



**LAKWOOD
RACQUET
& SPORT CLUB**

August 2022

LAKWOOD RACQUET REPORT

MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on New LRC apparel, hats, and footwear.

LRC Apparel and Hats:

New logo apparel and hats are currently available in the Pro Shop. More LRC product will be arriving periodically throughout the summer. Please let staff know if you would like a certain style of apparel with the LRC logo on it.



ADULT CLASSES:

Beginning Skills & Drills 2.5/3.0:

Monday 12-1pm, 6:30-7:30pm

Wednesday 6:30-7:30pm

Friday 12-1pm

Cardio Skills & Drills 3.5+:

Tuesday 6:30-7:30pm

Thursday 6:30-7:30pm

Weekend Skills & Drills 3.5+:

Saturday 9:30-10:45am

**Advanced Registration and Prices available online:*

www.lakewoodracquetclub.com

Call for more information - (253) 582-6311

YOUR LRC BOARD MEMBERS

President Terry Wright
Vice President Paul Whittaker
Secretary Mark Mettler
Treasurer Charlie Hyde
Member Scott Baird
Member Teddy Grenley
Member Dave Hendrickson
Member Dick Hutchison
Member Teena Ward Hyde

YOUR LRC COMMITTEE CHAIRS

Financial
 Charlie Hyde
Grounds and Building
 Dick Hutchison
Membership
 Teena Ward Hyde
Planning (Long Range)
 Terry Wright
Social
 Anneke Berry Morley
Sports and Recreation
 Paul Whittaker



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MEMBERSHIP PROMOTION

Any current member will receive \$100 credit on their account when they sponsor a new membership package with initiation fee.

Please make sure the new member adds the sponsor's name to their application.

TRX TRAINING IS GREAT FOR YOUR TENNIS GAME!

- 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.

MEMBERSHIP COUNTS!

Members receive 20% off suggested retail price on racquets and footwear.

WILSON RACQUETS: All new Clash and Blade available now in pro shop.

Babolat, Head, Volkl, Tecnifiber, and Yonex racquets available by special order. We also can get you most Adidas, Nike, and other footwear/apparel by special orders. New LRC Logo apparel and hats have arrived!

Thank you all for supporting your club pro shop.





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CLUB
SPORT

SUMMER JUNIOR PROGRAM



Registration for all summer programs active!

There will be 8 total weekly sessions available. For tennis, all classes will be held Monday-Thursday with levels 1-3 (ages 5-12) at 9am-12pm. Followed by levels 4-5 (ages 12+) intermediate to advanced junior players at 12:30-3:30pm.

Swimming classes will also be held Monday-Thursday. Hot Tots (ages 3-6) at 9:15-9:45am, Future Stars (ages 7-10) at 10-10:45am, and Advanced Stars (ages 11+) at 11am-12pm.

SUMMER MEMBERSHIP

A great way for tennis enthusiasts to test out our club is with our Summer Membership. Summer season runs from Memorial Day to Labor Day. The cost for single membership is \$419, and \$539 for a family. Membership includes use of the entire club. That includes 6 outdoor tennis courts, 4 indoor tennis courts, 1 center court pickleball court, member pricing on tennis/swim/pickleball lessons, pool, hot tub, lounge, playground, fitness center, bbq with family/friends and much more!



Get Social with Us!



[@piercecountytennis](#)



[@lakewoodracquetsportclub](#)





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LADIES' DAY

Please come and join us for our LRC Ladies' Day every Wednesday starting July 20th. Sign-ups will be at the LRC Pro Shop and online. So check your calendar and plan to play as much as possible. We have two time slots limited to 8 players. Below are the times for each player level.

8:30-10:00 am, 2.5-3.0 level

10:00-11:30 am, 3.0-3.5 level

Thank you Deanne Langevin and Sue Schoettler for hosting each Wednesday. Come join the fun on Wednesdays for Ladies' Day. Please sign-up in advance.



USTA TOURNAMENT

Level 4 Open - Adult

Lakewood Racquet Club NTRP / Open Singles & Doubles

Lakewood Racquet and Sport Club - September 7-11

Tournament ID: 22-46019

USTA Junior Circuit - LRC 12U Green Ball

Lakewood Racquet and Sport Club - September 18

Tournament ID: 22-86416





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August 2022

Sun Mon Tues Wed Thurs Fri Sat

	<p>1</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p>	<p>2</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>3</p> <p>TRX @ 8:30am, 1pm, 6pm</p>	<p>4</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>5</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p>	<p>6</p> <p>Skills/drills 9:30-10:45am</p>
<p>7</p> <p>Pickleball 12-2:30pm</p>	<p>8</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p>	<p>9</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>10</p> <p>TRX @ 8:30am, 1pm, 6pm</p>	<p>11</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>12</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p>	<p>13</p> <p>Skills/drills 9:30-10:45am</p>
<p>14</p> <p>Pickleball 12-2:30pm</p>	<p>15</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p>	<p>16</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>17</p> <p>TRX @ 8:30am, 1pm, 6pm</p>	<p>18</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>19</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p>	<p>20</p> <p>Skills/drills 9:30-10:45am</p>
<p>21</p> <p>Pickleball 12-2:30pm</p>	<p>22</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p> <p>Board Meeting 6:30pm</p>	<p>23</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>24</p> <p>TRX @ 8:30am, 1pm, 6pm</p>	<p>25</p> <p>Pickleball 12-2:30pm</p> <p>Mixed Doubles 5-6:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>26</p> <p>Pickleball 6:45-9:30am</p> <p>Pickleball 5-7:30pm</p>	<p>27</p> <p>Skills/drills 9:30-10:45am</p>
<p>28</p> <p>Pickleball 12-2:30pm</p>	<p>29</p> <p>TRX @ 8:30am, 1pm, 4pm, 6pm</p> <p>Beg Skills/drills 12-1pm</p> <p>Ladies' Night 5-6:30pm</p>	<p>30</p> <p>Men's Night 5-7:30pm</p> <p>Cardio Skills/drills 6:30-7:30pm</p>	<p>31</p> <p>TRX @ 8:30am, 1pm, 6pm</p>			



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September 2022

Sun Mon Tues Wed Thurs Fri Sat

				1 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	2 Pickleball 6:45-9:30am Pickleball 5-7:30pm	3 Skills/drills 9:30-10:45am
4 Pickleball 12-2:30pm	5 TRX @ 8:30am, 1pm, 4pm Beg Skills/drills 12-1pm Labor Day Club Hours 8am-5pm	6 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	7 TRX @ 8:30am, 1pm, 6pm	8 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	9 Pickleball 6:45-9:30am Pickleball 5-7:30pm	10 Skills/drills 9:30-10:45am
11 Pickleball 12-2:30pm	12 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	13 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	14 TRX @ 8:30am, 1pm, 6pm	15 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	16 Pickleball 6:45-9:30am Pickleball 5-7:30pm	17 Skills/drills 9:30-10:45am
18 Pickleball 12-2:30pm	19 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	20 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	21 TRX @ 8:30am, 1pm, 6pm	22 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	23 Pickleball 6:45-9:30am Pickleball 5-7:30pm	24 Skills/drills 9:30-10:45am
25 Pickleball 12-2:30pm	26 TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm Board Meeting 6:30pm	27 Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	28 TRX @ 8:30am, 1pm, 6pm	29 Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	30 Pickleball 6:45-9:30am Pickleball 5-7:30pm	