



Newsletter

August 2026

Multi-Sport Summer Camp 2026



Summer Camp sessions in August will run:

- August 3-7
- Augusts 10-14

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

Staff Appreciation Night – Friday, August 7

The club will close early at 4:00 PM on Friday, August 7, so our team can enjoy a Staff Appreciation Night. Thank you for your understanding and support as we recognize our dedicated staff.

Tennis Update

Mark your calendars! Bo's next tournament is planned for late August. More information will be announced soon.

Line Dance Party

Saturday August 1st
7pm-9pm
Hosted by Dolly Urquhart

This event will meet every first Saturday of the month featuring a social hour/ mixer 6:30-7:00 p.m. and instruction and dancing from 7-9:00 p.m. Join Dolly for a fun evening of dance, cardio, and socializing! Free for members. Nonmembers, please check in for a guest pass/waiver at the Front Desk and pay the instructor \$15.

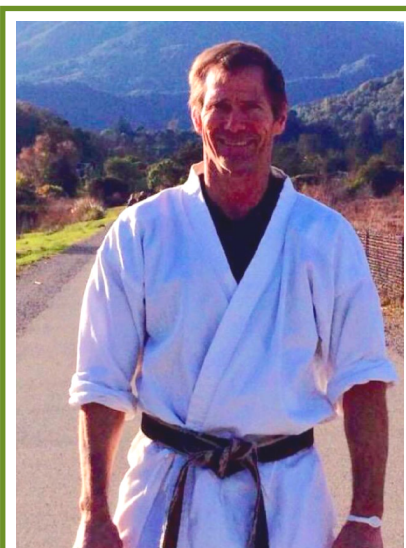
Notes From Dick

Larkspur Planning is holding an open forum to review proposed plans for the MTRC replacement facility on August 11.

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

AI's Self Defense Classes

Wednesday, August 26 at 6:00 and Tai Chi on
Saturday, August 29 at 11:30



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 D1 at UC Davis. Nicole has experience previously teaching swim lessons and working with kids as a junior ski coach, lifeguard and swim instructor. Nicole@mttamrc.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

Fitness News

Jodie returns to Power Pilates, M/W/F 9:30-10:30 Monday, August 3rd. Thank you Sherri, for subbing!

Marta returns to HIIT T/Th 9:00-10:00 a.m. Tuesday, August 4th. Thank you Kevin, for subbing!

Our Fitness staff all hold multiple certifications and have at least 10 years of professional teaching and/or training experience. We offer a full Fitness schedule with daily Pilates classes (fusion Pilates, Power Pilates, Stretch/Align and Barre), six yoga classes, four HIIT classes, three water aerobics classes, three spin classes, one pickleball clinic (by reservation only), and two Tai Chi classes per week for your enjoyment. All of our classes are multi-level and modifications are always offered.

Private training is available by contacting Jodie Hawley, Fitness Director and is arranged by schedule with training staff. Member feedback is always welcome and is used as anonymously to improve our offerings. Thank you sincerely for your support of our Fitness Program.

We strive to keep our pools comfortable and safe. Our staff works with an outside professional pool maintenance company to maintain a healthy swim environment, and I have post pool chemical reports and updates at the Pool Display for transparency and safety purposes. Please be aware of the safety rules at the pools which are non-negotiable. Please remember this summer no children under 14 are allowed in the pool without a parent present, and there is no glassware allowed near any of the pools. There is no running, diving or jumping allowed at any of our pools. Our lifeguards and/or staff will ask violators to leave the premises. Please do not hesitate to contact me with questions or comments regarding our swimming pools and swim programs. We hope you enjoy a fun and safe summer.

Very Sincerely, Jodie Hawley

NASM/ASFA Lifetime Master CPT, WLS

Stott Pilates, Yoga, HIIT, Spin, Aqua

Certified American Red Cross Water Safety Ambassador

Fitness Director, Mt Tam Racquet Club