



# Newsletter

May 2022

## Line Dancing, Give It a Try

Saturday, May 7, 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 receive 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. To accommodate this event, the Café hours on that day will alter from 11am to 4pm, to 2:30pm to 9:30 pm. Also, members are welcome to invite their non-member friends. Their fee is \$20 and also includes the instruction and two free drinks.



## Summer Multi Sport Camps

Don't forget to sign up your child or grandchild in the multi sport summer camp. There will be some new activities this year and a repeat of the Friday BBQ!! It was really fun last year to offer the BBQ and the campers had a blast. There are still some openings in the June camps. The weeks available are June 20th-24th and June 27th- July 1st. Please contact the Reception Desk for a brochure or email [aquatics@mttamrc.com](mailto:aquatics@mttamrc.com) to enroll.



## Memorial Day

May 30, Club Hours 7am-9pm

No Fitness Classes

Café Closed but BBQ and Supervised Challenge Courts

## Special Fitness Announcement

Fitness Classes return to the Club this month after being virtual since March, 2020! Join us for in-person fitness classes beginning in May. In addition to our regular schedule of classes, we have added a new water aerobics class. Water aerobics begins the first week of May and will meet with instructor Linda Kuper every Wednesday and Friday at 11 a.m.- 12 p.m. in the outdoor pool. Welcome back Judi (Stretch and Align/Barre), Kelley (Yoga/Meditation) and Beth (Pilates)! We look forward to seeing you again in person.

## This Month's Schedule with AI

The Self Defense Class on Wednesday, May 18 at 6:00 and Tai Chi on Saturday May 21 at 11:30. Remember, these classes are free for all members and guests are invited for a one-time free visit.

## Drop-in Basketball is Growing

Mondays & Thursdays 7pm

Started with just a few, but little by little it is becoming more popular. We even have a TV audience for the NBA playoffs. For now, adults only.

## Lifeguard Class

There will be a small lifeguard class offered on May 10th and May 12th. The class will be held in the outdoor pool. If you normally swim that day, be prepared to adjust your schedule for the class. Depending on the class size, there will be times when the whole outdoor pool might need to be used.

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.

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## Fitness Updates

### Water Aerobics Is Back

Instructor: Linda Kuper

Wednesdays and Fridays 11:00 – 12:00 p.m. Outdoor Pool

Linda has been in the fitness industry for 34 years. Being a health and fitness enthusiast all her life, she has enjoyed teaching a variety of group fitness classes over the years. Her certifications consist of Aqua, Cycling, Mat Pilates, Bootcamp and Kick Boxing. She has always had a passion for fitness and health. Linda enjoys teaching all the varieties of classes and loves feedback from her students. She believes maintaining a healthy lifestyle and positive outlook is the key to happiness! Born and raised in the Bay Area, she has been married for 30 years and has two children. Linda is looking forward to joining the Team at Mt Tam Racquet Club.



### Swim Smarter, Better & Faster with Total Immersion

Thursday, May 12th, 7pm

Join Steve Katz, the Club's new Total Immersion Swim Coach for an evening introduction to a new way of swimming, Easy Free; swimming with a focus and grace that will overcome the boredom of endless laps and the terminal mediocrity that often accompanies those laps. Easy Free is designed for New, Experienced, Fitness and even Competitive Swimmers.



### May Swim Lessons

Get your child swimming for summer! There will be two weeks of lessons offered in May. Lessons will run Monday/ Wednesday or Tuesday / Thursday for 2 weeks beginning May 9th. Small groups are now available. If enrollment is low, there will be the option to switch to a private lesson if preferred. Lessons begin at 4:00 pm. Please contact [aquatics@mttam.com](mailto:aquatics@mttam.com) to enroll or if you have questions.

## Tennis Updates

### Special Tennis Summer Camps

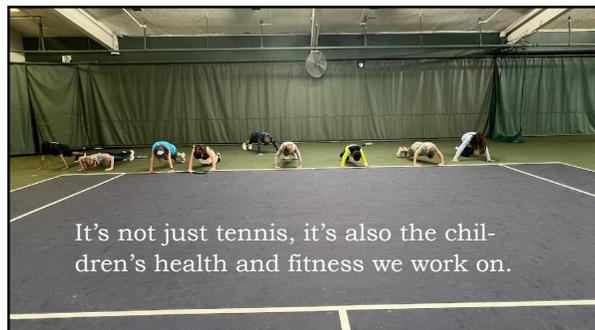
Ages 8 to 15

The Summer Tennis Camps will be offered the following weeks: July 11, July 18 and July 25. Camps run Monday–Thursday from 9-11:30am. The price for members is \$200 per week, and \$290 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 15.

### For Our Junior Players

You may have noticed there is an increasing number of young players that are gathering after school for training. This new interest is all part of the changing world of junior tennis...more players are learning the game for exercise and enjoyment, not so much for the high-end competition. Nonetheless, they still look forward to programs that include playing the game, so Bo and company have put together Drop-In Matches...dates to be announced.

This program, along with the current high school level program on Sunday evenings at 7pm with Russell Byrne, will provide venues that are based on more practice play on a drop-in basis.



It's not just tennis, it's also the children's health and fitness we work on.

## Annual Indoor Pool Closure

Once a year we need some time to address issues with the indoor pool. Because the pool is used for over 115 hours a week, we have little time to address maintenance that requires non-usage and dry weather. Our usage survey tells us that the time period of the evening of June 5 through June 7 is the best time to pull this off. We realize that swimmers are athletes whose daily workouts are very important to them, so we will do our best to finish the projects on time and keep you posted on the progress.

During this closure, we address cleaning the tiles and lane lines. Although the chemical balance of the pool is tested two times a day by our staff and backed up by off-site professionals testing twice a week as well, there are particular needs that have to be addressed due to this aggressive cleaning. These needs include the hardness/softness of the water, the flow rate and a complete cleaning of the pipes and filters.

We also want all members to understand that we cannot control the weather, try as we may, so on hot days, we like to keep the sliding glass door open and if there should be a cold morning or evening, we try to keep it closed. Also remember, the outdoor pool closes at sunset...everybody out.

Speaking of clearing out, the last reservation for the indoor pool is at 8pm. Historically we have asked the swimmers who reserve that time to please exit the pool at 10 minutes to 9pm. Just a reminder that it take our staff 20 minutes to shut down the facility, so when members stop usage at 9pm and then need the showers, this can be very compromising to the staff who are at the end of a long shift.