



MT. LEBANON RACKET CENTER

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Dear Mt. Lebanon Racket Center Community,

Happy New Year!

We are eager to kick off another year here at the Racket Center with some fun events and playing opportunities already planned for January. We are hosting a new 12 week singles USTA Flex ladder here at Mt. Lebanon. It is a flexible, self-scheduled tennis league for local players using the USTA Flex app which allows you to play at convenient times by being matched with players of your skill level. Sign up by downloading the USTA Flex app using the QR code on page 4 and search for “Lebanon.” For more details about the flex league, [email our Head Pro Megan](#).

On Saturday, 1/31, we are hosting a Triples Tennis Charity Event benefiting the Ryan Shazier Fund. The event will run from 2-4 p.m. with all proceeds going directly to the charity. Use the [LINK](#) to sign up and make sure to list your partners names who you will be paired with. Only 48 spots are available so make sure to register before it fills up!

The next session of our junior and adult tennis clinics will be open for Mt. Lebanon residents on **Friday, 1/16**. Non-residents may register on **Friday, 1/23**. This session will run February through early April. We also have 12 different weekly programs for all skill levels. These classes have new signups each week, allowing for more flexibility in your schedule. We also have private lessons open with head pro Megan Foster. All our programs can be registered on our activity registration website [LINK](#).

Our pickleball courts are pending opening due to weather. We appreciate everyone’s patience as we wait for a stretch of warmer/dryer weather to open them to the public. In the meantime, please visit page 6 for our pickleball rules and procedures.

As always, thank you for being part of the Mt. Lebanon Racket Center family. Whether you’re on courts for a lesson, league match, clinic or just stopping by to say hello, we truly appreciate your support and energy. We’re excited for what’s ahead and look forward to seeing you on the courts in 2026!

Darin Rauso
Racket Center Manager





HOW TO FIND US:

Mt. Lebanon Racket Center
900 Cedar Blvd
Pittsburgh, PA 15228

Phone: (412) 343-3411

YOUR STAFF:

Darin Rauso, Facility Manager
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Megan Foster, Head Pro
mgustinefoster@mtlebanon.org

David Armbrrecht, Maintenance
darmbrecht@mtlebanon.org

STAY UP TO DATE!

Be sure to check out our Bulletin Board on your way in for information, flyers, events, and other notices!

About Our Facility

Tennis began in Mt. Lebanon as a backyard sport. The original private court that belonged to first Mt. Lebanon solicitor, Samuel Schreiner, still exists behind the house he built on St. Clair Circle in 1929. Over the years, however, the sport grew in popularity—both to play and to watch. Mt. Lebanon Recreation Department, in partnership with the previous Indoor Tennis of Mt. Lebanon, has been able to expand from one scruffy public court to the 15 well-maintained courts we now enjoy, including six with winter “bubbles” that provide year-round play. In addition, we have viewing stands, and a tennis center building with a community room. Located next to our Racket Center building, is our popular state of the art hitting wall, available to be used by reservation during operating hours of the Racket Center.

In addition to our tennis courts, we also have four platform tennis courts and a newly built paddle hut. The Mt. Lebanon Platform Tennis Association (MLPTA) and the municipality operate as partners in the maintenance and upkeep of the platform tennis facilities. Platform tennis, also known as paddle tennis, is thriving in Mt. Lebanon. Mt. Lebanon fields a number of teams in both the men’s and women’s Western Pennsylvania Platform Tennis Association (WPPTA) leagues.

Tennis Hours of Operation (Indoor)

Monday-Sunday
8 a.m. to 10 p.m.



Websites:

Online Reservations/Program Registration
mtlrec.activityreg.com

Racket Center Facility Info: mtlebanon.org

Construction Project Updates

Courts 1-8 Lighting Improvement:

- Happening now, our Courts 1-8 lighting fixtures being upgraded to LED, to allow a better evening playing experience for all our players starting next Spring!

Court 13 Railing:

- Railing will be installed on the walkway around court 13 on the hill for safety. Completion is set for early 2026.

Fencing Improvements:

- Project will be ongoing, with replacement of old/damaged perimeter fencing at our tennis courts.

