

December Events

- **Friday, November 30**
Annual Racquet Club Christmas Party
7:00 pm - 2:00 am You don't want to miss this one!
- **Saturday, December 1**
8:30 am Yoga & 10:00 am Spin classes cancelled
10:00 am Newbody class runs as normal
- **Tuesday, December 4, 11 & 18**
Squash Intros
6:00-6:40 pm with Spider Jones
- **Wednesday, December 5, 12 & 19**
Ladies Novice Night
7:20 pm - Learn the basics of the game in a fun atmosphere!
- **Friday, December 7 - Saturday December 8**
Avery Cooper & Co. Junior Squash Tourney
\$25 + GST registration fee. Pizza provided on Saturday
- **Monday, December 10**
Division 2 League concludes
League resumes February 4, 2008
- **Thursday, December 13**
Last Parents & Tots session
Classes resume in the New Year! Watch for the schedule
- **Thursday, December 13**
Division 1 League concludes
League resumes February 7, 2008
- **Friday, December 14**
Feature Class - Yoga Flow with Christine
5:40 pm Draw prizes and munchies after class
- **Monday, December 24**
Christmas Eve
Club closing early at 4:00 pm
- **Tuesday, December 25 Christmas Day**
Wednesday, December 26 Boxing Day
Club Closed
- **Thursday, December 27**
First Annual WWF Doubles Smackdown Tourney
\$10 + GST See Spider for details and sign up in advance
- **Monday, December 31 New Years Eve**
Tuesday, January 1 New Years Day
Club closing early at 4:00 pm on Dec 31, Club closed Jan 1

Welcome New Members

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

- | | | |
|---------------------|---------------------|--------------------|
| • Clayton Bell | • Leanne Jaeb | • Caroline Dumas |
| • Debbie Dang | • Mark Mastel | • Susan Hofer |
| • Deidre Falck | • Terra Pagonis | • Jarret MacDonald |
| • Susanna Iyago | • Lindsay Brademann | • Justin McNeivits |
| • Paul MacInnis | • Leilani Deguzman | • David Shadbolt |
| • Chris Morgan | • Thomas Hadlari | • Darryl Steane |
| • Charlie Dawn Shea | • Amanda Johnson | • Paul Webber |
| • Chandra Venables | • Philip McNeil | • Becky Bruce |
| • William Zantvoort | • Jyl Radwell | • Pam Dunbar |
| • Lana Birch | • Erin Shea | • Caroline Horn |
| • Ashley Debogorski | • Nick Wade | • Katie Turnbull |
| • Jennifer Galloway | • Pat Braden | |

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

Lactate Balance Point test - See poster at the Club

If you would like more information, or would like to book a test, contact Gary Tait or Nick Dennahower at ykblancepoint@gmail.com

Fitness Notes with Dana Britton - Fitness Director

Decathlon Before Decadence - a Holiday Season Motivator

As the festive season descends, the Club encourages you to maintain your fitness routine. Not only will this help to avoid a rough re-entry into exercise in the New Year, but persevering with your work outs through December will help give you enough energy to thrive in this busy time of year. So to keep you on track, we bring you *Decathlon Before Decadence - A Holiday Season Motivator*.

This three week contest pairs your fitness efforts with a reward of pampering. It will encourage you to add variety to your routine as you work through the various "Events". In order to qualify for a chance to win the Participant Prize, you must complete at least two "Events" from each of the five event categories: Cardio Training, Resistance Training, Interval Training, Mind/Body and Social. Yes, you read that right, Social. The health benefits of maintaining strong social ties are significant and the Club offers many opportunities to relax with friends.

The Grand Prize winner will be the participant who completes the most individual "Events" covering

all event categories. In the case of a tie, the participant with the most variety will win. And what will they win?

The Grand Prize is a choice of: a Fitness Assessment by certified personal trainer Ginette Boudreau OR a Squash Lesson with squash pro Spider Jones OR a Personal Training Session with certified personal trainer Paul Shearme. AND in keeping with the theme of *Decadence*, the winner will ALSO receive a gift certificate for a massage. Fitness followed by pampering...

So watch for sign up posters at the Club and see how many "Events" you can complete in three weeks.

And don't forget, Dec. 14 is a Feature Class: Yoga Flow with Christine Misak; followed by munchies and Christmas themed drink specials - if you attend it counts as a Mind/Body Event and a Social Event!



