

## Facility Update & Pool Hours

### Parking Lot Closures

- **Parking lot will remain closed today, Friday 11/10/23 and potentially reopen Saturday, 11/11/23**
  - There will be further delays with resurfacing the parking lot and more closures to complete the project due to a car driving into the lot over the wet asphalt and leaving tracks
  - Please be respectful to the signs that indicate if the parking lot is closed
  - Emails will be sent with updates
  - Programs & hours will be held as normal, please park down the hill



### Pool Hours

- Lap lanes and rec swim will be limited tomorrow, Saturday 11/11/23 due to a lifeguard certification course 8:00 am–3 pm
  - At least 2 lap lanes will be available throughout the day
- Pool hours can be found [here](#)

## Chili Cook Off on Saturday, November 11:

Think you make the best chili? Come put your recipe to the test in a judged competition with your neighbors!

**Still time to register! Please email Karen Fryling by 9pm tonight!**

- [kfryling@intero.com](mailto:kfryling@intero.com)



## Yoga on Wednesday & Sunday

LRD is proud to offer two weekly yoga classes!

- **Wednesday Gentle Flow Vinyasa with Amanda Stanton**
  - Wednesdays @ 5:00pm-5:45pm
  - [Register here](#)
  - More about [Amanda Stanton](#)
- **Sunday Yoga Rok with Kathy Petrin**
  - Sundays @ 9:30-10:30am
  - [Register here](#)
  - More about [Kathy Petrin & Yoga Rok](#)



## Aquatics Update

- *Lessons, Masters, Youth Fitness Swimming, Diving & Baby & Me programs are ongoing*
  - For more info about programming, please visit the 'Aquatics' tab at: <https://www.laderarec.org/>

## Tennis Update:

Visit [Plus 1 Tennis Academy](#) for more registration and for more information

- **Update on signups/enrollment:**
  - Open enrollment for new families begins Monday 11/13
    - [Click here to register for winter tennis](#)
  - Middle school match play clinics will be available on weekends after Thanksgiving
    - Email [plus1tennisacademy@gmail.com](mailto:plus1tennisacademy@gmail.com) to sign up
- **Important Reminders:**
  - All Plus 1 players must have an LRD membership
    - LRD Tennis Memberships are available
  - Please make sure your LRD membership is up to date
- **Special Shout-Outs:**
  - Evan Burnett Qualified for a Pro Tournament at the University of Texas.
  - Kate Hsia, Alexa Hua, Elsa Sonsini for winning their first round of CCS for Menlo Girls Tennis.
  - Vivienne Reid for placing 3rd in her first 12&u tournament!
- **Court Usage:**
  - Plus 1 Tennis Academy utilizes three tennis courts on weekdays from the hours of 3:30-8 PM. One court will always be available for member use until the sun goes down

