



Newsletter

November 2025

Thanksgiving Tennis Tournament

Nov 13 -16

It turns out that this one weekend format is perfect for most players. In addition, no league matches are taking place so the whole facility is ours. Scheduled for November 13-16, there will be Men's and Women's singles and doubles, including Mixed. This is both a great way to have fun competition and meet others. There is a players party Friday night that Bo, the Tournament Director is hosting. He has a lot of entertainment planned with one free drink for every participant. Entries available at Reception.

Our Collective History

So many things have changed in our near 50 years as we have watched many members come and go, generations in fact! But most do not know that it all started in 1962, when the Lee Brothers opened ValueWorld, pictured below with some classic cars and a sign so large it looked like a full moon. It was the first Big Box, decades before Costco, with everything from hardware to a drug store and a Toyota dealership in the parking lot. It closed about ten years later



and then...in 1974...along came Mt. Tam Racquet Club.

Thanksgiving

Thursday, November 27th

Club Hours: 4:45am to 2pm

No Fitness Classes

Café is closed

Veterans Day

Tuesday, November 11

Observed as a Legal Holiday.

No Fitness Classes

No Café

Club hours: 4:45am to 9pm

Daylight Savings Ends

At 2am, November 2

Set your clocks back one hour.

Line Dance Party

Saturday, November 2

With Dolly Urquhart

This event meets 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, \$15.

Self Defense with Al

Wednesday, Nov. 19, at 6:00

Tai Chi

Saturday, Nov. 22, at 11:30.

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

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday-Friday 10:30am - 5pm

Contact us:

Mt. Tam Racquet Club

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(415) 924-6226

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Fitness Updates

Efren's Thanksgiving Day Dance Party

Thursday November 27th 9:30-10:30.

The party is FREE for members, and \$20 for guests. We hope you enjoy this fun way to move and burn some calories before your Thanksgiving indulgence(s)!

Morning HIIT classes for busy Moms/Dads!

Mondays/Wednesdays 8:30-9:15 am Caren

Tuesdays/Thursdays 9:00-10:00 am Marta

Saturdays 9-10:00 am with Caren

HIIT with Caren and Marta is to accommodate busy parents who want to exercise in the morning after school drop-offs or Saturday mornings. The morning HIIT classes are a great and efficient way to get a full-body workout including cardio, weights, and stretching since you will be out anyway it's easy to stop at the club and get it done for the day. All levels welcome, modifications are always offered, classes are always different and offer the opportunity to use a variety of fun equipment and both instructors are fantastic!

Pickleball at Mt Tam Racquet Club! Instructors Juan and Kevin are available for clinics as well as private and group lessons. Please contact Jodie Hawley at jodie@mttamrc.com for scheduling or pick up Kevin or Juan's card at the Reception Desk to contact them directly. Clinics and lessons are offered weekly on Tuesday, Wednesday, Saturday and Sunday with pre-registration.

For your friends: Did you know that, unlike Bay Club, all **Fitness classes are included in your membership**? A Family Fitness membership at \$341/month includes access to both pools as well as all of the Fitness classes and workshops. With individual Fitness classes such as Pilates and Yoga ranging in price from \$20 to \$30 per hour and up, taking three classes per week is break-even. Membership specials include an initiation fee which becomes a spending credit for private lessons including personal training, swim lessons, and private Pilates/Yoga instruction as well as food at the café-plus unlimited group fitness classes makes Mt Tam Racquet Club a great deal. We want you to be happy-please contact Fitness and Aquatics Director Jodie Hawley at jodie@mttamrc.com with feedback and requests regarding our programs.

Tennis Updates

Bo's Drop-In Tennis

CALL BO TO RESERVE YOUR SPOT

Thursdays 4:30-7:00 Mixed Fun

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

Sundays 1-3pm 4.0-4.5

This program is for more advanced players, at least a strong 4.0 level that includes rapid feeding and extreme footwork challenges. Bo runs this program and will not hesitate in pushing the limits of those who sign up. Must Register.

Tennis Pro's Tip of the Month

Lobbing indoors is a challenge, but once mastered will help you improve your outdoor lobbing as well. The fact is, great offensive lobs need to be high enough so that the net player can't reach them, but yet low enough that they cannot be run down. The indoor courts mandate that style. Also, perfect lobs have their highest point of flight right over the net, which is what the indoor courts also require. The only issue is that when players play inside, they are intimidated by the ceiling and tend not to lob when they should be lobbing. Then they play outside and the strategic advantage of the lob is no longer a part of their game. Take on the challenge and master the indoor lob, and when you return to outdoor tennis in the spring, you'll be the best lobber around.

Preparing for Holiday Guests

Many members are not aware of our guest policy, but one of the features is the opportunity to buy a House Guest Pass for guests. These passes allow guests to come and go as if they were Members. Guests must be staying in your home. Here are the guidelines for passes:

Guest Fees:

Fitness and Swim only: \$75/week.

UNREGISTERED GUESTS: \$50

For your security and safety, it is important your guest checks in before using the facilities. This is true for anyone on property, even those playing in scheduled USTA/League/Play Tennis Marin matches.

Pickleball is no exception. Members know if they are going to have a Guest and should always show them the courtesy and respect of bringing them to the Reception Desk to sign-in.