



NEWS

OCTOBER 2017

racquet  club
YELLOWKNIFE

FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



Follow your heart, follow your passion, work towards making your dream a reality. My dream is becoming a reality as the first phase of **RC 2.0** is unveiled. I write this as I am enroute to the sun and the sand, and, as much as I look forward to this break, I'm wanting to experience first hand, what you will experience!

This project has come to fruition because of the hard work and dedication of an amazing Team. My management team is outstanding and have solidly held me up through this process.

Niels Konge and Vince Barter have gone above and beyond for me in so many ways. I'm certain they didn't anticipate the numerous roadblocks that were put before us, but they found solutions and made things happen and for that, I am so grateful!

I'm so excited for you to experience our beautiful Solstice Studio, new lounge area, ladies changeroom and two new therapy rooms. A warm welcome to Samantha Marriott, RMT, who will be joining our RC family. Samantha, along with Kenzie Lye, will be providing massage therapy services in our new space. I'm also pleased to announce the appointment of April Cook as my new Assistant Manager. She will continue in her role as Fitness Manager, while Karen Depew moves into the new role as Member Services Manager. Dave Zethof steps into the position of Member Services Lead and will work to ensure that our member services representatives continue to provide exceptional service and an outstanding **RC experience**.

We look forward to opening our new weight room space shortly at which time work will start with the renovation of the men's change rooms. Finally, I express my gratitude to all of you, our members, for your patience and understanding throughout this process. The wait will be so worth it once you see the beautiful spaces that have been created for you!

Every day you get our best. Every day our best will be better.

FITNESS NOTES

April Cook, Fitness Manager



This is a very exciting time for all staff, members and the community of Yellowknife as the first phase of **RC 2.0** is open! The **Solstice Studio** is a beautiful space with stunning views and a glowing fireplace and we are ecstatic to finally be able to practice yoga and fitness in it!

There are over 50 classes a week on our new October fitness schedule, 14 of which are yoga. We are thrilled to be able to offer yoga to our members at peak times and to see our yoga community at the RC grow.

OCTOBER EVENTS

MONDAY, OCT. 2ND
SOLSTICE STUDIO OPENS AND NEW OCTOBER SCHEDULE BEGINS

FRIDAY, OCT. 6TH
ANNUAL SCHOOL SQUASH TOURNAMENT

MONDAY, OCT. 9TH
CLUB CLOSED – THANKSGIVING DAY

TUESDAY, OCT. 10TH
JR. SQUASH PROGRAMMING BEGINS!

TUESDAY, OCT. 10TH TO FRIDAY, OCT. 13TH
INVESTOR'S GROUP SEASON OPENER

FRIDAY, OCT. 13TH
INVESTOR'S GROUP SEASON OPENER WRAP-UP PARTY AND DINNER

FRIDAY, OCT. 27TH
HALLOWEEN PARTY – FEAT. CYNERGII ENTERTAINMENT 8:00PM TO 2:00AM ALL ARE WELCOME!

Check out ykracquetclub.com and follow us on Facebook under Yellowknife Racquet Club or Twitter, Instagram and SnapChat **@YKRacquetClub** to keep up to date on Racquet Club news and events.



FITNESS NOTES CON'T...

Our fitness and yoga staff are ever growing and we thank all of our fabulously skilled instructors for making a schedule of this grandeur possible. We couldn't do it without you!

We invite you to try out new classes, check out new instructors offerings and take part in upcoming events and programming.

PS: What are you dressing up as for Halloween this year? You have a month ;) See you at our annual **Halloween Party**, Friday, Oct. 27th at 8:00pm.

Happy Fall Ya'll!

April
Assistant Manager

SQUASH NOTES



Melina Turk, Squash Pro



Squash season has officially begun and the courts are starting to see some life again! The first tournament of the season, the Investors Group Season Opener, is set to take place October 10th to 13th and should be a great way to shake off the summer rust and get back into the "swing" of things... quite literally.

Friday Night Drop In has begun and has been a huge success so far! I am working hard to accommodate the number of people we have showing up to ensure maximum court time

for each person, so come on down at 6:00pm on Fridays to enjoy some squash, snacks, and \$5 drinks. **Squash HIIT** begins Monday, October 2nd from 6:45 to 7:30pm. If you haven't signed up for this class, make sure to visit the club and get your name down on the list at the front desk before Monday! There are only 16 spots available, so sign up quick! The High Performance juniors have already begun their training and are working especially hard this season in hopes of competing at the Canada Winter Games in 2019. The Competitive juniors as well as the Learn to Play and Munchkins programs are set to begin the week of the Season Opener. **League** information has been sent out and teams are starting to get signed up. If you are interested in league, you can sign up a team of 5 players (one Open, A, B, and C/D player and one wildcard player of any level) or you can sign up as an individual player and I will place you on a team. League will take place on Tuesday evenings from 6:00 to 8:00pm and will begin Tuesday, October 17th.

All our new programming begins the week after the Season Opener:

Intermediate Drills – Mondays 6:00 to 6:45pm

Ladies Learn & Play for Beginners – Wednesdays 6:15 to 7:15pm

Men's Learn & Play for Beginners – Wednesdays 7:15 to 8:15pm

Thirsty Thursday League – Thursdays 6:15 to 8:15pm

If you would like to be added to the Squash News email blast, send me your email address and you will be updated on all squash activity.

See you all on the courts!

Melina

OCTOBER AT THE RC

There's so much to look forward to as we open our new **Solstice Studio!**

Over 50 classes per week!



Check our daily schedule at www.ykracquetclub.com for the most up-to-date info!

HALL RC WEEN PARTY



Friday, October 27th
8:00pm to 2:00am

Featuring Cynergii Entertainment

