



LAKWOOD
RACQUET
& SPORT CLUB

July 2020

LAKWOOD RACQUET REPORT

COVID-19 UPDATED PHASE 2

During Phase 2 of Safe Start Washington, indoor tennis is allowed when following all protocols

Masks are now required for entry into Lakewood Racquet Club

No recreational pool use during phase 2.

Lessons for private and groups up to 5 people are available.

TRX classes and personal training are ongoing.

Locker room and showers are still not permitted.

The use of Food and Drink vending machines is allowed.

No gatherings with more than 5 people and social distancing is required.

PREVENTING THE SPREAD OF COVID-19

Encourage frequent handwashing especially before and after matches.

Please utilize the many locations of hand sanitizer throughout our club.

Wear your mask whenever entering the club and/or leaving the court for any reason.



Tennis Instructors:
Harrison Lee, Michael Campbell,
and Derek Stone

Tennis Lessons (Maximum 5 players per instructor)

- o 9 am Tennis 101 (Ages 11-18)
- o 10 am Future Stars (Ages 6-10)
- o Private and Semi Private
- o 1-3 pm Junior Team Tennis (JTT, Ages 11-18)



JUNIOR SUMMER LESSONS ARE HERE!



Swim Instructors:
Ali Rymer and Amelia Cotter

Swim Lessons (Maximum 5 swimmers per instructor)

- o 9:45 am Hot Tots (Ages 3-5)
- o 10:15 am Advanced Stars (Ages 11-14)
- o 11 am Future Stars (Ages 6-10)
- o Private and Semi Private Lessons



LAKEWOOD
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MEET NEW STAFF

BELLA & ALY



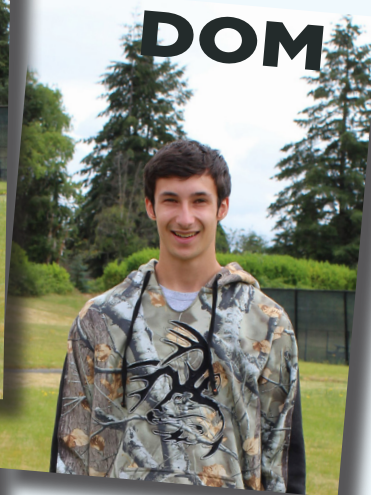
TIMO



CIARAN



DOM



LEVI



SARAH



MARK



KRISTIN





LAKWOOD
RACQUET
& SPORT CLUB

REVIVE YOGA | CO.

YOGA OUTDOORS

WEDNESDAYS 6 PM - 7 PM
LAKWOOD RACQUET & SPORT CLUB

NEW OUT DOOR YOGA CLASS

Embrace the PNW summer and join us for an all levels outdoor yoga class on Wednesdays at 6:00 pm. First session is on Wednesday July 15!

Classes will be held outside on a large grassy area at the Lakewood Racquet and Sport Club with plenty of space for social distancing! They are conveniently located just .4 miles from the studio!

Register online: www.reviveyoga.co

*Outdoor yoga is subject to weather conditions and any changes/cancellations will be communicated via our online schedule and social media.



Standing Committee Meeting Times:

Finance Meeting - Thursday before Board Meeting @ 5pm

Membership Meeting - 3rd Tuesday of the month @ 6:15pm

Sports and Recreational - 3rd Wednesday of the month @ 6:15pm



July 2020

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 TRX @ 8:30am, 1pm, 6pm	2 Mixed Doubles 5-7:30pm	3 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0 Pickleball**	4 Skills/Drills 9:30-10:45am 3.5+ Independence Day
5	6 TRX* Ladies' Night 5-7:30pm	7 Skills/Drills 12-1pm - 2.5/3.0 Men's Night 3:45-7:30pm	8 TRX @ 8:30am, 1pm, 6pm	9 Mixed Doubles 5-7:30pm	10 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0 Pickleball**	11 Skills/Drills 9:30-10:45am 3.5+
12	13 TRX* Ladies' Night 5-7:30pm	14 Skills/Drills 12-1pm - 2.5/3.0 Men's Night 3:45-7:30pm	15 TRX @ 8:30am, 1pm, 6pm Flag Day	16 Mixed Doubles 5-7:30pm	17 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0 Pickleball**	18 Skills/Drills 9:30-10:45am 3.5+
19	20 TRX* Ladies' Night 5-7:30pm	21 Skills/Drills 12-1pm - 2.5/3.0 Men's Night 3:45-7:30pm Membership Meeting 6:15pm	22 TRX @ 8:30am, 1pm, 6pm Sports & Rec Meeting 6:15pm	23 Mixed Doubles 5-7:30pm Finance Meeting 5pm	24 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0 Pickleball**	25 Skills/Drills 9:30-10:45am 3.5+
26	27 TRX* Ladies' Night 5-7:30pm Board Meeting 6:30pm	28 Skills/Drills 12-1pm - 2.5/3.0 Men's Night 3:45-7:30pm	29 TRX @ 8:30am, 1pm, 6pm	30 Mixed Doubles 5-7:30pm	31 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0 Pickleball** Eid al-Adha	

* TRX Mondays @ 8:30am, 1pm, 4pm, and 6pm

** Open Play Pickleball 5:15-7:15pm on court 9 / Members Free / Non-Members \$3