

November 2006

# the Club

920-2224

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

## November Events

### Thursday, Nov 2

with Sophie Panayi 5 week session See poster for details

#### BODY ROLLING LEVEL 2

### Friday, Nov 3

6:00-7:20pm \$5.00 + GST See Spider for details Munchies provided

#### MEN'S NIGHT DRILLS SESSION

### Friday, Nov 3

With Christine Misak 6:00 - 7:00pm Wine & Munchies after class

#### FEATURE CLASS - YOGA FLOW

### Monday, Nov 6

Be sure to get the most updated schedule off our website.

#### REVISED FALL SCHEDULE

### Friday, Nov 10

8:00pm See poster for details

#### YOU CALL THE SHOTS NIGHT

### Saturday, Nov 11

Club hours 8:30 am - 6:00 pm Classes cancelled for the morning

#### REMEMBRANCE DAY

### Saturday, Nov 11

Sign up for this special class with Liz Gilbert 1:00-2:00pm

#### SPECIAL CLASS - TRIBAL BEAT

### Saturday, Nov 11

Club closing at 6:00pm for our fall staff party

#### CLUB CLOSING EARLY

### Monday, Nov 13

Club closed for Remembrance Day Stat Holiday

#### CLUB CLOSED

### Friday, Nov 17 - Sunday, Nov 19

Juniors are off to Calgary. Results will be phoned in to the Club

#### JESTER'S JUNIOR TOURNAMENT - CALGARY

### Tuesday, Nov 21

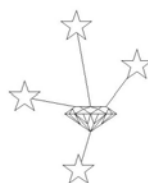
with Joanna Tiemessen 7:00pm Munchies and drinks after class

#### FEATURE CLASS - NIA

### Tuesday, Nov 21 - Saturday, Nov 25

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

#### SOUTHERNERA DIAMONDS INC TOURNEY



## SOUTHERNERA DIAMONDS INC.

### Squash tournament

Tuesday, Nov 21 - Saturday, Nov 25

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

All levels of play welcome.

### Saturday, Nov 25

Advanced level workshop with Judy McNicol \$25+GST 12:00-1:30pm

#### HEAD STAND YOGA WORKSHOP

### Sunday, Nov 26

Lessons will resume in January. Watch for signup sheets

#### FINAL FALL JUNIOR SQUASH SESSION

## Welcome New Members!



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

- Andrea MacInnis
- Judy McLinton
- Jocelyn Apps
- Deborah Bruser
- Nancy Cymbalisty
- Brett Elkin
- Sherry Lovely
- Robert Paul
- Caroline Bain
- Helen Doherty
- Heather Antoine
- Rebecca Bruser
- Catherine Dixon
- Lindsay Ewchuk
- Debbie Meade
- Sheldon Pond
- Della Fraser
- Donna Nash-Alain
- Andrea Barrett
- Heather Witherspoon
- Rebecca Chouinard
- Annette Borschneck
- Brad Mueller
- Dustin Hauber
- Amanda Drozda
- Tonya Carroll
- Brian Bruser
- David Colbourne
- Charlene Doolittle
- Jennifer Knowlan
- Dan Osbonsawin
- Jasmine Netsena

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

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



## Feature Class - Nia

with Joanna Tiemessen

Tuesday, Nov 21 7:00pm

Munchies and drinks after class



## REMEMBRANCE DAY-NOVEMBER 11

CLUB HOURS 8:30am - 6:00pm

Yoga Flow, Spin Class and Newbody are cancelled for that morning.  
Sign up for a special 1:00pm class - Tribal Beat with Liz Gilbert

Club closed early at 6:00pm due to our Fall Staff Party.

