



MAY 2026

# LAKEWOOD RACQUET REPORT

## FROM THE GENERAL MANAGER

Welcome to May and National Tennis Month! We are riding the momentum of a fantastic end to April, highlighted by a wonderful pizza party by Fabio and Rebecca's Galileo's—thank you both for such a treat. We begin this month on a meaningful note as we honor the legacy of Gary Thomas. I look forward to the many stories that will undoubtedly be shared about Gary this weekend, and I encourage everyone to show their support for Dena Snow, her sisters, and her mother this coming Saturday.

The energy on the courts is picking up as we officially reignite Men's Night this Monday. Come out for the tennis and stay for a spectacular dinner featuring Terry Wright's amazing cod and halibut, served with garlic bread and salad (BYOB). For the ladies, this means Tuesday nights are now all yours; you'll have a full run of the courts until Mixed Night on Thursdays.

**Be sure to check your Court Reserve calendar and our club flyers for even more programming with Head Pro Michael Parretta. Whether you are looking for a weekday skills and drills session, tennis strategy, or our high-energy cardio classes, there is something for everyone. If you think tennis is already a workout, just wait until you experience the cardio class!**

**As one teacher to another, I can tell you that Michael is truly amazing with his private lessons and junior group programs. I believe it would**

***be highly valuable for our USTA teams to schedule practice sessions with him as well. He offers excellent tips to sharpen your technique while sharing the kind of match strategy that helps steal crucial points. He can also provide our captains with fresh insights on how to run more efficient, impactful practices.***



National Tennis Month wouldn't be complete without celebrating our USTA community. From captains like Rich Triquart to multi-team players like Vicki Moll, our members are the heart of these leagues. A special shout-out to Mark Mettler, who is currently 6-0 this season with three singles and three doubles wins! Please keep me posted on your team's progress and any fun news you'd like to share.

Our ultimate goal is to provide you with the best, most pristine courts in the region while giving you a competitive edge. We want to see our teams climb the standings, breeze through playoffs, and make that exciting trek from Regionals to Sectionals and beyond to Nationals. To keep our facilities in top shape, we recently demoed a new scrubber pressure-washing sweeper that offers night-and-day results in cleanliness. Keep an eye out for an upcoming announcement regarding

a member fundraiser to purchase this equipment, which will allow us to implement a weekly professional sweeping and scrubbing process.

Beyond the competitive play, I hope to see you enjoying the social side of our club, whether you're hosting guests or relaxing poolside. We have Dan and Peggy Thurston's BBQ cookouts returning to Thursdays very soon! It is going to be a packed month with our 2nd Annual Open House on May 16 and the pool opening on May 22. We are also gearing up for the 2nd Annual Summer Slam from June 26–28. This is a major event for the LRC, and it takes a combined effort from our staff and our wonderful volunteers to make it shine. We are still riding high from the success of our recent 16-player junior UTR event; a huge thank you to Andrew for the court prep and to Jereck for directing a first-class tournament. While Michael and I supported him, we heard rave reviews from parents about our club.

The Lakewood Racquet Club is truly a special place to be. If I don't see you around the courts this month, come knock on my door, I am probably just finishing up a meeting, and I wish you a wonderful Mother's Day with your families and a meaningful Memorial Day as we celebrate our veterans and military members. Remember to stay connected through the Court Reserve app for all the latest updates.

Have fun and be kind,  
Chris



# CALLING ALL CERTIFIED LIFEGUARDS!

LAKWOOD RACQUET CLUB

## SUMMER MEMBERSHIP

**INDIVIDUAL**     \$600  
**FAMILY**            \$800

**LIFEGUARDS WANTED!**  
**MUST BE CERTIFIED**  
**APPLY:**  
**CHRISUGLICK.LRC@GMAIL.COM**

MEMORIAL DAY THROUGH LABOR DAY

## 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.

**Contact:**  
 griffinpersonaltraining@yahoo.com  
 phone: 253.861.4916



**BOOM**

## HEAD MERCHANDISE RACQUETS: COME DEMO OUR NEWEST ARRIVALS!

**SPEED**

Demo Day:  
 May 22  
 2-6:30pm



20% off retail, better than amazon or anywhere!



