



Newsletter

April 2026

Summer Camps

This year's camps are the weeks of June 15 & 22, July 20 & 27, and August 3 & 10. Registration is open now. If you would like more information, please email Kaitlyn@MtTamRC.com.



In Case of Emergency...

an oscillating siren will sound, that is your warning to leave the building ASAP. The cause could be gas leak, fire or structural failure. Don't dawdle, GO!

Sometimes there's a family emergency and some one will want to reach you at the Club. This is exactly why we ask that you have your photo taken and included in your profile. If Staff knows what you look like they will be able to find you much quicker. We do not have, for obvious reasons, a loudspeaker or a paging system, so we rely on familiarity of the members. In addition, checking in also lets us know you are here at the Club and whether you might be playing tennis, swimming or in the gym.

All reservations are made through MyClubLives.

Not needed for Gym.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Daily 10:30 - 5pm

Weekends 10:30 - 4pm

Indoor Courts are closed Monday mornings.

Line Dance Party

Spend an evening Line Dancing with Dolly Urquhart Saturday, April 4. Evening fun begins at 6:30 with a mixer, then dancing from 7:00 to 9:00pm. Dolly offers Line Dance party the first Saturday of every month.

Self Defense with Al

Self Defense, Wednesday, April 25 at 6:00, Tai Chi, Saturday, April 29 at 11:30. If you have never attended these free classes, you missing out on a wonderful opportunity to discover a great new skill and also get a great work-out.



Spring is Sprung!

Address correspondence to:
Mt. Tam Racquet Club,
P.O. Box 116, Larkspur, CA. 94977
(415) 924-6226

ZUMBA + LIFT!

Every Saturday in April!

10:00-11:00am

ALL THE HIGH ENERGY FUN OF ZUMBA COMBINED WITH THE MUSCLE SCULPTING POWER OF STRENGTH TRAINING.



Do's and Don't Around the Pool...

Do...

1. Shower before entering the pool. It helps keep our pool clean by removing fragrances and creams. OR, even better, if you know you are on the way to the Club to take a swim, shower at home, avoid adding any products to your hair or skin.
2. Notify anyone in a lane that you booked to share, before entering.
3. Wear a bathing cap. This will cut back on the hair in the pool and also keeps hair products out of the pool water. It's also healthier for your hair as well. Everyone sheds hair constantly...

Don't...

1. Let your child under 14 swim unattended in any pool. It only takes a moment for something to go terribly wrong, so being on your cell phone, reading, or anything that takes you away from watching your child is sadly time enough for something bad to happen.
2. Let your child make the rules. Please familiarize yourself with the pool rules instead.