



Newsletter

May 2026

Multi-Sport Summer Camp 2026

Camp Overview

June 15-19 • June 22-26 • July 20-24 • July 27-31 • August 3-7 • August 10-14

Time: 10:00 AM – 3:00 PM (daily)

Before & After Care: Available for an additional \$10/day **Ages:** 6-12

Campers will enjoy a fun-filled day featuring swim instruction, tennis instruction, games, crafts, and free swim time. Swim lessons emphasize technique and safety, with campers grouped by ability level. Lunch and a daily snack are included and served at the outdoor pool. Please send your child with a hat, water bottle, and sunscreen.

Drop-off and pick-up will take place outside by the outdoor pool and must be signed out by an authorized adult.

Capacity: Limited to 24 campers per week. A minimum of 12 campers is required to run each session. If minimum enrollment is not met, the session will be canceled and fees refunded or transferred to another week.

Pricing:

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

Registration Opens: January 2026

Questions: Contact Kaitlyn at kaitlyn@mttamrc.com



Memorial Day Hours:

Monday, May 25th

4:45am-2pm

There are no fitness classes, and the cafe is closed

Birthday Parties and Private Events:

Celebrate your next birthday or special event at Mt. Tam! Our space is available to host your gatherings free of charge with the purchase of food and drinks from the cafe. Popular past additions include our outdoor pool, tennis clinics, jumpy houses, and cotton candy machines. To learn more or to make a reservation, please contact Kaitlyn at Kaitlyn@mttamrc.com.

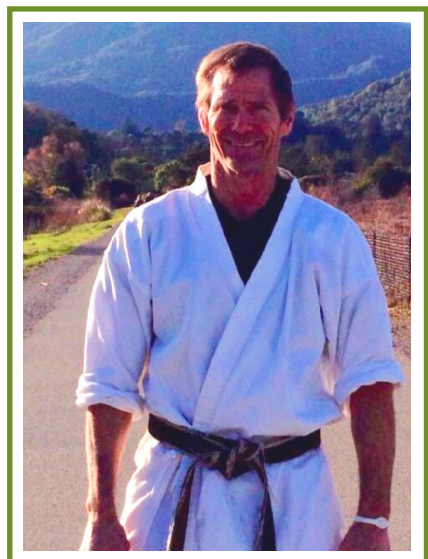
Notes From Dick

I know you are anxious about our transition to clay courts. That is in process, slow process most likely. I tell inquirers to watch for an announcement of the public hearing for a timing signal. Design Review is normally a long process. That will be followed by sourcing permits, contractors, demolition, etc. The bottom line is we still have a lot of fun ahead of us before anything changes. We're looking forward to another happy summer filled with camps and general good times. Have at it!

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

Fitness Updates

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.