

the NewsLine

PRIME TIME ATHLETIC CLUB

JULY / AUGUST 2026



this edition

PICKLEBALL ROUND ROBIN TOURNAMENT - JOIN THE FUN!

SATURDAY, AUGUST 22 AT 9:00 A.M.

Prime Time Athletic Club is thrilled to host its second Pickleball Round Robin Tournament. This format allows each player or team to compete against every other player or team in their group. Whether you are a seasoned player or just discovering the game, this is a great opportunity to get involved, meet fellow members, and enjoy some friendly competition. Don't have a partner? No problem. We will pair you with another participant.

Format: Each player will play 2-3 matches in a round-robin format. Matches will be grouped by skill level to ensure fair and fun play. This tournament is for all levels. Whether you are playing to win or just for fun, this event is a great way to build community and stay active!

Our Round Robin Tournament will be held on Saturday, August 22 starting at 9:00 a.m. This cost will be \$50.00 per player for members and \$75.00 for non-members. Registration Deadline: Tuesday, August 18. Sign up at the front desk today. For more



information contact Paul Swink at 415-525-1752 or by email at pswink4496@gmail.com.

Prime Time Athletic Club also hosts an introductory pickleball clinic on the first and third Saturdays of each month (weather permitting). These clinics will be taught by Paul Swink. Each clinic is limited to 8 participants, so be sure to sign up at the front desk.

Following is the schedule:

- **12:30 – 1:00 p.m. – Kids: ages 5 to 15**
- **1:00 – 2:00 p.m. – Pickleball Drills: Advance your skills and work on game and match scenarios.**
- **2:15 – 3:15 p.m. – Intro to Pickleball: Learn the basics of the game.**

Prime Time Athletic Club also offers private and semi-private lessons. Private lessons are available at \$75.00 per hour (per person) while semi-private lessons are offered at \$50.00 per hour (per person). Join us at Prime Time Athletic Club and experience the excitement and benefits of Pickleball firsthand! For more details or to schedule a lesson, contact Paul Swink at 415-525-1752 or via email at pswink4496@gmail.com.

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EARLY MORNING CIRCUIT TRAINING CLASS

**Tuesday & Thursday Mornings
From 6:00 to 6:45 a.m.
Studio 1 and Studio 2**

Are you looking for the perfect way to jump start your day? Why not give our early morning circuit training class a try. Join Certified Group Fitness Instructor, Ken Hagimori for a 45-minute heart pumping circuit class every Tuesday and Thursday morning from 6:00 to 6:45 a.m. Using the TRX suspension training system, battle rope, weighted slam balls, Kettlebells and free weights. You will not only challenge your strength and endurance as you move through the circuit, but you will also have fun doing it. Ken has been a longtime Prime Time member, a fitness enthusiast and now a Certified Group Exercise Instructor from SCW Fitness. When Ken is not playing racquetball or playing squash, he enjoys outdoor cycling and hiking. No sign-ups are needed – just bring your water bottle. If you have any questions, please contact, Fitness Director, Cathy Firkins at ext. 613.

Announcements:

HOLIDAY HOURS

In observance of Independence Day, Saturday, July 4th, Prime Time Athletic Club's hours will be from 8:00 a.m. to 8:00 p.m.

POOLSIDE BARBEQUE

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

CHILDCARE IS OPEN

Childcare hours are Monday through Sunday, 8:45 a.m. to 1:00 p.m. and 4:45 to 8:00 p.m. We look forward to the fun and excitement that our Childcare Center will provide for our youngest Prime Time members.



STAY FIT AND ENERGIZE WITH KATHLEEN

Whether you are looking to shed a few pounds, improve your coordination or simply enjoy having fun while exercising, join Certified Group Fitness Instructor, Kathleen Washburn as she embarks on this low-impact dance-inspired fitness class. Let the rhythm lead you to a healthier, more energized version of yourself. In this class you will gain better balance and flexibility, improved muscle tone and heart health, and the opportunity to meet new friends. Now being offered on Wednesday mornings from 10:30 to 11:30 a.m. in studio 1. This class is FREE to all members. No sign-up is necessary. This class is for all ages and all fitness levels.

