



LAKWOOD
RACQUET
& SPORT CLUB



June 2021

LAKWOOD RACQUET REPORT

SUMMER MEMBERSHIP

Summer programming for tennis and swimming coming June 21st. We are patiently watching the Pierce County Health Department guideline updates.

The pool opened with beautiful blue sky and warm weather on Memorial Day. Please check out our web site www.lakewoodracquetclub.com for summer membership pricing.

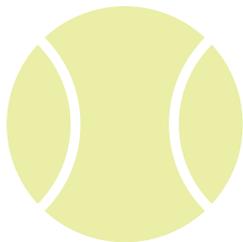
FULLY VACCINATED?

Governor Inslee has fully adopted the CDC new guidelines.

CDC UPDATE: If you are fully vaccinated against #COVID19, you can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal or territorial laws, including local business and workplace guidance.

If you are not vaccinated and not wearing a mask, you are potentially endangering yourself and others. Please be respectful to all members/guests if they are wearing a mask or not.

Thank you, LRC Board and Management



MEN'S, LADIES', & MIXED NIGHTS AT LRC

The new normal for all three nights is starting at 5pm and going until 6:15pm on two tennis courts. First 8 people to sign up in person at front desk, via phone, or logging onto 10sportal.net reserve your spot. Staff will set up each foursome. You will stay with the foursome for the entire time. You will rotate every 8 games to have a different partner at least 3 times during the night. Please contact Bruce if you have any questions Brucelrc@gmail.com.



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MAX THOMAS PICKLEBALL COURT RESURFACING

Thank you Mid Pac Tennis Construction for coming back to LRC to resurface our outdoor Pickleball court. We are so appreciative for your time and expertise during your extremely busy season. This project has been in the pipeline for several years. The generosity of several members has truly helped accomplish the completion of this project this year. Special Thanks to Karie Hamilton, Chris Fynboe, Teena Ward Hyde, Charlie Hyde, and Noel Jacinto for all your support in sponsoring more pickleball at LRC. The court will be ready to play on by June 21st. If you have any questions please direct them to our GM Bruce Dayton.



USTA LEAGUE PLAY AND PLAYOFFS AT LRC

We currently are hosting 65+ League play (3 court format/2 hour limit), 18+ Gender (5 court format/2 hour limit), and 40+ Mixed (3 court format/No time restrictions). All these leagues are scheduled by USTA and are preset at the beginning of the season. Matches are played indoor or outdoor with guest fee of \$15/player. One Doubles League (1 court format/2 hour limit) is scheduled by the captains with their weekly court allocation. We do allow back to back reservation for this league due to the extra time needed. Cost is \$15/player for visiting team.

LRC will be hosting matches for the 18+ playoffs on July 9-11th. Matches to be determined at the end of the season.

SUMMER TENNIS & SWIM PROGRAMS: START DATE JUNE 21

Time to break out of your Covid-19 lockdown. Get your registration form for all summer programs today at our front desk. We will have Monday-Thursday tennis programs 9-11am and 1-3pm & Swim lessons will be from 9:30am-12Noon.

*We will have 2 four-week sessions:
Session 1 from June 21 - July 15
Session 2 from July 19 - August 12th*

All levels will be taught at the same time with multiple instructors on three courts. Unlimited play for each session cost will be \$320/members and \$480/non-members.



FOLLOW US!

 [@piercecountytennis](https://www.facebook.com/piercecountytennis)

 [@lakewoodracquetsportclub](https://www.instagram.com/lakewoodracquetsportclub)



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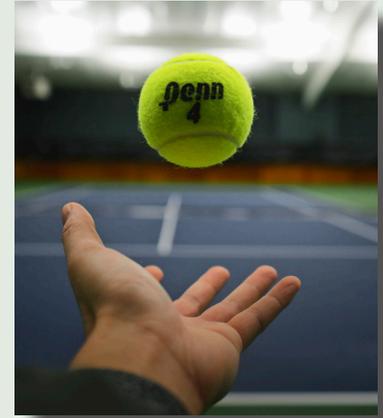
HELLO
SUMMER

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.



YOUR LRC BOARD MEMBERS

- President** Teena Ward Hyde
Vice President Dick Hutchison
Treasurer Charlie Hyde
Secretary Connie Worthen
Member Tad Davis
Member Terry Wright
Member Paul Whittaker
Member Dave Henderson
Member Teddy Grenley

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
Teddy Grenley

LESSONS ARE IN FULL SWING!

Adult Classes:

Cardio Skills & Drills - All levels
 Monday 6:15-7:30pm
 Wednesday 7:30-8:30pm

Skills & Drills (2.5/3.0 level)
 Tuesday/Friday 12Noon-1pm

Weekend Skills & Drills - 3.5+ level
 Saturday 9:30-10:45am

**Advanced Registration and Prices available online:
www.lakewoodracquetclub.com*

Call for more information - (253) 582-6311



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June 2021

Sun Mon Tues Wed Thurs Fri Sat

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



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July 2021

Sun Mon Tues Wed Thurs Fri Sat

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



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August 2021

Sun Mon Tues Wed Thurs Fri Sat

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