



LAKEWOOD
RACQUET
& SPORT CLUB

AUGUST 2026

LAKEWOOD RACQUET REPORT

A MESSAGE FROM YOUR GENERAL MANAGER

August at LRC: Tour the Club Month!

August is officially “**Tour the LRC Month!**” When meeting folks around town, at the Chamber of Commerce, community events, or local businesses, we often realize people either forgot about us or don’t fully know everything our club has to offer. That’s why we’re getting the word out through Cascadian, social media, upcoming features in *Stroll Magazine*, and local business partnerships.

Now, we need **your** help to show off our amazing community! Bring your friends, family, and neighbors by for a tour or to enjoy the club as your guest for a day this month.

Bring the Most People to Tour LRC & Win!

We’re kicking off a friendly competition: **The member who brings the most people in for tours during the month of August will win a special prize awarded in September!** Show off your favorite spots, introduce your friends to the team, and get your name at the top of the leaderboard.

“Did You Know?” Next time you’re talking to friends or neighbors about the club, play a little game of Did You Know? to help spread the word:

Did you know... We have a swimming pool? And lessons? And Water Aerobics!

Did you know... Our BBQ Deck and Clubhouse are available to rent for private events?

Did you know... We have pickleball courts? And Pickleball classes and lessons?

Did you know... We have a gym, complete with our personal trainer, Hugh?

Did you know... All of our lessons featured at the club are open to the public?

Did you know... You can join as a member for as little as \$70/month?

Upcoming August Events

We have the August 13 – LRC Summer Games: Fun for kids 5 and up, Michael & Julia are preparing a fun afternoon of field games, a pool party and movie, the Thurstons will have their BBQ for burgers and dogs!

Let’s Pack the Outdoor Courts with juniors this month! We have UTR junior circuit events for juniors to win points and after the Summer Slam success, we are starting USTA Sanctioned Juniors tournaments back up here with a Level 7 intermediate yellow ball tournament August 29 on the outdoor courts. We have a long tradition of running these events so we are very happy to help you bring them back. And let’s pack our social nights and clinics - the Men’s and Ladies nights will have some new upcoming twists, while Michael is rolling out another 101 class, a second skills & drills, and a shot of the month for both tennis and pickleball!

Save the date for September 12 – Member Appreciation Day. The membership committee and volunteers are planning a day of tennis, pickleball, a BBQ potluck, and open pool hours as we celebrate YOU, our fantastic members!

Be awesome, and always kind!
- Chris

**Rent the LRC Clubhouse,
Cater with Carr’s!**



TRX TRAINING WITH HUGH GRIFFIN



- Prevents Injuries
- Improves Your Sports Performance
- Improves Sleeping Patterns
- Controls Body Fat
- Boosts Stamina

When done with proper form, TRX training protects your joints from injury. Who wouldn’t want to perform their best on the court?! You are less likely to suffer from insomnia if you strength train regularly. Lean muscle burns more calories at rest, thereby increasing your resting metabolic rate. The more muscle you build, the more calories you’ll burn. You will find that you fatigue less easily when you strength train. Every Monday & Wednesday there are open TRX classes:

Mondays

8:30 am, 1 pm, 4 pm

Wednesdays

8:30 am, 1 pm, 6 pm

Contact:

griffinpersonaltraining@yahoo.com
phone: 253.861.4916

TENNIS

Cardio Skills & Drills

High-Energy Doubles Drills & Point Play

EVERY
WEDNESDAY
6:30 PM – 8:00 PM

LOCATION:
LAKEWOOD RACQUET
& SPORT CLUB

Class Focus:

- Doubles live ball
- High-intensity doubles drills
- Continuous movement
- Competitive point play



Fast-paced doubles drills designed to keep players moving while improving consistency, positioning, and match play.

REGISTER ON COURRESERVE [APP.COURTRESERVE.COM](https://www.app.courtreserve.com).

ALL LESSONS OPEN TO THE PUBLIC

TENNIS • PICKLEBALL
SWIMMING • FITNESS

TENNIS 101

ADULT CLINIC

Every Wednesday
5:00 PM - 6:30 PM

\$20 MEMBERS | \$25 NON-MEMBERS

Learn the basic foundational
skills for tennis with Head Pro,
Michael Parretta!

