

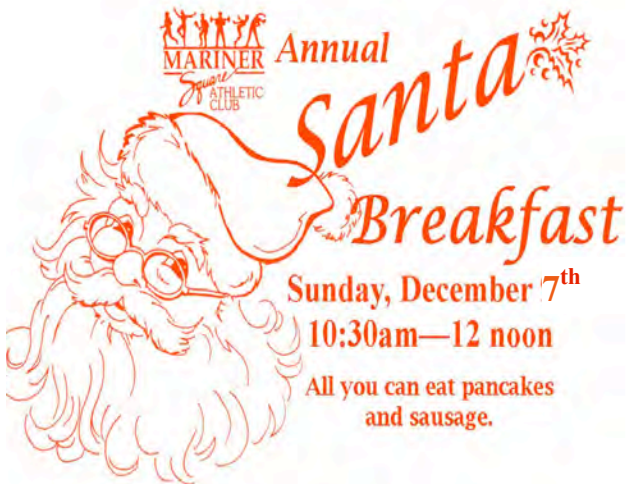
Celebrate !

MSAC offers fitness based party packages for adults and children. This is a unique venue offering a private fitness class of your choice for you and your friends.

Book your next baby shower, bachelor/bachelorette party, birthday, anniversary, and incorporate your favorite group exercise class (cycling, pilates, yoga, dance, aqua) or fitness activity. After the class, enjoy a catered lunch/dinner/snacks along with beer and wine while you celebrate.

Children's parties are also a big hit and we have many packages to choose from, swimming, sports, dance ...and more.

Contact Sharon @ 510-523-8011, ex. 32



Celebrate the Holidays with this fun event for the entire family.

More information will be available early November.

Racquetball: Try It, You'll Like It

A new study recently published in the *Journal of Sports Medicine and Physical Fitness* found that the exercise intensity of racquetball, when played in 40-minute matches, was on par with bicycling and jogging. However, the best part of playing the sport is that it's fun and doesn't seem like "exercise."

Have you ever walked by the racquetball courts at Mariner Square and thought the sport looked fun but were too intimidated to try it, or felt like you didn't know how to even get started? The good news is that, not only does MSAC offer one of the largest racquetball facilities in the Bay Area, it also has a program in place to get you out on the court.

The first step is to attend the racquetball clinic that is held the first Wednesday of the month at 6:00 p.m. Rosie Chiu, has over 20 years experience teaching the sport, and will show you the basics of the forehand and backhand swings and review the rules. For those of you who have played tennis, or some other sort of racquet or bat sport, these skills may come to you more easily than you might think. However, racquetball is a sport that, no matter your athletic ability, does take time to perfect. Taking Rosie's clinic will get you on your way. In the meantime, when at the club, try to spend at least 15 minutes practicing. The Courtesy Desk has racquets and racquetballs that you can rent.

Ideally, take up the sport with a friend or family member with whom you can practice on a regular basis. When you get the basics down, you can challenge each other to weekly games. For those of you who don't have a partner but are ready to play a beginner game, you can put your name on the "Need a Partner" sign-up sheet on the racquetball bulletin board. Or, if there are other beginners listed there, call them to arrange a game. You can also call those on the "Challenge Ladder." The persons at the bottom of the ladder are the beginners – and are truly just like you – they are starting out and would love to find someone at their level with whom to play. Also, on Tuesday, Thursday and Friday nights, there are a lot of different people playing, some of whom are also beginners. And even those who are more experienced welcome newcomers to the sport and are ready to offer tips and a game. Lastly, you can sign up for the Racquetball League, which is held four times a year at the club, each lasting six weeks long, with two weeks of playoffs. Many beginners, have said, "Oh, I'm not good enough for that." But the truth is that all players in the beginner league, are just like you, learning the sport and wanting to get better. The league is your chance to start playing others at your level and becoming part of a very fun community at the club. The Fall League starts in early October, so look for the flyers and sign-up sheet then. For more information, contact MSAC's Racquetball Director, Janice Murphy, @ Janice.Murphy@marinersq.com.



Janice Murphy

Why your resting heart rate is important

by Jeff Ray, Fitness Manager

Your resting heart rate (RHR) is often a good determination of your fitness level, as well as indicating if you're either over training or even ill - showing up as an unexplained increase in resting heart rate. It's important to remember that the best time to take this test is first thing in the morning, when you awake, as simply getting up and walking around your bedroom will cause your heart rate to rise, with other factors such as smoking or caffeine, also causing an increase. Remember to take your resting heart rate over at least 3 consecutive days so that you can get an average reading. For example, if on day one you record 72 bpm (beats per minute), day two you record 78 bpm and on day three you record 72 bpm, then your average is 74 bpm.

There are many ways to calculate your heart rate. 1.-you can take your pulse for 6 seconds and add a zero (0) to the number, 2.-you can take it for 10 seconds and multiply that number by 6, 3.-you can take it for 15 seconds and multiply by 4. The longer you take your pulse the more accurate the reading. Look at recording your time for a full minute to make the test as accurate as possible.

If using a heart rate monitor, make sure that there is a good connection between the chest strap and your chest, with adequate connection fluid, as often most heart rate monitors will require a little body perspiration in order to perform consistently.

As you become fitter, through aerobic exercise, your heart (like every other muscle) becomes stronger and therefore more efficient at pumping blood through the body. As a result you will find your resting heart rate gets lower so you will need to re-check your RHR on a regular basis and recalculate any target zones you have, especially if working with a heart rate monitor.

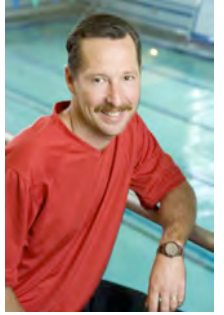
Be aware of any medications you are taking as many drugs will change your resting heart rate. IE. cold medications have been known to raise the heart rate and do not give a true indication of your resting heart rate.

Men (minor variation with age)

Below 55	Excellent
56-65	Good
66-75	Average
Over 76	Below Average

Women (minor variation with age)

Below 60	Excellent
61-70	Good
71-80	Average
Over 81	Below Average



Lap Swimming Etiquette

- Unless the lane has only two people in it that would rather split the lane, we circle swim.
- The customary traffic pattern in the United States is congruous to our driving pattern of staying to the right. This would be swimming in a counter-clockwise circle in the lane.
- It is the responsibility of the swimmer entering the lane to be sure all other swimmers in that lane are aware of his/her presence and the desired or necessary traffic pattern before any swimming is started by that patron. This may take a few minutes so be patient.
- Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason, this can interfere with others progress and cause collisions.
- Stop only at the wall and once stopped stay in the corner of the lane, preferably the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn, always leave the middle 1/3 of the wall clear for turning purposes.
- Be aware of your space in the lane and the orientation of others.
- If you are approaching the wall and another lap swimmer is gaining on you, swimming at a faster rate than you are, pause at the wall to allow the faster swimmer to go by.
- If more than one swimmer is getting congested behind a slower swimmer the lead should stop at the wall and let all the others advance before pushing off the wall to continue his/her swim.
- A swimmer entering an open lane, or joining one person in a lane that's designated differently from their expected pace (i.e. a faster swimmer in a "Slow" lane, or slower swimmer in a "Fast" lane), should stay aware of arriving swimmers, and *be prepared to move to a more appropriate lane* if/when other swimmers join them. That is, the lane speed designation takes precedence over the pace of incumbent swimmers who simply happen to be swimming there.

Circle Swim Pattern

