



Newsletter

A Day in the Life of a Camper

Monday: The day begins at check-in with the counselors helping new students adjust to the normal jitters and excitement that comes with their first day. For those attending before-care hours at 9am, the camp offers unstructured games. Campers may choose between board games, foosball, card games and reading.

10 am: Camp begins at poolside with a craft such as making paper leis or crowns and a light snack. Next they change into swim suits and head to the pool deck for a safety reminders. Swim lessons follow with an emphasis on stroke technique. Afterwards, there is free time to play in the pool with equipment, join in group games or simply free swim. Campers then change and enjoy a team building game and may wear the leis and crowns for a portrait which will be mounted in a frame decorated by the camper later in the week. Each day of the week offers different events and learning skills.

Noon: Campers head inside for a tasty lunch at the Club's café! When finished, the campers split into groups; one group enjoys an hour of tennis with USPTA instructor Sylesh David, while the second group plays basketball in the gym.

1:30 pm: The groups switch so that each group has a chance to enjoy all the sports activities. Afterwards, the campers reconvene in the café for a final snack, then head to the pool to collect their belongings

3:00 pm: Check-out time. Those who want to stay for an additional supervised hour can choose to swim, play games or any other outdoor activity by the pool until 4 pm.



April 2023

Easter Sunday

April 9, Club Hours 7am-2pm
No Fitness Classes, Café Closed.

Guest Rule Change

During the pandemic we allowed members to bring unlimited guests. Now that more people have returned and space at the Club is more in demand, we are returning to each membership only having two free guest privileges per month. We still will maintain the policy that non-member can frequent the Club only once a month.

Valerie Kircher's Art Exhibit

Friday, April 7, 5:00 - 7:00 p.m.

Photographer Valerie Kircher returns to showcase her most recent work in an interactive exhibit. Drawing on her experience and love of the written word, especially poetry, as both a published writer and teacher, she has gathered some of her favorite quotes-many inspirational, and paired them with her photographs.

Valerie invites anyone who would like to have a conversation about her work and maybe even make up his or her own quote, to come to the reception and enjoy beer, wine, non-alcoholic beverages, and hors d'oeuvres.



Al's Special Classes

Al's free monthly classes are scheduled for Wednesday April 26 Self Defense at 6:00 and Saturday April 29 at 11:30 Tai Chi. Also, congrats to Al for his new book Autism Spectrum: Practical Tips from Three Decades of Training Kids and Adults .

Please note that all usage must be through our reservation system, MyClubLives

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café-Take-Out Available

Tues. - Sun. 11 am-4 pm

Closed Mondays

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Fitness & Swim Updates

Creating the Best Fitness Experience

Most people have goals that they want to meet concerning their health and fitness. With that objective, they design a routine or regiment to meet those goals. That agenda will employ a schedule, a pattern of use, and hopefully, and maybe most importantly, an enjoyable experience.

As much as self-discipline is very important, what we have learned here at Mt. Tam, is that the experience is what creates the greatest motivation to pursue those personal goals. So ask yourself, what experience are you hoping to obtain? Is it a social experience, a reliably available experience, or maybe a more casual experience? For that matter, maybe a combination of all of those elements.

Our focus in the fitness department has always been to discern what the member is looking for, and then, in turn, make adjustments to provide that experience. This is why we continue to try to find new fitness classes that will appeal to our membership, or put furnish equipment in the gym that focuses on a combination of variety and entertainment...such as having the outdoor pool open throughout the winter.

All of these actions are a direct response to what the membership is seeking so that we can best create the best experience possible at the Club...we will continue that quest.



Swim Instruction is Coming Back Big

We have a great group of core swim instructors. We would love for you to meet them! Here they are: Elizabeth Hersh, Kendra Rodgers, Kallen Wank, Alejandro Menacho and Steven Katz. They have plenty of time on the weekends and afterschool for lessons. Time to get your children water-safe for the summer.

Tennis Update

Special Tennis Only Summer Camps

The Summer Tennis Camps will be back again this year and will be offered June 12th through August 14th. Camps run Mondays through Thursdays from 9-11:30am. The price for members is \$250 per week, and \$325 per week for non-members. Camps are for kids age 8 to 15. We will focus on all aspects of tennis including stroke production, footwork and balance, sportsmanship, and even video analysis of player's shots. For newer players we will be using the Ten-and-Under format. If you are interested, please pick up a form at the tennis board or contact Shibu Lal at 415-924-6226.



Ball Drop Box for Recycling

You may have noticed the yellow recycle ball box outside in the breezeway next to the vending machine. Please drop your used balls into this box...we use the better ones for the ball machine and the older ones are recycled. We currently recycle over 2,000 balls a year.

Time to Type a Little Hype

We don't normally boast about our league achievements, but last weekend our teams did quite well. Our USTA Women 3.5, Men 3.5, Women 55+ 4.0 and Women 55+ 7.0, are all moving on to the next round after winning their first rounds. The reason this is significant is that, unlike many other organizations, we do not recruit outside members...it's obvious from the results we don't need to.

In Case of Emergency...

Every year about this time we remind Members about our emergency system. There are several issues that might occur, but in all cases an alarm will sound (a siren that oscillates)...that is your notice to leave the building. In the past when this alarm sounded, the natural reaction from the members was to inquire at the Front Desk, or ask an employee, what is happening. During the 1989 earthquake, when the alarm went off, almost everyone did exactly the opposite of what they were supposed to do and ran into the Club to the TV news in the Cafe. The fact is, we are never expecting anything to go wrong in our beautiful area that sees so few emergency issues, but the fires of the North Bay were a strong reminder of how important it is to have a plan. In this case the plan is simple...LEAVE THE BUILDING.

Also, members need to know what to do in case of an electrical outage. For safety reasons, the Club must start the process of shutting down. We have no idea how long an electrical outage will last, so it is important that members gather their belongings and exit the Club quickly. DO NOT take a shower or continue to use the Club in any fashion even though there are emergency lights, or there may be enough ambient light to swim. Our instructions from the Fire Department are very clear because they do not know the extent of the problem, they ask that we cease operations and secure the building.

In case of an emergency in the locker rooms, there are intercom phones you can use to contact the Reception Desk. In all cases, the first reaction is to call or have someone call 911.

Finally, not all emergencies occur at the Club. Sometimes a family emergency may take place, and someone will want to reach you at the Club. This is exactly why we ask all Members to check in and to have a photo on file. If we know what you look like we will be able to find you in much less time. Remember, we do not have, for obvious reasons, a loud-speaker or a paging system, so we rely on familiarity with Members, which is what would explain why we transitioned a few years ago from using members' phone numbers to check in, to using member's names.