

## Facility Update & Pool Hours

### Parking Lot & Playground Closures

- Parking lot will be closed:
  - Monday 11/6 @ 6am and reopen Thursday 11/9 @ 6am
  - Programs & hours will be held as normal, please park down the hill
- Laderaland playground will be closed:
  - Monday 11/6 @ 6am and reopen Thursday 11/9 @ 6am

### Pool Hours

- Pool hours can be found [here](#)
- Starting Monday, November 6 the pool will close at 6:30pm on Mondays, Tuesdays, Wednesdays & Thursdays



## Speaker Series: For Laderans by Laderans

Join us for a social gathering and featured guest speakers from Ladera! BYOF (Bring your own food) and spend some time with fellow Laderans before each speaker.

**Arnie Cornez: TODAY! Sunday, November 5th:** Arnie will provide education on the fall and winter vegetation around Ladera

- BYOF: 5-6pm
- Speaker presentation: 6-7pm

**Bruce Beron: Sunday, December 10th** - Bruce will discuss the how-to's of photography.

- BYOF: 5-6pm
- Speaker presentation: 6-7pm



## Chili Cook Off on Saturday, November 11:

Think you make the best chili? Come put your recipe to the test in a judged competition with your neighbors!

Register with Karen Fryling by Friday, November 10 @ 9pm

- [kfryling@intero.com](mailto:kfryling@intero.com)

### Competition Rules:

- Chili must be prepared at home from scratch. IE no mixes
- Bring extra to share
- One entry per person
- For those here to enjoy the chili, please bring a side dish to share (for a least 10 people)

### Competition Timeline:

- 2:00-3:00pm, entries received
- 3:00pm, judging begins
- 3:30pm Winner for Best Overall Taste Announced
- 3:45pm, Chili enjoyed by all (plus other dinner treats)



## Fitness Class Update

### Yoga Classes

- Wednesday @ **NEW TIME: 5:00-5:45 pm**
- \$10 per session
- [Register here](#)

## Tennis Update:

Visit [Plus 1 Tennis Academy](#) for more registration and for more information

### Private Lessons

- Private lessons with Coaches Christian & Jack available on 11/13
  - Christian offers lessons for all ages, including adults!

### Winter Youth Tennis Signups

- Signups are live for current players
- Open enrollment for new participants will begin on Monday 11/13

### Upcoming Clinic:

- Weekend match play clinics for green/yellow will be scheduled for Saturday & Sunday of Thanksgiving weekend

### Important Reminder:

- **No dogs or scooters on tennis court**
  - Do your part to help keep the courts clean!

### Special Shout-outs:

- Kate Hsia- A Menlo Junior won WBAL Championship for doubles
- June Leng & Devin Ward- won Green Ball 12&u in Palo Alto
- Evan Burnett- Competed in 4 Professional Tournaments
- Thanks to everyone who participated in tennis on Halloween!

## Aquatics Update

### Youth Fitness Swimming:

**Reminder that a makeup practice is on Monday, November 6 at normal practice times!**

- November Session: Tuesday 11/1 thru Friday 11/17
  - Tuesdays-Fridays: 5-8 yr @ 4-4:45 pm
  - Tuesday-Fridays: 9-18 yr @ 4:45-5:45 pm
  - Space is available, [register here](#)

### Private Lessons:

- Chuck Woo is available on Saturdays through November!
- Coach Sarah has opened up Wednesday & Friday afternoon spots from 2-3:30pm
  - Sarah teaches anyone who wants to improve their swimming, including kids and adults!





# Weekly Updates: November 5, 2023

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## **Ladera Rec Masters**

- MWF @ 7:30-8:30 am
  - [Register here](#)

## **NEW! Intro to Masters:**

*Looking to improve your technique, learn to read a swim workout, build endurance and have some fun? Join Intro to Masters!*

- Tuesday & Thursdays @ 11:00-12:00 pm
- First class attended is free of charge!
  - [Register here](#)

## **Diving Clinic**

- Sundays @ 3:00-4:00pm
  - [Register here](#)

## **Baby & Me Swimming Classes and Private Lessons for Toddlers**

- Baby & Me Swimming Classes offered Mondays at 11:00am
  - [Register here](#)
- Private Lessons for toddlers offered Mondays 11:30-1:00
  - [Register here](#)

## **Artistic Swimming Clinic (taught by NCAA powerhouse coaches from Stanford)**

More info coming soon (sorry it's taking longer than expected!)

