

# RC NEWS

## SEPTEMBER 2021

racquet **RC** club  
FITNESS • YOGA • SQUASH

### FROM ME TO YOU

Kelli Ann McKim, General Manager/Owner



In 1981, at the young age of 16, I had graduated from high school. I was excited at the prospect of what was ahead for me! 40 years have since passed and sadly, due to COVID, we were unable to hold our grad reunion in BC.

There is, however, another 40<sup>th</sup> anniversary that we are able to celebrate in a big way! The Racquet Club turned 40 this past February and we have plans in the works to honour this event. Little did I know at the tender age of 16 that most of my adult life would be immersed in The Racquet Club. This has been my passion, my calling, my destiny, my legacy.

I have witnessed much change, growth and many trends. I have worked with incredible staff, built life long friendships with members and seen and felt the development of our RC community. The latest renovation has furthered my vision to have a place where our community can socialize, meditate and turn inwards, workout in a state of the art weight room and fitness studios, and well, just be themselves in a welcoming, non-judgemental environment.

While we've had to postpone our 40th celebration this month due to the increased cases of COVID-19 in Yellowknife, keep an eye out on our Facebook and Instagram pages for updates over the next few weeks. In the meantime, if you have any photos or stories you would like to share, please send them to [meghan@ykracquetclub.com](mailto:meghan@ykracquetclub.com).

Here's to 40 more years!

### SQUASH NOTES



Jeff Hipfner, Squash Pro/Media Manager



Welcome back! I hope everyone had an amazing summer, spent lots of time outdoors and in the sun!

As the weather starts to get a little cooler, the leaves begin changing colour on the trees, September marks the official beginning of the squash season. This means it's time to get back into the club, start training and get on the courts! We will be bringing back Thirsty Thursday and Friday Night Drop In, starting September 16 and 17. If you want to participate in Thirsty Thursday, send me an email and I will get you on the list. Friday Night Drop In starts at 6pm.

Juniors are starting up in September as well! If you have a child or know of one that would like to learn how to play, we have spots available for our Sunday Squash program. Please email me at [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com) for more information.

Tournaments are back! Our first tournament of the year, the Season Opener, will be held October 5th to the 8th. You can see a list of all the tournaments this year here: <https://ykracquetclub.com/squash/tournaments>

And, finally, we are moving to a new online court booking system using Club Locker. You need to have an account with Club Locker and affiliate your account with the Racquet Club. You can find information on how to do this on our website, but if you need a hand, send me an email.

Have an amazing squash season and I'll see you on court!

### SEPTEMBER EVENTS

TUESDAY, SEPTEMBER 7 TO THURSDAY, SEPTEMBER 30  
**STRONG AS A MOTHER**

A postpartum strength training program. Sign up with Inemesit Graham at [mummyfitness@live.com](mailto:mummyfitness@live.com)

MONDAY, SEPTEMBER 13  
**JUNIOR SQUASH BEGINS**

For more information about our Competitive program, contact our Squash Pro at [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com)

THURSDAY, SEPTEMBER 16  
**THE FIRST THIRSTY THURSDAY**

If you're interested in playing this season, send an email to our Squash Pro to get on the mailing list: [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com)

FRIDAY, SEPTEMBER 17  
**LADIES NIGHT FITNESS CLASS**

Friday September 17 at 5:30pm is our first LADIES NIGHT FITNESS CLASS!!

**INCLUDES:**

- A one hour class led by 3 (yes 3) instructors - Rosie, Diana, & Catherine
- Draw prizes
- Snacks after class

This class is FREE for members, drop-in fee for non-members, register through MINDBODY. \*\*Only 17 spots available!

FRIDAY, SEPTEMBER 17  
**THE FIRST FRIDAY NIGHT SQUASH DROP IN**

SUNDAY, SEPTEMBER 19  
**SUNDAY JUNIOR SQUASH BEGINS**

If you have or know of a junior that is interested in learning about squash, this is the program for them. Please contact [jeff@ykracquetclub.com](mailto:jeff@ykracquetclub.com) for more information.

SATURDAY, SEPTEMBER 25  
**HIP THRUST CLINIC**

Want to learn to Hip Thrust to improve glute strength? Then this is the clinic for you. Join Caroline from 11:00am to 1:00pm. Cost: \$75 for members, \$100 for non-members, \$50 students.

FRIDAY, OCTOBER 1  
**BARRE AND BEVY**

Join Catherine for a beverage of your choice while getting a workout at the same time. After each song we will enjoy a sip or two, while 'hanging at the barre!' From 5:30 to 6:30pm - \$30 for members, \$45 non-members. Maximum: 14 participants  
REGISTER DIRECTLY with Catherine at [catherine@ykracquetclub.com](mailto:catherine@ykracquetclub.com).