

February 2007

the Club

920-2224

The Yellowknife Racquet Club
P.O. Box 595 Yellowknife, NT X1A 2N4
Fax: (867) 920-2480

February Events

Thursday, February 1

A & B Level players Play starts at 6:00pm

DIVISION 1 LEAGUE STARTS

Saturday, February 3

with Judy McNicol \$25 + GST 12:00-1:30pm Please pre-register

INTRO TO SUN SALUTATION A & B WORKSHOP

Sunday, February 4

Sunday lessons until April 15th. See Poster for details

JUNIOR SQUASH PROGRAM RESUMES

Monday, February 5

C & D Level players. Play starts at 6:00pm

DIVISION 2 LEAGUE STARTS

Friday, February 9

with Gary Tait 6:30-7:30pm

SPIN FEATURE CLASS

Friday, February 9

with Spider Jones 7:00pm See poster for details

MINI RULES CLINIC

Thursday, February 15

with Dana Britton 7:00-7:30pm Great way to learn about SPIN

INTRO TO SPIN—SPECIAL CLASS, SPECIAL TIME

Friday, February 16

Our CWG squad will be competing in Victoria! Good Luck to all!

PNW JUNIOR SQUASH TOURNAMENT

Tuesday, Feb 20 - Friday, Feb 23

All levels of play welcome! \$35 + GST See Spider for details

PIZZA HUT TOURNEY OF HEARTS

Saturday, February 24

8:00pm-2:00am Tickets \$10 Proceeds to Jr Squash.

VIVA LAS VEGAS PARTY!

Sunday, February 25

8:30am-4:30pm with Judy McNicol See poster for details

YOGA WORKSHOP

Wednesday, February 28

with Melissa Chung 7:00pm Wine & cheese after class!

YOGA FLOW FEATURE CLASS

VIVA LAS VEGAS!

Saturday, Feb 24 8:00pm

Music by DanceAway

Blackjack, Texas Hold'em, Horse Races!

Vegas theme - come dressed as show-girl/guy, tacky tourist, or diva!

Prizes for best costume!

Tickets \$10 Purchase in advance

Cash or Cheque payable to

NWT Squash Association

Proceeds to the Jr. Squash Program



Welcome New Members!



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

- Yvette Deleff
- Maureen Finch
- Estrella Facurib
- Max Auger
- Andrew Wittlinger
- Julie McCloskey
- Elizabeth Alaga
- Kristi Tremblett
- Derrick Cleaver
- Garrett Thompson
- Karen Ploakoff
- Colin Joyal
- Tom Andrews
- Marie-France Mallett
- Allice Legat
- Ginger Arnold
- Denise McIsaac
- Ingrid Kritsch
- Jennifer Morris

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

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

Fusion Fitness Training - Dana Britton, Fitness Coordinator

In the next few weeks, you may notice some new elements being added to your regular fitness classes. After an intensive weekend with Master Trainer Helen Vanderburg, a number of our instructors are now certified in **Fusion Fitness Training**: integrating mind-body activities such as yoga and pilates with fitness conditioning.

For those lucky enough to have attended Helen's class at the end of January, you already have had a taste of **Fusion Fitness Training** and know that the focus on core and stabilizing techniques will help you improve strength, balance and flexibility. The application of mindfulness in this type of training is important at all fitness levels and through it you will develop better body awareness, leading to safer and more effective fitness conditioning.

As well, many instructors attended Helen's workshops on muscle conditioning and indoor cycling, so look for changes in those classes as we apply the newest techniques to help you on your fitness path



TOURNAMENT OF HEARTS

SQUASH TOURNAMENT

Tues Feb 20 - Fri Feb 23

\$35 + GST

Includes Dri wick t-shirt & dinner on Friday evening

ALL LEVELS OF PLAY WELCOME!

Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

Squash Tip

Resting in squash - on the surface this seem unlikely given squash is meant to be continuous, however, you can get a breather in two primary ways. First - lift the ball up higher on the front wall - use its height to get the ball deeper. This will require less effort. The higher you hit the ball on the front, the less pace you'll need. Lob shots will not only give you time to rest but also if played well, will allow you time to recover to the T and place your opponent in a defensive position at the back. Beware though the near wall lob / lobbing length - as it can easily go out. Second, hit the ball with less pace. Get side on and find that angle. Remember, it's the angle of the ball coming off the front wall that determines the nick, not how hard you hit it. Medium and slow paced shots can be very effective and give you a moments rest.

League resumes

Division 1 - Thursday, February 1, 2007 and Division 2 - Monday, February 5, 2007. We will be assigning approximate start times as follows: #3's at 6:00pm, #2's at 6:40pm, and #1's at 7:20pm. Coming early and staying late is certainly encouraged. Go team go!

Mini Rules clinic - Friday, February 9th at 7:00pm. We have the newly released 33 slide powerpoint Squash Canada presentation and it's one of the best produced anywhere. Five bonus points will be given to each league player in attendance for his or her team.

Windy City Open

Follow the **Windy City Open** draw and see actual matches on select Fridays. Witness almost-live, 10 of the finest matches in professional squash. The first match will follow the Mini Rules Clinic, Friday, Feb 9th at 8:30pm. Pizza and beer will be available. Prices to be posted.

Pizza Hut Tournament of Hearts - dates will now run Tuesday, February 20 - Friday, Friday February 24th. Sign up at the bar...and bring your "A" game...or your "B" game if you and I are scheduled to play.

Spider Jones

Your friendly neighborhood squash professional

spider@ykracquetclub.com

Club Notes

STORK PATROL: Congratulations to former Club Staffers, Karen and Chuck Depew on the birth of their first child (a little early!), a baby girl. Baby Elise Lorraine was born on Tuesday, January 30th at 1:02pm and weighed 5lbs 12 oz. Best wishes to the new family.

CHILDREN' PLAYROOM: A reminder as we head into the new year about the use of the children's play room. Please be advised that this room is available for your children to use, but is only supervised during our Parent and Tot Program days. Parents are responsible for the supervision of their children while they are in the room and for the clean up when they are done. Children are not to be running freely through the Club (upstairs or downstairs). We appreciate your assistance in this regard.

NWTSRA: Seeking a director for the NWT Squash Racquets Association. If you are interested in volunteering some of your time to sit on the Board of Directors, please contact Spider Jones at the Club.

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