Pickleball Court Construction:

- Project is completed, with color coating applied in the spring!
- Temporary lines have been painted, with nets installed.
- Opening date is pending due to weather. Stay tuned!
 1. Pickleball courts will not have a bubble.
 2. We have six pickleball courts in total.
 3. Players will pay a fee to use the courts.
 4. Reserving courts will be similar to reserving tennis courts.
 5. Many program and lesson offerings for pickleball to come soon!





Join the Mt. Lebanon Flex Leagues for friendly, competitive matches

-  **12-week singles** ladder flex leagues
-  **More Tennis!** Play a new level-matched opponent every 2 weeks
-  **It's Flex!** You determine when you play
-  **Improve your game:** Matches count towards WTN Rating

Download the **USTA Flex app**, search for **“Lebanon”**, and **join** the flex league(s) of your choice!



**SIGN UP IN
◀ THE APP**



Questions? Send an email to ustaflex@scalasports.com



Triples Tennis Charity Event Benefitting Ryan Shazier Fund

WHEN: SATURDAY, 1/31 2 to 4 P.M.

WHERE: MT. LEBANON RACKET CENTER

COST: \$25

SIGN UP: [ONLINE LINK](#). LIST YOUR PARTNERS NAMES UPON SIGN UP.

ALL PLAYERS MUST REGISTER.

48 spots are available

All proceeds go to the Ryan Shazier Fund for Spinal Rehabilitation giving individuals and their families the support, resources and funding they need to live fully, independent and meaningful lives.



Pickleball Operating Procedures/Rules

Mt. Lebanon Racket Center

Opening Soon!

- Six lighted pickleball courts
- Monday-Sunday 8 a.m.-sunset
- *Pickleball courts will be color painted in Spring 2026*

Operating Procedures/Rules

- Timeslots – Timeslots on all courts are in half-hour increments. A one-hour minimum reservation is required. There are no designations for singles or doubles courts. Operating hours are from 8am-sunset, until outdoor lighting is completed, Monday-Sunday. The Racket Center reserves the right to close early in the evening if there are no reservations.
- Online reservations are encouraged for pickleball courts. You may make a reservation up to one week in advance by visiting mtlrec.activityreg.com. Payment is due at the time of reservation.
- Fees- Court fees are \$12/court/hr. There are no additional convenience fees for online reservations.
- Everyone must check in with the Racket Center cashier before going to their court.
- Splitting payments for court reservations is not permitted. Each group must pay for their court with a single payment/single transaction. Credit card payments preferred.
- Time played is time paid. Staying on and playing after your scheduled reservation is not permitted. Please be considerate of others and leave the court promptly at the end of your reservation. If available, time can be extended at the front desk with payment.
- Walk-up reservations—Walk-up reservations are welcomed if space is available.
- Cancellations- Anyone may cancel their reservation online up four hours prior to the start time, and a credit will be issued to the account. Within four hours of the start time, reservation fees are nonrefundable.
- If your reservation is rained/snowed out and you cannot play at least half of your time, we will put a credit on your account. If you have played for at least half of your court time, no credit will be issued.
- Only instructors employed and certified by the Mt. Lebanon Racket Center are permitted to teach lessons. Outside instruction/coaching is not allowed.
- Only water is permitted inside pickleball court area. All other drinks/food must stay outside court area.
- Pets, bicycles, rollerblades, skateboards, scooters are prohibited.
- Shirts are required and must be worn at all times.
- No smoking, vaping, or tobacco products of any kind.
- No abusive language, shouting, or aggressive behavior.
- Do not walk behind active courts while points are in play.
- Non-marking tennis shoes are required.
- Playing music is not permitted except through earbuds or headphones and only audible to the individual listener.
- Younger Children- Children must be at least 11 years old to play on the courts unless they are playing with a parent or guardian. Regardless of age, children must be capable of observing all the rules and regulations while at the Racket Center.
- Junior Pickleball Clinics- Children 10 and younger must be dropped off and picked up at their designated court by a parent or guardian. Please be prompt. Children 10 and younger will not be released without a parent or guardian present. Regardless of age, children must be capable of observing all the rules and regulations while at the Racket Center.
- Questions? If you have any questions, you may call the Racket Center at (412) 343-3411.
- All rules and policies are subject to change.

