



Newsletter

January 2018

At your service in 2018...

We would like to re-introduce our staff for the New Year. We take great pride in having a quality staff to serve our members and their guests.

Dick Lahey, President, was one of the founders of the Club in 1974 and has served in this capacity since 1976. Rod Heckelman, has been our General Manager and Tennis Director since 1976.

The Front Desk staff is led by Sean Galetta, David Myers and Ana Davis. They have a very reliable crew consisting of Cory Colavito, Dimitrios Christopoulos, Grace McNally, Niobe Melendy, Alan Levinson and Betty Jean Valdez. Our long-time morning captain is Vicky Cunningham. Vicky arrives every morning at 3:30am to make sure the Club is ready for you at the 5am opening!

The Café has become the social center of the Club, and with Chefs Al Chase, Jesus Vara and new chef Nas Kahn, the food they produce is both consistent and excellent. Behind the bar we have our loyal staff of Anthony Mantalbano, Spencer Cross, Paul Galetta, Trevor Foster, Matt De Donatis and Ryan Walsh, but you will often notice that the Front Desk staff has been trained to also work that territory and will occasionally step in. Childcare is another department that deserves special recognition, they take care of every child as if they were their own. They include Maya Bauman, Ana Valle and Karina Perez.

A key component of the operation of the Club is the maintenance/janitorial crew. Many members recognize Gladys Perez, who works during the day, but seldom see her husband, William, who comes at night to do the daily cleaning. During the day, Jose Puertas and Alex Vela keep the Club running smoothly, handling most maintenance issues. At night Chris Halderman takes over with the projects that can only be done when the Club is closed.

The fitness floor and the maintenance of all the machines are expertly managed by Mike Fedoroff with the assistance of Bob Collins.

All of us at MTRC wish you a Happy and Prosperous New Year!

New Year's Day

Club Hours 7am-9pm

No Fitness Classes

Martin Luther King Day

Monday, January 15

Club Hours 7am-9pm

Special Fitness Classes in the AM only

Will be announced.

A Great New Class

Starts Friday, January 12, 1:30pm

After running a few trial classes called "Delay the Disease" a class that focuses on Parkinson's-related issues, we have decided to make it a permanent part of our program. It helps those impacted by managing their symptoms and maintaining quality of life. The class is taught and organized by Lisa Oei, a long-time local expert in the field. There will be two classes a week, on Monday and Friday at 1:30 on the basketball court. Non-members can try out the class twice, but afterwards have to become a member.



Club Hours:

Monday - Tennis courts closed: 8am - Noon

Monday-Friday - Club Hours 5am - 11pm

Indoor pool closes at 10pm

Weekends: 7am - 9pm

Childcare Hours:

Monday - Friday: 8:15am - 1pm

Saturday: 8:00am - 1pm

Sunday: By reservations only

Holidays: 9:00am - 1pm

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 News and Updates

Happy 2018! Maintaining a routine can help you become more energetic, happier and healthier, more peaceful and, overall, a better YOU! Let us help you get back in shape or maintain your program and healthy lifestyle.

Try some new fitness classes in the New Year!

Our yoga department is packed with first-rate instructors. Yoga unites the mind, body and spirit. It can help you become more aware of your body's posture, alignment and pattern of movements. It can help improve your flexibility and it will help you unwind and relax. Find your favorite style and practice with Vicki, Megan, Judi, Hillary, Beth, Kelley, Jean-Marie, Jen, Babette, Sutat and Phoebe.

Pilates works on building the body's foundation and focuses on a strong core, called the 'Powerhouse.' Pilates focuses on the quality of movement and improvement of muscle control, over the quantity of repetitions or the weight used; there are always three ways to complete a Pilates exercise including a beginner level, intermediate/advanced level, and a modification for injury. Try a class with Beth or Jodie, or try Carrie's Core Strength class.

Step into a Feldenkrais class with Celeste. This gentle practice will help your brain acquire more efficient patterns of movement and function so that you can learn to recruit the proper muscle groups during exercise and daily routine.

There are classes dedicated to Strength Training, which is key to any lifelong exercise program. Strength training helps reduce body fat, increase your lean muscle mass and burn calories more efficiently. Try Ken's Sculpt class.

