



Newsletter

Summer Camps Returning

The Multi-Sport Kids Camps at Mt. Tam will return this summer for the 30th year! The campers have lots of fun, and they learn a lot, too. There is Professional Tennis Instruction in each camp, which serves as a good introduction to tennis or an opportunity to refine tennis skills. Swim lessons are taught every day for all levels. The swimmers are divided into small groups according to level, and our goal is to improve their swimming at whatever level they start. There is time for open swim, and then there is also time for yoga, indoor soccer, basketball, arts and crafts as well as for many games from silent ball to trivia! Lunch is by the outdoor pool, weather permitting. **Camp was such a hit last year, we are offering SIX weeks of camp this year.**

Registration is now OPEN. Be sure to reserve your child's spot.

Multi Sport #1 (ages 6-12) June 15-19
Multi Sport #2 (ages 6-12) June 22-26
Multi Sport #3 (ages 6-12) July 20-24
Multi Sport #4 (ages 6-12) July 27-31
Multi Sport #5 (ages 6-12) August 3-7
Multi Sport #6 (ages 6-12) August 10-14

Camp runs 10am-3pm with the option of adding before care and after care.

Member—\$475/week

Non member—\$625/week

For more information, please email
Kaitlyn@mttamrc.com.

NEW LIBRARY OPENING

Want to be a part of the opening of the new library? We are planning a book brigade, a human chain moving a symbolic amount of books from the old Larkspur library to the new library on Rose Lane. Be a part of a historic, local event. We are hoping for a Saturday morning possibly in April but watch for more details in the days/weeks to come.



At this time, please note that all usage must be through MyClubLives, except for the gym

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Closed Mondays

Tuesday– Friday 10:30am – 5pm

Saturday—Sunday: 10:30am—4pm

February 2026

Presidents' Day

Monday, February 16

Club Hours 4:45am-9pm

No Fitness Classes, Café Closed

Super Bowl

Sunday, Feb. 8, 3:30pm

This year features Seattle and New England.

If that excites you, we will have the game featured on our Big Screen in the Café. The bar will be open until 6pm for drinks and **FREE POPCORN!**

Valentine's Day Singles Tennis Round Robin

Saturday, February 14

See page 2.

This Month's Schedule with Al

Self Defense Class on Wednesday, February 25 at 6:00 and the Tai Chi-Quigong on Saturday, February 28 at 11:30. These classes are free for all members and guests are invited for a one-time free visit.

QR Code for our
Facebook page:



Address correspondence to:

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email: info@MtTamRC.com

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Fitness Updates

Three Ways to Motivate Yourself

Did you set some fitness goals for yourself that are requiring motivation which is hard to find? Try these three tips to motivate yourself and make new habits:

1. Schedule a workout with a friend. A workout 'date' with a like-minded friend will keep both of you accountable, and add some fun to your new workout routine. Knowing someone is waiting for you means you have to show up for them-and yourself!

2. Work with a trainer, schedule a lesson, or take a class. Having some regularly scheduled activities which happen on the same day and time each week help create new habits, which simply become the 'regular routine' after a couple weeks.

3. Do something that you always wanted to do but haven't tried yet. Hire someone to teach you, take a new class, or try something at home with videos but do something outside of your regular sports or fitness program to stay fresh and challenged.

There are many reasons to stay fit, and they don't have to always be 'losing weight' or 'functional training to combat aging'. Train for what you love to do: train in the weight room to improve your yoga, then finally go on the yoga retreat you've been thinking about. Include balance and mobility training to support your winter ski habit. Whatever you choose, make sure you find something you enjoy-love what you do, so that you can do what you love.

If we can assist you in finding something fresh and fun, let us know by emailing Jodie, our Fitness Director, for assistance with the class schedule, scheduling a gym orientation, or setting up personal training sessions at: jodie@mttamrc.com

Swim News

Swim Lessons are in full swing. Please call for reservations. We currently are teaching 75 lessons a month. Call now to get signed up. Beginner kids to serious competitors.

Swim Lane Sharing

Don't forget the "share a lane" option on MyClubLives. When you book your lane, you can click on any lane that is available to share or you can share yours with another swimmer.

We keep trying to beat the cold weather with our heating system, but it is an uphill battle, especially when during the day it stays under 55 degrees. We'll do our best, but please understand that there will be occasional issues with the heater.

Tennis Updates

Singles Tennis Mixer with Bo

February 14th 5-7pm

\$20 per person for members, \$30 for non members, includes 1.5 hours of fun tennis and a drink ticket...followed by Happy Hour.

Contact Bo at 415-505-9550

Mt Tam Internet Café



What's up with going to Starbucks? We have a regular few who come to be the Club, enjoy a quiet space with free internet and coffee!

Locker Room Courtesy

Please do not leave your "stuff" piled on the benches, especially those closest to the showers. It blocks others from having access to sit and change as well as those who have lockers in that area. We offer both rental private lockers and free day lockers.

This is a particular issue for our members with infirmities who may be using canes or walkers to get around. Thank you for being thoughtful.

New Vending Machine

We emailed a link for everyone to pick their favorite snacks.