



October Events

- **Thursday, October 9**
Last Chance to sign up for Squash League
- **Friday, October 10**
Ladies Night
6:00-8:00pm \$5.00
- **Saturday, October 11**
All Classes proceed as scheduled
- **Sunday, October 12**
All Classes are cancelled JR Squash cancelled
- **Monday, October 13**
Club Closed for Thanksgiving
- **Tuesday, October 14 - Friday, October 17**
Investor's Group Season Opener
\$30 +GST includes Dinner on Friday All Levels Welcome
- **Friday, October 17**
Promo Class - Cardio Rebound
w/ Dana Britton 7-8pm Please pre-register!
- **Monday, October 20**
Division 2 League starts
5:20-7:20pm \$25
- **Tuesday, October 21**
Ladies Novice Night
6:40-7:20pm Weekly session w/ tips for game improvement!
- **Thursday, October 23**
Division 1 League starts
5:20-7:20pm \$25
- **Friday, October 24**
Feature Class - Spin
w/ Dana Britton 5:40-6:40pm
- **Friday, October 24**
Men's Night
6:00-8:00pm \$5.00



Welcome New Members

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

- | | | |
|-----------------------|-----------------------|---------------------|
| • Marie Adams | • Martin Gaumont | • Jessica Moeker |
| • Clayton Broadbent | • Chad Harde | • Jane Mooney |
| • Melissa Bull | • Jennifer Keith | • Kira Pena |
| • Jennifer Burry | • Rod Kennedy | • Klaus Petak |
| • Cait Caines | • Jodi Lee | • Adrian Richards |
| • Daniella Cavalcante | • Nanette Lagault | • Hugh Richardson |
| • Andrea Coyne | • Lance Crook | • Jacqueline Rocher |
| • Erin Delaney | • Christina Lowing | • Kent Rose |
| • Eric Clement-Demers | • Katherine MacKenzie | • Cheyanne Roth |
| • Nick Dennahower | • Nancy MacNeill | • Anne Umpleby |
| • Shari Driscoll | • Rachel MacNeill | • Blair Van Metre |
| • Steve Elms | • Jeff MacPherson | • Tony Weir |
| • Jane Fitzgerald | • Claude Mandeville | |
| • Nathalie Fortin | • Laurie Mercer | |

Also a warm welcome to all of our new corporate members. We are here to help you on your path to a healthy lifestyle!



**SEASON OPENER
SQUASH TOURNAMENT**

Tuesday, October 14- Friday, October 17

ALL LEVELS FROM JR TO OPEN

\$30 + GST

Dinner Friday evening Finals Friday evening

All matches will be recorded in the new ranking system

You Work Hard To Look Good, Now Show It Off!

Racquet Club member and Yellowknife professional photographer Dave Brosha offers a variety of personal photographic services, all with one goal in mind: to give you not only stunning images but essential timepieces of your special moments.

His services include artistic on-location and studio portrait sessions, wedding/engagement photography, fashion/glamour photography, and maternity/new born sessions.

To view his portfolio, rates and session information check out www.arctic-photo.com/portfolio or call 445-5845 today for an appointment!

P.O. Box 595
Yellowknife, NT
X1A 2N4
Phone: 920-2224
Fax: 920-2480
www.ykracquetclub.com

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

Well the Squash season is again upon us, just a couple of things to remind all of you Squashers out there. Keep an eye on your court bookings, only two at any one time during the prime time hours (5:20-7:20) The courts are getting busier so please give everyone a chance to book courts.

Please remove your outdoor shoes, with the mud once again returning to our lovely parking lot we are trying to keep tracking in dirt to a minimum.

The Racquet Club is hosting the first annual School Squash tournament. All grade 4 and 5 boys and girls will be competing for school pride on the afternoon of October 3rd.

Investors Group has agreed to sponsor our first season of the year the week of October 14-17 so sign up early and all levels of play are welcome.

Our first ladies night is coming up on October 10th. There are many new ladies to the Club and I am looking forward to this event.

Look to sign up early as there are only 16 spots available.

Also to our members, please keep an eye out for juniors this year as we have well over 60 kids playing Squash this year. Some are very keen and will be phoning some of you to book games.

Allan Cook
allan@ykracquetclub.com

Club Notes with Kelli Hinchey, General Manager

CONGRATULATIONS! Congratulations to staff members Julian Kanigan and Heather Scott on their marriage in July. Best Wishes!

As well, congratulations to staff member Denise Belliveau on her engagement to Mark Comeau. Wedding to take place October/09.

WEB SITE: Check out the new look of our website at www.ykracquetclub.com Many thanks to Lizzie Gilbert for the fantastic job!

Fitness Notes with Dana Britton - Fitness Director

October Fitness Highlights

By now the insanity of September should be settling into a routine for the next few months. This is a great time to increase your fitness commitment and find out what will keep you motivated to keep moving through the winter. A few highlights from the schedule this month:

- PowerBAR with Ella is now being offered on Sundays 12:00-1:00pm. This class, a twist on Max Strength, incorporates specially designed barbells to tone and strengthen your body. Ella also does PowerBAR at 7:00-8:00pm every Thursday until the end of October.

- Ride Your Ride is back! Starting Oct. 17, Gary will have the tunes playing in the Spin area every Friday from 6:30-8:00am. Join him for some aerobic base training to build cardiovascular endurance.
- Feature Class: Cardio Rebound on Friday Oct. 17th 7:00-8:00pm with Dana. And starting Nov. 6th Dana will be doing Cardio Rebound every Thursday 7:00-8:00pm.
- Our second Feature Class this month is Spin with Dana on Friday Oct. 24th 5:40-6:40pm. Sign up, Spin and stick around for some social time.

As always, the most up to date schedule can be found at www.ykraquetclub.com

Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Allan Cook
Squash Pro

Dana Britton
Fitness Director

