdoor play, and circle time. In addition to normal camp activities, the kids will take part in an introductory swim lesson with two of our Club swim instructors.



Our regular Summer Camp is open to all kids ages 5-12 years old. In camp, kids will do a variety of activities including tennis time on the courts, arts and crafts, outdoor play, and free swim. Not only do we pack in the fun here at the Club, but every Friday we go off-site for a field trip. Field trips are based on age and include local favorites like Happy Hollow, the Zoo, The Tech Museum, Golfland, Ice Skating, The Jungle, and more. Summer Camp is a great way to keep your child happy and active all summer long.

Sign up now! Stop by the Front Desk or call (408) 356-2136 for more information! We are proud to offer: