



Newsletter

They're Screaming "Break'em Up!"

Mt. Tam's Sonoma/Napa/Marin League Division 1 team won again...for the 11th year in a row! This doesn't just happen because they are good players. This happens because everyone in this group works at their game and enjoys playing with each other. That seems to be the secret sauce for any team to be successful.



It's Time to Plan Your Summer Camp

Our Summer Camps are open for enrollment. This year we are offering two types of camp: a sports-specific Tennis and Swim camp intended to prepare campers for a fun summer swimming and playing tennis proficiently and safely (offered June 18-22 and June 25-29) and the familiar Multi-Sport Camp which offers a variety of fun physical activities including free swim, swim lessons and pool games in our outdoor pool, group tennis, basketball and yoga/stretching among others (offered July 9-13, July 16-20, August 6-10 and August 13-17).

There will be many familiar faces and several new faces at camp this year. Lisa Meakin, a Red Cross certified Lifeguard and Swim Instructor, comes to us from the Berkeley Yacht Club and will be Camp Director this year. Holt Hanley will be the Camp Assistant Director, and this will be his seventh year working at the camp. Raina Lal, Bo Lal's daughter, will work the Swim and Tennis camps, and members Nick and Henry Gardner will be camp counselors. Steve Summer will run the tennis program for the camp again this year and will offer after-care Tuesdays and Thursdays.

We are looking forward to an exciting and fun summer by the pool and tennis courts again this year! Please join us. For more information and enrollment, you can access our website at www.mttamrc.com or pick up a brochure from our Reception Desk. Alternatively, you can contact us by phone at 415-924-6226. Members can sign-up and pay for camps online. Jodie Hawley in the Accounting Office is available to help you at 415-924-6226, Ext. 190.

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

May 2018

Memorial Day

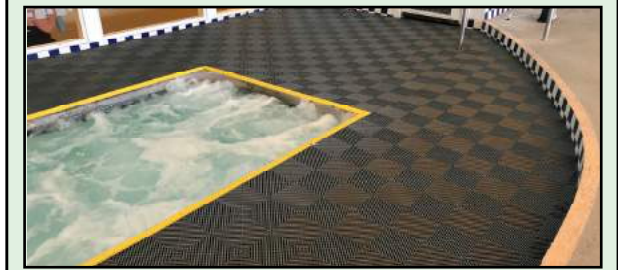
Monday, May 28
Club Hours 7am—9pm
Special Fitness Class Schedule
Outdoor courts are all supervised challenge courts from 11:30am until 3:15pm

Billing Update

We want to thank any members who have transitioned from using their credit cards or ACH to the free electronic fund transfer system (EFT) we offer. Not only does this save you credit card fees, but it is much easier to manage, especially with all the new security programs mandated by financial institutions and the Federal Reserve.

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 3rd through June 6th 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. The picture below shows you the progress towards some of our projects, mostly done during closed hours.



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Fitness News and Updates

With the recent addition of new equipment for our spin program, we would like to re-introduce you to our team of outstanding Spin instructors. Let us help you find a non-impact workout which suits your needs!

The week begins with Karen Tamblyn's high energy Latin Spin class from 6:15-7:15 a.m. Karen brings her positive energy and enthusiasm again at 10:35-11:45 a.m. Join Natie Tillotson Monday evenings from 6:30-7:30 p.m. for a fun finish to the day.

Tuesday morning begins at 6:15-7:15 a.m. with Lynnette Kling's energetic Spin class. Lynnette, a former NCAA springboard diver, knows how to get her class working! Ken Carr's Cycle and More class, featuring ab work and stretching in addition to bike intervals, follows from 7:45-9:05 a.m. Angela Downs teaches her positive, challenging and fun Cycle class from 9:20-10:35 a.m.



Wednesday morning begins with Mike Leddy's 6:15-7:15 a.m. Cycle class, offering a welcome boost of early morning energy. Susan Christman follows with a combination of Cycle and Weights at 10:35-11:45 a.m., and the day winds down with Ken Carr's evening Spin class from 6:30-7:30 p.m.

Thursday morning begins with Kristen Ernst's 6:15-7:15 a.m. Cycle class, followed by Ken's 7:45-9:05 a.m. class and Angela's 9:20-10:35 a.m. class.

Fridays wind down the week with another of Mike Leddy's outstanding 6:15-7:5 a.m. classes, followed by Natie's Cycle Challenge class from 10:35-11:45 a.m.

For the committed enthusiast we offer two weekend classes. Angela teaches a Saturday morning class from 7:15-9:00 a.m., and Ken offers a Sunday morning class from 8:00-9:15 a.m.

Come rediscover our outstanding Spin Team in our NEW studio featuring a new stereo system and the latest Heart Zone monitoring technology!

Introducing Lynnette Zimmerman

Lynnette has been in the fitness business for over 30 years. She holds a Bachelor of Science in Physical education, was a NCAA Championship Spring Board diver and has been teaching indoor cycling for eight years. Lynnette has coached Spring Board diving at Tamalpais and Redwood High Schools and is a talented mountain biker. She loves kayaking, swimming, hiking, is a water/snow skier and keeps a healthy, positive attitude. Lynnette currently teaches several cycle classes a week in Marin County and she loves to motivate individuals that take her classes. Lynnette's motto is to "keep moving forward."