High energy fitness classes such as H.I.I.T, Tabata, Boot Camp and The Grind, are the most efficient cardiovascular and strength training classes on the schedule. Interval classes engage your entire body and are designed to burn more fat and blast more calories in a shorter time span for a healthier you. You'll improve your endurance while getting stronger! Challenge yourself and try a class with Stein, Jill, Joe, AJ or Michele.

Our Cycle program is always very popular. Cycle classes are a lower impact activity (gentle on the back and knees) with a high calorie burn. These classes are as easy or as hard as you make them. You're in charge of your gearing and effort level. It is a great way to maximize your cardio workout while strengthening your core and legs! Angela, Kristen, Ken, Michael, Susan, Lynette and Karen are full of energy and will be happy to set you up in one of their classes.

Our Zumba department is led by Claudia, Stephanie and Pam. Raise your heart rate by enjoying a range of rhythms and dance styles with these enthusiastic ladies. It's a fitness party!

Jodie Hawley is the MTRC Fitness Class Director. Send her any feedback or suggestions at jodie@mttamrc.com or leave a message for her at the Front Desk. Enjoy your workouts and Happy New Year!



Swim News and Updates

Who's in the Swim Department?

Tish Borden is the Aquatics Director. She teaches swim clinics for children ages 5-18 Mondays through Thursdays during the school year. She also has a swim fit program for intermediate swimmers twice a week and teaches adult private swim lessons.

Judy Eisenman, is our Masters Swim Coach. Aside from coaching swimming and teaching adult lessons, she is also a skilled Feldenkreis Practitioner as well as the ultimate personal fitness trainer.

Gloria Pomilia has a magical touch when it comes to teaching young children and has been at Mt. Tam for many years. She teaches people of all ages and is a water aerobics instructor as well.

Nancy Salcedo, another long time swim teacher at Mt. Tam, has a gentle, skilled way with children and can get almost anyone over the fear of swimming.

Masters Swim

Every Monday, Wednesday and Friday from 9:30-10:30, the Master's group meets. Coached by Judy Eisenman, it includes stroke technique and a workout. Don't worry! You will be able to do it! There are many different levels.

Swim Fit is on Tuesdays and Thursdays from 10:30-11:30. This is a program to work on your strokes with others and includes a short workout. This is a great way to work on all four strokes for the beginner and intermediate swimmers.

Water Aerobics

Tuesdays, Thursdays and Saturdays from 9:30-10:30. It is a fun class with a good cardio workout and the bonus is long-term friendship!

Aquafit

On Tuesdays and Thursdays from 2:00-2:30 a gentle water movement class. This class is especially beneficial for people who have arthritis or other limiting injuries.

Swim News

What are you doing on Sunday January 14? Get your swimming off to a great start with a 15 minute mini private lesson. The best news is it is \$10! The lesson will include a video and two drills to pinpoint a few things to work on to make your stroke more efficient. Schedule your time between 2:30-4pm by emailing Tish at tishb@mttamrc.com

Upcoming events

December: Start swimming regularly to relieve the stress of the holidays.

End of January is a timed hour swim. Time to start swimming more meters to get ready!

February is the month we swim as many meters as we can! Please work on pace to get ready for 1500 meter swim.

Mid February is our annual 1500 meter swim! Sign up this Year!

Please contact Tish with questions and any ideas for other swim events you would like to see at Mt. Tam. tishb@mttamrc.com

Tennis Tip

It may seem cliché, but for most top players, it's not about winning or losing. That mind-set was never better demonstrated than when Mt. Tam's tennis staff member, Jeff Greenwald, who specializes in helping all players optimize their performance and competitive skills and found himself in the finals of the 40's National Title in San Diego. One point away from winning this prestigious title, the umpire ruled a point penalty for ball abuse and awarded the match to Jeff. Instead of serving for the match in the third set at 5-3, 40-30, he went to the net and persuaded the umpire allow them to replay the point...he had no desire to end this momentous match by default. Although not in accord with the rules, the umpire retracted his decision and allowed Jeff to serve out the match. So, as it turns out, a sweet victory can be soured by an unsatisfactory finish.

