



Weekly Updates

December 30, 2023



Holiday Hours: LRD office and pool will be reopen at 6am on Tues. January 2. Happy Holidays and we look forward to seeing you all in the New Year!

Upcoming Programs in 2024



***Yoga Classes: will resume on
January 10, 2024***

Wednesday Night Yoga: 5:30-6:30pm

**REGISTER FOR WEDNESDAY
YOGA**

***Functional Strength class coming
to the LRD!***

The LRD is looking to have an eight week Functional Strength Class taught by local legend **Stella Bergan**. Please let us know your opinion by filling out this google form:

**FUNCTIONAL STRENGTH
SURVEY**



What is Function Strength?

Functional strength training is a type of exercise that focuses on training the body for activities performed in daily life, sports, or specific tasks. The primary goal of functional strength training is to improve functional movements and enhance overall functional fitness.

Proposed Class Time:

2 x per week 12:00-1:00 at the LRD (days TBD)



***Youth Fitness Swimming resumes
January 2, 2024***

January Session:

Tue Jan. 8 to Fri Jan. 26

9-13 yr old

Tuesday–Friday @ 4:15-5:15 pm

14-18 yr old

Tuesday–Friday @ 4:15-5:30 pm

**REGISTER FOR FITNESS
SWIMMING**

***Masters Swimming
resumes on January 2, 2024***

On Monday, Tuesday, & Thursday
@ 7:15-8:15am

**REGISTER FOR
MASTERS**

***Swim Lessons resume on January
3, 2024***

***Intro to Masters Swimming:
resumes on January 2, 2024***

Tuesday, & Thursdays
@ 11:00- 12:00pm

REGISTER FOR INTRO TO
MASTERS

Lessons available on
Wednesday, Friday & Saturday

SWIM LESSON REGISTRATION

Pool Reminders

Facilities close 10 min after the pool closes

VIEW POOL
HOURS



Tennis Update

NEW! Tennis Court Availability Calendar
Courts will remain open throughout the holidays

Plus 1 Academy Holiday Hours:
Programming will resume on January 2.

TENNIS COURT AVAILABILITY

PLUS 1 TENNIS
ACADEMY

Send Photos!

Want to see your photo of LRD in the weekly newsletter? Send it to us!

Please share pictures **WITHOUT** people or faces. Thank you.



Ladera Rec District
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Phone: (650) 854-3242

VISIT OUR WEBSITE



Ladera Recreation District | 150 Andeta Way, Portola Valley, CA 94028

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