Current News and Updates

MEET THE PROFESSIONALS

Prime Time Athletic Club would like to introduce you to our Personal Training Staff. They are among the most highly educated and professionally experienced in the area. With one of our Certified Personal Trainers, you will start your fitness journey catered specifically to your needs. They can help you refine, rebuild and revamp your strengths and help you achieve your desired fitness goals. For further information on Prime Time Personal Trainers, please review our Personal Trainer Biography index at the front desk. Individual Personal Training appointments are available for \$90.00 per hour. For more information, contact Fitness Director, Cathy Firkins at ext. 613.



Meet WILLIAM LEE, one of Prime Time Athletic Club's Certified Personal Trainers.

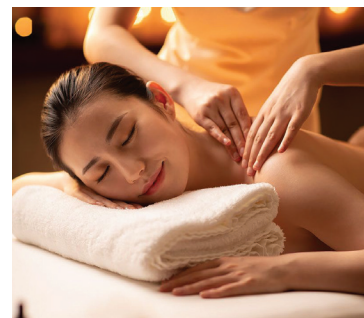
With over 22 years of experience in personal training, William brings a wealth of knowledge, compassion, and skill to every client he works with. Certified by the National Academy of Sports Medicine (NASM), William also holds specialized credentials in TRX Suspension Training and Resist-a-Ball C.O.R.E. instruction. His background includes 7 years as a chiropractic aid and Certified Massage Therapist (CMT), giving him a deep understanding of biomechanics and injury prevention.

William's approach emphasizes building a strong foundation before progressing to more advanced movement, making his sessions effective and accessible for all fitness levels.

William's training philosophy centers on empowering clients to break through self-imposed limits. "My goal is to show clients that their goals can not only be met but exceeded". His greatest satisfaction comes from helping others reach their full potential through movement, education and encouragement. Outside the gym, he enjoys weight training, recreational cycling, traveling and bowling – reflecting his belief that fitness should be both challenging and fun. His career has been built on strength, precision and passion!

RELAX AFTER YOUR WORKOUT

Whether you workout in the weight room, run a mile on the treadmill or take a spinning class you can reward yourself with relaxing spa time after. If you have not had a massage lately, why don't you treat yourself? After an intense workout, you will find that your muscles can feel tight and constricted, which can cause muscle tension. By having a post-workout massage, you will help your muscles release this tension and fast-track your muscle recovery.



Our nationally certified massage therapists offer a variety of massage techniques to relax, revitalize and nurture you. These include classic Swedish, prenatal, reflexology and deep tissue – just to name a few.

THE COST FOR A MASSAGE IS:

- \$75.00 for a 50-minute session
- \$100.00 for an 80-minute session
- \$125.00 for a 110-minute session

Please contact the front desk to set up your appointment with a massage therapist. Massages must be paid directly to the massage therapist by check, cash or Visa.

Current News and Updates

PILATES PERSONAL TRAINING: BENEFITS OF PILATES REFORMER TRAINING



Pilates is a method of exercise that consists of, low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. One of the best features of the reformer is its versatility. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, or working from the tower.

The Pilates powerhouse muscle is the core and is paramount for building strength. Flat abs, a strong back and toned glutes are all results of using the resistance of the carriage. There are many reformer exercises, including options for first-time beginners as well as exercises that challenge even the most advanced practitioners.

Meet our Pilates Trainers:

Genevieve Yu, Certified Yoga, Pilates Mat and Pilates Reformer instructor is available for private training. Genevieve has earned her certifications from the Kinesiology Department at the College of San Mateo. Mary Kalbhenn is a Certified Pilates instructor with over 450 hours of specialized fascial training and Tammy Meza has Pilates mat and reformer certification from Power House Pilates as well as a Personal Training and Group Exercise Certification. Pilates is a great form of exercise for post rehabilitation, scoliosis, sports conditioning, injury prevention and core stability. For more information contact Fitness Director Cathy Firkins to set up an appointment at ext. 613.