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Club Winter Hours:

Monday-Thursday
6:00am - 10:00pm

Friday
6:00am - 10:30pm

Saturday - Sunday
8:30am - 7:00pm



Club Christmas Hours:

Monday, Dec 24
Christmas Eve
Club closing at 4:00 pm

Tuesday, Dec 25
Christmas Day
Club closed

Wednesday, Dec 26
Boxing Day
Club closed

Monday, Dec 31
New Year's Eve
Club closing at 4:00 pm

Tuesday, Jan 1
New Year's Day
Club Closed

Kelli Hinchey
General Manager

Jack Banic
Assistant Manager

Spider Jones
Squash Pro

Dana Britton
Fitness Director

Squash Notes with Spider Jones, Level 3 Certified Squash Pro

Last month you read of key combinations used as best replies to given situations. Let's now review Match Tactics. Ian MacKenzie, perhaps the most prolific squash authors has 10 top tactics. This issue we'll review the following five:

1. Length - landing within a pace of the back wall will put your opponent into the back corners. This combined with good width to get the ball past your opponent will put them in a defensive position and hopefully force a weak response.
2. Win the T - move to and take control of the T position. Recover here quickly...before your opponent gets to your shot.
3. Apply Pressure - by depriving your opponent of time. Hunt opportunities to take the ball early and with pace.
4. Attack - look for and force opportunities to attack. Attack when you have your opponent out of position (off T) and when you are balanced (on/near T) with an easy ball.

5. Vary the Pace - using a combination of shot and hard shots. Lob when under pressure to create time to recover to the T.

Next month: Five more Top Tactics.

Canadian Men's Teams Try Outs continue as 7 hopefuls are vying for 3 spots to represent the NWT in Winnipeg January 11-13th. Our Women's Team of Jessica Patterson, Charmaine Wilson and Pooja Chugh will represent the NWT in Moncton that same weekend. If you see them practicing, give them the benefit of your sage advice.

League Play concludes Monday, December 10th and Thursday, December 13th and resumes Monday, February 4th (Division 2) and Thursday, February 7th (Division 1). Anyone interested in getting on the spare list or formally on a League team, please contact me.

Our post-boxing day doubles tradition continues with a "WWF Double Smackdown" starting at 1:00pm on December 27th. View the Team

Winners prize belts now on display in the Pro Shop. Sign up in the lounge - bring your A game and an ego.

Our Intro to Squash sessions continue Tuesdays until December 18th and resume January 22nd. Our Wednesdays Ladies Novice Drop In Nights finish on December 19th and resume January 30th. These are two great ways to try squash and get a few tips to keep you coming back armed with better technique and winning shots.

Consider the gift of squash - Lesson packages to suit your needs are always available.

Merry Christmas and a Nick filled New Year!

Spider Jones
spider@ykracquetclub.com



Club Notes with Kelli Hinchey, General Manager

STORK PATROL: Lots of new Racquet Clubbers this month! Congratulations go out to the following members and their spouses:

1. Mahen and Shalene Manickum welcomed a baby girl, their first child, on Nov 11th. Baby Jasmine Joy weighed in at a whopping 9lbs 6ozs
2. Rhian Christie and Colin Joyal their second child, a girl, born over 2 months early! Baby Mahri Terra Joyal weighed in at 2 lbs 15ozs and is doing well. Mom and Baby are home and are already back to the gym!
3. Sophie Panayi and Chris Inkster welcomed their first child, a baby girl. Solene Stella Johanna Inkster was born on Oct 30th and weighed 7lbs 9 ozs.

NEW WEIGHT ROOM EQUIPMENT: We are happy to say that after many months, our new weight room equipment has finally arrived. Many thanks to Todd Stratten and his "posse" for taking the time out to remove all of the old equipment and install the new. We have a new hack squat, low row, bicep machine, back extension, high chair with tricep dip, new abductor/adduction machine and a few decline benches. We will continue to try and upgrade and update our equipment/facilities on an ongoing basis.

SIGNING IN PROCESS & GUESTS: Another reminder, please, that all members are required to swipe their key fob when they enter the Club. This is a requirement of the Club and is also a requirement of the Liquor Licensing Board for our liquor license. We appreciate your attention to this and thank you for your understanding.

If you are bringing a guest to the Club, please ensure that they have first filled out a waiver with our front desk staff

and paid the appropriate drop in fee. It is not sufficient for a member to simply swipe their card "twice" to account for a guest. Guests are welcome to attend the Club only three times within a calendar year. We expect that after that point they will have made a decision as to whether or not they would like to become a member of our facility. Please keep in mind that we are a Private Club, which is why we do not have a "pay as you go" program in place. If you have a guest who is in town short term, we are more than happy to set them up with a temporary membership. We thank you for your consideration.

WEIGHT ROOM ORIENTATIONS: Please check the clip board at the front entrance and check out the dates that our Strength Training Orientations are offered. They are offered to our members, free of charge and are facilitated by our Personal Trainer, Todd Stratten on Thursday evenings at 6:45 pm unless otherwise indicated. Todd is out of town until January 18th, but see signs posted re: coverage for his orientations.

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

OUTDOOR FOOTWEAR: Please remember 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: 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