

the Club

920-2224

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

April 2007

April Events

Tuesday, April 3, 10, 17 & 24

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

INTRO TO SQUASH

Wednesday, April 4-Friday, April 6

\$20 + GST Our only "team" tourney. Signup today!

INTERPROVINCIAL TOURNAMENT

Friday, April 6

Club open at 9:00am—See poster for class changes

GOOD FRIDAY

Sunday, April 8

Club open regular hours—see poster for class changes

HAPPY EASTER - CLUB OPEN REGULAR HOURS

Monday, April 9

Happy Easter!

CLUB CLOSED

Thursday, April 12

with Kitty Koski 5:40pm Wine & cheese after class Draw prize

FEATURE CLASS - FUSION

Friday, April 13

6:00 - 8:00pm Come try 3/4 court! Signup!

CO-ED/POTLUCK/ MEN'S & LADIES NIGHT

Tuesday, April 17 - Saturday, April 21

\$35 + GST All levels of play welcome. See Spider to sign up

CLUB CHAMPIONSHIP SQUASH TOURNAMENT

Monday, April 23

with Natasha Ramm. 5:40pm Munchies after class Draw prize

FEATURE CLASS - "STEP IT UP"

Thursday, April 26 - Sunday, April 29

Watch for results from some of our HP Jr Squash players

CANADIAN JUNIOR NATIONALS - MONTREAL



CLUB CHAMPIONSHIP SQUASH TOURNAMENT

Tuesday, April 17 - Saturday, April 21

\$35 + GST

Includes steak dinner on Friday and tournament souvenir

All levels of play welcome!

Welcome New Members!

The RACQUET CLUB

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

- Jennifer McIsaac
- Kate Little
- Doug Rentmeister
- Chris Ward
- Niall Fitzgerald
- Marco Tsang
- Travis Mercredi
- Snookie Catholique
- Brett McDonald
- Jenny Astros
- Amy Jenkins
- Catherine Ardiles
- Kristina Wenzler
- Aaron McDonald
- Bryan MacFarlane
- Darrell Bucknell
- Darin Black
- Marcena Crozier
- Justin Hazenberg
- Tim Froehler

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

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

FEATURE CLASSES IN APRIL!

Sign up for these great classes!

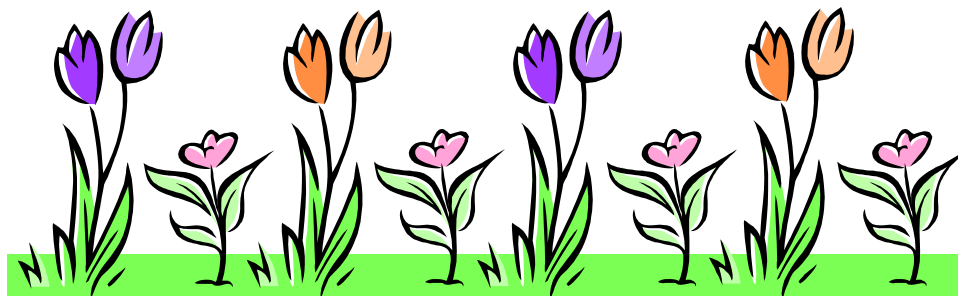
FUSION

Thursday, April 12
5:40pm with Kitty Koski

"STEP IT UP"

Monday, April 23
5:40pm with Natasha Ramm

See posters for details



Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

Well we're back at it and am I ever happy. My game has suffered with my usual competition being away or injured over spring break—why just recently I'd hoped to push young Mahussier to five but... I... I... just can't talk about it now...

League on Mondays and Thursdays resumes except on Easter Monday (April 9th) and the Thursday during the Interprovincial Teams (April 5th). Speaking of which, the Interprovincial Teams runs the first week, April 4-6th. Sign up with your Province of Origin in the Lounge. Play will begin at 6pm sharp. On the Thursday night, we will be showing another match from the Windy City Pro event. If you've never seen the pros play, here's your chance to compare drop shots, nick shots, and get some tips on bantering with referees.

Club Championships will run Tuesday, April 17th to Saturday, April 21st. If you have an "A" game, now is the time to bring it out... if not perhaps a tune up session on court with the Maestro may be in order.

You may be approached by a junior attempting to bring their game up to the next level in time for the Junior Nationals at the end of April. Any sage advice you can give them might help them turn the corner.

April looks to be a great month for Squash! See you about the Club.

Spider Jones
Squash Professional
920-2224

Club Notes

Kelli Hinchey, Owner/Manager

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.

PERSONAL TRAINING: If you are interested in one on one personal training sessions, our trainers, Ginette Boudreau and Dwayne Vigilance are willing and able to help you achieve your fitness goals. **Dwayne is now available to train clients during the mornings.** Just leave your name and phone number with our staff and we will have one of our trainers contact you.

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.

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.

OUTDOOR FOOTWEAR: Spring has sprung and so has the "muddy" season. 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

Fitness Notes

Dana Britton - Fitness Coordinator

FIT FOR SUMMER As the weather warms up, now is the time to renew your commitment to the gym. With just a few more months until summer is here, you've still got time to get into shape for an activity filled summer. Hop on a SPIN bike to get a head start on outdoor cycling; try MAX Strength to build the muscles you'll need for paddling, portaging and water skiing; and keep up with the cardio classes so you can do it all with ease. Don't forget Yoga to keep you supple for golf and summer Squash; and Fusion to build a strong foundation for all your daily activities.

The Spring Schedule starts April 10th and there is something for everyone. As always, if you have any feed back on the schedule, please email me at dana@ykracquetclub.com.