



# NEWS

## DECEMBER 2018

# racquet club

YELLOWKNIFE

## FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



### Happy Holiday Season!

I cannot believe that it is December and Christmas is just weeks away. Thank you to all who came out to celebrate at our annual Christmas Party. I trust you all had a great time and we enjoyed getting the Club ready for you to celebrate.

Although Christmas is a special time of the year, it can also create a great deal of stress and anxiety. Calendars fill up with invites to parties, shopping lists seem to grow exponentially and as a result our physical and emotional

tanks start to rapidly empty. It can be difficult as expectations put upon us by others, and ourselves, to “do it all”, can be overwhelming.

What I have learned this year, is that it is okay to say no. It is okay to slow down and be present. It is okay to enjoy all of the simple things that the season provides – sitting in a candle lit room by a woodstove, watching old Christmas movies while wearing your pj's, enjoying the company of friends over a simple meal. It is okay to release yourself of the expectations to spend money that you don't have. At the end of the day, ask yourself what is truly important to you. For me, the answer is great friends who love and support unconditionally, healthy family, a happy and joyful partnership. Pretty basic, but meaningful stuff.

I wish you and your family the best of the holiday season and hope that 2019 brings you joy and good health!

**“Every day our best gets better”**

## NUTRITION NOTES

Meredith McNulty, Nutrition Consultant



Hi Yellowknife! I'm Meredith and I'm very excited to be starting as your nutrition consultant here at the Racquet Club. I moved to Yellowknife in July from Halifax where I attended Mount Saint Vincent University. I graduated in 2017, obtaining an honours degree in the Bachelor of Science in Applied Human Nutrition and Dietetics program. I like to take a “no-nonsense” approach to nutrition, meaning no fad diets, just simple, balanced whole food nutrition. Eating healthy doesn't have to be daunting or

boring, and you certainly don't have to miss out on tasty food to meet your goals. I hope to educate and inspire healthy eating through workshops, presentations, 1 on 1 consultations, meal planning and more. Happy holidays, I look forward to meeting you!

Meredith McNulty

## DECEMBER EVENTS

**DEC. 1<sup>ST</sup> TO DEC. 12<sup>TH</sup>**

### 12 DAYS OF CHRISTMAS SALE

Purchase a 1-year membership between December 1<sup>st</sup> and December 12<sup>th</sup> and receive our lowest membership rate at \$88 + GST/month.\*

\*Offer available to existing and new members, and must be paid in full at time of purchase.

**MONDAY, DEC. 3<sup>RD</sup>- FRIDAY, DEC. 21<sup>ST</sup>**

### 9 DAYS OF FITNESS!

Facilitated by Natasha, Catherine and Diana. Join these gals Monday's, Wednesday and Friday mornings at 7:00 a.m. for a great workout. Members: \$50.00 + GST. See front desk for further details.

**TUESDAY, DEC. 4<sup>TH</sup>**

### LAST LEAGUE NIGHT UNTIL THE NEW YEAR!

**FRIDAY – SUNDAY, DEC. 14<sup>TH</sup>-16<sup>TH</sup>**

### INSTRUCTOR TRAINING

With fitness professional Jessica Power-Cyr. Please check our schedule for class cancellations due to our training.

**FRIDAY, DEC. 14<sup>TH</sup>**

### LAST FRIDAY NIGHT DROP IN OF THE YEAR!

**SUNDAY, DEC. 16<sup>TH</sup>**

### LAST SUNDAY JUNIOR SQUASH SESSION

**MONDAY, DEC. 17<sup>TH</sup>**

### CANDLE LITE FLOW

7:00-8:15 p.m. Join us for this special class which is also a fundraiser for Mikaela MacNaughton. Admission is minimum \$5.00 donation to assist Mikaela and her parents with medical costs. Stay after for snacks and drinks.

**MONDAY, DEC. 24<sup>TH</sup>**

### EARLY CLOSE – 4:00 P.M.

**TUESDAY, DEC. 25<sup>TH</sup> & WEDNESDAY, DEC. 26<sup>TH</sup>**

### CHRISTMAS DAY & BOXING DAY CLUB CLOSED

**THURSDAY, DEC. 27<sup>TH</sup>**

### DOUBLES TOURNEY

See Jeff for details.

