



Newsletter

October 2026

Long time Member, Rupam Ganatra, has been involved in a remarkable project bringing not just education, but also living quarters and schools to orphans in India. The organization, **Tribe Rising India** is a Section 501(c)(3) California nonprofit public charity. I encourage you to visit their website TribeRisingIndia.org. Online donations may be made to Tribe Rising India through their [secure site](#) or by personal check. made payable to TRIBE RISING INDIA, 35 Miller Avenue #185 Mill Valley, CA 94941.



Dear Members,
With all the recent hubbub about the new club, I'd like to offer my assurances about the process and offer an admittedly speculative timeline.

Now that the Planning Department has approved the new facility and the Appeal has been denied by the City Council, we can drill down to probable minimum timelines. Like any project, the first step is conceptual drawings which are reflected in the approved plan submittal. Going forward, these need to be converted to actual detailed construction plans before permit application can proceed. Typically, permits are a long process and can be applied for collectively or sequentially.

Regardless of timeline, we promise all new and old Members a minimum 60-day notice before closing.

Which means, there is no rush, particularly with a major El Nino bearing down on us. This year's edition is big enough that the Gov has already declared a state of emergency before an inch has fallen. I hope that's more productive than the train to nowhere!

Bottom line? Don't give up your enjoyment of indoor swimming and tennis before you must! In recognition of the uncertain times, we have changed our new membership offering: NO Initiation with 3-months advance dues. Full REFUND of any unused dues.

Tell your friends. No risk for an El Nino winter of indoor swimming and tennis.

I promise we will keep you updated as soon as we have new information. You, our Staff, and I are on the same train.

All reservations are made through MyClubLives.
Not needed for Gym use.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Closed Mondays

Tuesday - Friday: 11:00am - 5:00pm Saturday -

Sunday: 11:00am - 4:00pm

Indoor Courts are closed Monday mornings.

Address correspondence to:

Mt. Tam Racquet Club,

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

(415) 924-6226

email: info@MtTamRC.com

Fitness News

Please note that due to lack of participation the following Fitness events have been discontinued:

Pickleball Clinic with Kevin Saturdays, 2-4 p.m. has been discontinued. Please note that Kevin is a certified Pickleball coach and is available for private group and individual Pickleball sessions by appointment; please contact him at 415-347-5773 for scheduling.

Heart Space Yoga with Kevin Tuesdays and Thursdays 5:30-6:30 p.m. has also been discontinued due to teacher unavailability.

Yoga Flow with Maya Mondays and Wednesdays 5:30-6:30 p.m. and **Restorative/Sound Bath** with Jin Friday 5:00-6:30 p.m. and Saturday 5:30-6:30 p.m. remain on the regular schedule.

As the weather changes, we offer many indoor exercise options including spin/cycle, yoga, Pilates, HIIT, Barre, Aqua Aerobics and Tai Chi as well as Personal Training in the gym and indoor swimming and swim lessons. All classes are included in your membership, and you can bring guests using your guest passes. Please feel free to contact Fitness Director Jodie Hawley with any questions or feedback at jodie@mttamrc.com. Thank you sincerely for your support of our Fitness Programs!

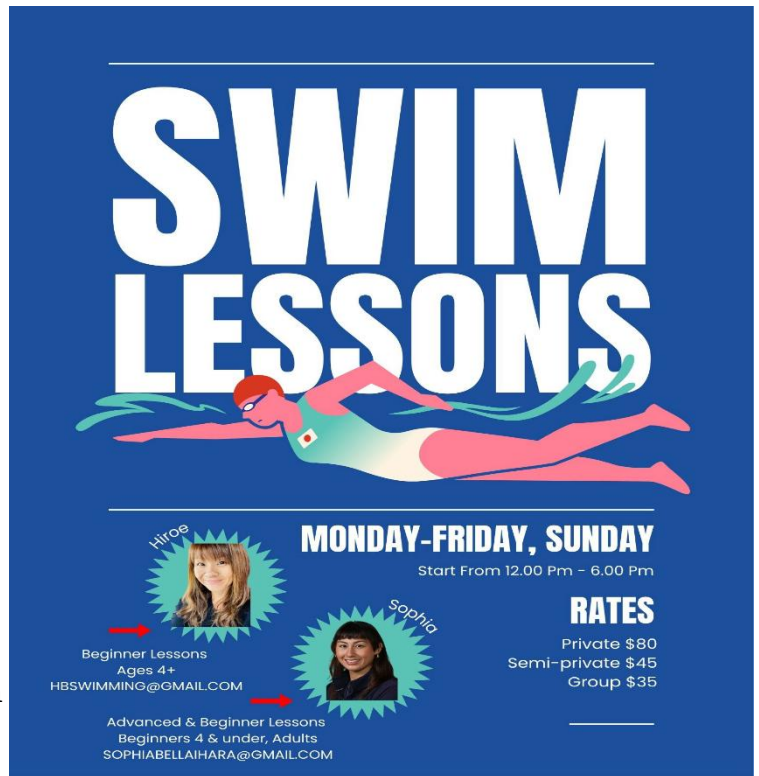
Swim News

October Swim Lessons

Mother-daughter duo Hiroe & Sophia Bell are offering swim lessons throughout October!

Hiroe Bell: Beginner lessons for children **ages 4+**

Sophia Bell: Beginner lessons for children **under 4**, as well as **advanced** swimmers and adults



A blue poster for swim lessons. At the top, the words "SWIM LESSONS" are written in large, white, bold, sans-serif capital letters. Below the text is a stylized illustration of a swimmer in a red and white swimsuit, swimming towards the left. Below the swimmer, there are two circular portraits of the instructors. The left portrait is of Hiroe Bell, with her name "Hiroe" written above it. Below her portrait, it says "Beginner Lessons Ages 4+" and "HBSWIMMING@GMAIL.COM". The right portrait is of Sophia Bell, with her name "Sophia" written above it. Below her portrait, it says "Advanced & Beginner Lessons Beginners 4 & under, Adults" and "SOPHIA.BELL@GMAIL.COM". To the right of the portraits, the text "MONDAY-FRIDAY, SUNDAY" is written in white, bold, sans-serif capital letters, with "Start From 12.00 Pm - 6.00 Pm" written below it. To the right of the portraits, the word "RATES" is written in white, bold, sans-serif capital letters, with "Private \$80", "Semi-private \$45", and "Group \$35" listed below it.

When Using the Locker Rooms, Please...

Especially with the upcoming weather change, this space is shared by many people preparing for or concluding use of the Club and that requires space to accommodate a comfortable and efficient experience. If people leave their belongings scattered about or take up an unreasonable amount of space, the goal of getting in and out of the locker room quickly is compromised.

Please be considerate of others and use as little space as possible for your belongings. Please use a locker or the space under the benches. Free day lockers are also available. These two options should help you in storing your belongings.

If you have young children, you need to be in control of them at all times. Having young children running around is not only a safety issue for them but also can be dangerous for older folks. People who normally wear glasses will not have them on when taking a shower or moving about in the locker rooms. This factor makes it extra dangerous if kids are running around.

There are towel bins located in several areas of the locker rooms to ensure there are plenty of towels available throughout the day, especially during the summer months when demand is high.

Lastly, keep your showers as short as possible. This is not just for conservation, our water bill for 2025 was over \$33,000, but is also a courtesy for those who are waiting. When there are large fitness classes, especially water classes, the demand on the showers is extra high and so it is helpful for everyone to expedite their time in the shower. Thank you for your courtesy.