



# Headwaters Racquet Club

tennis · squash · fitness

Volume 3, Issue 2.

February 2012



## > IT'S A GIRL!

# Rosie Janet Marchildon

January 11, 2012

8lbs 4 oz

**CONGRATULATIONS TO**

Jessica & Rob Marchildon

## > FREE FAMILY DAY

# Open House!

Monday February 20th



HRC is hosting an **Open House for Family Day!** Family oriented activities will take place from 10:00am – 2:00pm. Members, guests & non-members can reserve their spots for their desired programs at the front desk. Check out our special Family Day schedule on our website at [www.headwatersracquetclub.com](http://www.headwatersracquetclub.com)

**Limited Space is available!**

**Please Note:** All children under the age of 14 must be accompanied by an adult.

## > HEALTHY HEART, HEALTHY LIFE! Seminar

TUESDAY FEBRUARY 7TH @ 7:00PM

Join Danielle Marchildon, B.Sc, ND & Kathy Shackleton, R.H.N. for an information session regarding heart disease. Topics will include high blood pressure, high cholesterol/triglycerides, type II diabetes, and waist circumference. Bring a friend and learn how to prevent and treat heart disease.

**This is a free seminar to members and friends!**

Seminar is provided by: 

## > MARCH BREAK IS COMING SOON! March 12- 16 9:00am – 4:00pm



# MARCH MADNESS DAY CAMP

Don't let your kids drive you "MAD" on the March Break! Register them for HRC's **March Madness Day Camp** and we will tire them out for you! Campers will participate in active games, squash, tennis and our BAM fitness classes. Snacks & Hot Lunches are provided daily.

**Limited Space Available!**

For more information contact Jessica, [jessica@headwatersracquetclub.com](mailto:jessica@headwatersracquetclub.com)

## > THE ENERGY BAR...

Thank you to all the members who brought **The Energy Bar** into their homes over the holidays. The **ENERGY ON DEMAND** service is available anytime you would like a little extra help in the kitchen whether it's with light snack or dessert platters or with pies and cakes. Please give a little notice – 24 hours or more is suggested – to avoid disappointment in either selection or quantity. Similarly, the initiation of the weekly set menu has been well received. It's allowing you to know when to come by for your favourites and what new features you might like to sample – be careful though, this Sunday the samosas were sold out before they were out of the oven!

I will be featuring a little something special for **Valentine's Day** and will be open and ready to host all of our families on Family Day. Thank you so much for your patronage.

**IT'S GOOD, AND IT'S GOOD 2 GO**



## Fitness Corner



### > VALENTINE'S YOGA!

Join us for a **Partner Yoga Class** on Tuesday, February 14th from 6-7pm!

Partner Yoga provides a forum for examining larger principles of relationship. We will look at breath-work and postures that will challenge balance, strength, concentration, focus, as well as those that nourish and support. You will learn techniques that will help address and release one another's shoulders and hips, in a way that fosters connection, adopts ease and just "BEING" with one another.

Open to couples, partners, and friends -- all kinds of loving relationships. Be sure to bring 2 pillows and 2 blankets for ultimate comfort.

### > BOOTCAMP DEFINITION:

Getting in the best shape possible in the shortest amount of time!

**Sounds like a great reason to sign up!** If you missed the start of our most recent Bootcamps speak to our Fitness Director or our trainers about designing your own Bootcamp. You'll reach your fitness goals sooner than you thought!

### > PUT OUR STAFF through their paces!

For the month of February we will have a spin bike in the lobby for our **2nd annual Heart and Stroke Fundraising event**. Purchase any number of kilometers for \$2.00 each and assigning them to a staff member, trainer or instructor! You will be helping to keep our team fit and donating to a very worthy cause.

Each Kilometer is worth 5 minutes of riding so the more you give the sweeter they get!

### > TRAIN YOUR CORE like never before! KINESIS CORE is part of The New 20 Minute Workout Series. IT'S SIMPLE! IT'S EFFECTIVE! IT'S QUICK! And IT WORKS!

Speak to a trainer today to experience **KINESIS CORE**.

## Tennis Corner



### > JoAnn's Tip of The Month:

Proper footwear: Tennis requires a great deal of lateral movement as well a quick changes in direction. Sometimes I see players wearing running-style shoes while playing tennis. These shoes are designed to be used for running in one direction (i.e. jogging) and can lead to injury if worn to play a sport like tennis. Make sure that

you have proper footwear designed for your sport, otherwise you may end up turning an ankle!

### > RESULTS FOR THE ACCESS:

On **Saturday January 14th** HRC hosted an **Access Team Tennis Tournament**. Great fun was had by all participants in a very social setting with teams sitting at courtside cheering on their team members!! Final victory went to a local team of **JoAnn Pilkey, Deb Schaner, Tim Weichtel, and Adrian Shelly**. They defeated a team from Mayfair Lakeshore (Toronto) 18-13 in the finals.

### > HRC 2ND ANNUAL TRI RACQUET Tournament February 11th: See the Squash section for details!

## Squash Corner



### > Johnny's Tip of The Month:

Many of us took a break over the holiday from playing squash or working out. For that reason, even more than usual, make sure you try to warm

up properly. In this cold weather your muscles need time to get ready to play. Go into the gym ahead of your game and spend 5 to 10 minutes on the bike, walking on the treadmill or using the rowing machine. Start slowly and gently increase the difficulty. You should be slightly sweating before you go onto the court to play.

### > SAVE THE DAY!! Saturday Feb 11th! HRC is running the 2nd Annual Tri Racquet Tournament. Entry fee is \$30.00 per person. Entry deadline is February 8th. Each player will play a match of tennis, squash and table tennis, with points to be tallied at the end. Contact Johnny or JoAnn for more details, or to sign up.