

920-2224

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

May Events

Thursday, April 26 - Sunday, April 29

Good Luck Garrett, Chad & Devin Hinchey!

CANADIAN JUNIOR NATIONALS - MONTREAL

Wednesday, May 2

5:45-6:45pm with Heather Scott Munchies and draw prize

FEATURE CLASS - SPIN

Friday, May 4 - Sunday, May 6

Team Squash Hunger off to Calgary—Good Luck!

CANADIAN SENIOR NATIONALS

Friday, May 11 - Sunday, May 13

\$25 + GST All Levels of play welcome See Spider for details

NWT POWER CORP JR SQUASH TOURNEY

Monday, May 14

Play starts at 6:00pm

LAST NIGHT DIV 2 LEAGUE

Tuesday, May 15

7:00pm with Johanna Tiemessen

FEATURE CLASS - NIA

Thursday, May 17

Classes & daycare resume in the fall! Stay for hot dogs & treats

FINAL PARENTS & TOTS CLASS

Thursday, May 17

Play starts 6:00pm

LAST NIGHT DIV 1 LEAGUE

Sunday, May 20

BBQ hot dogs will be available

LAST SUNDAY JUNIOR SQUASH SESSION

Monday, May 21

All classes cancelled

VICTORIA DAY - CLUB CLOSED

Monday, May 28—Sunday, June 3

The biggest tourney of the year—all levels of play welcome

ROY'S AUDIOTRONIC YEAR END TOURNAMENT

Thursday, May 31

with Judy McNicol 7-9pm \$15 See poster for details

YOGA FOR INSOMNIA



Year End Tournament

Monday, May 28 - Sunday, June 3

Our biggest and final squash event of the season!

All levels of player welcome
Junior to Exhibition divisions.

Come out and participate
or watch some great squash.

Tournament Schedule of Events

Monday, May 28 - Tournament play begins (all levels) and in town registration.

Tuesday, May 29 - Tournament play continues...In town registration ends.

Wednesday, May 30 - Tournament play continues...BBQ hamburgers available

Thursday, May 31 - Tournament play continues...Pizza by the slice

Friday, June 1 - Tournament play continues. Welcome to all of our out of town guests and visiting squash pro's! Exhibition matches, Karaoke!

Saturday, June 2 - Check tournament schedule for feature matches! ROY'S AUDIOTRONIC LOBSTER FEAST

Sunday, June 3 - Tournament finals and awards presentations Check tournament brochure for times. Wine and cheese after presentations. BBQ available for out of town guests.



Draw for 2 tickets to Edmonton. Must be present to win. All tournament participants are entered in the draw

Welcome New Members!



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

- Sandra Kittel
- Caryn Leece
- Justine Volk
- Dawn Hansen
- Emily Bruser
- Heather Funnell
- Kyle Walsh
- Catherine Gillis
- Shirley Harrison
- Carrie Monks
- Jessica Landry
- Hash Manickum
- Bula Chakrabarty
- Stephanie Power
- Keri-Lyn McLeod

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

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

Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

Club Championships were held April 17-24th. From a strong field of 60 players the following champions were named:

Men's Open/A: Allan Cook, James Pugsley, Brooke Harker
Men's B: Martin Deschenes, Brad Mercredi, Craig Hockridge
Men's C: Gary Kamitomo, Steve Delf, Benoit Brouillard
Men's D: Dwayne Vigilance, Steven Nesbitt, Chris Edwards

Ladies A/B: Catherine Ardiles, Paula Harker
Ladies D: Sabrina Lakhani, Magali Cormier, Laurel Jaque
Jr Girls*: Sarah Nesbitt, Dominique Jure, Paulina Brooks
Jr Boys*: Braden Redshaw, Kyle Finlay, Derrick Polakoff

*Note: given that a number of our top juniors were playing in higher level divisions in this tournament, we will use results from the upcoming NWT Power Corp Jr tourney to name this year's junior champions.

Our Juniors will be front and centre May 11-13 at the NWT Power Corp Junior Squash Championships here at the Club. This event, rivaled only by the Avery Cooper Juniors, will showcase our entire Canadian Winter Games junior development squad. These players, coupled with a plethora of squash wannabes from our Sunday Junior program will display the bright future of squash in the Territories. A group of aspiring juniors from Inuvik may be joining us as well that weekend.

The biggest squash event of the season is fast approaching - our Year-End tourney! Invited back for the Exhibition division are Josh Struthers and Trevor Borland, nationally ranked #26 and #28 respectively. Thomas Brinkman, BC#2 Canada Games junior and an AI cook protégé will be joined by Saskatchewan #1 Canada Winter Games junior Justin Todd. Our recently departed and sadly missed maestro of magic, AI Cook will be back and eminently a force to be reckoned with. With the grace of a panther and rumored to be forty pounds lighter, this delightfully imaginative past professional will no doubt keep audiences well entertained. This is one event not to be missed!

Spider Jones

Squash Professional, 920-2224

Club Notes

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

Mix it up for May! "I'm not flexible enough to go to Yoga." "I can't go to Spin until I'm in better shape." "I'm so uncoordinated that I would just trip all over myself in a fitness class". Instructors hear comments like this all the time around the Club and it's very frustrating to us, so I'd like to break down some of these misconceptions about our classes.

At the Club, we strive to offer a welcoming and inclusive fitness environment. We are there to motivate you, not intimidate you. We became instructors for many reasons, but the common one among us is the desire to help people find a healthier, more active lifestyle.

The fitness triangle includes muscular strength, cardiovascular fitness and flexibility, and the Club's Fitness Schedule offers classes addressing each of these components. But here's the key: You do not have to be accomplished to participate. Most classes are designed to incorporate a wide range of abilities and by attending a variety of classes you will build a stronger, less injury prone body.

This month, challenge yourself to attend some classes that you would normally avoid. Commit to trying a class at least three or four times before deciding whether or not you like it. Work at your own pace and remember that the instructor wants you to succeed, so if you are having difficulty with something, ASK! We are there to help.

Incorporating a variety of classes into your workout schedule will help you gain new skills, avoid boredom and form a good fitness foundation.