



June

- **Monday, June 21**
Aboriginal Day - Club closed
- **Tuesday, June 22**
Feature Class - PowerCORE with Natasha Ramm
5:40-6:40pm Draw prize, drinks and munchies after class
- **Friday, June 25**
Feature Class - Hatha Yin
5:40-6:40pm Farewell to Christine Misak as she moves away!
- **Tuesday, June 29**
Feature Class - Zumba with Lisa Turner
7:00-8:00pm Nia cancelled as Johanna is out of town.
- **Thursday, July 1**
Canada Day - Club Closed

Welcome New Members

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

- | | | |
|------------------|-------------------|-------------------|
| • Sam Anderson | • Yvonne Haward | • Brittney Pye |
| • Tina Brake | • Rachel Mullen | • Jocelyn Tonge |
| • Eric Gould | • Raylene Porter | • Amanda Bengts |
| • Dwight Morley | • Noel Taylor | • Sheri Gould |
| • Sarah Pharis | • Jennifer Dagg | • Mardell Johnson |
| • Mark Solnoky | • Ndaba Dube | • Kiel Pharis |
| • Barb Baldwin | • David Heffernan | • Mark Siemens |
| • Merrill Cooper | • Brennan Nelson | |

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

Summer Shape Up

Let summer activities motivate you to be in the best shape you can. This year, instead of getting fit as you go, try training ahead of time so that your summer activities are that much more enjoyable. Summer is short in Yellowknife. Squeeze as much joy out of it as you can.

Don't get sidelined by injuries. The stronger and fitter you are the more you will love what you do for fun. Are you a gardener? Add some weight training to your routine so that you can haul bags of soil (hello core, arms, back, shoulders!) and get up and down off your knees with ease.

Paddlers – a strong core will make a tremendous difference to your endurance and if you get caught paddling into the wind (like that ever happens) then you will need the power your core can provide. It will also help with portaging.

Ball players – how about some wind sprints or other interval training so you can round those bases?

You get the idea. Get fit for fun. You just never know what opportunities might come up. Don't turn them down because of your fitness level. Your body wants to move. Just let it.

Our new schedule starts June 5th and a few more changes will come in July. Check on-line to make sure you have the most up to date schedule available.

Train to be happy and you'll be happy training.

P.O. Box 595
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Phone: 920-2224
Fax: 920-2480
www.ykracquetclub.com

Club Summer Hours:

Monday-Thursday
6:00am - 9:30pm

Friday
6:00am - 10:00pm

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

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

Well, this is the last installment of the Squash Blurb until September. 2009/10 has been a very successful year for squash at the Club and the North. Our Mens team competed in the team Nationals in Calgary, well done to Claudio, Martin, and Brooke. Devin Hinchey won the Jesters U15 event in November and finished 3rd at Junior Nationals. 19 juniors travelled to Edmonton to compete in the annual Jesters Junior tournament, next year we hope to have over 20 kids. 8 tournaments were held at the Club averaging over 60 players per adult event and 30 in the junior events. The year end tournament had a great mix of players from all over the country including Calgary, Edmonton, Toronto, Winnipeg, Iqaluit, and Whitehorse. Also from the NWT this year we had players from Deline and Inuvik making this year one of the most successful year ends ever!

Well done to all of the year end division winners and remember all of the results and completed draw sheets can be found at www.ykracquetclub.com. It's a long winter and season of Squash in the north and all of you Squashers deserve a break from me and the sport.

Have a great summer and remember to start back slow in the fall in order to avoid nagging seasonal injuries.

Until September!!!!

Club Notes with Kelli Hinchey, General Manager

LATE PAYMENT: Clause #7 of our Membership Agreement reads: "In the event that any payment due by the Member to the Yellowknife Racquet Club (including, but not limited to, monthly dues, or tabs outstanding) is not made within ten (10) days of the due date, interest charges at a rate of three per cent (3%) compounded monthly will apply until such time that the account is paid. If a cheque or VISA or Mastercard for any payment by the Member is returned for any reason, a \$25.00 service charge will be levied on each item returned. Management reserves the right to suspend or terminate membership in the event of accounts being in arrears."

As a result of large numbers of dues being returned to us NSF, please advise that we will be charging \$25.00 + NSF for each item returned. This will take effect immediately.

Kelli Hinchey
General Manager

Tony Paice
Assistant Manager

Allan Cook
Squash Pro

Dana Britton
Fitness Director