



Newsletter

August 2024

Meet the New Girls at Mt Tam! You're going to need more lessons to play with these gals!



Left to right:
Bo's daughter, Raina
Mariko Fritz-Krockow, #2 in 40's
Alison Rauh, #5 in 35's Doubles
Jenny Bailliet, 5.0

Congratulations 12 & Up Tennis Champs!

Mt Tam Vs. Wikiup:
Hayden Meyer, Winner
Alessia Baillet, Second
Sitara Pillai, Third
Wikiup, Fourth

FUN, FUN, FUN!



All reservations, except for the gym (not needed), are made through MyClubLives.

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Daily 11am-4pm, Fri. - Sun. 4-7pm

Indoor Courts closed Monday mornings for lessons and maintenance.

Labor Day
Monday, September 2
Club Hours 7am to 9pm
Café Closed and No Fitness Classes

This Month with Al's Self Defense
Wednesday, August 28 at 6:00

Tai Chi

Saturday August 31 at 11:30.

These classes are free for all members and guests are invited for a one-time free visit.

Calendars

We are producing the Newsletter earlier these days to give you more notice of events. To be sure of often changing schedules, go to the website and click on the Live Calendars. These will be undated constantly while the printed edition may become inaccurate.

50th Celebration

Socializing with open bar and buffet dinner after Bo orchestrated a 60-player round robin!



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Fitness Updates

Line Dance Party

Saturday, August 3, 7-9pm

Hosted by instructor Dolly Urquhart

This event going forward will meet every first Saturday of the month featuring a social hour/mixer 6:30-7:00 p.m. and instruction and dancing from 7-9:00 p.m. Join Dolly for a fun evening of dance, cardio, and socializing! Free to members, non-members please check in for guest pass/waiver at the Reception Desk and pay \$15 to the instructor.

COME TRY THIS NEW CLASS!

HIIT

Tuesdays/Thursdays 9-10

Wednesdays, 8-9

This month, favorite HIIT instructor Marta returns to teach three days of HIIT. Be sure to sign up on MyClubLives to reserve your space in all classes (Marta's classes will be added back to their original times when her return dates have been confirmed, to be announced via MyClubLives).

There was some confusion about signage regarding use of the stretch table in the gym earlier this month. Please yield use of the table to trainers when they are working with clients who need the table due to mobility issues or chronic injuries which prevent them from training on the floor. The sign is there to allow us to accommodate them without confrontation or embarrassment and allows everyone to feel comfortable. Thank you very sincerely for your kind understanding. Very Sincerely, Jodie Hawley, Fit-

Tennis Updates

Join Us for another Fun 3.5 Plus Event

August 23-25

Entries available at Reception.

Another in our series of fun tournaments, this one to echo our 50th Anniversary. \$100 Prize in Café Credit for the Winners in each Flight, \$50 for runner-up. Non-Members will be accepted to fill out brackets as appropriate. As usual, Entry Fees will be \$35 for one event, \$60 for 2, \$75 for 3.

The Players Party will feature 2 free drink tickets, heavy d'oeuvres and live music on Friday night. Although this event is formatted like a tournament, the focus is not so much on competition, but more about helping Members find others to play fun tennis with. We will have all the categories of play, Men's, Women's and Doubles, including Mixed Doubles, from 3.5 through 4.5.

Clinics

1-3pm

Must sign up with Bo.

3.5 & 4.0 on Fridays

4.0 & 4.5 on Sundays

A wonderful practice session and opportunity to meet others. It's an hour and a half of rapid feeding and a strong aerobic workout...essentially it is Live Tennis and Cardio Tennis combined.

Pickleball Drop-ins

Beginners/Intermediates Drop in: Mondays Noon-2

All levels Drop in: Saturdays 2-4

Clinics

Fridays, 12-1. Members \$20, Non-Members \$25

How Does Back to School Impact the Club...

Suddenly, summer is over. Besides getting your child to and from school, you need to find ways to keep them safe and productive after school. Mt. Tam Racquet Club has provided that environment for the last 50 years. Although we do have a number of organized events such as basketball, swimming and tennis, most of the time children prefer doing whatever they want after spending an entire day in a structured classroom environment. Eating is Number One, so the Café becomes the focus, and after that, most find the recreation of their choice. It always cracks me up...girls at tables with fries and homework, guys darting back and forth between basketball and burgers, fries, shakes! Quite amazing really with kids from 10 to 16 playing together and including the little guys. Stop down one afternoon for a look...but stay out of sight! ~:)))

Because September and October can be the warmest months of the year, we see a number of kids head to the outdoor pool. We welcome this, but we may have to turn some away if we are too busy. Like all pools, there is a fire department limit to the number of people we can accommodate. Also, we now require non-members under the age of 18 to have their parents sign a Waiver Release form before they can use the Club. This is a one-time event, but it must be signed by a parent.

Additionally, anyone using the pools must be at least 14 years of age in order to swim without supervision. Children under the age of 14 must have someone over the age of 18 watching them. Watching means being poolside. At no time should any person be using their cell phone while using the indoor pool. Pool areas are often areas of relaxation or focus on performance and an open conversation can be distracting. Courtesy is the watch-word, as always.