**MONDAY, DEC. 31<sup>ST</sup>**

### NEW YEAR'S EVE – EARLY CLOSE – 4:00 P.M.

**TUESDAY, JAN. 1<sup>ST</sup>**

### NEW YEAR'S DAY – CLUB CLOSED.

## SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



November was a very busy month for squash! Along with team league play, Thirsty Thursday and Friday night drop in, we also hosted our second tournament of the season, the **Northtech Drilling Freeze Up**. The Freeze Up featured 40 players in almost all divisions with enough juniors to have two junior categories. I would like to send a big thank you to **Northtech Drilling** for sponsoring our tournament and helping make this a successful event. Congratulations to all the players and the division winners:

**Junior B: 1<sup>st</sup> place:** Grayson Marchiori, **2<sup>nd</sup> place:** Braden Brenton, **3<sup>rd</sup> place:** Bradley Bartlett

**Junior A: 1<sup>st</sup> place:** Loïc Hipfner, **2<sup>nd</sup> place:** Colton Tumoth, **3<sup>rd</sup> place:** Charlie Cameron-Sills

**C division: 1<sup>st</sup> place:** Joe Depew, **2<sup>nd</sup> place:** Carter Robertson, **3<sup>rd</sup> place:** Pete Murdoch

**B division: 1<sup>st</sup> place:** Colton Robertson, **2<sup>nd</sup> place:** Ryan Connon, **3<sup>rd</sup> place:** Anna Coles

**A division: 1<sup>st</sup> place:** Jake Roche, **2<sup>nd</sup> place:** Alex Godfrey, **3<sup>rd</sup> place:** India Edwards-Loewen

**Open: 1<sup>st</sup> place:** Devin Madsen, **2<sup>nd</sup> place:** Stephen Messier, **3<sup>rd</sup> place:** Jeff Hipfner

Coming up, our last league night before the holidays is Tuesday, December 4<sup>th</sup>, Thirsty Thursday will continue until Thursday, December 13<sup>th</sup> and Drop In until Friday, December 14<sup>th</sup>. If you are interested in playing Thirsty Thursday and I don't have your contact info, shoot me an email at [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com) and I'll make sure you get on the list.

Two of our juniors, Stephen Messier and India Edwards-Loewen, will be travelling to the White Oaks Club in Niagara-On-The-Lake in Ontario to participate in the **Canada Junior Open**, December 7<sup>th</sup> to 9<sup>th</sup>. Wish them luck!

Our next tournament is the **Annual Christmas Doubles**. Keep an eye out for information and sign-up over the next couple of weeks. Due to the speed and close-quarters of 4 people on a singles court, this tournament is open to strong B players and above only. **Goggles are mandatory**, so if you don't have any, maybe think about asking Santa for a pair.

I wish everyone a happy and prosperous holiday season! Keep playing squash and I'll see you on the courts!



## CLUB HOURS

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

**Friday** 6:00 am - 10:30 pm

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

## Online Schedule

Visit our website at [ykracquetclub.com/fitness-and-yoga/schedule](http://ykracquetclub.com/fitness-and-yoga/schedule) for descriptions of all of our classes and to download a printable version.

# 12 RC Days of Christmas

Purchase a **1-year membership** between December 1<sup>st</sup> and December 12<sup>th</sup> and receive our lowest membership rate at **\$88 + GST/month!\***

### Membership benefits include:

Full access to 4 squash courts, 50 + classes per week, cardio room, Solstice Studio, spin room, 2 weight rooms, 2 Olympic lifting platforms and a functional training lab, dry saunas, outdoor hot tub, 2 licensed lounges, **AND MORE!**

Call us at 920-2224, or visit for more information.

\*Membership must be paid in full at time of purchase.

## Candle Lite Flow

Monday Dec 17<sup>th</sup>  
7:00 to 8:15pm

This is a special fundraising event for Mikaela MacNaughton

Open to members and non-members.

Please sign up at the desk, or call 920-2224 to reserve your spot.

Attendance by donation - \$5 minimum.

Stay after for tea, treats, and a nice sauna.

racquet club

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[ykracquetclub.com](http://ykracquetclub.com) 867-920-2224

