



LAKEWOOD  
RACQUET  
& SPORT CLUB



June 2021

# LAKEWOOD RACQUET REPORT

## SUMMER MEMBERSHIP

Summer programming for tennis and swimming coming June 21<sup>st</sup>. 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](http://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](http://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](mailto: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.



## 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.

## 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.

### FOLLOW US!



@piercecountytennis



@lakewoodracquetsportclub







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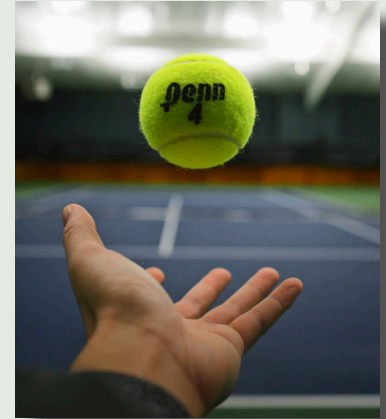
HELLO  
SUMMER

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

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



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SUMMER

# June 2021

Sun

Mon


Tues

Wed

Thurs

Fri

Sat

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



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# July 2021

Sun Mon Tues Wed Thurs Fri Sat

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





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SUMMER

# August 2021

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

<b>1</b>  Pickleball 12-2:30pm	<b>2</b> TRX @ 8:30am, 1pm, 4pm, 6pm Skills/drills 6:15-7:15pm Ladies' Night 5-6:15pm	<b>3</b>  Skills/drills 12-1pm Men's Night 5-6:15pm	<b>4</b> TRX @ 8:30am, 1pm, 6pm Skills/drills 7:30-8:30pm	<b>5</b>  Mixed Doubles 5-6:15pm	<b>6</b> Skills/drills 12-1pm Pickleball 5-7:30pm	<b>7</b>  Skills/drills 9:30-10:45am
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