



Racquetteer



Newsletter for Members of the Los Gatos Swim & Racquet Club

SEPTEMBER 2013



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LIFEGUARD HOURS*

LABOR DAY, SEPTEMBER 2ND:

12:00 pm-7:00 pm

SEPTEMBER 3RD-SEPTEMBER 29TH:

Monday - Friday..... 3:30 pm-7:00 pm

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

*Weather and participants permitting.



LABOR DAY CLUB HOURS

Monday, September 2nd
6:30 am - 8:00 pm

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

FIFTH ANNUAL LGSRC TEAM TENNIS CHALLENGE

On Saturday, October 5th the Los Gatos Swim & Racquet Club will be holding the fifth-annual LGSRC Team Tennis Challenge. This is a non-sanctioned (non-USTA event), held only for LGSRC Tennis Members.

There will be four teams, each captained by a member of our teaching staff (Vince, Noi, Jeff, and Adam). Each team will be composed of an equal number of NTRP rated players that will represent their teams at their respective levels. The format will be a round-robin tournament, consisting of three rounds of one-set match play. Each team will have singles and doubles ranging from 3.0 to 4.5. Each set won will count as a point for your team.

Total games won will be used as a tiebreaker. The scoreboard will be updated as matches conclude, so you can track your team's progress.

After all matches conclude, we will announce the 2013 champion team and start our barbecue and triples tournament. Space will be limited, so sign up ASAP. Registration can be emailed to lgsrc.proshop@gmail.com. or called in at (408) 356-8363.

TEAM TENNIS CHALLENGE
 Date: Saturday, October 5th
 Time: 1:00 pm - 5:00 pm
 Fees: \$20 per player; includes registration, barbecue, and triples drill court.

TENNIS



LADIES INTERCLUB ROUND ROBIN

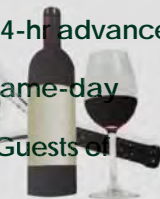
There will be a Ladies Interclub Round Robin on Thursday, September 12th from 9:00am - 12:00pm with lunch at 11:30am in the Members' Lounge. For more information or to sign up please contact the Pro Shop at lgsrc.proshop@gmail.com.

TENNIS WINE DOWN

Date: Friday, September 27, 2013

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

Fees: \$15 Tennis Members with 24-hr advance registration
\$25 Tennis Members with same-day registration
\$30 Fitness Members and Guests of Members



FIFTH ANNUAL LGSRC PARENT/CHILD TOURNAMENT

On Saturday, September 28th LGSRC will host its 5th annual Parent/Child Tournament open only to LGSRC members and their immediate family. There will be an advanced flight (A) and an intermediate flight (B); there may also be a beginner flight (C) if there are enough entries. Teams can be any combination of parent/child. The cost is \$40 per team and each player will receive a participation certificate. The winners and finalists of each flight will receive awards. The event will be run from 1:00 to 4:00 pm with dinner and drinks to follow. For more information or to register please stop by the Pro Shop or email lgsrc.proshop@gmail.com.

2013 FALL JUNIOR TENNIS

Our Fall Junior Tennis Program runs from Tuesday, August 27th to Saturday, December 21st. Come when you want, as often as you want! Drop-in participants welcome. We offer discounts on multi-packs for the same student. Participants will receive a 10% discount on a pre-paid 10-pack and a 15% discount on a pre-paid 20-pack! No make-up classes.

10 & UNDER RED

Tuesday, Wednesday, Thursday from 4:00 PM - 5:00 PM

Rates: \$15.00 Tennis Members
\$16.50 Fitness Members
\$18.00 Non-Members

10 & UNDER ORANGE/GREEN, INTERMEDIATE AND ADVANCED

Tuesday, Wednesday, Thursday from 4:00 PM - 5:30 PM

Saturday from 10:30 AM - 12:00 PM

Friday - MATCH PLAY from 4:00 PM - 6:00 PM

Rates: \$24.00 Tennis Members
\$26.50 Fitness Members
\$29.00 Non-Members

PARENT/CHILD TOURNAMENT

Date: Saturday, September 28th
Time: 1:00 pm - 4:00 pm, dinner and drinks to follow
Fees: \$20 per participant, includes dinner





2013 FALL

YEAR-ROUND SWIM TEAM

Los Gatos Aquatics is starting its tenth 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 should attend practice 3-to-5 times per week. We also encourage swimmers to join the USS Swim Association for meets. Sign up at the Front Desk today!

