



February Events

- **Friday, February 1**
Intro to Spin
6:00-6:40pm with Dana Britton
- **Friday, February 1**
Men's Night - Near Wall format
See Spider for details
- **Monday, February 4**
Division 2 League starts
\$25 + GST See Spider for details
- **Tuesday, February 5, 12, 19, 26**
Squash Intros
6:00-6:40 pm with Spider Jones
- **Wednesday, February 6, 13, 20, 27**
Ladies Novice Night - \$5 + GST
6:00 pm - Learn the basics of the game in a fun atmosphere!
- **Wednesday, February 6 - Saturday February 9**
Squash Tournament of Hearts
\$35 + GST includes tourney souvenir and pizza dinner on Fri.
- **Thursday, February 7**
Division 1 League cancelled
Tournament play ongoing
- **Saturday, February 9**
Feature Class - Cardio Rebound
10:00am with Natasha
- **Friday, February 15 - Sunday, February 17**
Pacific North Western Squash Tourney - Victoria
Good Luck to our HP Junior participants
- **Sunday, February 17**
Move your game to the next level Sessions start
\$150/player See Spider for details
- **Friday, February 22**
Co-Ed 3/4 Court
6:00-8:00pm \$10 + GST Pizza provided.
- **Tuesday, February 26**
Feature Class - Cardio Rebound
5:40pm with Natasha
- **Tuesday, February 26**
Let's & Strokes Clinic
6:40pm with Spider. Sign up in advance.

Welcome New Members

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

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|---------------------|--------------------|--------------------|
| • Dolly Ablitt | • Lynn Feasey | • Brent Patino |
| • Christa Adamchick | • Ryan Fequet | • Raylene Porter |
| • Charley Andrews | • Marilyn Hamoline | • Kathleen Roberts |
| • Jesse Beaulieu | • Brenda Hans | • Michelle Swallow |
| • Adrian Bell | • Sarah Hunt | • Lindsey Watkins |
| • Nola Carter | • Erik Marquis | • Jared Wieb |
| • Amanda Clarke | • Sasha McBryan | • Morgan Wouters |
| • Ryerson Clarke | • Valerie Meeres | |
| • Anne Clarke | • James Millar | |

Also a warm welcome to all of our new corporate members. We are here to help you on your path to a healthy lifestyle!



Fitness Notes with Dana Britton - Fitness Director

Introducing...lots of "new" at the Racquet Club

A great big welcome to our new Certified Personal Trainer, Peter Smith. Peter, a Haligonian, has a degree in Kinesiology and specializes in sport specific training, youth athletic training, functional core training and general fitness for all age groups. In the upcoming months, there will be a number of group fitness opportunities with Peter. In the meantime, if you'd like to book a one on one session with Peter or any of our Certified Personal Trainers, please speak to the front desk staff and they will help you arrange it.

Have you tried Cardio Rebound yet? This class will get your heart rate up

with no impact and lots of fun. Bring out your inner 7 year old and come bounce around...and wear light clothing because this class will make you sweat! This month we have added some extra opportunities to try it with a couple of Feature Classes: Saturday, Feb. 9 at 10:am and Tuesday, Feb 26 at 5:40pm with Natasha. Sign up sheets will be posted.

Are you curious about yoga but too intimidated to join a class where everyone knows what they're doing? We are now offering a novice level class. YogaLearn is every Thursday at 7-8pm with Kitty until the end of the month. See posters at the Club for more information.



Club Winter Hours:

Monday-Thursday
6:00am - 10:00pm

Friday
6:00am - 10:30pm

Saturday - Sunday
8:30am - 7:00pm

Squash Notes with Spider Jones, Level 3 Certified Squash Pro

In an earlier issue, you read of five of ten promised match play tactics. I have abridged the remaining five as put forward by prolific squash author Ian McKenzie:

6. **Volley** - Use the volley to keep the middle, to apply pressure, and to attack (when well balanced and with your opponent off the T).
7. **Hit the Ball Away for your Opponent** - when openings occur. Make your opponent run, forcing him/her into effort on every shot.
8. **Return to Defense** - Squash is primarily a defensive rallying game from which we move in and out of to pressure and attack.
9. **Rally** - Squash is a rallying game. Manufacture your poms with balls to the back corners looking for opportunities to force errors and play winners.
10. **Match Play** - there remains no substitute for match play and the challenge of adapting your tactics to your opponents' strengths and weaknesses.

Congratulations to our NWT Men's

Team of Al Cook, Brooke Harker and Spider Jones and our Women's Team of Jessica Patterson, Charmaine Wilson and Pooja Chugh. Both teams placed 8th in the Squash Canada's team championships held in Winnipeg and Moncton respectively in mid-January.

League play has resumed. We've had growth in Division 1 league with graduates from Division 2 moving up to Thursday play. So popular now is Division 1, that we've had to increase the size and number of teams. We are presently trying to bolster our Monday night Division 2 numbers. If you are an aspiring C or D level player seeking instant fame and recognition, please see me.

Men's Night Friday Feb 1st 6-8pm features "Near Wall", a game of guile and ball control played with rallies on alternate side walls. An evening of Co-Ed 3/4 court is scheduled for Friday, February 22nd 6-8pm. This format allowing for small groups of players to enjoy the squash experience while all on court together,

is highly social and just plain fun. Followed by pizza and drink specials, it promises to be a memorable evening. Sign up for both these events on our lounge wall.

Our Intro to Squash sessions continue Tuesdays, and our Ladies Novice Drop-in continue on Wednesdays both at 6pm. These are two great ways to try squash out and get a few key tips to keep you coming back armed with better technique and winning shots.

Move your Game to the Next Level with small group training sessions (max 4 players) for all levels of committed player. Using a single court for 80 minutes over 8 sessions, I'll put players through a full gambit of drills weekly while stressing useful decision making and focused, targeted execution. Please see me for details.

Spider Jones
spider@ykracquetclub.com



Club Notes with Kelli Hinchey, General Manager

STORK PATROL: Congratulations to Club Spin Instructor, Rosie Taylor and her husband Cory on the birth of their second child, a son. James David Ellsworth Taylor was born on January 7th and weighed 8 lbs, 13 ozs.

SIGNING IN PROCESS: Another reminder, please, that all members are required to swipe their key fob when they enter the Club. This is a requirement of the Club and is also a requirement of the Liquor Licensing Board for our liquor license. We appreciate your attention to this and thank you for your understanding.

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 Trainers, Ginette Boudreau and Todd Stratton on Thursday evenings unless otherwise indicated. Please see the signs for the times posted.

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

OUTDOOR FOOTWEAR: Please remember that you are required to remove your outdoor footwear when you enter the Club. We would appreciate your assistance in placing your footwear on the shelving provided.

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

Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Spider Jones
Squash Pro

Dana Britton
Fitness Director