Head Pro: Megan Foster

Why do I play tennis?

This is one of my favorite questions to ask my students. I love hearing all the different answers. Some say it's for exercise, some want to learn a new game, others have been playing for years, and a few wish they had started as kids. And then there are the kids who just shrug their shoulders. Those always make me smile.

If someone asked me today, "**Why do you play tennis?**" knowing what I know now, this would be my answer:

I play tennis because physically, it keeps my body moving and builds endurance. Mentally, it's therapeutic, it sharpens my mind and challenges me to think quickly. And now, new research on longevity says playing a racket sport may even add up to 10 years to your life.

A major study known as the Copenhagen City Heart Study: <https://pubmed.ncbi.nlm.nih.gov/30193744/> found that playing tennis can increase a person's life expectancy by an average of 9.7 years compared to a sedentary lifestyle. This was the largest gain among all the sports measured in the study.

Beyond longevity, playing tennis offers numerous other health benefits:

- **Cardiovascular Health:** Playing for just three hours a week can significantly reduce the risk of heart disease.
- **Mental Well-being:** The sport is linked to lower scores in depression, anger and tension, while promoting alertness and tactical thinking which fosters new neural connections in the brain.
- **Physical Fitness:** It improves agility, balance, flexibility, grip strength and bone health, which helps in preventing falls and osteoporosis later in life.

So many perks come from playing tennis... what's your reason?



Junior Programming

FEBRUARY-APRIL SESSION CLINIC

2/2 through 4/12 (*NO CLASS 3/29 through 4/5*)

Registration: Mt. Lebanon Resident Fri, 1/16 / Non-Resident Fri, 1/23

For questions on class placement, email [Megan Foster](#)

| <u>Day of Week</u> | <u>Clinic Level & Age</u> | <u>Time</u> | <u>Dates</u> |
|--------------------|-------------------------------|-------------------|--------------|
| Mondays | Big Kids 5-6 yrs | 6 to 7 p.m. | Feb 2-Apr 6 |
| Mondays | Red Ball Club 10 & Under | 6 to 7 p.m. | Feb 2-Apr 6 |
| Mondays | Red Ball Plus 10 & Under | 6 to 7 p.m. | Feb 2-Apr 6 |
| Mondays | Orange Ball Club 10 & Under | 6 to 7 p.m. | Feb 2-Apr 6 |
| | | | |
| Wednesdays | Big Kids 5-6 yrs | 4 to 5 p.m. | Feb 4-Apr 8 |
| Wednesdays | Red Ball Club 10 & Under | 4 to 5 p.m. | Feb 4-Apr 8 |
| Wednesdays | Red Ball Plus 10 & Under | 4 to 5 p.m. | Feb 4-Apr 8 |
| Wednesdays | Youth 1 11-17 yrs | 5 to 6:30 p.m. | Feb 4-Apr 8 |
| Wednesdays | Youth 2 11-17 yrs | 5 to 6:30pm | Feb 4-Apr 8 |
| | | | |
| Thursdays | Big Kids 5-6 yrs | 4 to 5 p.m. | Feb 5-Apr 9 |
| Thursdays | Red Ball Club 10 & Under | 4 to 5 p.m. | Feb 5-Apr 9 |
| Thursdays | Youth 1 11-17 yrs | 5 to 6:30 p.m. | Feb 5-Apr 9 |
| Thursdays | Youth 2 11-17 yrs | 5 to 6:30 p.m. | Feb 5-Apr 9 |
| | | | |
| Sundays | Big Kids 5-6 yrs | 11 a.m. to Noon | Feb 8-Apr 12 |
| Sundays | Red Ball Club 10 & Under | 11 a.m. to Noon | Feb 8-Apr 12 |
| Sundays | Orange Ball Club 10 & Under | Noon to 1 p.m. | Feb 8-Apr 12 |
| Sundays | Youth 1 11-17 yrs | Noon to 1:30 p.m. | Feb 8-Apr 12 |
| Sundays | Youth 2 11-17 yrs | 2 to 3:30 p.m. | Feb 8-Apr 12 |
| Sundays | JV 11-17 yrs | 2 to 4 p.m. | Feb 8-Apr 12 |

Adult Programming

Winter Session Clinic (9 weeks)

February 7 - April 11

No class 4/4

Saturdays

Beginner (2.0-2.5) - 12 to 1:30 p.m.

