

March 2007

# the Club

920-2224

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

## March Events

Thursday, March 1, 8, 15, 22, & 29

8:00pm Watch the Tour on DVD. Incredible action!

**WINDY CITY OPEN TOUR**

Friday, March 2

Good Luck Garrett, Chad, Devin Hinchey, Travis Kamitomo & Spider

**CWG JR SQUASH TEAM OFF TO WHITEHORSE**

Saturday, March 10

10:00-11:10am with Liz Halina

**FEATURE CLASS - NEWBODY/ABS**

Tuesday, March 13, 20 & 27

with Spider Jones 6:00-6:40pm See poster for details and signup

**INTRO TO SQUASH**

Sunday, March 18

Junior squash cancelled the first Sunday of Spring Break

**JUNIOR SQUASH CANCELLED**

Monday, March 19, 22, 26 & 29

League cancelled during Spring Break

**DIVISION I & II SQUASH LEAGUE CANCELLED**

Friday, March 23

6:00 - 8:00pm \$10 + GST Max 20 players Pre-register

**MEN'S NIGHT— NEAR WALL ROUND ROBIN**

Monday, March 26 - Friday, March 30

Pre-registration required \$75.00+GST See poster for details

**SPRING BREAK SQUASH CAMPS**

Friday, April 6

Club open at 9:00am

**GOOD FRIDAY**

Sunday, April 8

Jr Squash cancelled. Club open regular hours

**HAPPY EASTER - CLUB OPEN REGULAR HOURS**

Monday, April 9

Happy Easter!

**CLUB CLOSED**

Wednesday, April 4 - Friday, April 6

Sign up for the only Team Tourney \$20 + GST

**INTERPROVINCIAL TOURNEY**



**FEATURE CLASS  
NEW BODY/ABS**

with Liz Halina

SAT. MARCH 10

10:00 - 11:10AM

## Welcome New Members!

# The RACQUET CLUB

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

- Shaun Lamoureux
- Titilope Soboyejo
- David Pontin
- Karina Ortiz
- Erin Wagner
- Yose Cormier
- Terena Plamondon
- Gillian Decker
- Jennifer Lockhart
- Stephane Gagne
- Lecia Plamondon
- Jennifer Harris
- Kyle Pond
- Cathy Burgess
- Brian Suen
- Kim Brown
- Ambre Majorel
- Robert Power
- Brianne Timpson

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

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

### Updated Schedule - Dana Britton, Fitness Coordinator

Be sure to pick up a copy of the Updated Winter Schedule as there are some exciting changes on Thursdays:

12:10-12:50pm is now **New Body** with Janet. Those familiar with this class know that it gets results by incorporating muscle specific body sculpting and simply to follow low-impact aerobic conditioning with the optional use of 3-5 lb hand held weights.

5:40-6:40pm is now **Fusion Fitness Training** with Kitty. This brand new class features an integration of Pilates and Yoga with fitness conditioning and is designed to improve strength, balance and flexibility while encouraging a mind-body connection.

7:00-8:15pm is **YIN Yoga** with Judy. This class starts March 8th and will run for 6 weeks. YIN Yoga targets the connective tissue of the hips, pelvis and lower spine. The postures (generally seated ones) are held from five to ten minutes at a time; this practice complements the more muscular forms of Yoga.

As well, be sure to sign up for the Feature Class; **New Body**, March 10th at 10:00am. Sadly this is yet another "Good-bye" class as Liz Halina is heading south to Edmonton after her last class on April 7th. We will miss you Liz!

And finally, keep an eye out for the Spring Schedule in April!

# Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

As we stand on the eve of our departure for Canada Winter Games, it is fascinating to look back at what has transpired. I arrived mid-August to assume coaching responsibilities for the NWT Canada Winter Games.

I was fortunate indeed to inherit a group of kids well introduced to the basics by Al Cook. As important or more, Al instilled in them from an early age, the traits of honesty, integrity and fair play - all pillars of the game of squash. Now, whenever they play, they work to represent themselves with the dignity and integrity the game... and life... demands.

While an injury to Pooja Chugh, our girls' number #1, prevented her from continuing, I was most impressed with her dedication to the sport as well as that of Kellen Richards and Sabrina Lakhani. Sadly, we could not field a Canada Winter Games team due to an insufficient numbers of girls. We will however continue to grow the number girls playing and you can be confident we will take a competitive girls side to the next Games.

Our players have continued to improve, hitting tighter and smarter as the season has progressed. Their competitive spirit combined with judicious shot selection followed by useful execution has propelled their games to heights, perhaps only imagined earlier in the season. I applaud their efforts and those of their parents, whose sacrifice is sometimes unappreciated and often goes unnoticed.

Good luck to the Team - Garrett Hinchey, Chad Hinchey, Devin Hinchey and Travis Kamitomo - and know they will make themselves and us, proud.

Spider Jones

Coach

# Club Notes

**STORK PATROL:** Quite the month for babies at The Club! Congratulations to Cory Layher and Brett Olsen on the birth of their first child, a girl. Elle Serena Olsen was born on Feb 3rd at 8:25am and weighed 6 lbs 15 oz.

Congratulations to Lisa Campbell and Mike Triggs on the birth of their first child together, a girl. Maria Elisabeth was born on Jan 17th and weighed 7 lbs 14 oz.

Congratulations to Club Staffer, Kacee MacLean and her husband Craig, on the birth of their first child, a boy. Callum William MacLean was born on Feb 14th (a little late—was due on Feb 2nd!) and weighed 8 lbs 9.5 oz.

Congratulations to Club Spin Instructor, Gary Tait and his wife, Keri-Lynn, on the birth of their first child, a boy. Baby James was born February 15th.

**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)