



**July 2022**

# LAKEWOOD RACQUET REPORT

## 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!*



LAKEWOOD  
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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.







## LADIES' DAY

Please come and join us for our LRC Ladies' Day every Wednesday starting July 20<sup>th</sup>. 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. New staff member Gina Bloemers will be helping Deanne and Sue on the courts. Come join the fun on Wednesdays for Ladies' Day. Please sign-up in advance.



## USTA LEAGUE



USTA 18+ season is still going strong. Please check our court scheduler to see when they are playing. This is a 5 court team format. Our standard Sat/Sun match schedule starts at 3:45pm with a 4/1 split. Followed by 5:45pm starts with 3/2 split. 40+ Mixed season will start first week of June. Captains, please confirm your courts on [10sportal](#). The entire schedule has been inputted by staff. Thank you all for your great sportsmanship on and off the court.

### Get Social with Us!



[@piercecountytennis](#)



[@lakewoodracquetsportclub](#)





## 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.



## 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

## 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](http://www.lakewoodracquetclub.com)

*Call for more information - (253) 582-6311*





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# July 2022

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

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



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# August 2022

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

	<b>1</b> TRX @ 8:30am, 1pm, 4pm, 6pm Beg Skills/drills 12-1pm Ladies' Night 5-6:30pm	<b>2</b> Men's Night 5-7:30pm Cardio Skills/drills 6:30-7:30pm	<b>3</b> TRX @ 8:30am, 1pm, 6pm	<b>4</b> Pickleball 12-2:30pm Mixed Doubles 5-6:30pm Cardio Skills/drills 6:30-7:30pm	<b>5</b> Pickleball 6:45-9:30am Pickleball 5-7:30pm	<b>6</b> Skills/drills 9:30-10:45am
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