Beginner Plus (2.5-3.0) - 12 to 1:30 p.m.

Intermediate (3.5+) - 1:30 to 3 p.m.

Advanced Intermediate (4.0+) - 2 to 3:30 p.m.

WEEKLY ADULT CLINICS

(*New Signups Each Week*)

| Clinic | Day of Play | Time | Max # of People | Cost |
|-----------------------|-------------|--------------------|-----------------|------|
| Live Ball (3.0-4.0) | Monday | 9:30 to 10:30 a.m. | 8 | \$18 |
| Live Ball (3.0-4.0) | Tuesday | 6 to 7 p.m. | 8 | \$18 |
| Adult Clinic (3.5+) | Tuesday | 8:30 to 10 p.m. | 12 | \$24 |
| Live Ball (3.0-4.0) | Wednesday | 6:30 to 7:30 p.m. | 8 | \$18 |
| Fitness & Foundations | Wednesday | 6:30 to 7:30 p.m. | 8 | \$15 |
| Adult Clinic (3.5+) | Wednesday | 8:30-10 p.m. | 12 | \$24 |
| Cardio (2.5+) | Thursday | 9:30-10:30 a.m. | 8 | \$20 |
| Cardio (3.5+) | Thursday | 9:30-10:30 a.m. | 8 | \$20 |
| Cardio (3.0+) | Thursday | 7 to 8 p.m. | 16 | \$20 |
| Cardio (3.0+) | Friday | 10 to 11 a.m. | 8 | \$20 |
| Live Ball (3.0+) | Sunday | 11 a.m. to 12 p.m. | 8 | \$18 |
| Adult Clinic (3.0+) | Sunday | 12 to 1 p.m. | 8 | \$16 |

Fitness Tips & Exercises

cagneytennisacademy.com.au

Tennis is an exhilarating sport that requires a combination of speed, agility, strength, endurance, and mental focus. To perform at your best on the court, it's crucial to integrate a well-rounded fitness routine that hones all these elements. By incorporating specific exercises into your training regimen, you can enhance your overall performance and reduce the risk of injury. In this article, we'll explore essential fitness tips and exercises for tennis players to help you take your game to the next level.

1. Building Endurance To Boost Your Stamina for Longer Matches

Tennis matches can last from just a few minutes to several hours, making endurance a key component of success. To maintain consistent energy throughout a match, cardiovascular fitness is crucial. By improving your stamina, you'll be able to sustain high-intensity rallies, chase down every ball, and maintain sharp focus from the first to the last point.

Endurance Exercises:

Interval Training: Alternating between periods of high intensity and low intensity during your workouts mimics the stop-and-start nature of tennis. You can apply this to running or cycling by sprinting for 30 seconds, followed by 1-2 minutes of jogging or walking.

Cardio: Incorporate steady cardio sessions like running, swimming, or biking for 30-60 minutes to build a strong aerobic base, which will support your performance in longer matches.

2. Strength Training To Power Up Your Shots

Strength is essential in tennis, as it directly impacts the power behind your shots, your ability to move explosively, and even your endurance. Strength training helps build muscles that support efficient movement, allowing you to hit stronger serves, more powerful groundstrokes, and improve your overall balance and stability.

Strength Exercises:

Squats: Squats target the lower body muscles, particularly the quads, hamstrings, and glutes. Strong legs will help you move quickly across the court and power through your strokes. Try variations such as jump squats to incorporate explosive power into your game.

Lunges: Lunges are excellent for tennis players because they mimic the side-to-side movement patterns you'll use on the court. Forward and lateral lunges help develop balance, coordination, and strength.

Core Exercises: A strong core is crucial for stability and rotational power, both of which are important for hitting forehands, backhands, and serves. Incorporate exercises like planks, Russian twists, and leg raises to improve core strength.

3. Agility and Speed for Quicker Reaction Time on the Court

In tennis, speed and agility are key to covering the court efficiently and reacting quickly to your opponent's shots. Footwork drills and agility exercises help develop fast reflexes, allowing you to change direction rapidly and get into position for each shot.

