

2023 ACTIVITY GUIDE

HERE'S THE
ULTIMATE WAY TO...

ENJOY
SUMMER

(Hint: it starts now)

INDOOR AND OUTDOOR ACTIVITIES FOR CHILDREN & ADULTS

CARDIO AND WEIGHT TRAINING - PERSONAL AND SMALL GROUP TRAINING - GROUP EXERCISE
YOGA - LAP SWIMMING AND AQUA CLASSES - CHILDREN'S SPORTS & FITNESS ...AND MUCH MORE!

PLUS THESE FAVORITES



Swim Lessons



Tennis



Summer Camp



Pickleball



LAGUNA CREEK
SPORTS CLUB



9570 Racquet Court - Elk Grove
916-684-8855 • sparetimesportsclubs.com

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Program Key: 🧑🏻 Ages 📅 Program Dates 🕒 Days/Times

Group Exercise

The Club offers over 40 classes per week, including step, resistance, interval, dance, yoga, pilates, and other class formats. From early morning to late evening, there is a class designed for everyone as well as over 20 live stream virtual classes.

Yoga

🧑🏻 13+ 📅 Ongoing 🕒 M, T, W, Th, F, Sa, Su; times vary
The Yoga for every body. This mind/body class uses traditional yoga poses, Pilates, tai chi, and breathing techniques to strengthen and lengthen and calm the body and mind.

Mommy and Me Hula

🧑🏻 3+ 📅 Ongoing 🕒 Sat, May 13, 11:15 AM - 12:45 PM
Pop-Up Event. Bring kids 3 and up to dance with mom and enjoy a tea party after.

Power Pump

🧑🏻 13+ 📅 T/Th, 8:00 AM; W 6:30 PM
An energizing class that uses the body bar as well as various other equipment for a great muscular strength and endurance workout!

Zumba

🧑🏻 13+ 📅 M/W/F/Sat; times vary
Ditch the workout and join the party! This dance fitness class mixes low and high-intensity moves for an interval-style, calorie burning dance party.

Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

Smart Start Program

🧑🏻 13+ 📅 Ongoing
Reclaim your mobility and balance by discovering dysfunctions that are keeping you from being the best version of yourself. The Smart Start program includes anthropometric measurements to establish initial fitness baselines. The Functional Movement Screen™ is performed to find any dysfunctions or asymmetric imbalances in your body. A corrective program is then generated and given to you at no cost!

Personal Training

🧑🏻 13+ 📅 Ongoing 🕒 By Appointment w/Trainer
Achieve optimal results by incorporating strength, endurance, cardiovascular, and flexibility training! As you receive ongoing monitoring and support, you'll increasingly progress to a higher level of fitness.

Kids' Programs

Kids' Summer Camp

🧑🏻 6-12 📅 June-July 🕒 Mon - Fri 9:00 am - 5:00 PM
A fun, safe, and well supervised day camp with weekly themes. Includes outdoor physical activities, arts and crafts, swimming and indoor games. Field trips and surprise visitors to camp punctuate the program. Enrollment is limited.

Kids' Night Out

🧑🏻 6-12 📅 Second Friday of the Month; 5:30-8:30 PM
Attention Parents: this monthly event will have your babysitting needs covered. The evening will include dinner for the kids, crafts, games, and lots of fun.

Kids' Parties

Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.

Tennis & Other Racquet Sports

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus we have Pickleball too!

Cinco De Mayo Tennis Social

🧑🏻 Adults 📅 April 29 🕒 Saturday 9:00 AM - 1:30 PM
Enjoy some great food and some great tennis as you kickoff the summer socials.

Memorial Day Tennis Social

🧑🏻 Adults 📅 May 29 🕒 Saturday 9:00 AM - 12:30 PM
This fun but competitive social will get your doubles game in shape for the summer season.

Summer Junior & Adult Tennis Camps

🧑🏻 Adults 📅 June- Aug 🕒 Mon - Thu 10:00 AM - 12:30 PM
All Levels Welcome
A great way to get that competitive edge!

Junior Team Tennis

🧑🏻 18 & Under 📅 Ongoing 🕒 Seasonal
Junior players who are developing the interest to participate in organized tennis competition will want to join the team.

Junior and Adult Tennis Lessons

🧑🏻 5+ 📅 Ongoing Year-Round 🕒 By Appointment w/Pro
Thinking about a new sport for your child or yourself. Tennis is one of the best sports to develop one's athletic skills, while learning the value of teamwork and good sportsmanship. Private and group lessons available.

Pickleball

🧑🏻 5+ 📅 Ongoing Year-Round
California's fastest growing sport. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Great for all ages.

Social Programs

Gators Swim Team Parent Social

🧑🏻 Adults 📅 May 5 🕒 TBA
Enjoy this evening getting to know your fellow swim team parents. We will have drinks and hors d'oeuvres during this fun adult evening out.

Member Appreciation Week

🧑🏻 All 📅 ?? 🕒 TBA
Celebrate 30 years in business during this week filled with activities and goodies.

Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

Gators Swim Team

🧑🏻 5-18 📅 April 3 - July 31 🕒 Mon - Fri
This program emphasizes the values of individual effort, teamwork, sportsmanship, and a strong team spirit.

Lap Swim

🧑🏻 14+ 📅 Ongoing 🕒 Everyday from open to close
Enjoy a great cardio workout year-round in our heated swimming pools, from the time we open to the time we close. Reservations accepted.

Group & Private Swim Lessons

🧑🏻 3 - Adult 📅 May 15 - August
The ability to swim is one of the best skills someone can have. Swimming encourages participation in a variety of healthy and enjoyable water activities. Levels range from non-swimmer beginners to those who want to fine tune their techniques.

Other Sports

Adult Drop-In Volleyball

🧑🏻 18+ 📅 Ongoing 🕒 T & Th 7:00 - 9:00 PM
Drop-in volleyball for all levels of play. Tuesday nights for advanced players and Thursday nights for beginner to intermediate players.

Badminton Drop-In

🧑🏻 18+ 📅 Ongoing 🕒 M/Th, 5:00 - 7:00 PM
This dynamic doubles drop-in night features indoor badminton play. This energetic game requires stamina, speed, agility, and strength.

CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTER
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- BASKETBALL COURT
- 19 LED LIGHTED TENNIS COURTS
- COMING SOON: 6 LED LIGHTED PICKLEBALL COURTS
- TWO LAP AND RECREATION SWIMMING POOLS
- THERAPEUTIC SPA
- KIDS CLUB (7-17 YEAR OLDS)
- PLAY CENTER (6 WEEKS - 6 YEARS)
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- RACQUETBALL & SQUASH COURTS
- CLUB CAFÉ