



Newsletter

Holiday Tennis Events

This is the best time of year to schedule one-day events. People are too busy and also have family and friends making it hard to schedule ahead. The answer is having these one-time mixers that are supervised. These fun mixers help bring common level players together allowing you to find partners and new friends. Best example is the Junior Mixer on Saturday, December 17, 2pm. This is open to every member and or any non-member taking lessons. Great way to meet other juniors and develop a contact list going forward.

For the adults, we have two other mixers. The first is for all levels, and it is a spin-off of the Challenge Courts. It starts Sunday, December 18 at 12:45pm and will use all the indoor courts. This is a supervised event for all levels. It's a King of the Mountain format, players advance to a higher level of competition as they win.

The second adult program is called the Masters, and is not for the faint hearted. Our top player Bo, partners with a mystery guest, you sign up to take on a four game challenge with a wager. Bobby Riggs used to do this and, needless to say, made a few dollars. More detailed info will be at the Reception Area by December 15.

Great Venue for Birthday Parties

We had our first Basketball Birthday Party last month and as you can see by the photos, it was a great success. This group choose not to play basketball, but how you use that space is up to you. The Café was able to provide 30 full plates of either salmon or chicken for the adults, and 22 hamburgers for the children. Remember, you must book at least three weeks in advance.



December 2022

Holiday Club Hours

Christmas Eve: 7am-2pm
No Fitness Classes, Café Closed

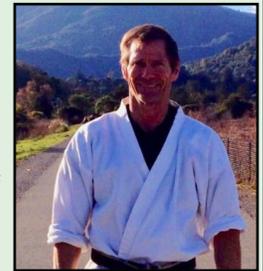
Christmas
Club Closed

New Year's Eve
7am-2pm, Café hours 11am—2pm
No Fitness Classes

New Year's Day
7am-7pm
No Fitness Classes

Month's Schedule with Al

Self Defense on Wednesday, 14th at 6:00 and Tai Chi Saturday, 17th at 11:30. Remember, these classes are free for all members, and guests are invited for a one-time free visit. He conducts these classes in the new upstairs spin room.



What a Great Christmas Gift

This is a Christmas gift that truly keeps on giving. Available only to members, buy a family member, or friend, a membership to the Club, and you both will receive a discount of one month's dues. This offer is only good until December 25. Note: the member must sign on the contract that they referred the new member.



At this time, please note that all reservations, except for the gym, must be made through My-ClubLives,

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday – Sunday 11am – 4pm

Indoor Courts closed Monday mornings

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Fitness Updates

It may seem a bit early, but we are right around the corner from 2023, and for many, especially after these last few years, they are looking for a new start. Part of that quest will be establishing New Year's resolutions. It's a big challenge but let us give you help overcoming the three biggest challenges.

#1: It's your consciousness that needs to change before your behavior can change.

Einstein once said: "We cannot solve a problem on the level of consciousness that created it." While that's a fabulous goal, it most likely won't happen unless you change aspects of *yourself* first, so that you will be able to attract—and sustain—positive treatment in your life and your work. Our yoga classes are terrific in helping address this issue. Being able to turn off the pressure of your world, even for only an hour or so, is a great first step.

#2: You don't have an accountability structure to help you sustain change.

Big changes and important goals don't just happen. They require sustained action (and a different kind of action than you're used to) that can move you forward towards the goal despite the challenges, struggles and pushback. That sustained action is exactly what having a club is for...the ability to come down and workout on a routine basis. Weather will never be an issue for Mt. Tam members.

Whether your goal is to be happier, healthier, wealthier, stronger, more successful, or more fulfilled, to achieve those goals requires you to become someone who is different from who you are today. To do that, outside support is so helpful. That's what fitness classes are all about, surrounding yourself with others on the same mission. We don't generally make big change alone or in a vacuum. Most of us need some great outside help and an ongoing accountability structure to keep going.

#3: You are actually scared of, and completely resistant to, achieving this big goal.

You may consciously want to achieve a particular goal, but if you're internally scared to death to bring this goal to fruition, you just won't let yourself do it. For this you may need a support system...and that brings us to your Club. Being around others, attending a class, but also being around others that become friends that you can share experiences with, is always going to help you have the confidence to keep that commitment.

Tennis Updates

Holiday Sale in the Pro Shop

Stuck with last minute shopping and don't want to deal with the crowds at the malls? Bo will keep his Pro Shop open on Christmas Eve so that you can either purchase a product or buy a gift certificate. On top of that, he is providing special pricing that will match any internet purchase. Need rackets, shoes or stringing? Take advantage of this exceptional discount or buy a gift certificate for a future string job.



Tennis Tip

It's that time of year when tennis rackets and bags are a great holiday gift. Most people fail to realize that a racket is a very personal item...not just any racket will do. When you buy on line, you may be able to try it, you might be able to return it, but you will never be able to have a qualified tennis pro watch you hit a few balls with that racket. Only a qualified teaching pro can assess your particular needs, especially when it comes to grip size, weight of the racket and maybe most important, how that racket is strung. Use the wrong type of string at the wrong tension, and you could impact your shoulder or elbow. It only takes that tennis pro about 10 minutes to help you with this decision...and it's free!

More Pickleball Time

It took a while, but we have finally engineered in the ability for members to reserve court 8 at certain times of the day for Pickleball using My-ClubLives. Remember that both 7 and 8 have two courts lined, one on each side of the tennis net. which means up to 8 people can play at the same time on each tennis court.

House Guest Passes...

From the conception of the Club, we provided House Guest passes for family and guests that were visiting. During the holidays this program is very appreciated. For your review, this is how this program works.

You can only purchase a house guest pass that will provide usage of the Club that is identical to your membership. As an example, if you have a fitness membership, you may not purchase a pass for the use of the tennis courts. Due to the demand on the indoor courts, we do not sell these guest passes from November 1 through March. These passes can be purchased for one week at a time and for a maximum of one month, and is only available for those staying temporarily at your residence. Here are the cost:

Guest Fees:

Full access including Tennis \$100/week **Not available November through March**

Fitness/Swim only \$50/week

Now that we are the only indoor tennis facility within 25 miles, if we should be lucky enough to get a lot of rain during Christmas break, there is a tremendous demand, especially with many of the college students that are vying for a position on their teams and feel compelled to prepare as best as possible. The pressure is on and often their decisions are based on that pressure, not the Club's policy. Recognizing this, we have organized some evening sessions that will provide supervised access. The schedule for these sessions have been purposely scheduled at off hours and will hopefully provide the opportunity for these students to play. A small fee will be asked to compensate the supervisor. Please remember that any guest under the age of 18 must have a waiver signed by their parent or guardian.