Introducing Our Tennis Staff

Our tennis staff, which has the most accumulated teaching experience of any club in the country, includes Carl Morgenstern, 35 years, Steve Summer, 14 years, Shibu Lal, 12 years, David Sylesh, 6 years and Diane DeMartini, 6 years. We said a sad goodbye, but much good luck, to Ross Hollowell, who retired. Ross was one of the first pros in the industry to be dedicated to running the very important and complex league programs. He has been replaced by Joel Garrett, who has a long history in Marin and was once a teaching pro at Mt. Tam in the 80's.

There are many programs that our staff supervise, alternating from one program to the another so that they can meet as many members as possible. The more of you they can interact with, the more familiar they are with your needs.

Free Clinics for January

Free Clinics Tuesday, January 2 & 16, 1pm

Free Clinic Saturday, January 13, Noon

Don't forget that Diane, who supervises the Working Women's League on Sundays at 4:30, teaches a special strategy class once a month for that program.

Team Tennis Alert

Team Tennis round two starts up again this January. This Wednesday night program is a great way to meet others who enjoy friendly competition. To be a part of this program, you need to reach out to Diane DeMartini, whom you can contact via email at ddemar888@yahoo.com. The next session will have 6 matches starting on Wednesday, January 17th. We will take off the week of Ski Week, so no worries there.

What she needs to get started is the information below...if your USTA rating has changed, she needs to know that too. Name / Rating / Cell Phone / Email / Availability Jan 17, 24, 31 Feb 7, 14, 28 (check off those dates)

If you are unsure about your schedule, you can still be a sub and fill in when you are available. Once she hears back from everyone, she will form the teams and set up the schedule.

Jeff versus Bo...Round 2

We are very fortunate to have two world-class players working at the Club and occasionally we like to show off their talents by having them play an exhibition. On Friday, January 19th, 7pm, the two will square off to provide great entertainment that you can view from the Café or special seating on the indoor courts.



What 2018 Will Bring...

We hope we will have fewer intrusive projects, such as we had with resurfacing the courts, redoing the entire front of the Club, complete replacement of the solar system on the roof, recoating the front parking lot...all projects that needed doing. The fact is, because of the long operating hours of the Club, any remodel is bound to cause some interruption. We try to do most painting and repairing late at night after closing, but many projects are just not safe to take on unless there is a crew involved. We also often need the natural lighting of day, especially for the indoor pool, in order to have the best view of what we are working on. There is also the factor that once a project begins, you may run into unexpected issues that will require new tools or parts that can only be acquired and purchased during the day.

Moving forward, most of the work that will be done will be small projects that are needed to keep the Club up to snuff. One area that serves as an excellent example is the work done by our gardener, Carlo. His landscape work, especially in the entrance way, contributes to a great experience when entering the Club.

Most importantly, your input is needed at all times. We get most of our ideas and updates about the physical needs of the Club from the members that are using the facility. Although we do walk-throughs every 20 minutes, we may not see that there is an issue, or it might come up suddenly and we appreciate your immediate feedback so that we can address any issue.

Harmonious Breathing Workshop

Saturday Jan 27th, 2:00 - 4:00

By Vicki Sidley

This first in a series of workshops will be taught on the subject "**Breathing in a Chair**" This is specifically for the broad population of people who find themselves sitting in a chair for most of the day. It is also geared towards corporate environments.

This is the first of a set of workshops including "Breathing for Beginners" (requires ability to sit on the ground), "Breathing Training" (requires ability to set on the ground for at least 10 minutes) and "Advanced Breathing" (requires Breathing Training attendance.)

For more information on this global practice, check out:

www.harmoniousbreathing.com



January Women's Workshop: Reframing Resolutions

Sunday, January 7th, 5-7pm

2018 IS HERE! This workshop invites you to explore how to look at the year ahead in a way that sets you up for success in meeting your dreams and goals. Sixty minutes of all level yoga welcomes you to flow to the music and your breath before delving into your authentic resolutions.

This edition will feature health coach Alison during the second half of the evening, who will offer tools and resources to reframe resolutions and set the tone for an empowering conversation among like-minded women. Join new girlfriends and old to get mindful for the year ahead!

Space is limited, so be sure to reserve your spot asap :)

Location: Upstairs Yoga Room

RSVP and Questions:

BABETTE 415-837-3863

BDUNKELGRUN@ICLOUD.COM

\$20 Drop In



Remembering the wonderful Member Holiday Party through photos...

