



November Events

- **Mondays & Thursdays**
Division 1 and 2 League play continues...
Play starts 5:40pm
- **Friday, November 7**
Ladies Night
6:00-8:00pm \$5.00 Munchies provided See AI for details
- **Tuesday, November 11**
Remembrance Day
Club Closed
- **Wednesday, November 12**
Ladies Novice Night
6:40-7:20pm Sign up in advance See Allan for details
- **Thursday, November 13**
Feature Class - Yin Yoga with Kitty Koski
8:15-9:15pm Munchies & Drinks after class Draw Prize!
- **Friday, November 14 - Sunday, November 16**
Jester Junior Tournament - Calgary AB
Good Luck to our squad of Juniors travelling to Calgary!
- **Sun, Nov 16 & 23, Sat, Dec 6, Sun, Dec 14**
Swimming Workshop with Todd Stratten
11:00am at Ruth Inch Pool See poster for details
- **Tuesday, November 18 - Friday, November 21**
Field Law Freeze Up Squash Tournament
\$30 + GST includes dinner Friday All levels of play welcome
- **Thursday, November 20**
Easing into Headstand/Handstand Yoga Workshop
With Aiyana 7:00-8:30pm \$15+ GST
- **Friday, November 21**
PROMO Class - Nia Technique
Team taught by Johanna and Jocelyn 7:00-8:00pm
- **Friday, November 28**
Racquet Club Christmas Party
7:00pm - 2:00am Drinks, Dancing, Food, Draw Prizes!

F I E L D L A W

**FREEZE-UP
SQUASH TOURNAMENT**

Tuesday, November 18 - Friday, November 21
ALL LEVELS FROM JR TO OPEN

\$30 + GST includes dinner Friday evening

All matches will be recorded in the new ranking system

Welcome New Members

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

- | | | |
|----------------------------|----------------------|--------------------------|
| • Rebecca Hall | • Renee Grandejambe | • Beth Lenardon |
| • Dan Irvine | • Janice Lee | • Mike Mahussier |
| • Nick Mazmanian | • Curtis Inward | • Robyn Mutch |
| • Melanie Landry | • Kim Truter | • Nancy Potts |
| • Jennifer McInnis-Wharton | • Darcy Russell | • Gary Potts |
| • Caitlyn Cleveland | • Marlena Guzowski | • Zach Potts |
| • Mike McMullen | • Edie Graf | • Irene Vasa |
| • Shannon George | • Caroline Wawzonek | • Marie York-Condon |
| • Michelle Shannahan | • Alain Allain | • Adam Bembridge |
| • Hayley McLean | • Stephanie Berube | • Jeffrey Bowden |
| • Adrienne Hounsell | • Tina Brake | • Jen Buck |
| • Jessica Kurtin | • Rob Carroll | • Randall Caines |
| • Derek Faria | • Brenda Carroll | • Mark Cliffe-Phillips |
| • Carol Norris | • Grant Douziech | • Nigel Fearon |
| • Andy Tereposky | • Etienne Herve | • Pamela Jewer |
| • Laura Simmons | • Alicia Larade | • Tina Lock Setter |
| • Nocole Dion | • Candice Lys | • Terri-Lynn Lock Setter |
| • Peter Rice | • Gale Martin | |
| • Eugene Semenuik | • Christina Phillips | • Krista Marquis |
| • Miles Harris | • Roberta Rowe | • Sara Pantemoller |
| • Kerri McDonald | • Doug Witty | • Anna Reid |
| • Nancy MacNeill | • Ashley Arychuk | • Janice Walsh |
| • Vanessa Truter | • Corey Bond | • Russ Condon |
| • Evan Arndt | • Tracey Breitbach | • Kirsten Cook |
| • Devin Penney | • Lindsay Chiasson | • Stephanie Harris |
| • William Kellett | • Amanda Drozda | • Dale King |
| | • Kenneth Hoddinott | • Melissa Ward |

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





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

Kelli Hinchey
 General Manager

Jack Banic
 Assistant Manager

Allan Cook
 Squash Pro

Dana Britton
 Fitness Director

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

Congratulations to all the Investors Group Season Opener participants. It was a great start to the season. I hope you have all checked out the new ranking program on The Racquet Club's website www.ykracquetclub.com. All league and tournament results are recorded. The next tournament is just around the corner. The Fieldlaw Freeze Up tournament runs from November 18th to the 21st. The leagues are also in full swing and you can check out your and your team's results on our website.

Here are the results for the Investors Group Season Opener.

Men's Open
 1st - Allan Cook
 2nd - Claudio Ardiles
 Cons - Harold Wilson

Men's A
 1st-Devin Hinchey
 2nd-Uwe Naehner
 Cons - Aaron Jaque

Men's B
 1st - Ron Allan
 2nd - Allan Twissell
 Cons - Larry Adamson

Men's D
 1st - Braden Redshaw
 2nd - Denver Styan
 Cons - Jeff Mackey

Junior Boys
 1st - Daniel Stewart
 2nd - Zander Affleck
 3rd - Liam McKay
 Cons - Ryan Twissell

Junior Girls
 1st - Paulina Brooks
 2nd - Meghan Fleet
 3rd - Dominique Jure

Women's A
 1st - Pooja Chugh
 2nd - Catherine Ardiles
 Cons - Charmain Wilson

Women's B
 1st - Maureen Hawryliw
 2nd - Magali Cormier
 3rd - Kelli Hinchey

Women's C
 1st - Donna Keats
 2nd - Joanne White
 3rd - Jennifer Keith

Allan Cook
allan@ykracquetclub.com

Club Notes with Kelli Hinchey, General Manager

OUTDOOR FOOTWEAR: We remind you 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: 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

New in November

I'm very pleased to introduce the newest member of our fitness team: Jocelyn Apps is fully certified in Nia Technique. She leads a Nia class every Saturday from 1:10-2:10pm

Jocelyn and Johanna will be team teaching a special Nia class on Friday, Nov 21; 7:00-8:00pm. Sign up and try this unique blend of dance and fitness.

This month we are also introducing another Cardio Rebound class to the schedule: Thursdays from 7:00-8:00pm with Dana. This class will replace PowerBAR with Ella. Ella will continue to teach PowerBAR Sundays from noon-1:00pm

November's Feature Class is Yin Yoga with Kitty on Thursday, November 13 from 8:15-9:15pm

Ride your Ride with Gary - please note new time 6:00-7:30am every Friday.

Also note that Friday 5:40-6:40pm Spin with Dana will end Nov 14th and pick up again in the New Year.

Upcoming workshops - see posters for more details and to register:

Easing into Headstand/Handstand Yoga Workshop with Aiyana, Thursday Nov 20, 7:00pm

Swimming Workshop with Todd; Sundays beginning Nov 16, 11:00am