



Newsletter

August 2023

Members are our #1 PRIORITY

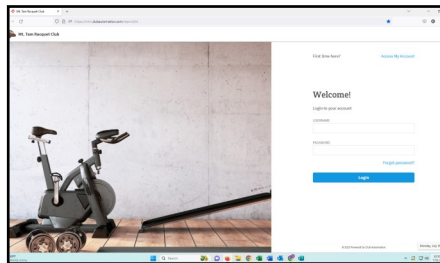
In the past, we welcomed non-members to take lessons on a regular basis. What has developed, however, is a system whereby some play here on a regular basis without paying dues by paying the non-member lesson rate. This is in conflict with our policy of Guests only visiting the Club once per month.

With Fall/Rain Season approaching – already?! – we want to be sure Members come first. Consequently, we are increasing lesson prices for non-members to encourage them to join. Many of these people have been loyal lesson participants for years, and we want to recognize their support by offering a short window to join by waiving the initiation fee if they join by August 15. We are also extending this offer to non-members who have been playing on Mt Tam League teams. Non-members will no longer be eligible to play on our teams.

We are also going to try to organize more Member events. You will receive a survey shortly which will help us develop events that YOU want to see. Stay tuned...

Accessing Your Account Online

1. Go to our website www.MtTamRC.com and click the upper left Menu button with the three bars.
2. On this page you will see a wide red bar with a lock and statement “Log in to Account.”
3. At the lower left, note the bar: “Access My Account.” A box will come up asking for your first and last name and your email address. We must have your email address on record for you to go any further at this point.
4. Next, enter your email and password. If you don’t have a password, you will need to create one.
5. You now have access to your account and can update your information. You can also set up auto payment by going to the edit tab and entering the information on how you would like to pay your monthly bill.



All reservations, except for the gym (not needed), are made through MyClubLives.

Club Hours:

Weekdays: 4:45am - 9:00pm
Weekends: 6:45am - 9:00pm
Café: Daily 11am-4pm, Fri. - Sun. 4-7pm
Indoor Courts closed Monday mornings for lessons and maintenance.

**Early Reminder
Labor Day**
Monday, September 4
Club Hours 7am to 9pm
Café Closed and No Fitness Classes

Family Movie Night is Back
Saturday, August 19, 6pm
We are planning a movie night for families - we are playing the Movie UP and are going to offer complimentary fountain drinks and popcorn. While your children are watching the movie, we will be provide supervised tennis. There will also be Thai food for purchase in the Café as well as Open Swim for families at the outdoor pool beforehand.



This Month’s Schedule with AI
Self Defense on Wednesday, August 23 at 6:00 and Tai Chi, Saturday August 26 at 11:30. These classes are free for all members, and guests are invited for a one-time free visit.

Hope You Remembered!
Reminder. We went green this month and we no longer mail out bills, everything is now done via email. Please note you are welcome to call the Club or ask a Manager about your bill. In addition, Newsletters will be available at the Reception Desk. Please read the article on this page with instructions on how you can access your account if you need more information.

Address correspondence to:
Mt. Tam Racquet Club
P.O. Box 116
Larkspur, CA. 94977
(415) 924-6226
email: info@MtTamRC.com

Fitness Updates

Line Dance Party

Saturday, August 5, 7-9pm

Hosted by instructor Dolly Urquhart

This event going forward will meet every first Saturday of the month featuring a social hour/mixer 6:30-7:00 p.m. and instruction and dancing from 7-9:00 p.m. Join Dolly for a fun evening of dance, cardio and socializing! Free to members, non-members please check in for guest pass/waiver at the Front Desk and pay \$15 to the instructor.

HIIT Takes Time Off

This month Saturday 10-11 a.m. HIIT goes on hiatus as our instructor is on vacation. We will be adding more cardio-based classes as families return from summer vacation!

ZUMBA Returns

Wednesdays and Fridays 10:30-11:30 a.m.

This class features two energetic instructors, a great playlist and a variety of dance styles including Latin, contemporary and classic 1950's! Join the fun and burn up to 500 calories per hour. Low-impact options and modifications are ALWAYS offered.



New Yoga Instructor

Lauren offers a Chair/Flow hybrid class beginning August 5th and meeting every following Saturday 11-12:30! We are excited to offer this new format. The chair offers the advantage of not having to get up and down from the floor and is easier on the joints, particularly the knees, while still offering the opportunity to enjoy Vinyasa flow. ALL LEVELS ARE WELCOME! Please try this new class option.

Tennis Updates

Come Join Us in a Fun 3.5 Plus Event

August 25-27 Entries available at Reception Desk

Although this event is formatted like a tournament, the purpose is not so much about competition, but more about helping players find others to play tennis with. We will have all the categories of play, men's, women's and doubles, including mixed doubles from 3.5 through 4.5. In addition, we will have wine tasting, which like last time gave members an opportunity to pick wines that they would like served at the Club, and also a BBQ during the day, followed by live music and our new Thai food service.

The Friday and Sunday Drop Ins

Bo runs these events that provide a wonderful practice session and an opportunity to meet others. It's an hour and a half of rapid ball feeding and a strong aerobic workout...essentially it is Live Tennis and Cardio Tennis combined. The fee is \$40.



Pickleball Beginners Meet

This fast-growing sport is great, but as it has grown, level of play has become an issue. Just like most sports, this is a common growing pain, and since the sport was initially introduced as a great social venue and most new to the sport were just learning, as it has grown in popularity, players got better, competition became more popular, and the beginners were left behind. We need to re-address helping the new players get into the sport. For that reason, we have established a new set time for novice players: Mondays at noon will now be put aside for those just learning. We will still continue our Saturday 2-4pm time that has supervision.

How Does Back to School Impact the Club...

Suddenly, no matter how well you have planned, you find yourself dealing with your child now attending either Hall Middle School, St. Patrick's or Redwood High School. Besides getting your child to and from school, you need to find ways to keep them safe and productive after school. Mt. Tam Racquet Club has provided that environment for the last 49 years and will continue to do so. Although we do have a number of organized events such as basketball, swimming and tennis, most of the time children prefer doing whatever they want after they have spent an entire day in a structured classroom environment. Eating is Number One, so the Café becomes the focus, and after that, most find the recreation of their choice.

Because September and October can be the warmest months of the year in the Bay Area, we see a number of children head to the outdoor pool. We welcome this, but remember, we may have to turn some away if we are too busy. Like all pools, there is a limit to the number of people we can accommodate. Also, please remember that we now require non-members under the age of 18 to have their parents sign a release form before they can use the Club. This is a one-time event, but must be signed by parents with all the information properly filled out.

Additionally, anyone using the pools must be at least 14 years of age in order to swim without supervision. Children under the age of 14 must have either a Lifeguard on Duty or someone over the age of 18 watching them. Watching means being at the poolside of the pool they are using. At no time should any person be using their cell phone while using the indoor pool. Pool areas are often areas of relaxation or focus on performance and someone conducting an open conversation can be distracting. Courtesy is the watch word, as always.