

t h e NewsLine

PRIME TIME ATHLETIC CLUB

MAY/JUNE 2024



this edition

SHIPMAN SWIM SCHOOL NOW OPEN AT PRIME TIME ATHLETIC CLUB

Prime Time Athletic Club is pleased to announce the opening of Shipman Swim School located on the south side of the club (lap pool). The lap pool is also now covered. Shipman Swim School was founded in 2006 by Stacey Shipman. As a former competitive swimmer, Stacy wanted to provide a safe environment where she could combine her love for children together with her passion for swimming. Shipman Swim School specializes in one-on-one swim lessons or semi-private lessons for children, ages 4 and up. These lessons are designed to cater to the individual needs of your child. Starting as young as 18 months old, they offer year-round swim lessons. You can register for lessons directly from their website, shipmanswimschool.com or by phone at 650.345.SWIM (7946).

Shipman Swim School is pleased to be offering Prime Time Athletic Club members that are new to Shipman Swim School a 25% discount for the first month of swim lessons. Additional pricing can be found on the website. If you have further questions, please contact the swim school directly. Shipman Swim School is located at 1718 Rollins Rd, formerly the entrance to Royal Racquetball Club.



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NEW BARRE CLASS STUDIO 4

Introducing a new Barre Class with Certified Group Fitness Instructor Maria Harper Tuesday mornings from 8:00 to 9:00 a.m. This class is designed to be a full-body workout that also helps with agility, flexibility, core strength and balance. Barre Class is a workout that is inspired by elements of ballet, yoga and Pilates. Join us for this fun, music-filled, low-impact, high intensity class that is designed to strengthen your entire body, and make you feel stronger. This class will be held in studio 4 and is suitable for all levels. For more information contact Assistant Fitness Director Maria Harper at ext. 635 or by email at Maria@primetimeathletics.com.

Announcements:

DON'T FORGET!

Mother's Day is on Sunday, May 12, and Father's Day is on Sunday, June 16.

HOLIDAY HOURS

In observance of Memorial Day, Monday, May 27, Prime Time Athletic Club hours will be from 8:00 a.m. to 8:00 p.m. The Group Exercise schedule will be posted one week prior to the holiday.

CHILDREN

Just a reminder, children under the age of 15 must be accompanied by a parent at all times.

CHILDCARE IS OPEN

Providing kid size fun. Childcare hours are, Monday through Sunday, 8:45 a.m. to 1:00 p.m. We look forward to the fun and excitement that our Childcare Center will provide for our youngest Prime Time members.

COMPLIMENTARY TENNIS LESSONS

MONDAYS

Youth Ages 5 to 8 5:00 to 5:30 p.m.
Youth Ages 9 to 12 5:30 to 6:00 p.m.
Adult 6:00 to 7:00 p.m.

SATURDAYS

Youth Ages 5 to 8 3:00 to 3:30 p.m.
Youth Ages 9 to 12 3:30 to 4:00 p.m.
Adult 4:00 to 5:00 p.m.



POOLSIDE BARBECUE

Do not miss out on Prime Time Athletic Club's poolside barbecue. The Barbecue will be open every Saturday and Sunday from Memorial Day weekend through Labor Day weekend from 12:00 to 3:00 p.m. We will offer barbecue chicken, hamburgers, hot dogs and a variety of chips, sodas and beer. Great family fun by the pool.

Current News and Updates



SERVE, SWIM AND PLAY CAMP 2024

Prime Time Athletic Club's Tennis Coach, Dan Kelton invites you to a great kids' and swim camp. Your children will spend the morning working on tennis stroke development, drills, and learning the rules of the game. They will also learn how to play matches based on their age and skill level. During the afternoon, the camp counselors will take the children to swim and enjoy other activities and sports games. Tennis rackets, balls and snacks are provided. Please pack a lunch, swimsuit, towel, sunscreen and refillable water bottle.

The director of the camp, Coach Dan, is a certified USPTA professional and a USTA clinician with fifty years of tennis experience, working with children and adults, coaching tennis teams, as well as directing tennis camps.

Camp hours are 9:00 a.m. to 4:00 p.m. Monday through Friday with weekly sessions. The tennis camp is a program that will be an exciting summer experience providing your children with the ultimate summer vacation! Dan will offer extended hours before and after, which are perfect for working parents. Pre-camp runs from 8:00 to 9:00 a.m. and after-camp runs from 4:00 to 6:00 p.m. Activities include tennis, group games, and age-appropriate sports.

The cost is \$399.00 for members and \$499.00 for non-members per week. Ages 5 to 13. Please sign up at the front desk.

Pre Camp is \$100.00 per week and After Camp is \$125.00 per week.

