



Newsletter

April 2024

Summer Camps

This year's camps are the weeks of June 17 & 24, July 15 and August 5 & 12. Registration is open now. If you would like more information, please email katiekelly@mttamrc.com or go to the website to sign up.



Bo returned to his home country of Bangladesh, to remind his fellow countrymen of who's their best tennis player, by winning their annual ITF championships in both singles and doubles.

In Case of Emergency...

Every year about this time, we remind the 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.

Not all emergencies will take place at the Club. Sometimes there's a family emergency and someone will want to reach you at the Club. This is exactly why we ask that you have your photo taken and included in your profile. If Staff knows what you look like they will be able to find you much quicker. We do not have, for obvious reasons, a loudspeaker or a paging system, so we rely on familiarity of the members. In addition, checking in also lets us know you are here at the Club.

All reservations are made through MyClubLives.
Not needed for Gym.

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Daily 11am - 5pm,

Indoor Courts are closed Monday mornings for lessons and maintenance.

New for Tennis

In the past year, there has been a strong uptick in new players coming into tennis. The problem is, the only venues available for most players are leagues or tournaments. For that reason, the Pro Staff has teamed up to host an organized weekend event on Apr 13 at 2pm. Players will have an opportunity to meet and greet others who are learning, and most importantly, to share phone numbers and names and how to access court time at the Club.

Line Dance Party

Spend an evening Line Dancing with Dolly Urquhart Saturday, Apr. 6. Evening fun begins at 6:30 with a mixer, then dancing from 7:00 to 9:00pm. Dolly offers Line Dance party the first Saturday of every month.

And There's Zumba

ZUMBA Dance Party with guest instructor Efren Buzzo (date to be announced). Efren is a highly energetic and popular instructor who specializes in Latin and Caribbean dance styles, as well as contemporary Jazz and modern. All levels and ages welcome and no dance experience required!

Special QIGong Wellness Workshop with Claire Cohn, Saturday, April 27th 9:15-10:15 am in the basketball court. This special workshop is free for members and is an introduction to the art of QiGong, a wellness approach to overall fitness. QiGong combines the three 'pillars,' the body, breath and mind, to encourage relaxation, an even flow of energy, and reduce stress.

Self Defense with AI

Self Defense, Wed., April 24 at 6:00, Tai Chi, Saturday, April 27 at 11:30. If you have never attended these free classes, you are missing out on a wonderful opportunity to discover a great new skill and also get a great workout.

Address correspondence to:
Mt. Tam Racquet Club,
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(415) 924-6226
email: info@MtTamRC.com

Fitness and Swim Updates

New Aqua class with Andrea Deveaux begins April 1st and meets Mondays 11:30 am to 12:30 pm in the outdoor pool. Andrea will also cover the Wednesday and Friday 11-12 pm. classes for Linda while she is away. **(Rod-see flier attached below for copy/paste)**

New HIIT class with Marta Kaltreider begins Wednesday, April 17th and meets 8:00-9:00 am every Wednesday in addition to her Tuesday/Thursday class 9:00-10:00 am. Please join her for a fun and challenging athletic class which combines circuits of cardio, resistance exercises, mat/bodyweight exercises and weights. All levels are welcome, and modifications are always taught.

April Freestyle Clinic: Coach Steve Katz welcomes all adult swimmers. The clinic includes before and after video analysis of your freestyle with simple targeted stroke corrections that will begin to transform your stroke from old ingrained and inefficient habits to new graceful, efficient and injury free ones. Saturday April 20th, 10-11:30am in lanes 4 and 5. Sign up at the front desk, and tell your swimming buddies.



Tennis Updates

Free Clinics with Rod

Sundays, Apr. 14 & 28th, 12:30pm.

Each session provides a different topic that will be worthwhile to every level of player. We spend a 1/2 hour with instruction and then take to the court to meet new people and practice.

Monthly Tennis Tip

Tennis Pro's Tip of the Month

The leagues are in full swing...literally. The question is, are you, as a competitor, in full swing? Has the tension of play forced you into hitting conservative cautious strokes? This is often the case as the league becomes more competitive and stressful. Learning to release your strokes to have a long a fluid follow-through is usually the issue for most who get tight. Here are a few tips to help with that. First, learn to breathe out on the follow-through, this will help complete the motion and, in turn, provide the racket head speed needed for commitment and control. Second, focus on the ball being a long twelve-inch cylinder that you need to hit through, not just a round ball that you will make sudden contact with. The idea of driving through the ball and delivering the ball to a location should be the emphasis, not just hitting the ball. By focusing on how you are going to interact with the ball, you help eliminate the stress of match play and help stay focused on watching the ball.

Pass Program

This great program returns Sat., Apr. 6 at 1pm and uses courts 9 and 10 indoors. Volunteers are welcome to help with these special children.

Do's and Don't Around the Pool...

Do...

1. Shower before entering the pool. It helps keep our pool working better and keeps it clean by removing fragrances and creams. Even better, if you know you are on the way to the Club to take a swim, shower at home, avoid adding any products to your hair or skin.
2. Notify anyone in a lane that you booked to share, before entering.
3. Wear a bathing cap if possible. This will cut back on the hair in the pool and also keeps hair products out of the pool water. It's also healthier for your hair as well.

Don't...

1. Let your child under 14 swim unattended in any pool. It only takes a moment for something to go terribly wrong, so being on your cell phone, reading, or anything that takes you away from watching your child is sadly time enough for something bad to happen.
2. Let your child make the rules. Please familiarize yourself with the pool rules instead.
3. Wear bandaids in the pool. They always come off.