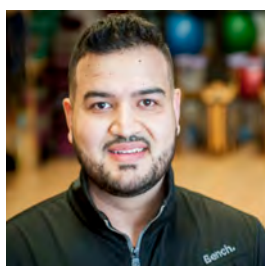




## MEDIA NOTES

with Devran Gelale, Media Manager



**May Giveaway** We're giving one lucky winner + 5 friends a VIP experience on our new patio during our grand opening! Head over to our Facebook page for contest details and how to enter.

The Yellowknife Racquet Club is looking for qualified, experienced fitness professionals to join our team!

If you are a Zumba, Pilates, Yoga instructor or a Personal Trainer we want to hear from you!

Contact us via phone for more information (867) 920-2224.

We look forward to meeting you!

Stay up to date with our schedule, news, events, programming and contests by heading to our website – [ykracquetclub.com](http://ykracquetclub.com) or follow us on Facebook, Instagram, Twitter and Snapchat @ykracquetclub for daily updates. Our Instagram and Snapchat stories are updated with daily scheduling to help you plan out your day!



## SQUASH NOTES

with Melina Turk, Squash Pro



My first month at the RC has been enjoyable and educational. I am still learning the lay of the land, but the RC is starting to feel like home. I have enjoyed meeting many of you at our Squash Club Champs tournament, in fitness programs, on the squash court, and around the club, and I am excited to meet the rest of you very soon!

We have a new program that I will be running for two weeks in May called **Thirsty Thursday**. If this program goes well, I am hoping to run a similar program in the form of a weekly recreational league beginning in the fall. The May Thirsty Thursday league will run May 18<sup>th</sup> and 25<sup>th</sup> from 6:30-8:00pm and welcomes all levels, so please sign up, come play some squash, and socialize with some awesome people! Contact me if you are interested.

I am offering private squash lessons to members of all levels, so please contact me if you are interested in learning to play, or

## MAY EVENTS

**May 29<sup>th</sup> to June 16<sup>th</sup>**

**Light It Up Round #2 with Catherine and Natasha**

Take your workout outside and enjoy the sunshine and longer days while they're here! Join Catherine and Natasha outside for obstacle courses, tire drills, stairs, running and body weight training! Mon, Wed, Fri mornings from 6:00 to 7:00am. Register at the front desk.

**Tues May 9<sup>th</sup> to Sat June 10<sup>th</sup>**

**Run For Your Life**

5km Running Program with Jeanne. Running helps relieve stress, increases your heart rate, decreases blood pressure and is a great form of exercise to be enjoyed outdoors. This program is perfect for beginners or those who just need a head-start! Tues/Thurs 5:30pm and Sat 9:30am. Register at the front desk.

**Friday May 26<sup>th</sup> 6:30 to 9:30pm**

**Women's Self Defense Workshop**

Learn some basic self-defence techniques to help you stay safe and take control if you are ever faced with a physical threat. Facilitated by Darrel Ouellette. FREE. Register at the front desk.

**Friday May 12<sup>th</sup> to Sunday May 14<sup>th</sup>**

**Squash Clinics with Colin Whitney**

We will be hosting a visiting Squash Pro to run clinics for Juniors and Adults. Clinics for adults are limited to 8 participants per level of play. Register with Melina

**Thursday May 18<sup>th</sup> and May 25<sup>th</sup>**

**Thirsty Thursday**

Two players will compete against each other for 25 minutes straight and count total points earned in that time. Up to 12 spots available. Register with Melina.

**Monday May 29<sup>th</sup> to Sunday June 4<sup>th</sup>**

**Roy Audio Video Territorial Squash Championships**

The sign up for this year's Roy's Audio Video Territorial Championships available and up at the front desk. All players and levels welcome and we will also have the return of the Doubles divisions and of course the Lighting Round.

**Deadline to enter is Tuesday May 23<sup>rd</sup>.**

racquet RC club

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## SQUASH NOTES (con't)

perfecting your game! Lessons run for 45 mins and are \$40 for adults and \$30 for juniors.

As the squash season winds down, we at the RC are gearing up for our Year End tournament – the greatest event of the year! I am excited to experience the Year End tournament for the first time as a staff member, and am working hard with the RC team to make it the best one yet! There are some fantastic pros coming up this year and the brand new 2,000 square foot deck will be ready to go, so this is a Year End you won't want to miss. Make sure you sign up as soon as possible – only 2 weeks to go!

Also, make sure to look out for summer programming. We have just finalized dates and times for our junior squash camps. Posters will be out soon, but if you are interested, contact me for more information.

Hope to see you all out on the courts!

Melina



## SQUASH NOTES

with Ozzie Vallejos, Squash Pro



The Squash season is gearing up for a fantastic end, the snow is finally melting and the days are moving towards 24 hour sun light and that can only mean that the **Territorial Squash Championship** is fast approaching. This year the tournament will run from Monday, May 29<sup>th</sup> to Sunday, June

4<sup>th</sup>. We are pleased to have returning squash pro's Thomas Brinkman, Justin Todd, Nikki Todd, Jackie Moss, Jaimie Laird and Alix Younger. In addition, we are hosting new pros Jake Hooker and Thomas Bletcher. The week is jammed pack with phenomenal squash and social events. Keep your eyes peeled for our tournament calendar of events – we will be bringing back the **Lightning Round** on Friday night and of course Steak and Lobster dinner Saturday night!

My term here at the Racquet Club will be coming to a close once the Territorial Championships have wrapped up. My fiancé and I will be relocating to Calgary but nothing will compare to our time spent in the North. Moving to YK has been without a doubt the single best decision of our lives and it is in no small part due to the fantastic people and friends we've made up here. I am looking forward to the seeing you all out for the last month of the season and with all the renos the club is going through, our Territorials will no doubt be incredible with the addition of the deck!

Cheers,

Ozzie

## RC PATIO 2.0



“Run For Your Life!”  
**5K RUNNING GROUP**

Tues/Thurs at 5:30pm

Sat at 9:30am

(3 sessions per week)

Tuesday, May 9<sup>th</sup> to  
Saturday, June 10<sup>th</sup>  
(5 weeks)

**\$150.00 + GST**

Includes progression schedule

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