



April Events

- **Thursday April 2-Saturday, April 4**
NWT Power Corp JR Squash Tournament
All levels of Jr squash players welcome \$25 +GST
- **Sunday, April 5**
Last Sunday Junior Squash Session
- **Monday, April 6**
Special Division 1 League Night
5:20-8:00pm
- **Friday, April 10 - Good Friday**
Late opening for Club - 9:00am
Noon spin as scheduled, all other classes cancelled.
- **Friday, April 10 - Good Friday**
Men's Night
6:00-7:20pm See Allan for details
- **Saturday, April 11**
Club Hours as normal All classes as normally scheduled
- **Sunday, April 12 - Easter Sunday**
Club Open All classes cancelled.
- **Monday, April 13 - Easter Monday**
Happy Easter - Club Closed
- **Tuesday, April 14 - Friday, April 17**
Club Championships
\$35 +GST All levels welcome Sign up early!
- **Wednesday, April 15 - May 1**
Pete's Extreme Challenge - See posters for details
\$75/members \$90/non-members
- **Monday, April 20**
Division 2 League Playoffs start
5:20-8:00pm
- **Thursday, April 23**
Division 1 League Playoffs start
5:20-8:00pm
- **Sunday, April 26**
Beginner Yoga Workshop with Christine Misak
2:00-4:00pm \$30 +GST Sign up at the front desk
- **Monday, April 27**
Feature Class - Spin "Tour de Yellowknife"
with Heather & Julian 5:40pm
- **Wednesday, April 29**
Referee Clinic with Allan Cook
6:40-8:00pm

Welcome New Members

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

- Stephanie Arden
- Elisabeth Ferrier
- Sophie Moss
- Shawna Pound
- Virginia Taylor
- Justin Carroll
- Garth Gunerud
- Albert Matesic
- Raeona Pound
- Stephen Underhay
- Geoffrey Chambers
- Andrea Hyde
- Nicole Perrin
- Lori Power
- Brigit Croiter
- Rob Johnson
- Cassandra Porter
- Holly Stone

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

With spring on our minds it's time to put some spring in your step. Now is the time to get yourself in shape for summer activities and it's a great time to add in something new.

Book a session with one of our personal trainers or give a new

class a try. Watch for posters around the Club promoting Feature Classes, beginner Yoga workshops and Intro to Spin.

But most importantly, choose activities that you enjoy and make you feel good.

BEGINNER YOGA WORKSHOP

Facilitated by:
Christine Misak

Sunday, April 26
2:00-4:00pm

Registration fee: \$30 +GST



This beginner's Yoga Session includes opening poses, standing poses, salutation, hip exercises, twists and finishing poses. Focus will be on proper alignment, foot placement and breathing techniques. Benefits of each posture will also be addressed.

Please wear loose clothing.
Bare feet recommended.

Please register in advance at the front desk.
Payment is due at time of registration. No refunds.

FEATURE CLASS **SPIN**

"Tour de Yellowknife"
with Heather & Julian



Monday, April 27
5:40pm

Please pre-register for this class!

Club Hours:

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

Friday
6:00am - 10:30pm

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

Squash Notes with Allan Cook, Squash Pro, Level 3 Coach

Two more months left in the season. Wow, how fast time flies! Just a few reminders about what is coming up in the next couple of months.

April 14th-17th is the Club Championships. This is the last tournament before the year-end and will give you one last opportunity to fine tune your game.

League playoffs begin on April 20th so make sure you check out the website at www.ykracquetclub.com/league for your standings.

Finally, I know some of you are not sure about the new scoring or POINT A RALLY system. I am finding matches going longer than previous as players are already making fewer mistakes. With this new system you really need to control your errors. If you make four errors that is over 33% of the game that you have given away!

I want to wish good luck to Pooja Chugh, Devin Hinchey, Liam McKay, Travis Kamitomo, Steven Nesbitt and Chad Hinchey, who are traveling at Niagara on the Lake to compete in the Junior

Nationals, the weekend of April 23rd-26th.

Finally, I would like to invite all players interested in competing in the Squash Yukon Year End on May 8th-10th to please contact me. Let me know if you are keen on traveling to this event in Whitehorse. Squash Yukon has always been a huge supporter of NWT Squash Events, so let's try and reciprocate.

Allan Cook
allan@ykracquetclub.com

Club Notes with Kelli Hinchey, General Manager

WEIGHT ROOM ETIQUETTE REMINDERS: We kindly request that you please replace your weight plates and dumbbells after your workout. This ensures that the weight room will remain tidier and reduces clutter so members do not trip on any items left on the floor. We thank you for your co-operation in this regard.

SPRING SOON? We are really hoping that spring is around the corner and with spring weather, comes melting snow and mud. We have boot racks at the front entrance of the Club for all outdoor footwear. Please ensure that your outdoor footwear is removed prior to entering the Club for your workout.

This will make the life of our equipment longer, our Club cleaner and our cleaning staff happier!

STRENGTH TRAINING ORIENTATIONS ANYONE? Strength Training Orientations are provided to our members, at no charge, every Thursday evening at 7:00pm. These orientations are facilitated by Todd Stratten, one of our Personal Trainers. Simply sign up on the sheet posted in the lounge. The session takes about 45 minutes and will leave you feeling more confident about getting started. Personal Training sessions are also available. Simply leave your name at the front desk and one of our trainers will contact you directly. (Fee specific)



Tuesday, April 14 - Friday, April 17

**\$35 + GST entry fee
includes dinner
on Friday evening
and tournament souvenir**

See Allan for further details!

**All levels of play welcome!
Sign up early!**



Junior Squash Tournament



**Thursday, April 2
to
Saturday, April 4**

**This is our final Junior event of
the season**

**All levels of junior play
welcome!**

**\$25 + GST registration fee
Includes pizza lunch on Saturday.**

See Allan for details



Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Allan Cook
Squash Pro

Dana Britton
Fitness Director