YEAR-ROUND SWIM TEAM, FALL

- Days: Mondays - Fridays
- Dates: August 19th - December 13th
- Times: 4:00 pm - 5:00 pm (10 years & under)
5:00 pm - 6:30 pm (11 years & older)
- Fees: \$ 385.00 for Members (1st child)
\$ 335.00 for Members (2nd child)
\$ 500.00 for Non-Members

THANK YOU TO OUR SWIMMERS!

A big thank-you to all of the swimmers who took swim lessons with us this season! I hope to see all of you and your friends in more swim lessons again next season.



- Karen Szabo,
Aquatics Director

FIFTH-ANNUAL SWIM FEST

Our Fifth-Annual Swim Fest was held on Saturday, August 24th and fun was had by all. Thank you again to LGSRC Masters Swimmers, Timers and Coaches for another great Swim Fest. We had a great turn out with wonderful weather and friends. We look forward to another year of continued swimming and memories.

You are the best!!!

- Debbie Daniel,
Group Exercise Director



GROUP EXERCISE SCHEDULE - SEPTEMBER 2013

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) ML Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) ML Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) ML Group Cycle (60) DM	
7:00 AM				Boot Camp (60) SL			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	Pilates Mat (60) AW	Zumba (60) KH	Pilates Mat (60) AW	Glitz Dance (60) SD	
9:30 AM		Pilates Mat (75) AA Aqua Combo (60) CP	Cardio Strength Training (60) GB Masters Swim (60) MK	Power Sculpt (75) SE Aqua Combo (60) CP	Group Cycle (90) RY Masters Swim (60) MK	Boot Camp (60) CP Aqua Combo (60) SaE	Yoga Tune-Up (75) EF Aqua Combo (60) SaE
10:00 AM	Eclectic Yoga (90) EF						
10:30 AM						Core Conditioning (30) CP	
10:45 AM			Senior Yoga Tune- Up (60) LW				
11:00 AM				Vinyasa Yoga (75) LW			
11:30 AM						Vinyasa Yoga (90) HE	Zumba (60) LY/VJ
12:00 PM		Zumba (60) VZ	Group Cycle (60) RY		Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DD		Qigong (75) BB	Sr. Conditioning (60) DD		
4:30 PM		Group Cycle (60) DD		Group Cycle (60) SB		Zumba (50) LP/LR	
5:15 PM			Boot Camp (60) SL				
5:30 PM		U-Jam (50) RF		Fitness Fusion (60) DD	Zumba (60) VZ		
5:45 PM						Yin Yoga (90) LW	
6:30 PM		Beginning Yoga (90) EF	Pre-Masters Swim (60) JS Zumba (60) VZ		Pre-Masters Swim (60) JS		
6:45 PM				Vinyasa Yoga (75) HE			

AA-Allyson Atwell
 AW-Ann Weismann
 BB-Barbara Branaman
 CP-Charmaine Pokriots
 DC-Debora Cohen
 DD-Debbie Daniel
 DM-Dolores Montenegro
 EF-Elena Fisher
 GB-Gini Bellawala

HE-Heather Estrada
 JS-John Schaefer
 KH-Kathleen Hill
 LP-Laura Peterson
 LR-Laurel Rudd
 LY-Lupe Yepiz
 LW-Linda Wagner
 MK-Mike Kasper
 ML-Mark Lougenour

RF-Robert Flores
 RY-Rachel Young
 SaE-Sandra Escamilla
 SB-Stacy Burnell
 SD-Sara Dean
 SL-Shannon Larsen
 VJ-Valy Zumpano

LOST AND FOUND

If you lost something here at the Club, please stop by the Front Desk or check the Lost and Found bins located outside of the Front Desk lobby to see if it has been turned in. Because of the large number of items collecting in Lost and Found, we will donate the Lost and Found items on Monday, September 9, 2013.



GROUP EXERCISE CHANGES

Zumba with Valy Zumpano is coming to Tuesday evenings at 6:30pm. The start date is Tuesday, September 3, 2013. Come out and get your dance on with Valy!

Valy Zumpano will be taking on the Monday 12:00PM U-Jam class beginning September 23, 2013. The class will change from U-Jam to Zumba.

