



Newsletter

September 2025

Congrats to Mt. Tam Summer Open Winners!

Women's 3.0: Diana Tobler (6-1, 6-2)
Women's 3.0 D: Noreen/Kristi (6-1, 6-3)
Mixed 3.5 Ds: Sarah/Marko (4-6, 6-4, 10-8)
Men's 3.5: Kevin Cohu (6-1, 6-2)
Men's 3.5 D: Joey W/Chad T (6-4, 6-1)
Women's 3.5+: Giulia/Dominika (6-3, 6-3):
Mixed 4.0+: Jason C/Nicole B (6-1, 6-3)
Men's 4.0+: Nikhil Nagpal (6-0, 6-3)
Mixed 4.0+ D: Scott/Rob (7-6, 4-6, 10-6)
Men's 5.0 Shibu Lal

Next Tournament

A Pro/Local Invitational will played around the Tiburon Challenger, September 29 – October 5. We will be announcing dates when we hear from players, but likely after the conclusion of the Challenger. It will be played indoors with court-side table seating. Contact Bo or Reception for pricing and details.

Fall Junior Tennis Clinics

Sessions start September 8:

Ages 6-14

Monday through Thursday at 3:30 & 4:30.

Compatible groups of 3 to 12 per class. Choice of one to four days per week.

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.

Labor Day

Monday, September 1

Club Hours 7am to 9pm

Café Closed

No Fitness Classes

This Month's Schedule with AI Self Defense:

Wednesday, September 24 at 6:00.

Tai Chi:

Saturday, September 27 at 11:30.

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

US Open on Big Screen

Check out the U.S. Open on the big screen TV in the Café. August 31 to September 2. Get inspired by the Big Dawgs!

NEW HIIT CLASSES for back to school!! With new instructor Caren.

Mon & Wed: 8:30 a.m. to 9:15 a.m.

Saturdays 9:00 to 9:45 a.m.

A full body complete workout in 45 minutes after school drop off and one on Saturday mornings. We hope you enjoy these new classes!

Address correspondence to:

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Fitness Updates

Parkinson's Class

Tuesdays, 11-12

We are happy to announce that our Parkinson's Exercise Class returns to our schedule. The instructors are Dr. Lisa Oie, DPT, and Stef Farina, MCT and the class is free for members! Class meets in the basketball court, and many members often stay and have lunch together after class.

HIIT

Tuesday & Thursday 9-10am

Marta has also returned! Class meets in the basketball court! Classes are structured to include a combination of agility, weight, and cardio training. Marta always offers modifications so that a variety of ages and levels can attend.

Line Dance Party

Saturday, September 6, 7-9pm

Hosted by instructor Dolly Urquhart

This event occurs 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.

Tennis Updates

Drop In Tennis Returns

Sundays 1-3: 4.0-4.5

Fridays 4:30-6:30: 3.5-4.0

Saturdays 10-11: 2.5-3.0

For those just getting into the game, or players that are not comfortable playing competition, we are hosting a drop-in tennis program. Just come down to the Club and meet on the teaching court, #9, where you'll be given some tennis tips and paired up to play.

Please contact Bo for availability.

Tennis Tip of the Month

Sustaining your interest in tennis requires staying fresh. This means new friends, regular practice to improve, and friendly competition. That's why Bo's "tournaments" are so popular...FUN!

This summer went smoothly for all the junior programs. The team of Kaitlyn, Vince and Sophie, our new Camp Director, Jodie's daughter and veteran former camp attendee did a fabulous job of organizing and running a great summer camp program. What made the camp so successful is that it focused on having the children stay busy and learn new skills, all while making new friends and having great fun.

The success of the summer camps brings up the subject of having more programs for members' children after school. Of course, we do have tennis clinics, swim programs and open basketball play, but we hope also create a better and safer afterschool environment. We leave the basketball court open for as many hours as possible so that they have a place to go and let off some steam. The other outlet at the Club is the Café where their afterschool appetites are quenched. **Back-to-school September Special: FREE Fountain drink with food orders.**

The outdoor pool, as usual, will remain open through the Fall and Winter months, but remember that anyone under the age of 14 must have an adult (18 and over) supervising them or there must be a lifeguard on duty. If unsupervised, we must ask them to leave the pool or retrieve their parent to come supervise them.