Agility Exercises:

Ladder Drills: Agility ladder drills are excellent for improving foot speed and coordination. Incorporate drills like quick feet, lateral shuffles, and in-and-out steps to boost your speed and agility on the court.

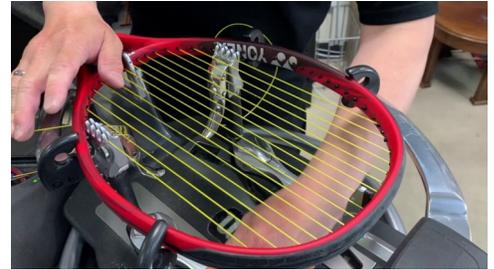
Shadowing: Shadow tennis involves mimicking your strokes and footwork without hitting the ball. Visualize various scenarios and practice moving side to side, front to back, and adjusting your stance as if you were playing against an opponent.

Stringing/For Sale

Racket Stringing Service

Need a fresh set of strings? We've got you covered! Our in-house stringing service offers a **4-day turnaround** to keep you on the court and playing your best. Labor is just **\$20** - simply bring your racket and string, and we'll handle the rest. Don't have string? No problem, we have options available for purchase at the front desk.

Have questions? Stop by or give us a call!



Logo Apparel for Sale

Show your Racket Center pride with our logo quarter-zips, perfect for on or off the court! Comfortable, stylish and great for layering, each quarter-zip is just **\$45**. Available in a range of men's/women's sizes while supplies last.

Grab yours at the front desk today!



Other Items for Sale

- **Can of tennis balls - \$5**
- **Can of paddle balls - \$14**
- **Replacement grip - \$12**
- **Overgrip - \$4**
- **Logo Dampener - \$8**

Hitting Wall

Our state of the art hitting wall is available to be reserved during Racket Center operating hours online or by calling the front desk at (412) 343-3411. The wall has two sides, A & B, as each are able to be reserved. The wall is FREE and located up the stairs to the left of the Racket Center building.



Racket sports ONLY.



Lost something? We may have it! Stop by the Lost & Found area inside the Racket Center to pick up any misplaced items.

Platform Tennis

Fees: \$16 per court, per 1.5 hours, weekdays prior to 5:30 p.m., and \$20 evenings and weekends.

[Online Court Reservations](#)

Courts are available for a maximum of 8 days in advance and you must have a reservation to play on the courts. You may cancel your reservation online up to one hour prior to the start time, and a credit will be issued to your account. Beyond one hour prior to the start time, your reservation fees are nonrefundable. For access to lights or heaters email platformtennis@mtlebanon.org or call **(412) 343-3411**.

No one under 21 is permitted to reserve facilities. The responsible party reserving the facility must be present at all times during the reservation. Pickleball is prohibited on the Platform Courts.

What is Platform Tennis?

It has been described as “the chess game of racket sports.” It is a unique outdoor tennis game, generally played in cold weather, that requires the patience of a tortoise combined with the speed of a hare. It is a game in which raw power is not the ultimate weapon, but finesse and accuracy are rewarded. Primarily a doubles game, teamwork between partners is also an important feature.

Platform Tennis, also known as paddle tennis, is played on a 20-foot-by-44-foot court, about one-third the size of a conventional tennis court, and is surrounded by 12-foot high “chicken wire” screens. These are located eight feet behind the base lines and five feet from the sidelines. Service lines are drawn in the same manner as tennis.

Rules of the Game

Most of the rules follow regular tennis including the scoring which is 15, 30, 40 and game. There are, however, a few major differences that make Platform Tennis a significantly different game. The first major rule difference is that there is only one serve. If the initial serve is not hit in the receiving area the server loses the point. There is no “second chance” as in tennis.

The most intriguing difference, however, is the use of the screens to keep the ball in play. Just as in tennis, a player may return a shot by either hitting it before it hits the deck or after letting it bounce one time, playing it as a ground stroke. In platform tennis, however, the player has an additional option. The ball is allowed to rebound off the screen after hitting the deck and then is hit before it hits the deck again.