Los Gatos Swim
& Racquet Club

GROUP EXERCISE & FITNESS

FITNESS TIP OF THE MONTH: STRENGTH OR CARDIO?

I'm often asked by members, "what should I do first, strength or cardio?" I always answer with if you put your cardio before your strength, you'll never be satisfied with your physique. By giving strength training a higher priority you'll achieve a greater level of leanness because of the increase in lean muscle mass that will ultimately increase your daily metabolic burn rate. Aerobic exercise is less than optimal for fat loss. Opt for anaerobic training modes if your goal is to get lean. Both strength training and sprint intervals are incredibly effective for burning fat if you train with adequate volume and intensity.

- Body fat percentage decreases the most in individuals when concurrent strength and high-intensity interval training was performed. The high-intensity interval training included near maximal sprints that were repeated in interval fashion with rest in between repetitions.

- Very high-intensity endurance training in the form of repeated sprints doesn't lead to a decrease in muscle mass, but they do increase metabolic rate after exercise to a degree that corresponds with the intensity of the training. Therefore, the body will continue to burn a higher amount of calories in the hours post-workout.

- Strength training is most significantly compromised in response to steady-state endurance exercise. The greatest effect was seen when steady-state endurance training was performed more than three times a week for more than 20 minutes.

- Strength training performed concurrently with running produced a greater decrease in hypertrophy and strength gains than lifting in conjunction with cycling, which likely has to do with the eccentric component of running.

If your goal is fat loss or muscle building, avoid endurance exercise completely. Focus on putting all your energy into strength training. If you have time for more than 4 training sessions a week, do interval training in the form of sprints or strongman exercises like sled work, tire flips or kettle bell work.

If you are passionate about endurance exercise but need to lose fat, you must add strength training to your activities. Best results will come from limiting endurance training to one session a week, with interval training being used for extra conditioning.

If you are an endurance athlete and want to improve performance, do a

strength-type program with heavy loads (80 percent of the 1RM or heavier) in order to increase short and long term endurance capacity. Performing strength training won't compromise endurance performance or result in measurable hypertrophy if it is done in conjunction with regular endurance training.

If you are a power athlete, avoid conditioning unless it is very short and very intense. Concurrent endurance training leads to a very significant decrease in power output. The drop in power corresponds to the length of the endurance exercise, and lower intensity conditioning leads to a much greater loss of power. Power is the performance variable that is compromised the most by endurance exercise—much more than strength or hypertrophy are.

- Brian Dean,
MS, PES, CES, CSCS,
Fitness Director

KIDS' CLUB

(408) 358-1967
KidsClub@lgsr.com

GRANDPARENTS' DAY CRAFT

Grandparents' Day is Sunday, September 8th! Your child is invited to Kids' Club on Friday the 6th to create a special craft for Grandma and Grandpa. We will be making a fun project that you can give or send to their grandparents to show them that they are remembered on this special day.

GRANDPARENTS' CRAFT

Date: Friday, September 6th

Time: All day during reservations

Ages: Newborn to age 7

Cost: Normal reservation fees.



KIDS' 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. Come and drop your little ones off 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 arts & crafts, playing on the playground, a movie and much more! A yummy snack is provided, but please pack a lunch (no peanuts products please). Stop by Kids' Club to sign up or call (408) 356-2136 for more information!

PLAY DAY
Date: Wednesday, September 11th
Time: 9:00AM-1:00PM
Ages: Newborn and UP
Theme: CARS
Cost: \$18 for Members
\$28 for Guests of Members



KIDS' NIGHT OUT ...EXPLORES THE JUNGLE

We are excited to bring you another action-packed Kids' Night Out! This month we will explore the Jungle! This exciting habitat is home to exotic animals and plants. We will spend the evening with friends, making crafts, and watching a movie. A pizza dinner is included (or children may bring their own dinner). 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, September 27th

Time: 6:00PM - 9:30PM

Theme: TARZAN

Ages: Newborn and UP

Cost: \$20 for Members

\$18 for each add'l sibling

\$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 - 6:00 pm

Between 1:00 and 6:00 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 WHATS' PLANNED IN KIDS' CLUB!

There is a lot going on in Kids' Club this fall! Each day we will have activities like circle time, arts & crafts, and games.

Stop by Kids' Club for the calendar of activities, or email KidsClub@lgsr.com for more information!