

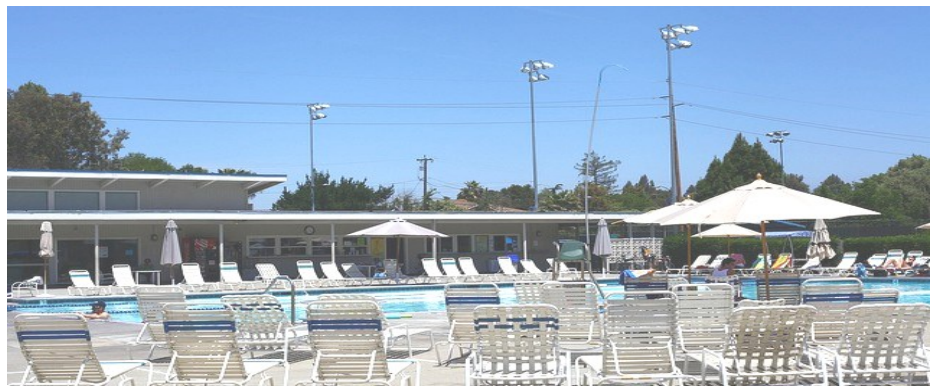
in this issue >>>

Willow Glen 5k

SJ Giants Tickets

Wellness Coaching w/Ted

THANKS FOR BEING MEMBERS! ❤️



SJSRC

"WHERE FRIENDS AND FAMILY GO TO PLAY!"

April 2024



Locker keys now available

If you wish to get a key, please leave your membership card or car keys when you get a key in the front office. When you are finished you can swap them out on your way out.

Court Washing

The tennis and Pickleball courts will be washed (depending on weather) every 2nd and last Monday's of the month. Please check with the front desk on what time courts will be available for use. Washing will start early to limit any inconvenience.

Willow Glen 5k!!



**Saturday
May 13th
2024**

Wg5k.org

Summer Swim Lessons

For information about swim lessons please email Bruce@sjsrc.com.



UPDATED 2024 Fitness Class Reservation Guidelines

- Instructor will be welcoming those members who are on the class list **ONLY**, **NO Drop-ins**.
- Email requests **MUST** be received by 5pm of previous day requested for classes, **NO Exceptions**. If you send email request after 5pm, you will not be added to classes the following day. Continue to email Valerie@sjsrc.com.
- Guests of members must be included in reservation no earlier than 24hrs before class.
- Requests for classes begin the Thursday **PRIOR** each week.
- Monday class requests must be received by the **SATURDAY** before by 5pm. **NO exceptions**. If email sent after 5pm Saturday, you will not be added to Monday Classes.
- If you are unable to attend a class you have reserved, an email cancelling your reservation no later than 4 hours before scheduled class to avoid a "Late Cancel" charge \$5. \$10 "No Show" fee.
- There is a \$10 **NO SHOW** fee.

Reserving BBQ Areas/Parties at the Club

All reservations for BBQs, parties or bringing 5 or more guests need to be coordinated in advance through Samantha in the front office. If you wish to have a BBQ at the club you need to make sure your reservation form is turned in at least 5 days in advance.

For more information and to reserve please email Sam@sjsrc.com

Wellness Coaching Services

Join us in welcoming Ted Mitchell to the fitness staff. Ted has a degree in psychology, is a certified Health and Wellness Coach, a licensed Personal Trainer, and SJSRC Member! His experience includes providing therapy for children with Autism, diagnosing and treating sleep disorders and monitoring adults with diabetes. Ted has strong interpersonal skills, keen intuition, and a vast knowledge base of health and fitness. There are different session packages available.

For more info email Ted@sjsrc.com

**SJSRC STILL
TAKING
DONATIONS FOR
EXERCISE SHOES!**
*Collection bin is
in the front office.



LOOKING FOR A JOB?

Seeking responsible, self motivated, and hard working individuals looking for a year round part time job at the **FRONT DESK** and **summer LIFEGUARD!**
Please email Adam@sjsrc.com for more information!



Jr. Certification

Jr. Certification is available for Jr members aged 13+ to use the fitness and weight rooms. Download the form on the website <https://www.sjsrc.com/jr-fitness-orientation/>
Once the form with a **Dr's release is turned in**, a Jr Certification card will be issued!

San Jose Giants

Season starts at
April 5th!

Tickets are
Available so please
email the club
sjsrc56@gmail.com
with 1-2 requested
dates.



Club Hours

Mon-Thurs: 6:00 AM - 9 PM
Friday: 6:00 AM - 8 PM
Sat-Sun: 7:30 AM - 8 PM

Please call the office
between 7:30 AM—7:30 PM
to make any reservations.

Front Office Phone #
408-297-0067

info@SJSRC.COM

GUEST FEES

All guests must sign-in.
You can charge or pay at
the time of check-in.

Adults 18+ \$15
Children 5-17 \$10
Under 4 Free

Same person can be a guest only
twice a month.

*Guest fees are not based on
activity while they
are at the club.*