WEEKLY SESSIONS ARE AS FOLLOW:

June 17 to June 21

July 1 to July 5 (no class on 7/4)

July 15 to July 19

July 29 to August 2

August 12 to August 16

June 24 to June 28

July 8 to July 12

July 22 to July 26

August 5 to August 9

We also offer Half Day Camp Tennis only from 9:00 a.m. to 12:00 p.m. The cost is \$249.00 for members and \$349.00 for non-members. For more information contact Tennis Pro Dan Kelton at 650-274-9891 or email him directorof10s@gmail.com.

BOXING STUDIO HAS BEEN RELOCATED

Prime Time Athletic Club's boxing studio is located on the south side of the building across from the racquetball courts and down the hall from the table tennis studio. The boxing studio is equipped with a speed bag, two heavy bags and a double-end ball. Boxing gloves are available for loan at the front desk.

Boxing training is a form of exercise that involves footwork, punching, and evasion movements to simulate the activities involved in the sport of boxing.

Boxing can help improve your heart health, body composition, and strength, as well as lower your blood pressure and aid in weight loss. Most of all, boxing is a fun way to get some exercise and release stress in a safe and healthy way. No reservations required.



Current News and Updates



NEW AQUA ZUMBA® CLASS

Come Join Sandra Cano for Aqua Zumba® on Tuesdays and Thursdays from 9:00 to 9:45 a.m. This class will run May through August and is perfect for those

looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water aerobics. The water creates natural resistance, which means every step is more challenging and helps tone your muscles with less impact on your joints. This is the perfect exercise to get you moving and one pool party you do not want to miss.

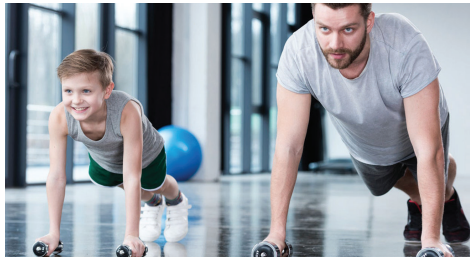
Prime Time Athletic Club is also offering additional aqua aerobics classes: Mondays, with Elena Vasquez, Wednesdays with Kathleen Washburn and Fridays with Maria Harper from 9:00 to 9:45 a.m. Aqua aerobics is one of the best non-impact fitness activities around. Pregnant women, the elderly, individuals with arthritis, those with weight issues or those recovering from an injury can all benefit from the wide variety of aquatic exercise. No sign-up needed.



DON'T LET YOUR TEEN BE A COUCH POTATO THIS SUMMER!

Prime Time can help keep your teen active with our Fit Kids' License for Fitness program.

Summer means long sunny days and lots of activities to keep young people going, but quite often, kids, especially older children and teens, can get caught up in less active pastimes. Texting, computers, television, and just lounging around may take up too much of their days.



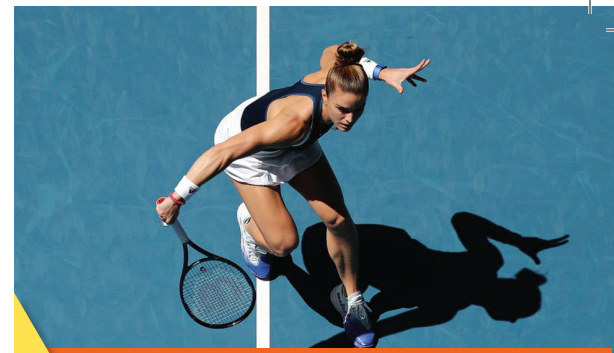
Often times in an effort to spend more active time with their kids, busy parents may skip their own workouts.

But wait a minute: What if you could do it all? What if kids can get active, parents can stay active and they can do it together? Prime Time Athletic Club offers a training program especially designed to get kids moving with their parents. Fitness Director Cathy Firkins has implemented a training program for kids ages 10 to 14 called **Fit Kids' License for Fitness**. The goal of the program is to give young people safe access to club facilities, while maintaining the club atmosphere.

Some parents say, "My child just doesn't like sports." And while it's true not every kid is a sports enthusiast, exercise is still important for everyone. This program is great for all kids! For those who don't like to play sports, working out through noncompetitive activities is appealing and can carry into their adult life. They can learn how to use equipment in a program designed for them. Additionally, kids who are already involved in sports can benefit from a regular summer routine that will keep them fit and help them cross-train for improved performance.

The cost of the program is \$99.00 and covers a one-hour comprehensive training session which includes behavior guideline, club etiquette, cardio machine instruction, weight training and License for Fitness guidelines. Young members completing this program can utilize the cardio and weight rooms when accompanied by their parents. Meanwhile, parents can enjoy watching them develop healthy fitness habits.

For more information on the Fit Kids' License for Fitness Program, contact Fitness Director Cathy Firkins at ext. 613.