Club will be closed Monday, November 13

# Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

We had a very successful first squash tournament of the season graciously sponsored by Investors Group. Tournament results are as follows:

**Mixed Jr:** Kellen Richards, Dylan Short, Kyle Finlay

**Ladies D/Novice:** Donna Keats, Sabrina Lakhani, Laurel Jaque

**Men's D:** Travis Kamitomo, Walker Redshaw, Jarrid Blackburn

**Mixed C:** Devin Hinchey, Julian Kanigan, Gary Kamitomo

**Mixed B:** Jessica Patterson, Chad Hinchey, Aaron Jaque

**Men's Open:** James Pugsley, Spider Jones, John Bray, Mike Mahussier

Also in October we held our first every Hardball Round Robin. Mike Mahussier, Uwe Naeher, Mahen Manickum, Will Vickers, Brooke Harker and Chris Rizzuto duked it out in this unique game of rockball. While on the surface it appears much like softball, any similarities end there. This ball is fast, Pugsley fast! Once it hits a second wall it careens off in an unlikely direction, out of reach of even Brooke's poised racquet. Players just had to shake their heads and smile. The evening finished off with pizza and beverages with everyone coming out winners!

League play continues to roar along on Monday and Thursday nights. We continue to look for spares for these evenings.

Ladies Novice Drop in on Wednesday's at 7:20 continues to grow in popularity with our monthly participant potluck taking place after play on November 15th.

We will be hosting a Men's night Drills session on Friday, November 3rd. I'll be running drills and giving tips. Bring your A game and get ready to run!

We are holding a "You Call the Shots Night" on Friday, November 10th at 8:00pm. The World Squash Federation has just released its long awaited new refereeing DVD of the pros in tough call situations. See the clip, make the call and then compare your call to that of international referees.

Our next tournament sponsored by Southern Era Diamonds Inc. runs Tuesday, Nov 21 - Saturday, Nov 25th. Deadline to register will be noon on Thursday, Nov 16th. We will have Black Knight's top performing racquets available for tournament players to try out. At Saturday's prize giving, we will be drawing for a free BK racquet from names of those who tested them out. We will also be taking orders from anyone who finds one particularly appealing...with Christmas just around the corner...

Our new Prince racquets have just arrived. Check them out in our Pro Shop.

We stand poised to officially start our training for the Canadian Provincial Teams Men's and Women's teams events in mid-January. If you are interested in vying for a spot on a team, please see Spider ASAP.

Any suggestions to improve any part of our squash operations would be gratefully welcomed.

Spider Jones

Your friendly neighborhood squash professional

spider@ykracquetclub.com

# Club Notes

**CARD SWIPE SYSTEM:** We will be changing to a key fob "card swipe" system within the next few weeks. All of our members will be assigned a "key fob" that has a bar code on it. We will also be taking your picture (so smile!) You will not have to worry about remembering your membership number, but will simply swipe your key fob and your picture and all of your membership information will come up on the computer screen. We thank you for your anticipated co-operation as we make the switch.

**NEW EQUIPMENT ALERT:** Check out the 4 and 15 lb. weights now available in the studio. Take yourself to the next level in class!

**OUTDOOR FOOTWEAR:** A friendly reminder that outdoor footwear is NOT permitted inside the Club. The grit and grime gets tracked onto the court floors, all of the cardio equipment in the fitness studio and increases our maintenance costs substantially. We thank you for observing this rule.

**PERSONAL TRAINING:** Interested in hiring a personal trainer? Leave a message for Ginette Boudreau, Dwayne Vigilance or Miko at the Club and one of them will get back to you to set up an appointment.

**SQUASH LESSONS:** Contact our squash professional, Spider "Jonesy" Jones to book a lesson. Leave your name and phone number and he will get back to you promptly.

**RACQUET RESTRINGING:** How long has it been since your racquet has been re-strung? We offer a racquet restringing service for our members—\$35 + GST/racquet. Leave your racquet at the front desk and we will have it restrung and returned to you promptly.

**STRENGTH TRAINING ORIENTATIONS:** are offered at no charge to our members, every Wednesday evening at 6:30pm. Please sign up at the front desk. Facilitated by our Personal Trainer, Todd Stratten, Bachelor of Kinesiology.

**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)