



Newsletter

August 2025

Mt Tam Summer OPEN Tennis

Men's, Women's, Mixed

August 22nd-24th

3.0 - 3.5+ - 4.0+

Entry Fee: \$35 for each Draw *Max 3 events
(\$90)*

First and second place prizes

Players party Friday, August 22nd at 4:30pm
The cafe is open until 7:30pm (Special Menu 5pm-7:30pm), Happy hour drinks. Burger & beer or wine special.

Matches:

Friday: 3:15pm - 8pm

Saturday: 9am - 5:45pm

Sunday: 9am - 2pm

Please be sure that you and your partner(s) are available all three days.

Entry fee charge to Member's account or Credit Card at Reception before deadline.

Entry deadline:

Monday, August 18 at Noon.

Match times will be posted on Thursday, August 21 by 5pm.

Further info, please call Tournament Director,

Reservations through MyClubLives App.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday – Sunday 10:30am – 5pm

Saturday - Sunday 10:30am - 4:00pm

Indoor Courts are closed Monday mornings.

Early Reminder

Labor Day

Monday, September 1

Club Hours 7am to 9pm

Café Closed

No Fitness Classes

AI's Self Defense

Wednesday, August 20 at 6:00pm.

Tai Chi, Saturday August 23 at 11:30am.

These classes are free for all members and guests are invited for a one-time free visit.

Line Dance Party

Saturday, August 2, 7-9pm

Hosted by Dolly Urquhart

This event meets the 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.

Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

Fitness Updates

Fitness Classes are included in your membership, and offer you multiple ways to stay or become fit: Cardio (HIIT, aqua aerobics, spin), Pilates (Power Pilates, Stretch and Align, Barre), Yoga (Yoga with Jin, Restorative Yoga, Yoga Fit), Dance (monthly Line Dancing, Zumba parties, and workshops), Wellness (QiGong, Tai Chi) and more. All classes are multi-level, with modifications always offered. We aim to please-contact Fitness Director Jodie Hawley at jodie@mttamrc.com for more information about our classes.

NEW CLASSES and TIMES!

Saturday Spin with Lynette moves to 7:45-8:45 a.m. Thank you for your support!

NEW HIIT with Caren Saturday 9:00-9:50 Challenging circuits of weights, cardio and bodyweight exercises-all ages and levels are welcome, modifications always offered.

Aqua Aerobics with Paige Saturday 11:00-12:00 Outdoor pool-an hour of non-impact cardio and resistance exercises in the lovely outdoor pool-be sure to wear a sun hat!

Yoga with Jin—Sunday - noon-1:00 Progress your yoga practice with Jin-all ages and levels are welcome! This class offers an opportunity to improve your skills with form tips, modifications, and great instruction! Modifications always offered.

Personal Training

Available by appointment-crush your goals with coaching from our outstanding staff trainers including Angela Downs, Daniel Silva, Judi Durham, Beth Zamichow, Emmanuel Ferreira and Jodie Hawley.

Private Pilates

with Fitness Director Jodie Hawley, NASM CPT/WLS / Stott Pilates certified, available by appointment. Progress or begin your Pilates practice with private or small group sessions to master correct form and increase strength and flexibility. Contact Jodie at jodie@mttamrc.com for more information.

Tennis Updates

Mt. Tam Summer 5.0 Invitational Open
August 22-24

Singles, Doubles \$50 Entry Fee
Draw of 16

Winner take all: 50% Draw Pot and FREE
Initiation to Mt Tam.

Entries available at Reception Desk

Aquatics Updates

Private Swim instruction available for all ages and adults with our outstanding swim instructors. With our indoor pool we can offer year-round swim lessons including private and small groups. Contact Jodie at jodie@mttamrc.com or the Front Desk for more information.

Master Class workshops coming soon-dates to be determined and announced for Fall and Winter workshops with a variety of excellent swim coaches.

POOL PARTIES available for your event-contact Jodie Hawley at jodie@mttamrc.com or Kaitlyn Larkin, General Manager at Kaitlyn@mttamrc.com for more information.

POOL SAFETY REMINDER

Please be sure to review our posted pool rules. Our shallow pools cannot accommodate jumping or diving for children or adults. **The American Red Cross recommends a minimum depth of 9 feet for head-first dives including dives from pool decks**, Unbelievably, we occasionally have to tell adults not to dive into 3.5 feet of water and to remind adults that children should not either. Pool rules are for your safety, and the safety of your children. We take this seriously and will have to remove divers and jumpers from the pool for their own safety as well as the safety of those around them. Please do not hesitate to contact me directly at jodie@mttamrc.com or by appointment with any questions or concerns regarding the pools.

Jodie Hawley, Swim Director and Certified American Red Cross Water Safety Ambassador