

# the Club

920-2224

The Yellowknife Racquet Club  
P.O. Box 595 Yellowknife, NT X1A 2N4  
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January 2007



## January Events

**Monday, January 1**

*Club closed - Happy New Year!*

**NEW YEAR'S DAY**

**Monday, Jan 8 - Wednesday Jan 31**

*Tell all your friends/relatives about the Club! See staff for details*

**WINTER MEMBERSHIP PROMOTION!**

**Monday, January 8**

*Note changes to some classes and start times! Get yours today!*

**NEW WINTER FITNESS SCHEDULE BEGINS**

**Tuesday, January 16**

*Get your free intro lesson if you are new to squash 6:00-6:40pm*

**SQUASH INTRO with Spider Jones**

**Thursday, January 18**

*with Spider Jones 7:00-8:40pm Brush up on your calls!*

**STROKES AND LETS CLINIC**

**Tuesday, January 23**

*Get your free intro lesson if you are new to squash 6:00-6:40pm*

**SQUASH INTRO with Spider Jones**

**Thursday, January 25**

*With Sophie Panayi, RMT 5 week session \$35+GST/members*

**INTRO TO BODY ROLLING—LEVEL 1**

**Friday, January 26**

*Instructor training with Helen Vanderberg.*

**FITNESS INSTRUCTOR WORKSHOP WEEKEND**

**Monday, January 29**

*C&D level players \$25+GST Sign up in advance to be put on a team*

**DIVISION 2 LEAGUE**

**Tuesday, January 30**

*Get your free intro lesson if you are new to squash. 6:00-6:40pm*

**SQUASH INTRO with Spider Jones**

**Wednesday, January 31**

*7:20-8:40pm An evening of tips and play with other novice players*

**NOVICE NIGHT**

**Thursday, February 1**

*A&B level players \$25+GST Sign up in advance to be put on a team*

**DIVISION 1 LEAGUE**

**Welcome New Members!**

**The RACQUET CLUB**

The Racquet Club would like to extend a warm welcome to its new members:

- Cynthia Russell
- Jacqueline Oakley
- Marcena Croizier
- Isabelle Laval
- Mark Bogon
- Joe MacIntosh
- Todd Parsons
- Jarred Chamberlain
- Claude Mandeville
- Inderjit Kanwal
- Jeremy Moar
- Brent Horn
- Luc Gaudreault
- Sam Wong
- Julie Warnock
- Christine Grimard
- Alvary Reyes
- Morag McPherson
- Stephanie Berube
- Julie Mathieu
- Bryan MacFarlane

Also a warm welcome to all of our new corporate members!

We are here to help you on your path to a healthy lifestyle!

### A New Year of Fitness - Dana Britton, Fitness Coordinator

Welcome back to the Club! I hope the holiday season provided you with lots of rest, relaxation and some extra time to look after yourself.

There are a few changes at the Racquet Club for 2007. I am pleased to have been chosen as the new Fitness Coordinator. Liz Gilbert left some pretty big sneakers to fill but I am excited to work with all of you to ensure that your fitness needs are met. Please feel free to contact me with any comments, concerns or suggestions that you may have.

I am also happy to welcome Natasha Ramm to our Fitness Team. She is a dynamic, experienced instructor and I encourage you to check out her New Body class at 5:40 on Mondays.

As well, I would like to welcome back SPIN instructor Rosie Taylor. After a brief hiatus from instructing, she is back and ready to give you a great workout. Join her at 5:45 every Tuesday on the bikes.

The new fitness schedules starts January 8th. As always, it is posted up and around the Club or you can check it out online at [www.ykracquetclub.com](http://www.ykracquetclub.com).

We are lucky to have such a great Fitness Team here at the Racquet Club. Let us help you meet your fitness goals for 2007.

# Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

## New Year's Resolutions for a Racquet Club Squash Player

- I will play our aspiring Canada Winter Games Juniors to assist them in their preparation for this Whitehorse event March 4-11/07
- My first movement once my opponent has hit the ball, will be to get my racquet back and prepared, perhaps even before I explode off the T.
- I will attempt to play the majority of my shots from a position beside the ball.
- I will hit length - tight and often as I manufacture my points.
- I will attempt to not telegraph my cross courts - I will instead "show length" using side-on footwork and keep my head still as I make contact with the ball to produce a surprise cross-court.
- If my drop shot misses the nick, I will aim to have the ball hit the bottom of the side wall first, rather than bouncing first and sitting up once it hits the side wall.
- I will swing at everything.
- I will work hard to increase my squash knowledge...possibly through books, articles, dvd's, rules and instruction clinics...even lessons.
- I will attempt to recognize that loose shots hit hard will only get me into trouble faster.
- I will introduce friends to the game so that I might narrowly defeat them on the court and remind them of it off the court.
- I will remember once having hit down, to finish with my racquet head higher.
- I will continue to call any balls down/ not up on myself well prior to my opponent questioning them or the referee being obliged to make a ruling.
- I will continue to recognize and applaud my opponents' effort and fine shots however lucky they may be.

Spider Jones

Your friendly neighborhood squash professional

spider@ykracquetclub.com

# Club Notes

**CONGRATULATIONS AND GOOD LUCK** to the men and women who will make up TEAM NT for the Men's and Ladies Teams Nationals. The men are off to Niagra-on-the-Lake on January 11th and are made up of James Pugsley, Brooke Harker, Garrett Hinchey and Spider Jones as the Coach. The ladies are off to Vancouver and will be made up of Jessica Patterson, Charmaine Richards and Catherine Ardiles. Good Luck to you all!

**FITNESS NOTES:** We are pleased to announce that long time member and fitness instructor, Dana Britton will be taking over as our Fitness Co-ordinator. Dana brings a great deal of enthusiasm and business experience to her new role. Please feel free to discuss any fitness related issues/concerns/ideas with her.

**STAFFING NOTES:** We are also pleased to announce that Jack Banic will be joining our full time staff in the role of Assistant Manager. Jack has been employed by the Chateau Nova as Manager for many years and will commence employment with us on January 15th. Welcome to the team Jack!

**WEIGHT ROOM ORIENTATIONS:** Please check the clip board at the front entrance and check out the dates that our Strength Training Orientations are offered. They are offered to our members, free of charge and are facilitated by our Personal Trainer, Todd Straten.

**CARD SWIPE SYSTEM:** If you have not picked up your key fob/card swipe, would you kindly do so at the front desk. All members are required to swipe their card as they come into the Club. This eliminates your having to remember a membership number and also eliminates a lot of paperwork for us. **Please note that if you lose your key fob, you will be charged a \$5.00 fee to replace it.**

**GUESTS:** Members, please be aware that if you are bringing a guest into the club, they must either pay a drop in fee or have a valid guest pass. It is also a requirement that they stop at the front desk each time they visit (up to a maximum of three times per calendar year) and fill out an injury waiver (only need to do this once) and pay their drop in fee or turn in their guest pass.

**PERSONAL TRAINING:** Interested in hiring a personal trainer? Leave a message for Ginette Boudreau, Dwayne Vigilance or Miko at the Club and one of them will get back to you to set up an appointment.

**SQUASH LESSONS:** Contact our squash professional, Spider "Jonesy" Jones to book a lesson. Leave your name and phone number and he will get back to you promptly.

**WEB SITE:** Did you know that the most current Fitness Schedule, Saturday Schedule, Parents & Tots and class descriptions are on the website? Check it out today at [www.ykracquetclub.com](http://www.ykracquetclub.com)