Swim Updates

Summertime and Swimming

In our Learn to Swim Better summer program there is something for everyone as long as the swimmer is over 4!

It is offered almost every week of the summer! In our sessions we teach new swimming skills and perfect the ones that are already there.



Minnows are beginners who are figuring out how to put their face in the water, blowing bubbles and floating.



Starfish trust the water a little bit more, swim a short distance and are working on taking breaths and elementary backstroke.



There are many levels of Dolphins, and they practice a variety of strokes.



Rays and Sharks have been swimming regularly and have often been swim team members. They come for the week to work on distance and endurance as well as better technique.

There are 3-4 swimmers in a group and the lessons are 30 minutes long. If space is available, it can also be taken as a private lesson. If you have questions or would like to sign up, email Tish at tishb@mttamrc.com or call 415-924-6226 X320. Please include your swimmer's age and swimming ability along with the weeks you are interested in.

Mommy (Daddy) and Me is also happening this summer. This is a swim program for children 6 months through 3 years old. Mom or Dad gets in the water with their child and learns pre-swimming skills and safety to teach their infant and toddler. There are 3 sessions offered this summer. The swim information can be found on our website and on page 2 of the Learn to Swim Better flyer.



Summer Work Available

We are looking for lifeguards and experienced swim instructors! The outdoor pool will soon have lifeguards watching out for your safety. We are looking for lifeguards and swim instructors who are currently certified and have at least one season prior experience. Please spread the word!

Tennis Tip

Who believes in luck when they play? A let cord, a gust of wind that keeps a ball in instead of going out. It happens and it's part of the game. How you handle it depends on how you are doing during the match. The fact is, luck is uncontrollable and random, which means it cannot be calculated or part of any game plan. The same could be said about occasional bad calls; sometimes they are just that, a bad call because of poor vision or someone just not watching where the ball lands. The fact is, as long as players are miss-hitting the ball, which happens due mostly to not watching the ball, then it's likely that there will also be bad calls. The point is, don't let what you can't control dictate how you handle the situation, be it bad luck or bad calls...it happens.

Men's Day and Women's Day Combine

Every year good weather and league schedules cause attendance to drop dramatically. So, this year, or unless the weather becomes an issue, we will combine Men's and Women's Days to both be on Wednesday. Tennis pro, David, runs the program and will be there to make sure you have someone to play with at all times...even if he has to fill in.

Summer Tennis Camps

The Summer Tennis Camps will be back again this year. They will be offered the following weeks: June 19, June 26, July 10, July 24, August 31, and August 7. Camps run Tuesday – Friday from 9-11:30am. The price for members is \$165 per week, and \$195 per week for non-members. Camps are for kids between the ages of 8-15. We will focus on all aspects of tennis including stroke production, footwork and balance, sportsmanship, and even video analysis of player's shots. For newer players we will be using the Quick Start format. If you are interested, please pick up a form at the tennis board or contact Steve Summer @ 924-6226.

More Tennis Exhibitions Underway

Friday, May 18, 7pm

It's beginning to be a regular event; the tennis, the fun and the quality of play makes for a great evening. Pic-



tured above are Club Pro Steve Summer, long-time member and former touring pro Pam Nelson, Club Pros Bo Lal and Tarrin Doughery, who played mixed doubles last month for the exhibition.

Once again, this event will include winetasting from Foot of the Bed Cellars. They are a monthly wine club based in San Francisco. Founded in 2016 by Luc Bergevin and award-winning sommelier Martin Sheehan-Stross, they release two wines (a red and a white) each month from small producers around the West Coast. All wines carry their label and a \$15 price point, saving customers 2-3x on retail prices. They are always fully transparent about their sourcing as well.

They will have wines available for purchase as well as tasting! For anyone interested in [signing up for their monthly releases](#) (\$45/month plus \$12 shipping), the code **MTTAMRC** gets you \$15 off your first order!



Free Clinics for May

Free Clinic Tuesday, May 1 1pm

Free Clinic Saturday, May 12, Noon

It's That Time of Year...

We all know about the safety issues involved with any pool usage. What we forget sometimes are the reasons these issues come about. Besides poor behavior, such as jumping, running or other shenanigans around the pool, there is also the big question of supervision. Under that last category, a new issue has come to the top of the list: nomophobia. This is a new word to describe the fear of not having your cell phone. What is always annoying to everyone is having someone have a long, loud conversation on their cell phone while sitting by the pool...please be cell phone aware and courteous.

Most importantly though, never be on your cell phone when you are supervising young children in the pool. It only takes a moment, and a young child could be in danger; not just your own, but maybe someone else's that you could have helped if you weren't on your smart phone. Approximately 14,000 cell phones in the U.S. are destroyed each year because people drop them into a swimming pool.

