

## December Events

- **Mondays & Thursdays**  
**Division 1 and 2 League play continues...**  
Play starts 5:20pm
- **Friday, December 5**  
**Men's Night**  
6:00-7:20pm \$5.00 See AI for details
- **Tuesday, December 9**  
**Schedule change** - Rosie's 10:00am Spin/Core will be Circuit Training (All Levels) with Peter
- **Wednesday, December 10**  
**Ladies Novice Night**  
6:40-7:20pm Sign up in advance See Allan for details
- **Thursday, December 11**  
**Last Parents & Tots / 10:00am Classes**  
Parents & Tots and 10:00am classes resume Jan 13/09
- **Friday, December 12 - Saturday, December 13**  
**Avery Cooper & Co Jr Tournament**  
\$25 entry fee Pizza & drinks provided on Saturday
- **Saturday, December 20 - January 3**  
**Christmas Fitness Schedule in effect**  
Pick up your copy for class changes over the holiday season
- **Wednesday, December 24**  
**Christmas Eve**  
Club closes at 4:00pm
- **Thursday, December 25**  
**Christmas Day - Merry Christmas!**  
Club Closed
- **Friday, December 25**  
**Boxing Day**  
Club Closed
- **Saturday, December 27**  
**Christmas Doubles Tournament**  
See Allan for details
- **Wednesday, December 31**  
**New Years Eve**  
Club closes at 4:00pm
- **Thursday, January 1, 2009**  
**New Years Day - Happy New Years!**  
Club Closed

## Welcome New Members

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

- Mitchell Andrew
- Darren Brewer
- Danielle Walsh
- Robin Gordon
- Mike Jackson
- Graham MacMillan
- Anne-Louise O'Brien
- Steve Payne
- Dominic Perino
- Giles St. Arneault
- Leslie Bader
- Jay Bulckaert
- Mandy Daigle
- Jane Greenfield
- Chris Kelln
- Rachel Mounsey
- Patricia Oliver
- Darren Pelley
- William Porter
- Brenda Tittlemier
- Elias Brenton
- Brendan Callas
- Carla Dekock
- Miles Harris
- Erin Kennedy
- Brent Murphy
- Pam Osmond
- Kim Pelley
- Jocelyn Preece
- Jennifer Van De Walle
- Tammy Brenton
- Garett Cameron
- Cody Erasmus
- Kim Hemstreet
- Daniel MacIssac
- Neela Naidoo
- Darin Paul
- Andy Penton
- Andrew Robinson

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



### AVERY COOPER JR. SQUASH TOURNAMENT

December 12-13, 2008

All levels of junior play welcome!

\$25 +GST registration fee

includes tournament souvenir



Pizza and drinks provided on Saturday afternoon

See Allan for details and sign up early!

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 season is 1/3 of the way through and it has been a very busy fall season here at the Club. We have a lot of new members playing squash with 62 entries in the Investors Group Opener and 71 in the Fieldlaw Freeze Up along with 76 people in the leagues. For all you people interested in the league for the spring, please keep checking the wall and the website as the sign up will be going up just before Christmas. Also, the next tournament will be the Tournament of Hearts, Feb 17-20, 2009 so this will be your next chance to move up the rankings. Aaron Jaque and Daniel Stewart have been the biggest movers up the rankings. Please check out the website for all of your squash information.  
[www.ykracquetclub.com](http://www.ykracquetclub.com)

Here are the results for the Fieldlaw Freeze up.

Men's Open  
1st - Fred Talen  
2nd - John Bray  
Cons - Harold Wilson

Men's A  
1st-Devin Hinchey  
2nd-Aaron Jaque  
Cons - Steve Maquisten

Men's B  
1st - Brent Patino  
2nd - Paul Shearme  
Cons - Eugene Semenuik

Men's D  
1st - Denver Styan  
2nd - Zander Affleck  
3rd - Andy Penton

Junior A  
1st - Liam McKay  
2nd - Josh Triggs  
Cons - Sarah Nesbitt

Junior B  
1st - Iain Brooks  
2nd - Meghan Fleet  
3rd - Dominique Jure

Junior C  
1st - Christopher Moore  
2nd - Remi Desbiens  
3rd - James Huvenaars

Ladies A  
1st - Paula Harker  
2nd - Lisa Campbell  
3rd - Charmain Wilson

Ladies C  
1st - Jessica Mace  
2nd - Glorianna Jeun  
3rd - Jennifer Keith

Ladies D  
1st - Nicole Dion  
2nd - Louise Bannister  
3rd - Darcy Russell

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 our website at [www.ykracquetclub.com](http://www.ykracquetclub.com)



**Fitness Notes** with Dana Britton - Fitness Director

Christmas Fitness

As Yellowknife heads into its social festive season, it can be tough to maintain your fitness routine. Try not to give up entirely however, or January will be that much more daunting. At this time of year, it seems people fall into two camps: one side drops fitness entirely in favour of eating and drinking; the other adds more and more exercise to their lives to quell the effects of the darkening days. If you're not inspired to add more exercise to your week, commit to maintaining a minimum amount, maybe 3 times a week instead of 5, or 2 times a week instead of 3 or 4. You will feel better, now and into the New Year.

With the upcoming holiday season, watch for the Christmas Fitness Schedule. It will run Dec 20-Jan 3. the new winter schedule, as you may surmise, begins Jan 4, 2009.

Copies of both schedules, as always, will be available at the Club and on-line.

Happy Solstice everyone! The days will be growing longer again before you know it.

Kelli Hinchey  
General Manager

Jack Banic  
Assistant Manager

Allan Cook  
Squash Pro

Dana Britton  
Fitness Director