



# LAKEWOOD RACQUET REPORT

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

## 127TH ANNUAL PNW SENIOR CHAMPIONSHIPS

July 26-29th, 2018

Register for this year's annual club championships. All senior members (ages 35+) are encouraged to come join in the fun. All participants will receive tournament t-shirt, one bbq burger, chips, and beverage.

**Tournament ID: 600027018**

If you would like to volunteer for BBQ, tournament desk staff, and/or kitchen angel, please contact Bruce Dayton at [bruce@lakewoodracquetclub.com](mailto:bruce@lakewoodracquetclub.com)

## LAKEWOOD RACQUET & SPORTS CLUB

### LADIES' SUNDAY FLIGHTS

***Starts Sunday July 15th***

Please sign up in Pro Shop. First 8 ladies in each flight will be regulars. Please sign up to be a sub as we will keep a sub list available for players.

LRC doubles flights will test your abilities as a doubles player with different partners. Each week you are randomly paired up with 3 other players. You will play a total of 24 games, (no-add game scoring).

At the end of the eight week flight session we declare a champion and the top two scorers have an option to move up to the next flight level.

Match Format: USTA Rules, 10 minute warm-up, 3 rotations, eight games each rotation, court captain serves first, no-add game scoring.

HAPPY  
FOURTH OF JULY

#### **Welcome New Members!**

##### *Senior Family*

◆ *Brian/Sara Gilfeather*

##### *Senior Single*

◆ *Rob Gillanders*

◆ *Mlou Hayden*

◆ *Shirley Shen*

◆ *Kira Truebenbach*

##### *Junior Single*

◆ *Ryan Garrette*

#### **Skills & Drills Class:**

**Tuesday/Fridays 12-1pm**

**Adult 2.5/3.0**

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

**3.5+ Advanced Skills**

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

**3.5+ Cardio/Doubles**

#### **Pricing!**

**\$16+Tax/member**

**\$20+ Tax/Guest**





# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ladies' Night 5-7:30pm Potluck Dinner	3 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	4 Happy July 4th Club Open 8am-5pm	5 Mixed Doubles 5pm-7:30pm Grilled Burgers!	6 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	7 Skills/Drills 9:30-10:45am 3.5+
8	9 Ladies' Night 5-7:30pm	10 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	11	12 Mixed Doubles 5pm-7:30pm Grilled Burgers!	13 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	14 Skills/Drills 9:30-10:45am 3.5+
15	16 Ladies' Night 5-7:30pm	17 Skills/Drills 12-1pm 2.5/3.0 Men's Night Dinner	18	19 Mixed Doubles 5pm-7:30pm Grilled Burgers!	20 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	21 Skills/Drills 9:30-10:45am 3.5+
22	23 Ladies' Night 5-7:30pm	24 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm	25	26 Mixed Doubles 5pm-7:30pm Grilled Burgers!	27 127 Annual PNW Senior Championship	28 127 Annual PNW Senior Championship
29 PNW Senior Championship	30 Ladies' Night 5-7:30pm	31 Skills/Drills 12-1pm 2.5/3.0 Men's Night 3:45-7:30pm				

## 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. July Member Special: 10 sessions for \$170.

**No Classes week of July 9th-15th.**





# "Bump and Split"

Ladies' Day Tennis Every  
Wednesday

@

9:30 am to 11:30 am

Please sign up in Pro Shop!

Junior Tennis Lessons

Junior Swim Lessons

Next Session starts July 9th. Sessions are Monday thru  
Thursday every week.

Please check appropriate skill level class time in Pro Shop.

## Why You Should Strength Train



**Prevents Injuries.** When done with proper form, protects your joints from injury.



**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.



**Improves Your Sports Performance.** Who wouldn't want to perform their best on the court?!



**Boost Stamina.** You will find you fatigue less easily when you strength train.



**Improves Sleeping Patterns.** You are less likely to suffer from insomnia if you strength train regularly.





# SummerFEST

1996 CITY OF LAKEWOOD, WA 2018

**JULY 14**  
AND IT'S **FREE**

**Aaron Crawford**      **Herding Cats**      **Nite Wave**      **Spike and the Impalers**

5k • 10k • 1 Mile Run • Triathlon  
 Food Trucks • Beer Garden • Trapeze • Live Music  
 Car Show • International Festival • X-Treme Trampoline  
 Stilt Walkers • Kids Zone • Pet Parade  
 Passport to Sports & Art • Shop Vendors  
 Movie at Night

Disney PIXAR **COCO**

Fort Steilacoom Park • 11am - 11pm • Schedule @ [cityoflakewood.us](http://cityoflakewood.us) • 253.983.7758

Presented By