# LRC EVENTS

THE RETURN OF

## MEN'S NIGHT & DINNER

TENNIS • DINNER • SOCIAL  
PRESENTED BY THE LRC

**MAY 4 2026**

**5 PM - 7 PM**

- 30-Min Doubles Rotations
- King of the Court Format
- Rotating partners each round
- Organized player rotations
- Indoor & Outdoor Courts
- BYOB
- Guests Welcome

Come for dinner & friendship, even if you can't make the tennis.

**Cod & Halibut by Terry Wright**

REGISTER NOW OR DROP IN — GUESTS WELCOME!

**LAKWOOD RACQUET CLUB**

## Game, Set, Summer!

JOIN US FOR A FUN & FITNESS FILLED DAY

- OPEN SWIM
- BOUNCE HOUSE
- TENNIS
- PICKLEBALL

- NUTRITIONIST
- COMPRESSION THERAPY
- JUICES & BOWLS
- COFFEE CART

**FREE ENTRY**

**SATURDAY MAY 16, 2026**  
**11 AM - 3 PM**

5820 112<sup>TH</sup> ST SW  
LAKEWOOD, WA 98499

**2.5+ Players**

## Foundations Strategy

**FRIDAYS**

**9:30 AM - 11:00 AM**

**Class Focus:**

- Groundstroke consistency
- Serve & return fundamentals
- Court positioning & movement
- Singles & doubles strategy

Non-members **\$25** /person  
Members **\$20** /person

REGISTER TODAY ON COURTRERESERVE

For More Information [lakewoodracquetclub.com](http://lakewoodracquetclub.com) 253-582-6311

# TENNIS

## Cardio Skills & Drills

High-Energy Doubles Drills & Point Play

**EVERY WEDNESDAY**  
**6:30 PM - 8:00 PM**

**LOCATION:**  
**LAKWOOD 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 COURTRERESERVE [APP.COURTRERESERVE.COM](http://APP.COURTRERESERVE.COM)

# 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!

**LAKWOOD RACQUET CLUB**

5820 112<sup>TH</sup> ST SW  
LAKEWOOD, WA 98501



# MAY 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					<b>1</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>2</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm* <b>GARY THOMAS MEMORIAL 1-4PM</b>
<b>3</b>	<b>4</b> Men's Night Grand Opening w/ Terry's Famous Fish Dinner 5-7pm	<b>5</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>6</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>7</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>8</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>9</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>10</b> MOTHER'S DAY	<b>11</b> Men's Night 5-7pm	<b>12</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>13</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>14</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>15</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>16</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm* <b>2ND ANNUAL POOL OPEN HOUSE 11AM-3PM</b>
<b>17</b>	<b>18</b> Men's Night 5-7pm Board Meeting 5:30pm	<b>19</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>20</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>21</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>22</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm* <b>HEAD DEMO DAY 2-6:30PM</b>	<b>23</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>24</b>  <b>31</b>	<b>25</b> MEMORIAL DAY	<b>26</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>27</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>28</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>29</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>30</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm* <b>UTR Junior Event</b>

*\*subject to USTA match schedules*



# JUNE 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b> Men's Night 5-7pm	<b>2</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>3</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>4</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>5</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>6</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>7</b>	<b>8</b> Men's Night 5-7pm	<b>9</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>10</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>11</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>12</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm*	<b>13</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>14</b>	<b>15</b> Men's Night 5-7pm	<b>16</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>17</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>18</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>19</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm* <b>JUNETEENTH</b>	<b>20</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>21</b> <b>FATHER'S DAY</b>	<b>22</b> Men's Night 5-7pm	<b>23</b> Pickleball 11am-2pm Ladies' Night 5-7pm	<b>24</b> Beg. Pickleball Skills/drills 12:30-1:30pm Tennis 101 5-6:30pm Cardio Skills&Drills 6:30-8pm	<b>25</b> Pickleball 11am-2pm Mixed Night 5-7pm	<b>26</b> Foundations Strategy 9:30-11am* Pickleball Adv 3.5+ 2-5pm* Friday Night Bump 5-6:30pm* <b>2nd Annual Summer Slam</b>	<b>27</b> Tennis Skills/drills 9:30-11am* Pickleball 11am-2pm*
<b>28</b> <b>2nd Annual Summer Slam</b>	<b>29</b> Men's Night 5-7pm <b>Board Meeting 5:30pm</b>	<b>30</b> Pickleball 11am-2pm Ladies' Night 5-7pm				

*\*subject to USTA match schedules*