

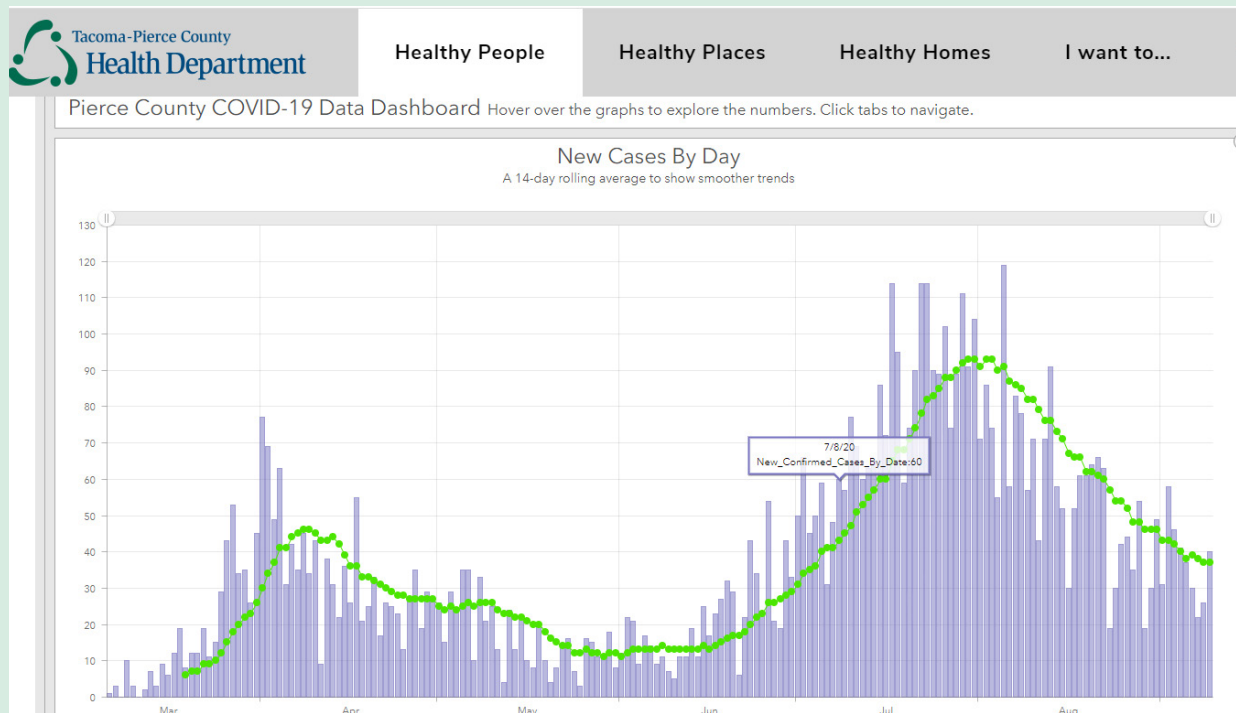


LAKEWOOD
RACQUET
& SPORT CLUB

September 2020

LAKEWOOD RACQUET REPORT

COVID-19 UPDATE: STILL IN PHASE 2 OF SAFE START WASHINGTON



We are still in Phase II of Safe Start Washington. The club is completely open when following all protocols and occupancy limits.

- Masks are still required for entry into Lakewood Racquet & Sport Club.
- 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.



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LEAGUE MATCHES FOR 55+ TEAMS AND MIXED TEAMS

USTA matches will be played on Saturday and Sunday with start times at 5:00pm and 6:30pm. All matches will be limited to 2 hours. Each match will consist of 3 courts, so court 10 will be available for our members at all time slots.

Social distancing is required at all times when not on the tennis court. No gatherings before or after matches. No food or alcoholic beverages allowed on the tennis courts and in viewing areas.

Please let your captain know when you arrive to the match to confirm your line-up, then maintain social distancing until match starts.

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.



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LAKWOOD
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REVIVE YOGA | CO.

YOGA OUTDOORS

WEDNESDAYS 6 PM - 7 PM
LAKWOOD RACQUET & SPORT CLUB



NEW OUTDOOR YOGA CLASS

Embrace the PNW autumn and join us for an all levels outdoor yoga class on Wednesdays at 6:00 pm.

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.



JUNIOR FALL LESSONS SCHEDULE

**Tennis Instructors: Bruce Dayton,
John Cassens, Harrison Lee,
Michael Campbell, and Gus Martin.**

Tennis Lessons (Maximum 5 players per court)

*Schedule is available in Pro Shop and online at www.lakewoodracquetclub.com



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

September 2020

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

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

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