LAKEWOOD RACQUET CLUB

5820 112TH ST SW
LAKEWOOD, WA 98501



BACK TO SCHOOL SLAM

GET BACK INTO THE SWING OF THE SCHOOL YEAR



LEVEL 7 JUNIORS USTA TOURNAMENT



SATURDAY, AUGUST 29 2026



LAKEWOOD RACQUET & SPORT CLUB

ENTRY

\$70

EVERY
PLAYER
GETS A
HAT!

➔ ROUND ROBIN DRAWS OF 12

➔ SINGLES

➔ ONE EVENT PER PLAYER

- BOYS 18U 16U 14U 12U
- GIRLS 18U 16U 14U 12U

➔ BOTTOM UP RANKING ENTRY

➔ FAST 4'S & 7-PT TIEBREAKERS

QUESTIONS?

CONTACT CHRIS UGLICK,
CHRISUGLICK.LRC@GMAIL.COM

REGISTRATION:

USTA.COM



**NO SMOKING
OR VAPING**

INCLUDING
E-CIGARETTES

THE
MENTALLY
TOUGH
TENNIS
PLAYER

by John Krammer & Michael Parretta

Headline Sports

LET'S PLAY!

PICKLEBALL 101



Every
Wednesday

11:00 AM – 1:00 PM

Join our experienced
instructor as they teach
beginner foundations,
followed with open play

Lakewood Racquet Club

SWIM LESSONS

LEVEL 4: STROKE TECHNIQUE & CONDITIONING

Mon - Thu | 9:00 AM - 9:30 AM

For strong swimmers ready to refine technique. Swimmers will improve efficiency in all four strokes.

LEVEL 3: STROKE FOUNDATIONS

Mon - Thu | 9:30 AM - 10:00 AM

For swimmers who can move independently in the water and are ready to build endurance and learn strokes.

LEVEL 2: WATER CONFIDENCE

Mon - Thu | 10:00 AM - 10:30 AM

For swimmers who are comfortable in the water and ready to move independently.

LEVEL 1: WATER DISCOVERY

Mon, Wed, Fri | 10:30 AM - 11:00 AM

Non-swimmers build confidence and basic water safety skills such as floating, and moving with their face in the water.

2026 SUMMER SCHEDULE ALL AGES

SESSIONS

June 28 - July 11

July 12 - July 25

July 26 - August 8

August 9 - August 22

August 23 - September 5

Private Lessons:

Sunday + Friday AM

Monday + Thursday PM

JOIN US FOR: LRC SUMMER GAMES

THURSDAY,
AUGUST 13TH
4PM - 8:30PM

LET US TAKE
OVER FOR
THE EVENING!
SEND YOUR
KIDS & THEIR
FRIENDS!

THERE WILL BE:

- FIELD GAMES
- POOL GAMES
- DINNER
- A "FLOAT-IN" MOVIE

AGES 5+

LADIES BUMP & SPLIT WEDNESDAYS BEGINNING IN JULY @ 9:30-11AM

SIGN UP NOW!

LAKEWOOD RACQUET CLUB
5820 112TH St SW, Lakewood WA 98499

WATER AEROBICS

Come for the workout, stay for the vibes...

The playlist is hot, the pool is cool, and the energy is high! Bring a friend to this fitness class, pool party mashup!

SUNDAY
9:00AM-9:45AM

TUESDAY & THURSDAY
10:30AM - 11:15AM

SIGN UP TODAY ON COURTESERVE OR IN PERSON!

LRC summer WOMEN'S POTLUCK

AUG 3 | 4:30PM

Mary Ann Seiwerrath

good food great company



Bayley (left) & Julia (right) hosting LRC Table

SAVE THE DATE!

You're Invited

MEMBERSHIPS APPRECIATION DAY!

A DAY OF FUN, FRIENDS, AND COMMUNITY

PICKLEBALL TOURNAMENT

TENNIS DOUBLES TOURNAMENT
Mens womens & mixed

MEET THE TEAM
Come see what makes LRC special!

BBQ POTLUCK
Bring a dish to share!

ENJOY SOME MUSIC!

TRX & FITNESS
Stop by and say hi to Hugh! All are welcome!

EVERYTHING IS FREE FOR MEMBERS!

THANK YOU FOR BEING A PART OF THE CLUB

Lakewood Racquet Club

LAKEWOOD RACQUET CLUB MEMBERSHIP RATES & INFORMATION

Please note: All memberships are subject to Quarterly Capital Dues

COURT MEMBERSHIPS

Court Membership gives you full access to everything the club offers, including booking courts, playing on member courts, attending social nights, using the fitness center, enjoying the summer pool, relaxing in the lounge, and accessing pickleball and racquetball courts. Members also receive exclusive discounts and additional perks year-round.

