

920-2224

The Yellowknife Racquet Club  
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## Summer Events

**Monday, June 11**

*New classes have been added, so check it out!*  
**"JUNE" FITNESS SCHEDULE IN EFFECT**

**Thursday, June 21**

Enjoy the day!

**ABORIGINAL DAY**

**Friday, June 29**

*Club closing for a private function. Sorry for any inconvenience.*

**CLUB CLOSED EARLY AT 7:00PM**

**Monday, July 2**

Happy Birthday Canada!

**CLUB CLOSED FOR CANADA DAY!**

**Monday, August 6**

Enjoy the long weekend!

**CLUB CLOSED**

**Monday, September 3**

Enjoy the last long weekend of the summer!

**CLUB CLOSED FOR LABOUR DAY!**



## Welcome New Members!



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

- Trina Almond
- Ivan Gloeden
- Leo Rivet
- Glenda Varrin
- Margaret Woodley
- Karen Depew
- Sandra Kittel
- Kevin Schidlowski
- Jillian Welsh
- Paul Donnelly
- Stephen Kittel
- Jason Simpson
- Robert Wentland
- Morris Dzus
- Alyana Lajeunese
- Blair Van Metre
- Emilio Williams Portal

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

Dana Britton - Fitness Director

Now that summer has finally arrived, evening Spin classes are cancelled until the fall; noon Spin, Saturday morning Spin and other fitness classes will continue as scheduled.

Speaking of which, a brand new Summer Fitness Schedule starts June 11 with some exciting changes. As instructors take well deserved holidays, you may have the chance to experience a variety of instructors in your favourite classes. And be sure to keep an eye out for posters around the Club that will update you with any mid-schedule class changes.

This summer I am very happy to welcome back Spin instructor Karin Kronstal who is returning mid-July. Welcome back Karin! We missed you!

I'm also very pleased to introduce Denise Belliveau. New to Yellowknife and Can-Fit Pro certified, Denise is an experienced, dynamic instructor who teaches a variety of class styles. As well as taking over the Sunday Max Strength class for the summer, Denise will be teaching Strip Fit on Fridays at 5:30! What a great way to start your weekend.

I wish everyone an active summer and hope you realize the benefits of all your hard work this winter in the gym as you run, bike and paddle. Enjoy!

Stay Fit! Stay Active! Enjoy your summer!



# Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

**Roy's Audiotronic Year End Tournament:** Our Territorial Squash Championships - the highly successful Year End concluded June 3rd with the champions crowned in the following divisions:

## Men's Exhibition:

1. Josh Struthers
2. Justin Todd
3. Joe Forster
4. Trevor Borland

## Men's Open:

1. John Bray
2. Brooke Harker
3. Garrett Hinchey
4. Claudio Ardiles

## Men's A:

1. Fred Talen
  2. Roger Armstrong
  3. Jane Bell
  4. Hugh Richardson
- Cons Winner Steve McQuisten  
Plate Winner Chad Hinchey  
Classic Plate Kevin Campbell

## Men's B:

1. Jerry Ingham
  2. Yannick Lalonde
  3. Aaron Jaque
  4. Craig Hockridge
- Cons Winner Devin Hinchey  
Plate Winner Greg Williamson  
Classic Plate Hamish Sandeman

## Men's C:

1. Darren Stewart
  2. Mike Triggs
- Cons Winner Yose Cormier  
Plate Winner Andre Chouinard  
Classic Plate Inder Kanwal

## Men's D:

1. Jesse Kamitomo
2. Roger Wah-Shee
3. Justin Fawcett

## Ladies A:

1. Charmaine Wilson
  2. Catherine Ardiles
- Cons Winner Pooja Chugh

## Ladies B:

1. Anne Lynagh
  2. Kelli Hinchey
- Cons Winner Kacee Francissen

## Ladies C:

1. Magali Cormier
2. Karen McMaster

## Ladies D:

1. Rose Gahlia
2. Jonny Covello

Most Improved

Most Improved Jr Boy

Most Improved Jr Girl

Most Sportsmanlike

Magali Cormier / Martin Deschesnes

Travis Kamitomo

Sarah Nesbitt

Brett Elkin

## Junior A:

1. Colby Wallace
2. Kyle Finaly
3. Nigel Rossouw
4. Don Roberts

## Junior B:

1. Marah Laude
  2. Sarah Nesbitt
- Cons Winner Jordan Finlay

## NWT / YUKON CHALLENGE CUP

NWT!

With the summer now upon us its time to get outside to fish, hike, run, bike, RV, and enjoy NWT's great outdoors on our doorstep. In the squash world this is the time to build our aerobic system in preparation for next season - running, biking, swimming, leaping, and diving. As before, I continue to recommend a light day of exercise followed by a heavy day of exercise with perhaps a day off a week.

Fabled Victoria Squash coach, Stu Dixon runs a summer "Pain and Torture" program for adults. If that is of interest, please contact me and we could do something similar.

For Juniors, we will be offering two week long Summer Squash Camps

Week 1 July 9-13 - beginners and novice players

Week 2 July 16-20 - intermediate players

These will be full day camps - 9am-4pm daily with a lunch provided daily. On-Court Sessions will focus on enhancing core skills - stroke development, court movement, and applied tactics. Off court activities will include speed / agility movement training, mental toughness training, running, biking, soccer, plus others. Morning sessions will be devoted to skill development while afternoon sessions will feature conditional games and match play with individual analysis. Both camps will include a mini referee's clinic. Please contact Spider for details.

# 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](http://www.ykracquetclub.com)