

the Club

September 2006

920-2224

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

September Events

Monday, Sept 4

CLUB CLOSED - LABOUR DAY

Monday, Sept 11

Pick up your new schedule at the Club or on our website

FALL FITNESS SCHEDULE IN EFFECT

Saturday, Sept 16

See poster for details or talk to our new Squash Pro, Spider Jones

JUNIOR SQUASH REGISTRATION DEADLINE

Tuesday, Sept 19

\$3.00/child for childcare. Classes run from 10:00-11:00am

PARENTS & TOTS RESUMES

Wednesday, Sept 20

8:00-8:40pm Come out and meet our Squash Pro, Spider Jones

LADIES NOVICE NIGHT

Thursday, Sept 21 - Oct 26

5 week session with Sophie Panayi. See poster for details

YAMUNA BODY ROLLING—LEVEL 1

Friday, Sept 22

Registration deadline for the Season Opener Tournament

DEADLINE—INVESTORS GROUP TOURNEY

Sunday, Sept 24

See poster for details or call the Club & ask for Spider or Kelli

JUNIOR SQUASH RESUMES

Sunday, Sept 24

Division 1 (Level C/D) & Division 2 (Level A/B)

SQUASH LEAGUE REGISTRATION DEADLINE

Monday, Sept 25 - Sunday, Oct 1

Members can bring a guest to a class for free!

FITNESS BUDDY WEEK

Monday, Sept 25

7:00PM Team Captains and Squash Pro Spider Jones will pick teams

DIV 1 & DIV 2 SQUASH LEAGUE DRAFT



Season Opener Squash Tournament

Tuesday, Sept 26 - Saturday, Sept 30

\$30 + GST includes dinner on Friday and tournament souvenir

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\$30 + GST includes dinner on Friday and tournament souvenir

INVESTORS GROUP SEASON OPENER

Sunday, Oct 1

11:30am with Kelli Hinchey Members & Guests must pre-register

FEATURE CLASS - MAX STRENGTH

Monday, Oct 2 - Thursday, Dec 10

\$25 + GST Div 1 plays Mondays Div 2 plays Thursdays

DIV 1 & DIV 2 SQUASH LEAGUE COMMENCES

PARENTS & TOTS PROGRAM RESUMES

Tuesday, Sept 19th 10:00-11:00am

Tuesdays & Thursdays

\$3/child and child(ren) must be pre-registered.

Classes are offered during this time.

Classes are adult only and are open to all members even if you do not have children in the Parents & Tots program.

Welcome New Members!

The RACQUET CLUB

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

- Gary Walsh
- Catherine Son
- Davin Cooper
- Nathan Jarman
- Thomas Rawlings
- Sally Morris
- Katy Newman
- Jamshed Raja
- Paul Cobban
- Lumi Barby
- Sarah Greer
- Mary Roy
- Dylan Morgan
- Mikail Aslam
- Amy Jenkins
- Khuyen But
- Tara Kramers
- Erin Shea
- Edward But
- Margaret Roy
- Martin Deschesnes
- Pat Maksymowich
- Ron Ostrom
- Sarah Morgan
- Sean Grady
- Tina Brake
- Chelsea Sveinsson
- Virendar Singh
- Magali Cormier
- Rick Roy
- Kathleen MacKey
- Jamal Jackson-Grau

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, Squash Professional

With the end of summer comes the end of “summer squash”, that dubious level of play we often sink to after a sterling season of wondrous nicks and dying length. With the cooler and more inclement weather, we begin to frequent the Club more often and in hopes of regaining our end of season form quickly. With that in mind I have the following suggestions:

1. Get back to regularly scheduled matches as soon as possible—this helps you get back into a routine.
2. Follow the principle of “light day—heavy day” or perhaps 2 light days followed by a heavier day of exercise (squash preferably, but exercise just the same). This will give your body a chance to recover while still building up your tolerance to fatigue. Soon your body will be demanding more and more—once again we recommend squash.
3. Play the players you know you can beat at first. Nothing feels better than a win, especially at the beginning of the season. Telling others of this win is certainly appropriate unless you’ve handed the new pro a stinging early season loss... Then it’s better to stay quiet and say absolutely nothing—perhaps even taking this to the grave with you.
4. Consider entering our first tournament, the Investors Group Season Opener (Sept 26-30th) counting of course on the gracious, emotional support of squash “friends” jeering from the gallery to give you the additional impetus to spur you on.

Here’s to hitting up and serving last.

Club Notes

WEDDING BELLS: Congratulations to long time Club member, Mahen Manickum and his new bride Shalene Dewynter, on their marriage this summer. Mahen and Shalene were married in Kelowna, BC on August 19th. Here’s to a long and happy life together!

WELCOME TO OUR NEW DIRECTOR OF SQUASH/SQUASH PROFESSIONAL!: I would like to officially welcome our new Director of Squash/Squash Professional to The Racquet Club and Yellowknife. Spider and his wife, Fernanda, come to us from Murray Harbour, PEI. Spider has a great deal of coaching experience and will be working with our CWG Squad. If you have any squash related enquiries/suggestions, please feel free to direct them his way.

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

FEATURE CLASSES: This year we plan on offering a variety of feature classes not currently on the schedule. Wine and cheese will be offered after these classes and prizes! Be sure to check the newsletter, website and sign up sheets to find out the latest.

FITNESS BUDDY WEEK: From Monday, Sept 25—Sunday, Oct 1, members can bring a guest to participate in a fitness class for FREE! We will wrap up the week with our **Feature Class—Max Strength on Sunday morning at 11:30 with Kelli Hinchey**. Following the class will be a social with coffee and fruit. Members and guests must pre-register for this class.

SPIN PROGRAM: We are tackling the spin program slightly different this year! Rather than pre-registering, members can now sign up to 30 minutes prior to class on a first come, first served basis. Up to 30 minutes prior to class, upon sign in, members will be given a towel and a place-marker to put on their bike. Happy cycling!

YAMUNA BODY ROLLING CLASS: The Racquet Club is proud to offer our members Yamuna Body Rolling with Sophie Panayi this season. Beginning Thursday, Sept 21 at 7pm, Sophie will be offering Level 1 of YMR. This is open to members and guests of members. Cost is \$35/members and \$45/guests. Five sessions will be offered. A YMR ball will be needed and can be purchased at the first session from Sophie if you don’t already have one (\$25-\$30). A Level 2 session will be offered in late October/November.

SURVEY RESULTS: I want to personally thank all those members who took the time to complete this year’s fitness survey. We had more than 60 surveys handed in! As a result, the fall schedule reflects some of the feedback received, such as earlier start times and more core classes. If you didn’t get a chance to complete the survey, it is not too late—we still want to hear from you! You can fill out a survey at any time. Just go to www.ykracquetclub.com and download the survey found in the fitness section and hand it to one of our instructors. **Congratulations to Theresa Slator who wins the \$50 Racquet Club Gift Certificate.**

Have a great, healthy and fit season! Liz Gilbert, Fitness Director