Tennis Updates

PRIVATE TENNIS LESSONS

Taking Tennis Lessons challenges you to improve your strokes and develop your strategy to become a better player. You also get the satisfaction that comes from mastering a skill or improving the weak areas of your tennis game. Private tennis lessons will include detailed one-on-one instruction for those of all levels. Whether you need tips on improving your serve, backhand, forehand, or keeping those ground-strokes in the court, a private tennis lesson is the perfect solution. A private tennis coach will always be able to help you improve some aspect of your game and can easily point out things you need to work on in order to bring your game to the next level. Following are the tennis lesson rates:

MEMBERS

- \$90.00 for a one hour lesson
- \$519.00 for 6 one hour lessons
- \$999.00 for 12 one our lessons

NON MEMBERS

- \$100.00 for a one hour lesson

FREE EVALUATIONS

All club members are invited to email, call or text Tennis Pro Dan to schedule a free 20 minute evaluation, or just to say hello. For more information regarding our tennis program or to schedule a lesson contact Tennis Pro Dan Kelton.

FREE HALF HOUR TENNIS LESSON

Have you ever wanted to try tennis but didn't know how to start? Or are you already playing and want to improve your game? Let Prime Time Athletic Club's Tennis Pro Dan Kelton help you. Coach Dan is a certified USPTA professional and a USTA clinician with fifty years of tennis experience, working with children, adults and coaching tennis teams. If you have never taken a lesson with Dan he is offering a free half hour tennis lesson for beginners to advanced players.

For more information on any of these tennis programs, contact Tennis Pro Dan Kelton at 650.274.9891 or email him at directorof10s@gmail.com.



POOL Policies:

Summers around the corner, please be aware of the pool policies and enjoy the summer.

- Always shower before entering the pool.
- During busy times, please allow for more than one swimmer per lane by splitting lanes or circle swimming.
- All glass is prohibited at the pool and in the locker rooms.
- Running on the pool deck may lead to injuries and is prohibited.
- Diving is prohibited.
- Rough play is prohibited.
- Please wear swimwear that is appropriate for a family facility. Infants are required to wear plastic swim pants over a diaper.
- Pool equipment (kick boards and aqua belts) are intended for use by lap swimmers and aqua aerobics participants only and should be returned when finished.
- No toys (squirt guns, pool noodles, rafts, balls, etc.) are allowed in the pool.
- Shirts, shoes and cover-ups are required when re-entering the building.
- Children under the age of 15 must be accompanied by an adult at all times.
- No lifeguard is on duty. Parents are responsible for their children's behavior and safety at all times. No child is to be left unattended at any time.
- Lap swimming is in lanes 1-5; non-lap swimmers are restricted to lane 6.
- No sitting, standing or hanging on lane dividers.
- Food or coolers from the outside are not permitted at the club. Food and beverages may be purchased from our coffee lounge or our summer BBQ.

Your consideration is greatly appreciated!

Thank You!

NUTRITION

SUMMER EATING TIPS

Summer is almost here and the warmer weather tends to influence peoples dining habits by eating out and attending celebrations and events more frequently. Whether you are dining out or grilling at home here are some healthy tips.

USE PORTION CONTROL

Healthy eating does not imply cutting out all of your favorite foods, but it doesn't mean you can eat whatever you want. For those few unhealthy items that you can't live without, consider moderation and stick to one serving a few times a week.

MAKE A HEALTHY PLATE

Whether you are attending a graduation party or eating at the cabin, make a healthy plate. Balance your plate with fruits, vegetables, protein and whole grains. Follow the portion and proportion guidelines from the Department of Agriculture, which recommends half of your plate be filled with fruits and vegetables, and the other half with grains, protein and dairy.

READ LABELS

Be sure to read the nutrition facts label on food packages, or read the nutritional information on the menu carefully, noting how many total calories are in your serving. On average, one meal should range between 500–700 calories for a healthy adult. The breakfast meal usually is lighter in calories.



DINE AND SHOP SMART

Even when you are dining out, remember the plate guidelines noted above. While french fries technically may be a vegetable, they are not considered to be healthy. Shop the perimeter of the grocery store, and visit your local farmer's market for fresh, low-calorie produce.

Skip the fat and cut the fat. When grilling, choose lean, unprocessed meats. When cooking, choose unsaturated fats and use less sodium. Experiment with herbs, spices and vinegars to add flavor.

SNACK SMART

Those morning pastries, afternoon cookies and evening desserts add up. Choose fruit, low-fat yogurt, whole-grain items, or veggies and dip when looking for a snack. Fresh, in-season fruit can be a great snack, too.

HYDRATE, HYDRATE, HYDRATE

While it is important to stay hydrated year-round, summer activities can mean increased water loss through sweat and evaporation. Pay attention to staying hydrated and what you are drinking. Because calories from beverages can add up quickly, be sure to choose zero-calorie or low-calorie beverages. And with so many beverages on the market, remember fruit-infused or plain water is still one of the best and lowest-calorie ways to hydrate your body.