The cost of private sessions:

\$90.00 for a single session
\$425.00 for a package of 5
\$810.00 for a package of 10

The cost of Semi private sessions: (2 to 3 participants)

\$70.00 for (per person)
\$325.00 for a package of 5 (per person)
\$625.00 for a package of 10 (per person)

JULY 4 ZUMBA® PARTY

Celebrate the 4th of July with energy, music, and non-stop fun at our special Zumba Fitness Party. Put on your red, white and blue and come dance with us for an evening full of fitness, great vibes, and patriotic spirit! Let's sweat, dance, and celebrate together! This festive class will be held on Friday, July 3, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required!



COLOMBIAN ZUMBA DANCE PARTY

Get ready for a night full of rhythm, energy, and Colombian flavor! Join us for an unforgettable Colombian Night with Zumba Fitness at Prime Time Athletic Club featuring instructor Sandra Cano. Come dance, sweat, and celebrate our culture with music, passion, and lots of fun! Bring your best energy and let's light up the dance floor Colombian-style! This class will

be held on Friday, August 28, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required!



TENNIS LIFELONG MATCH: LM Academy's Approach to Long-Term Player Development

At LM Tennis Academy, "LM" stands for Lifelong Match, a philosophy centered around helping players build a lasting love for the game of tennis. We believe tennis is far more than just learning strokes and winning points. A Lifelong Match is exactly that: a relationship with the game that continues to grow and evolve over time and one that teaches confidence, resilience, connection, and joy both on and off the court.

Our goal is to create a positive and encouraging environment where players feel supported while developing strong fundamentals in an engaging, age-appropriate way. Through games, point-based activities, and interactive drills, students stay motivated while naturally building skills and confidence. We believe learning happens best when children genuinely enjoy the process.

At LM Tennis Academy, we value long-term growth over rushing development. Every child progresses differently, and we focus on helping players enjoy the journey while building confidence, consistency, and a meaningful connection to the sport.

We invite Prime Time Athletic Club members to come experience LM Tennis Academy program firsthand. We are currently offering our complimentary one-time trial clinics exclusively for Prime Time members held on Mondays from 4:00 – 5:30 p.m. These clinics are designed to be a fun and welcoming introduction to our program. At the end of each session, our coaching staff will provide a brief evaluation and recommend the best class placement based on age and skill level.

Prime Time Athletic Club members who enroll following the trial clinic will also receive up to \$10 off each session. For pricing, registration, or more information, please contact Lindsey at info@LMTennisAcademy.com or go to the website LMTennisAcademy.com.

We look forward to seeing you on the court!



Pool Policies

Summer is 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 after use.
- 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 safety and behavior.
- Lap swimming is in lanes 1-5; non-lap swimmers are restricted to lane 6.
- No sitting, standing or hanging on lane dividers.
- Outside food and coolers 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!

8 Healthy Tips for Summer Dining!

It's summer, and the warmer weather tends to influence people's dining habits by eating out and attending celebrations and events more frequently. In fact, some reports show that nearly half of consumers eat out more in the summer, often on a weekly basis.

Whether you are dining out or grilling at home, here are 8 healthy reminders:

1. 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.

2. 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.

3. 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.

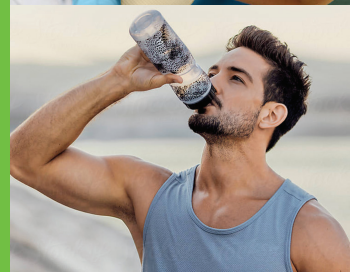
4. DINE AND SHOP SMART: Even when you are dining out, remember the plate guidelines noted above. While french fries technically may be a vegetable, they are not considered to be healthy. Shop the perimeter of the grocery store, and visit your local farmer's market for fresh, low-calorie produce.

5. SKIP THE SALT, 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.

6. BE CAUTIOUS OF FAD DIETS: Plenty of diets promise results that sound too good to be true and they probably are. Get the facts, do your research or ask your dietitian before considering a fad diet.

7. 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.

8. 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're 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.



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