



# LAKEWOOD RACQUET REPORT

Lakewood Racquet & Sport Club, 5820 112th Street SW Lakewood, WA 98499

## SUMMER MEMBERSHIPS

*A great way for tennis enthusiasts to test out our club is our Summer Membership. Summer season runs from Memorial Day to Labor Day. We have junior tennis and swimming programs. Nice pool and lounge to enjoy on our warm summer days. The cost is \$360 for single membership and \$470 for a family membership. Memberships include complete use of the entire club.*



LAKEWOOD  
RACQUET  
& SPORT CLUB

### Skills & Drills Class:

**Tuesday/Fridays 12-1pm**

Adult 2.5/30

**Fridays 8:15-9:30 am**

3.5 + Advance Skills

**Saturdays 9:30-10:45am**

3.5 + Cardio/Doubles

### Pricing!

**\$16+Tax/member**

**\$20+ Tax/Guest**

## Rod & Custom Show

**Lakewood Tennis Club**

**Saturday, June 9th, 2018**

5820 112th St SW Lakewood, WA 98499

8am Start ~ Trophies at 3pm

Door Prizes, Raffle Prizes, Dash Plaques to the first 100 Cars

\$20 Pre-Paid Entry Fee \$25 Day of Show Entry Fee

Available all Day: Food, Tennis & Swimming!

Please contact Larry Hanson at 253-277-2525 or

Jim Henderson 253-219-3390-3390



# JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	2 Skills/Drills 3.5+ 9:30-10:45am Online Sign-up 10sportal.net
3	4 Ladies' Night 5pm-7:30pm	5 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	6	7 Mixed Doubles 5pm-7:30pm Grilled Burgers!	8 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	9 <b>LRC Hot Rod Show</b> <b>WTT Tourny 9:30am-8pm</b>
10 WTT Tourny 9:30am-4pm	11 Ladies' Night 5pm-7:30pm	12 Skills/Drills 12-1pm 2.5/3.0 Men's Night Dinner	13	14 Mixed Doubles 5pm-7:30pm Grilled Burgers!	15 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	16 Skills/Drills 3.5+ 9:30-10:45am Online Sign-up 10sportal.net
17 <b>HAPPY FATHER'S Day!</b>	18 Ladies' Night 5pm-7:30pm	19 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	20	21 Mixed Doubles 5pm-7:30pm First day of Summer Burgers!	22 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	23 Skills/Drills 3.5+ 9:30-10:45am Online Sign-up 10sportal.net
24 First day of Ladies flights at LRC	25 Ladies Night 5pm-7:30pm <b>Board Meet- ing 5:45pm</b>	26 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	27	28 Mixed Doubles 5pm-7:30pm Grilled Burgers!	29 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	30 Skills/Drills 3.5+ 9:30-10:45am Online Sign-up 10sportal.net



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## TRX Classes Are Offered:






Monday 8:30am & 1pm & 4pm & 6pm

Wednesday 8:30am & 1pm & 6pm

Hugh Griffin is our Certified Strength and Condition Specialist.  
Each session is \$20. June Member Special: 10 sessions for \$170.



## Why You Should Strength Train

-  **Prevents Injuries.** When done with proper form, protects your joints from injury.
-  **Improves Your Sports Performance.** Who wouldn't want to perform their best on the court?!
-  **Improves Sleeping Patterns.** You are less likely to suffer from insomnia if you strength train regularly.
-  **Controls Body Fat.** Lean muscle burns more calories at rest thereby increasing your resting metabolic rate. The more muscle you build, the more calories you'll burn.
-  **Boost Stamina.** You will find you fatigue less easily when you strength train.

# LAKWOOD RACQUET & SPORTS CLUB

## SUMMERTIME LADIES DAY

**Starting June 13th**  
**Wednesdays 9:30-11:30**

Debby Sigel and Betty Simpson will be running Ladies Bump & Split on the outside courts. Only rain will stop us. Please sign up in advance to save your spot. Please check the front bulletin board for more information. Please show up 15 minutes early to confirm the starting rotation for each Wednesday.

### WTT Tournament:

June 9th & 10th

Registration closes  
June 5th.

National Qualifier

Come join in the fun of  
World Team Tennis.

Player party at 6pm  
Saturday.

All participants receive  
t-shirt and swag bag.

