



Newsletter

June 2026

Multi-Sport Summer Camp 2026

Summer Camp sessions in June will run:

- June 15-19
- June 22-26

This year, campers will use the outdoor pool from 1:00 PM-2:40 PM, a change from last summer's schedule. Morning lap swimmers can still reserve swim times during morning hours throughout the week.

Pricing:

- Member Rate: \$475 per camper, per week
- Non-Member Rate: \$625 per camper, per week

Registration Open

Questions: Contact Kaitlyn at kaitlyn@mttamrc.com



Personal Training Update

Our staff trainers include Fitness Director Jodie Hawley, NASM CPT/WLS, Kevin Michaels, CPT and Angela Downs, CPT and now also include favorite instructor Marta Kaltreider, CPT. Marta has multiple credentials including HIIT and also Pilates in addition to her training credentials and experience. To schedule a training appointment please contact Fitness Director Jodie Hawley at jodie@mttamrc.com

Notes From Dick

“Spring weather is attracting new Members. New Members pay no Initiation, just 3 months Dues in advance. Be sure to sign up for Summer Camps before they fill up.”

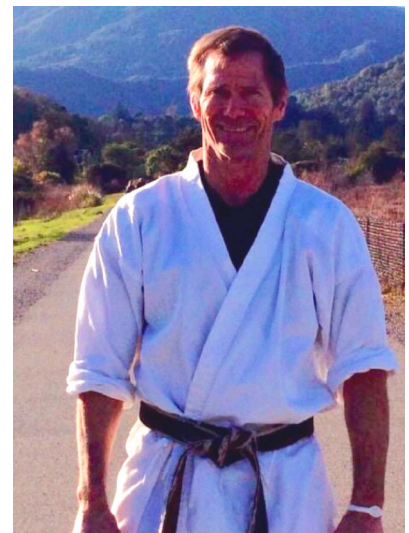
Zumba

Sherris Zumba Lift class returns this summer beginning June 6th!

Class will be held in the Basketball court 10:00-11:00 a.m. and will remain on our regular Fitness Schedule all summer. We hope you enjoy this great class.

AI's Self Defense Classes

Wednesday, May 20 at 6:00 and Tai Chi on Saturday, May 23 at 11:30



Swimming Updates

Spring swim lessons are currently in session for children ages 4 and up, with a focus on water safety, stroke development, confidence, and strong foundational skills in the water. Lessons are available for beginner through advanced swimmers in private and small group formats. Please contact Coach Hiroe for availability and lesson information.

Hiroe Bell

hbswimming@gmail.com



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.

Address correspondence to:

Mt. Tam Racquet Club,

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

(415) 924-6226

Gym Safety Rules

Dear members, due to several recent incidents I need to remind our members using the gym of our safety rules. Open toe shoes are NOT allowed in the gym. This rule is posted in multiple places in the gym including at the entrance. Please note members without appropriate shoes will be asked to leave the gym. Most recently, a member left the barbell on a bench and it subsequently rolled off, breaking the large mirrors behind the squat rack. The barbell must be left on the squat rack between sets so that it is safely secured away from other members and/or equipment. Additionally, when loading the barbell with plates, clips must be used to secure the plates and prevent them from dropping or sliding off of the barbell. If you have questions about proper use of equipment and/or gym attire, please do not hesitate to contact me directly at jodie@mttamrc.com. We have several staff trainers who would be happy to teach you how to properly use the barbell and any of the other gym equipment if you have questions. Thank you for your consideration for your safety and the safety of other members. Very Sincerely, Jodie Hawley, Fitness and Aquatics Director jodie@mttamrc.com

In Memorium

Former Master's Swim coach and friend of the club Steve Clark

Steve Clark, who was born in Oakland and began swimming at age 9, was an amazing person, athlete, and coach. During his swimming career he was awarded five NCAA titles, and set world Olympic records in the 4X100-meter freestyle, the 4X200-meter freestyle and the 4X100-meter medley relay races. He was the first man to swim the 100-yard freestyle in under 47 seconds. He was inducted to the International Swimming Hall of Fame in 1966. He attended Harvard and Yale, and practiced law in his post-career life, while he continued to coach Master's Swim in the Bay Area, including the Mt Tam Racquet Club. Steve passed away peacefully April 14th at his home in Larkspur.