



May 2025

LAKEWOOD RACQUET REPORT

SUMMER MEMBERSHIP

Summer is right around the corner. What better place to spend your sunny days than by the pool at LRC? Summer Membership Applications are now available at Lakewood Racquet Club!

Spend your summer poolside, hitting the tennis and pickleball courts, relaxing in the lounge, and enjoying everything LRC has to offer. Whether you're here for a casual game, a sunny afternoon catching rays, or just some good company, we'd love to have you with us.

Spots are limited, so if you're thinking about joining us for the season, now's the time!

POOL DETAILS

LRC's pool will be opening Memorial Day Weekend! Pool hours are 2pm-8pm Monday through Friday and 11am-8pm Saturday and Sunday. We can't wait to see you!

LAKEWOOD RACQUET CLUB

Game, Set, Summer!

WELLNESS REFRESH! FUN FOR EVERYONE

- FACE PAINTING
- BOUNCE HOUSE
- MUSIC
- COFFEE CART
- COLD PLUNGES
- MASSAGES
- NUTRITIONIST
- HYDRATION IV
- JUICES & BOWLS

FREE ENTRY

**SATURDAY
MAY 24TH
11 AM - 3 PM**

5820 112TH ST SW
LAKEWOOD, WA 98499

PRO TIP: Master Your Balance for Better Tennis

One of the easiest habits to slip into on the court is hitting shots while off-balance—leaning, falling, or reaching instead of setting your feet. Whether it's a groundstroke or a volley, your shot quality depends heavily on your weight distribution.

Take an extra split second to get your feet set (ideally with a split step) and align your weight so your momentum moves through the shot and toward your target. Not only will you gain more consistency, but you'll also feel more confident and in control—especially under pressure.

Good balance isn't just about looking smooth—it's about building a more reliable game from the ground up!



MEMBER SPOTLIGHT: JIM HENDERSON

Jim Henderson was born on Valentine's Day 1948, and raised in California's Coachella Valley. A graduate of Coachella Valley High School, Jim was drafted into the U.S. Army in 1968 during the Vietnam War, where he served proudly as a paratrooper and parachutist with the 82nd Airborne Division.

At just 22 years old, Jim purchased his first business — a Sambo's Restaurant — in Santa Monica, CA and San Diego, CA launching a successful 25-year career in the restaurant industry. Over the years, he owned and operated seven restaurants before spending five years working with King County Metro. In 1994, Jim shifted gears to become a housing provider, investing in real estate in Tacoma and Aberdeen, where he has built a lasting presence and family museum.

An active longtime member of the Lakewood Racquet Club since 2000, Jim enjoys playing tennis, collecting classic cars, motorcycles and spending time with his family. He is the proud father of two sons and a daughter and the grandfather of nine grandchildren.



YOUR AD HERE!

Did you know members get 50% off our advertisement rates? Imagine your business's logo here, on the fence, in the parking lot, or even on the courts.

Email General Manager, Lily, at
Lily.LRSC@gmail.com for pricing and more info!

EXTRA CLEAN UP DAY

Missed Clean Up Day? No worries! LRC's Social Committee is having an extra work party on May 17! Contact Lily at Lily.LRSC@gmail.com to get signed up!

**FIND US ON
INSTAGRAM!**



@Lakewood.RacquetClub

 **State Farm®**

Tom Kuhlmann, Agent

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MyOlympiaAgent.com



May 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Pickleball 11am-2pm Mixed Night 5-7pm	2 Pickleball Adv 3.5+ 3:30-6:30pm	3 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
4 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	5 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	6 Pickleball 11am-2pm Ladies' Night 5-7pm & Ladies' Potluck 6:30pm	7 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	8 Pickleball 11am-2pm Mixed Night 5-7pm	9 Pickleball Adv 3.5+ 3:30-6:30pm	10 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
11 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	12 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	13 Pickleball 11am-2pm Men's Night 5-7pm	14 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	15 Pickleball 11am-2pm Mixed Night 5-7pm	16 Pickleball Adv 3.5+ 3:30-6:30pm	17 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
18 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	19 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	20 Pickleball 11am-2pm Ladies' Night 5-7pm	21 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	22 Pickleball 11am-2pm Mixed Night 5-7pm	23 Pickleball Adv 3.5+ 3:30-6:30pm	24 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
25 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	26 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm Memorial Day	27 Pickleball 11am-2pm Men's Night 5-7pm	28 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm Board Meeting 5:30pm	29 Pickleball 11am-2pm Mixed Night 5-7pm	30 Pickleball Adv 3.5+ 3:30-6:30pm	31 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*

**subject to USTA match schedules*



June 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	2 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	3 Pickleball 11am-2pm Ladies' Night 5-7pm & Ladies' Potluck 6:30pm	4 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	5 Pickleball 11am-2pm Mixed Night 5-7pm	6 Pickleball Adv 3.5+ 3:30-6:30pm*	7 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
8 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	9 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	10 Pickleball 11am-2pm Men's Night 5-7pm	11 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	12 Pickleball 11am-2pm Mixed Night 5-7pm	13 Pickleball Adv 3.5+ 3:30-6:30pm*	14 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
15 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	16 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	17 <div>LRC Clean Up Day Work Party</div> Pickleball 11am-2pm Ladies' Night 5-7pm	18 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm	19 Pickleball 11am-2pm Mixed Night 5-7pm <div>Juneteenth</div>	20 Pickleball Adv 3.5+ 3:30-6:30pm*	21 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
22 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	23 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm	24 Pickleball 11am-2pm Men's Night 5-7pm	25 TRX @ 8:30am, 1pm, 6pm Cardio Skills/drills 6:30pm <div>Board Meeting 5:30pm</div>	26 Pickleball 11am-2pm Mixed Night 5-7pm	27 Pickleball Adv 3.5+ 3:30-6:30pm*	28 Tennis Skills/drills 9:30-10:45am Pickleball 11am-2pm*
29 Singles Bump 4.0+ 8-9:30am Pickleball 11am-2pm* Pickelball Adv 4.0+ 6-9pm*	30 TRX @ 8:30am, 1pm, 4pm Adv Skills/drills 6:30pm					

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