SOCIAL MEMBERSHIP

Social Membership includes our social nights, fitness center, pool, lounge, and member discounts. This membership does not include reserving courts or playing on member courts.

MILITARY MEMBERSHIPS

Active Duty Military receive zero initiation fee for any of the listed memberships.
Retired/Reservist Military receive half-off of the regular initiation fee for any of the listed memberships.

MONTHLY MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY AMOUNT
Family Court (35+ Years Old)	\$235
Single Court (35+ Years Old)	\$180
Junior Family Court (Under 35)	\$180
Junior Single Court (Under 35)	\$135
Student (18 & Under)	\$70
Social	\$70
Medical	\$70

QUARTERLY CAPITAL DUES

MEMBERSHIP TYPE	QUARTERLY CAPITAL DUES
Family Court (35+ Years Old)	\$200
Single Court (35+ Years Old)	\$155
Junior Family Court (Under 35)	\$155
Junior Single Court (Under 35)	\$115
Student (18 & Under)	\$60
Social	\$60
Medical	\$60

DISCOVER THE LRC DIFFERENCE

A place for racquet sports, fitness, relaxation, and community — all year round.

We look forward to welcoming you!

STAY CONNECTED

lakewoodracquetclub.com
253-582-6311
5820 112th St SW
Lakewood, WA 98499
Lakewood.racquetclub

We Proudly Sponsor

Thank You Partners

AUGUST 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
2 Water Aerobics, 9-9:45am	3 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm Women's Summer Potluck 4:30 pm	4 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	5 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/ drills 12-1pm Tennis 101, 5-6:30pm Cardio S&D, 6:30-8pm	6 Water Aerobics 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	7 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	8 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
9 Water Aerobics, 9-9:45am POOL SESSION 4 STARTS	10 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	11 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	12 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/ drills 12-1pm Tennis 101, 5-6:30pm Cardio S&D, 6:30-8pm	13 Water Aerobics 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm LRC Summer Games 4-8:30 pm	14 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	15 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* UTR Junior Circuit Level 1-4.99
16 Water Aerobics, 9-9:45am	17 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	18 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	19 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/ drills 12-1pm Tennis 101, 5-6:30pm Cardio S&D, 6:30-8pm	20 Water Aerobics 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	21 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	22 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
23 Water Aerobics, 9-9:45am POOL SESSION 5 STARTS	24 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	25 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	26 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/ drills 12-1pm Tennis 101, 5-6:30pm Cardio S&D, 6:30-8pm	27 Water Aerobics 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	28 Foundations Strategy 9:30- 11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	29 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* USTA Back to School Slam
30 Water Aerobics, 9-9:45am UTR Junior Circuit Level 1-4.99	31 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm Board Meeting 5:30pm					

*subject to USTA match schedules

SEPTEMBER 2026

Sun Mon Tues Wed Thurs Fri Sat

		1 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	2 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	3 Water Aerobics, 10:30-11:15am Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	4 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	5 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* UTR Junior Circuit Level 1-4.99
6 Water Aerobics, 9-9:45am	7 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm LABOR DAY Last Day of Summer Membership	8 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	9 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	10 Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	11 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	12 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* MEMBER APPRECIATION DAY SUMMER MEMBERS WELCOME LAST POOL DAY 12-5PM
13	14 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	15 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	16 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	17 Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	18 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	19 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm* UTR Junior Circuit Level 1-4.99
20	21 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm	22 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	23 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm	24 Pickleball Int 3.0+, 11am-2pm Mixed Night & BBQ, 5-7pm	25 Foundations Strategy 9:30-11am* Pickleball Adv 3.5+, 2-5pm* Friday Bump, 5-6:30pm*	26 Tennis Skills/ drills, 9:30-11am* Pickleball Int 3.0+, 11am-2pm*
27	28 TRX Classes 8:30am, 1pm, 4pm Men's Night 5-7pm Board Meeting 5:30pm	29 Pickleball Int 3.0+, 11am-2pm Ladies' Night 5-7pm	30 TRX Classes 8:30am, 1pm, 6pm Bump Split 9:30-11:00 am Pickleball Games 11am-12pm Beg. Pickleball Skills/drills 12-1pm Tennis 101, 5-6:30pm Cardio Skills&Drills 6:30-8pm			

**subject to USTA match schedules*