



Newsletter

Summer Camps

The Multi Sport Kids Camp at Mt. Tam is in its 27th year! Campers have lots of fun, and they learn a lot, too. There are 7.5 hours of tennis instruction each camp, which serves as both an introduction to tennis or an opportunity to refine tennis skills. Swim lessons are Monday through Thursday, ending with the Swim Olympics on Friday. Our swim teachers are experienced and love what they do. Swimmers are divided into small groups according to level, and our goal is to improve their swimming from whatever level they begin. There is also open swim time, yoga, indoor soccer, basketball, bocce ball, table tennis and other fun games. Lunch and snacks are included. The camp fee is \$475. Check for more information on our website or pick up a flyer at the Reception Desk. New Members can apply their Initiation Fee to Camps.

This year's dates are the weeks of June 15, June 22, July 20, July 27 and August 3 & 10. Registration begins March 1st. If you would like more information, please email Kaitlyn@mttamrc.com or go to the website to sign up.

It's Always Springtime at Mt Tam

For over twenty five years, the landscaping at the Club has been nurtured by long-time member **Carlo**



Perozzi. Carlo, also known professionally as Il Gardiniere, takes great pride in making sure that your first experience entering the Club is an uplifting one by providing color and character to the entranceway.

All reservations are made through MyClubLives.

Not needed for Gym use.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Closed Mondays

Tuesday - Friday: 11:00am - 5:00pm Saturday -

Sunday: 11:00am - 4:00pm

Indoor Courts are closed Monday mornings.

March 2026

Easter Sunday

April 5th

Club hours are 7am to 2pm

No classes

Café is closed.

Daylight Savings Change

March 9

Line Dance Party

with Dolly Urquhart

March 7

Join us on the first Saturday of the month featuring a social hour/mixer 6:30-7:00 pm with instruction and dancing from 7-9:00 pm. Join Dolly for a fun evening of dance, cardio and socializing! Free to members.

Self Defense with Al

Self Defense, Wednesday, March 25 at 6:00,
Tai Chi, Saturday, March 28, at 11:30.

**Check out our website for
reservations and info**

www.MtTamRC.com

Address correspondence to:

Mt. Tam Racquet Club,

P.O. Box 116, Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

Fitness News

This spring, our Personal Training staff is ready to assist you with your fitness goals! Many of our staff hold multiple professional fitness certifications and they all have over 10 years of professional fitness instruction and training experience. Jodie Hawley, NASM CPT/WLS, our Fitness Director, holds a Lifetime Master Personal Trainer certification and is Yoga, Pilates/Barre, Cycle, and Water Fitness certified. She also holds a Weight Loss Specialist Certification from NASM. Angela Downs is both a NASM Certified Personal Trainer and a certified Cycle instructor. As a strong tennis player she excels at training tennis and league players. Judi Durham, CPT is also an Egoscue Certified Personal Trainer; she is HIIT, Pilates and Yoga certified and has been training and teaching for over 20 years. Kevin Michaels, CPT is a certified Personal Trainer and yoga instructor, and is also a licensed lifestyle coach. We are very proud of our highly skilled and qualified Personal Training Staff. To schedule training please contact Jodie at jodie@mttamrc.com Our rates are available upon request at the Reception Desk.

Swim News

March Freestyle Challenge Clinic

Saturday, March 14th 9-11am

The Challenge: Have your stroke analyzed (aided by slo-mo video) and, if necessary, corrected.

As I walk the pool deck, I am continuously struck by a repeating phenomenon...good swimmers doing endless laps and taking far more strokes/lap than they should...it's not unusual to see a swimmer do 50 laps at 25-35 strokes per length as opposed to an more efficient 16-21 strokes per length if their stroke was more refined. Why not take a closer look at your efficiency and discover what you can do about it.

I will take up to 6 swimmers per hour...sign up at the Reception Desk and come prepared to have your life in the water transformed.

Coach Steve

When Using the Locker Rooms, Please...

This space is shared by many people preparing for or concluding use of the Club and that requires space to accommodate a comfortable and efficient experience. If people leave their belongings scattered about or take up an unreasonable amount of space, the goal of getting in and out of the locker room quickly is compromised.

Please be considerate of others and use as little space as possible for your belongings. Please use a locker or the space under the benches. Free day lockers are also available. These two options should help you in storing your belongings.

If you have young children, you need to be in control of them at all times. Having young children running around is not only a safety issue for them but also can be dangerous for older folks. People who normally wear glasses will not have them on when taking a shower or moving about the locker rooms. This factor makes it extra dangerous if kids are running around.

There are towel bins located in several areas of the locker rooms to ensure there are plenty of towels available throughout the day, especially during the summer months when demand is high.

Lastly, keep your showers as short as possible. This is not just for conservation, our water bill for 2025 was over \$33,000, but is also a courtesy for those who are waiting. When there are large fitness classes, especially water classes, the demand on the showers is extra high and so it is helpful for everyone to expedite their time in the shower. Thank you for your courtesy and helping make the Club a better experience for everyone.