



Newsletter

July 2026

Multi-Sport Summer Camp 2026



Summer Camp sessions in July will run:

- July 20-21
- July 27-31

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.

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

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



4th of July Hours

Saturday, July 4th.

6:45am-2:00pm

No fitness classes, the cafe is closed.



Check out Facebook article of Member Andrew Miller's story "Discovering His Inner Marathoner in his 60's"

<https://www.facebook.com/MtTamRC>

Notes From Dick

For updates regarding the new project please visit the Larkspur Planning website at <https://lark.csqrccloud.com/community-etrait/etrait/Search/project.aspx> to follow the latest developments. The APN is 022-240-11 and the project number is PLN26-003.

PLN26-003.



Our beloved friend and co-worker Andrea Devaux passed peacefully at home surrounded by family June 20, 2026. She is preceded by her partner. Sincere thanks to all members and staff who generously donated to our club fundraiser which collected a sizeable amount and allowed for her to have an assisted chair added to the staircase at her apartment, and also helped defray family medical and care

expenses. Andrea lived bravely with ALS/Lou Gehrig's disease and made it clear that when she could no longer live as she wished, she wanted to have peace. We will always miss and remember her enthusiasm for life and her genuine warmth and humor.

New Swim Instructor

Welcome our newest swim instructor, Nicole is a dedicated swim instructor with a strong background in water safety and aquatic education. She grew up swimming recreationally with the Terra Linda Orcas, club swim with Marin Pirates and Thunder Coast Aquatics and swam DI at UC Davis. Nicole has experience previously teaching swim lessons and working with kids as a junior ski coach, lifeguard and swim instructor.



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

Fitness News

Member favorite instructor Jin returns with a Friday evening 5:00-6:30 p.m. Restorative Yoga/Sound Bath experience beginning Friday, June 26th and continuing all summer, meeting every Friday evening in the yoga room. We hope that you will enjoy this great opportunity to experience bolster pillow supported restorative poses accompanied by the Tibetan Singing bowls, played by Jin. We are pleased to welcome Jin back during her break from university and hope that you enjoy this special summer program.

Sherri's Zumba Fit returns for the month July beginning July 7th 10:00-11:00 a.m. meeting in the basketball court. All levels are welcome, and no previous dance experience is required. Dance steps are easy to follow and choreography is beginner level so that you can follow along and enjoy the dancing. Weights are incorporated into the class as well, for a full-body workout with lots of light cardio. We hope that you enjoy this great class.

Marta's class will be subbed by Certified Personal Trainer Kevin Michaels the month of July, meeting Tuesdays and Thursdays 9:00-10:00 a.m. in the basketball court. Class will be conducted similarly to a group personal training session, with weight and bodyweight exercises combined with cardio bursts. We hope that you enjoy working with Kevin!

Jodie's Power Pilates class Monday/Wednesday/Friday 9:30-10:30 in the basketball court will be subbed by Sherri June 29th through July 10th. Sherri is an experienced instructor with an extensive fitness background, including working in Ergonomics for Chevron and teaching Fitness classes for over 15 years on cruise ships and fitness clubs. We hope that you enjoy working with Sherri!

Member feedback regarding our gym, personal trainings, fitness classes, swimming pools and swim lessons is always welcome and appreciated, and is communicated anonymously with the intent of keeping our Fitness program meaningful, helpful and of the highest quality for our members. Please do not hesitate to contact me directly at jodie@mttamrc.com