

Special Events



Easter Cardio Tennis & Doubles Play

- Saturday, April 8th
- Cardio Tennis 9:00-10:00 a.m.
- Doubles Play 10:00-11:00 a.m.
- Spaces limited!
- Contact **PAUL** at 262-812-0033 if interested

20% off **ALL**
Tennis Rackets
and **Bags**

CPR/AED Certification

- Sunday, April 30th
- 4:00-7:00 p.m.
- Members \$50 Guests \$60
- Spaces limited!
- Contact the front desk if interested

MLP at LGT Co-ed Team Tournament

- 1 Team= 2 Males and 2 Females
- Each match: 1 women's match, 1 men's match, and 2 mixed matches (all doubles)
- \$60/Team (members)
- \$80/Team (non-members)
- Sat, April 29th 2:00-6:00 p.m.
- Call 262-812-0033 to register!

4.0+
Pickleball
players

STAFF SPOTLIGHT



**NEIL
MEDIRATTA**

Years of Coaching: 11

College: Northern Illinois University

Favorite Pickleball

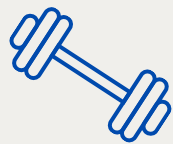
Memory: "Beating Tyson McGuffin and Jay Devilliers in doubles."

Hobbies: "Hanging out with my dog and watching Netflix."

Fun Fact: "I'm allergic to almost all foods."



FITNESS FACT:

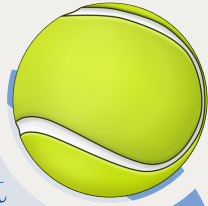


"Interval training is a great way to improve your cardio fitness on the court. This can be done on a treadmill, bike, or an elliptical. For example, warm up with a walk at a good pace for 5 minutes. Then run or jog for 30 seconds, then walk for 60 seconds. Repeat this 8 times. Depending on your fitness level, you can increase the speed during the 30-second interval while keeping the 60-second interval at the same pace. Listen to your body! Give it a try and you will be bouncing around like Rafa on the changeover!"

~Coach Jeff

TENNIS TIP

"Percentage tennis is a thing. Understanding the court's geometry and knowing your own capabilities are huge in shot selection and your recovery position on the court."



Too many times mistakes are made and points are lost because we are trying to "force" low percentage shots or cover them from our opponents. Understanding this and playing accordingly can take your game to the next level."

~Coach Paul

Reminders

Current session classes go until **April 16th!** Be sure to secure your spot for the next session as class sizes are **limited**

There will be **no classes** April **3rd-9th** due to Spring Break

Pickleball Members: You can book court time **A WEEK** in advance for \$12/hour



"Less is more. Let your paddle do its job by doing small and compact movements versus swinging like you would with a club, racket, or bat. This will help you with the "soft game," which is what coach John and Neil want you to play anyway!"

~Coach John



MONTHLY MEMBER

Lexington Monroe

Junior Tennis Member

Member since: 2017

Hobbies: Watching the Milwaukee Bucks

Favorite thing about LGT: "Beating Connor and Jacob in doubles"

Fun Fact: Favorite smoothie flavor is strawberry mango