Another issue we like to remind members about is sun damage. Although sunscreen taxes the filtration of the pools, we would prefer cleaning our filters more often than seeing you over-exposed to harmful sun rays. Most applications require waiting time before entering the water. Try to find sunscreen that is at least UV 30 and will not wash off.

Also, we have a disability lift for those who may need it for the outdoor pool. We ask that you tell the Front Desk or Lifeguard that you need to use it so that we can remove the cover and make sure it is operating correctly. Although it is checked daily this time of year, it might have been altered or accidentally turned off, so please inform us ahead of time so that we can make it safe for you. Hope you enjoy your summer at the outdoor pool, and please keep it a safe experience as well.

New System for Better Health is a Hit Countrywide

We are now offering the Heart Zones training system as part of our cycle program. With this system you are able to set your Threshold 1 and 2 levels and monitor your progress and heart rate as you train. This system is also available for personal use via the App Store on your iPhone so that you can record and track your training and progress on an individual basis. The App is for iOS devices, and is called 'Heart Zones'. There are several workout choices including walking, running and cycling, and you can monitor the amount of time spent in your personal 'Moderate' (T1) and 'Vigorous' (T2) portions of your workout as well as your resting and recovery rates. The App is compatible with a variety of heart rate monitors, including Blink and Garmin, which are both readily available and affordable, and it stores your workouts which are then available in report form for easy tracking.

The Heart Zones app stores and displays data using your iPad, Mini, or Apple TV serving as a data management system which allows you to create progress reports using the stored physical activity data. The App also provides feedback by displaying heart rate, speed, distance and steps per minute during your workouts to help you achieve your goals and work within an effective and safe heart rate.

	TARGET ZONE	SAMPLE BPM	DESCRIPTION
Maximize Performance	5 Anaerobic Zone 90 - 100%	176-190	This zone is for fit persons and athletes only. Short bursts in this high-intensity zone help to develop maximum performance and speed. Increases maximum aerobic base speed. Once you're working to go as fast as you can for as long as you can.
	4 Threshold Zone 80 - 90%	163-174	The threshold zone is high speed endurance and maximum power zones. Recommended by coach's period of time. Not recommended for weight loss. Some operations of this zone have cardiovascular and bone health benefits.
Maximize Fitness	3 Aerobic Zone 70 - 80%	148-162	Helps improve aerobic fitness (your body's utilization of oxygen) and delay the fatigue caused by lactic acid. Improves your blood vessels, enhances your lung capacity, and makes your heart stronger to give you maximum benefit before becoming fatigued.
	2 Endurance Zone 60 - 70%	124-148	This zone enhances your endurance and the efficiency with which you use fat and carbohydrates as fuel. To show more total calories you'll need to exercise for more time in this zone. It sets a stronger body to tolerate higher intensity training.
Less Fatigue	1 Recovery Zone 50 - 60%	120-134	This zone encourages the flow of blood, which is the key to maintaining a healthy heart and improving recovery after difficult workouts. Recommended for warm up and cool down exercises through your training sessions.

Member of the Month

After receiving the Best of Marin award for the seventh year in a row, we thought it would be nice to highlight members who have helped us reach that goal. We've said it before and will say it again, any club that becomes successful is largely due to the quality and character of the membership. Our first person to acknowledge is Tom Oblatz. Tom could be classified as the ultimate member for so many reasons. First, if there is any event, he is here. He attends the free clinics, men's days and is often here helping to put together a group for fun morning play. Most importantly, he often is the eyes and ears of the Club, always taking time to stop by the manager's office to point out Club issues or needs. Most members are not aware of this, but adding input is not a complaint, but rather an aid for us to keep up with maintenance and other issues that can go unnoticed by the Mt. Tam team. These members have pride in their Club and reflect that through their welcome input.

Tom also takes a great deal of time helping other members with their computer issues, staying in touch with the community and always being proactive when it comes to staying on top of local political and development projects. A frequent customer of the Café, he is a natural host to new members and old members alike. Thanks, Tom.



Feldenkrais Method, No Longer Under the Radar

The Feldenkrais Method is for anyone who wants to reconnect with their natural abilities to move, think and feel. Whether you want to be more comfortable sitting at your computer, playing with your children and grandchildren or performing a favorite pastime, these gentle lessons can improve your overall well-being.

Learning to move with less effort makes daily life easier. Because the Feldenkrais Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. Everyone, from athletes and artists to administrators and attorneys, can benefit from this program. After experiencing Feldenkrais lessons, people often express feelings of relaxation and ease. They may breathe more freely and find their thoughts have more clarity. The learning process is full of pleasant surprises and personal breakthroughs.

These lessons teach you the means to take charge of your own improvement. In Awareness Through Movement lessons, the teacher verbally guides you through sequences of gentle movements intended to help you develop a greater awareness of how you move. These lessons occur in a group setting. The Method can help you overcome limitations brought on by stress, misuse, accident or illness.

Celeste Binnings' class is taught every Thursday from 12:15 to 1:15pm, upstairs. She has been teaching the Method since 1997 and enjoys nothing more than sharing the power, beauty and possibility that the Feldenkrais has to offer.

Come and explore the Thursday class and discover for yourself the difference this work can make.

