



Newsletter

Our First Line Dancing Party

Friday, May 6, 2022
7 to 9:30pm

This will be quite a scene, and by the way, quite a workout. There'll be no charge for members and guests are welcome at \$20 per person. Everyone will be given two free drinks with admission and snacks and beverages will be available in the Café. Famous teacher Dolly Urquhart will lead us in lessons followed with open line dancing. Line dance is a fun form of exercise and no partner is needed, but definitely bring friends and family (over 21). Dress comfortably and dress in layers, like we said, it's a workout. To protect our wooden floor, please use athletic shoes, no hard sole shoes allowed in the gym.



Summer Camps Nearly Full

Members! Don't forget to register for camps as slots are filling up. The camp dates are June 20-24th- openings, June 27-July 1- openings, and August 1-5th-almost full. The Club will open registration to non members in April, so grab a brochure and contact aquatics@mttamrc.com to enroll. The camp brochures are at the Reception Desk. New this year is Sylesh David as tennis instructor. Get ready for fun, crafts, swim and tennis.

Bridge Revival?

Years ago, we had a weekly bridge event. This was also a great opportunity for new members to become a part of the MTRC community and enjoy the many perks of membership besides tennis and fitness. If you are interested in rebuilding the bridge community, there is a sign-up sheet at the Reception Desk to see if there is enough interest.

At this time, please note that all usage must be through MyClubLives, except for the gym

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday- Sunday 11am-4pm

Indoor Courts closed Monday mornings for lessons and maintenance.

April 2022

Easter Sunday

April 17, Club Hours 7am-2pm
No Fitness Classes all day.
Café Closed

Meet the Photographer

Friday, April 1, 5pm-7pm

For many years the Club has provided a unique opportunity for our member artists to display their work. Every three months we rotate the display and artist. This is also a great way to have a fresh look in the Café. This time around, member Valerie Kircher is sharing her photography. This Friday she will host an event to provide information about her work. It's a great opportunity to hear the back-story of her work. Come join her and others that night to celebrate her opening.



This Month's Schedule with AI

Self Defense Class on Wednesday, April 20 at 6:00 and the Tai Chi-Quigong on Saturday, April 23 at 11:30. Remember, these classes are free for all members and guests are invited for a one-time free visit.

Spa Work

We will soon be re-finishing hot tub. After several tries to patch it, we realized that with the hot water and chlorine influence, patches will never hold. The work will require a minimum of a week and we will keep you posted on the start date and expected time to finish the project.

Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

www.MtTamRC.com

<http://www.facebook.com/mttamrc>

Fitness Updates

In Case You Don't Know

Eyerusalem is a fitness instructor, and has been involved in the Health and Wellness industry for over 20 years. She worked in a variety of different modalities including Spinning, Kick Boxing, CrossFit, Boot Camp, Step, Weightlifting, Strength and Cardio classes and draws on this background when teaching her Mt Tam Mat-Sculpt class Mondays, Wednesdays and Fridays 8:30-9:30 a.m.



Upgrade from Direct TV

Over the years we have struggled to have a quality and consistent feed for our work-out machines from DirectTV, the only company to offer gym compatible hook-ups. After many years of design and experimentation, they have finally come up with what will hopefully be a final solution. Their upgrade just took place, so keep your fingers crossed...be assured we will stay on top of this change.

From the Swim Department

Please welcome our new swim instructor, Steven Katz. He will be teaching a program called *Total Immersion*. This style of teaching is for adults who are comfortable in the water and want to improve their freestyle. You can contact Steve via email. His classes are held on Monday evenings, Tuesday mornings and Thursday mornings. Contact Steve for pricing and availability. His email address is stevekatzchi-ro@gmail.com.

Summer Swim Lessons

Summer swim lessons are in the works. The Club is in the process of hiring teachers and setting up a schedule. This year we will welcome back our group lessons to accommodate many members trying to make up the lost time of the last 2 years. Members will have priority to book times and days when registration opens April 15th. Any email reply will have a schedule of lessons attached to it. Hope to see you in the pool! Please contact aquatics@mttamrc.com.

Tennis Updates

Special Tennis Summer Camps

Ages 8 to 15

The Summer Tennis Camps will be back again this year. They will be offered the following weeks: July 10, July 24 and July 31.

Camps run Tuesday – Friday from 9-11:30am. The price for members is \$165 per week, and \$195 per week for non-members. We will focus on all aspects of tennis including stroke production, footwork and balance, sportsmanship and even video analysis of players' shots. For newer players, we will be using the Ten-and-Under format. We will have applications available at the Reception Desk by May 1.

Speaking of Juniors

We have two new programs that are growing little by little. They are a kick-back to the old game of tennis when juniors used to just come down to the Club and play. The first is a great new program on Sunday evening for high school level players at 7pm. It is run by new Club Pro Russell Byrne, and is designed to accommodate many of these junior players that were not able to make their high school team. The second will be launched in May and will feature match play for anyone taking lessons...stay tuned.

Welcome Our New Tennis Pro

We welcome Marco Casesa to our Tennis Staff. He has been enriching peoples' lives on the tennis courts for 25 years. He hopes to bring the same excitement, passion and knowledge to the Club that he has provided hundreds of students for so many years. He believes in teaching the correct technique, strategies, cardio and enjoyment that comes with loving this great game.



Access and Supplies Remain Concerns...

We hope to get a number of projects completed now that the weather has become nice and sunny. But with this weather also comes a time when members can enjoy the outdoor facilities. As a result, being able to access these areas for upgrades becomes a real challenge. An example are the decks around the pools. We try to refresh the paint every spring, but we have to shut it down to complete. With the tennis courts, we have a great deal of work to do on the fences, but the sound and worker movement is distracting to players.

So why not do some of this work late at night when we are closed? The answer is two-fold: First, it can be unsafe for some projects to have any worker operating with poor lighting and without proper personal support. Second, if a part breaks or fails, there is no place open to be able to purchase replacement parts. Speaking of parts, this is still a major issue for everyone. The supply chain is still very slow, and getting parts for electrical or plumbing, our favorite repairs, is often very difficult.

The tennis equipment is gradually becoming available. The pro shop is finally seeing a few more rackets in inventory, and also looks forward to having more shoes in stock soon. Tennis balls are increasingly available.