



# TENNIS NEWSLETTER

## December 2, 2024

Even though it's getting colder it's still warm enough to shed some pounds off from your thanksgiving feast. It's not often when we have to wear warmup suits down here.

This week interclub matches

Monday: 3.5 ladies at 1pm

6.5 men at 3pm

Wednesday: 2.5 ladies at 1pm

Friday: 3.0 ladies at 1pm

This week's event: the Wednesday Ladies Round Robin is filled. Saturday is the Doubles Social at 3pm followed by an optional dinner. Please join us for a great afternoon.

Tip of the Week: in cold weather it's important to make sure you have warmed up your muscles thru some form of exercise. Cold muscles are subject to strain and tear

Stay warm and see you on the courts