



LAKEWOOD
RACQUET
& SPORT CLUB

MAY 2019

LAKEWOOD RACQUET REPORT

New Wilson CLASH Racquet: Limited supply until Mid-June

Wilson.



LRC Members
get 20% off
Suggested Retail.
**BEST PRICE
ANYWHERE.**
*Will beat any
advertised price!*



WELCOME NEW MEMBERS

Student Member:
John Lee

USTA UPDATES

40+ Mixed Season is starting in May. We have five teams playing out of Lakewood Racquet & Sport Club. If you didn't get on a team this year please let Bruce Dayton know: bruce@lakewoodracquetclub.com or (253) 582-6311 Ext. 102.

Outdoor Pickleball May 26th

12noon - 2:30pm

Come one, come all, come to play,
or come to spectate and cheer.

All are welcome!

More details to follow.

Please sign up through:

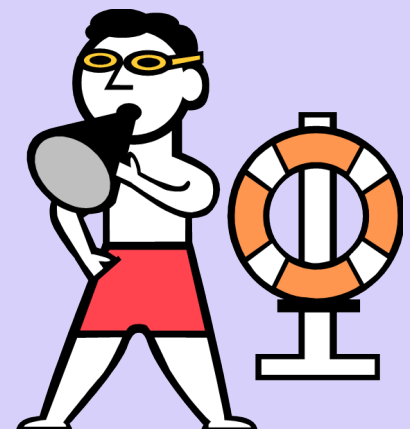
www.lakewoodracquetclub.com

\$100 Member Credit

The best advertisement and community outreach for our club is through our members. Each of you can receive or donate a \$100 credit for bringing in a new member who has paid their club membership initiation fee.

LOOKING FOR SWIM INSTRUCTORS & LIFEGUARDS

Please contact Bruce Dayton at
bruce@lakewoodracquetclub.com





**LAKWOOD
RACQUET
& SPORT CLUB**



**TENNIS
AUCTION BALL**

CYSTIC FIBROSIS FOUNDATION

SAVE THE DATE!

THE TENNIS BALL

Friday, June 7, 2019
6:00 p.m.

Hotel Murano
1320 Broadway, Tacoma, WA 98402

PRO/AM TOURNAMENT

Saturday, June 8, 2019
Fun Flight: 9:00 a.m.

Competitive Flight: 1:00 p.m.
Lakewood Racquet & Sport Club
5820 112th St SW, Lakewood, WA 98499

Contact David Leon for more info: dleon@cff.org

FOLLOW US!



@piercecounytennis



@lakewoodracquetsportclub

**SPRING
TENNIS
PROGRAMS**

Bruce Dayton, John Cassens, Chan Thourk, and Joe Tomasi will be available for Private, Semi-Private, and Group lessons.

We have Adult Skills and Drills Tuesday/Fridays/Saturdays. Please check the calendar for times and skill levels.

Junior Program is conducted on Friday and Saturday. Times and rates are listed on www.10sportal.net.

**BLUEBERRY
CHEESECAKE
SMOOTHIE**

**IF FITNESS WAS A PILL...
EVERYONE WOULD BE TAKING IT!**



Exercise is the best medicine!

- 3/4 cup milk or almond milk
- 1/2 cup light ricotta cheese
- 1 scoop plain or vanilla protein powder
- 1 tsp maple syrup
- 1 tsp lemon zest
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 3/4 cup frozen blueberries

Place all ingredients in a blender in the order listed and blend until smooth.

361 cal, 32g protein, 36g carbs, 11g fat



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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 \$360 and \$470 for a family. Membership includes use of the entire club.

**MEMBERSHIP
COUNTS!
WE'LL BEAT ANY
ADVERTISED PRICE!**

MAY FOOTWEAR SPECIAL
Members receive 20% retail price

Buy two pairs at the same time, 30% off both pairs



Kaos 2.0 W



Kaos 2.0



Amplifeel 2.0

**GRAND
OPENING
OF LRC POOL:
MAY 25TH**

Great fun on the outdoor tennis courts, pickleball courts, swimming pool! Relax with family and friends on the Patio/Deck/Lounge area while our four BBQs cook up some delicious meals.

New Arrivals!

Kaos 2.0 Mens

Kaos 2.0 Womens

ALSO: check out new Wilson and Luxilon strings

Lakewood Racquet & Sport Club, 5820 112th Street SW Lakewood, WA 98499



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

May 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 TRX @ 8:30am, 1pm, 6pm	2 Mixed Doubles Potluck 6:30pm	3 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	4 Skills/Drills 9:30-10:45am 3.5+
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	11 Skills/Drills 9:30-10:45am 3.5+
12 MOTHER'S DAY	13 TRX* Ladies' Night 5-7:30pm	14 Skills/Drills 12-1pm - 2.5/3.0 Bridge 2:30-4:30pm Men's Night 3:45-7:30pm	15 TRX @ 8:30am, 1pm, 6pm Sports & Rec Meeting 6:15pm	16 Mixed Doubles 5-7:30pm	17 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	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 Dinner 6:30pm Membership Meeting 6:15pm	22 TRX @ 8:30am, 1pm, 6pm	23 Mixed Doubles 5-7:30pm Finance Meeting 5pm	24 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	25 Skills/Drills 9:30-10:45am 3.5+
26	27 TRX* Ladies' Night 5-7:30pm MEMORIAL DAY	28 Skills/Drills 12-1pm - 2.5/3.0 Bridge 2:30-4:30pm Men's Night 3:45-7:30pm	29 TRX @ 8:30am, 1pm, 6pm Board Meeting 6:30pm	30 Mixed Doubles 5-7:30pm	31 Skills/Drills 8:15-9:30am 3.5+ 12-1pm 2.5/3.0	

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