



Headwaters Racquet Club

tennis · squash · fitness

Volume 3, Issue 1.

January 2012



> Members of the Month:

The Ball Family

The January members of the month are very appropriately named - The BALL family!! Ellie, Martin, James and Daniel enjoy many of our racquet programs such as Cardio Tennis, Stroke of the week, Tennis Boot camp, Tennis and Squash houseleague, Round Robins, Squash tournaments, etc. etc, etc.....

Their smiling faces around the club are very contagious!

> WOMEN'S HEALTH:

Back to Basics Seminar

TUESDAY JANUARY 17TH @ 7:00PM

Come and join us along with Dr. Danielle Marchildon, B.Sc, ND from the **Better Health Clinic**. Danielle is going to demystify some of the current health trends and help guide you on the right path for your health. Learn about ways to balance hormones and prevent illness at any age by getting back to the foundation of women's health.

This is a free event to members and friends!

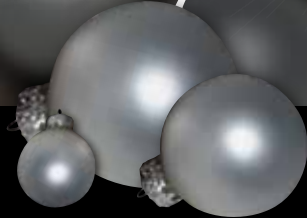
> NEW BALLROOM DANCING session starts January 16th.

The session runs for 8 weeks Mondays evenings.

Beginners: 7:00 – 8:30pm
Intermediate: 8:30 – 10:00pm

Members: \$128 +hst
Non-members: \$160 +hst

Season's Greetings



from our family to yours!



your friends at Headwaters Racquet Club

> HOLIDAY HOURS!

December 24th Christmas Eve: 8am-3pm
December 25th Christmas Day: Closed
December 26th Boxing Day: 8am-3pm
December 31 New years Eve: 8am-3pm
January 1st New Years Day: Closed

Group classes will not be running on these days.

> THE EDGE WINE BAR & GRILLE...

Happy holidays to everyone from the staff at The Edge Wine Bar and Grille.

Just a quick update as to what is happening upstairs at The Edge. **Every weekend** there is **live entertainment** featuring some great local talent. **To bring in the New year** we have put together a fabulous 4 course dinner menu at a great price of \$44.95 per person or \$80 per couple. Details are available online or upstairs at The Edge. **Edge gift cards make a great gift**, all members receive 20% off when purchasing a gift card as well as on **December 23 WAG JAG** is available again. A great value at 50% savings.

From all of us at The Edge we wish everyone a safe and happy holiday!

Look forward to seeing you at **THE EDGE!**

www.theedgewinebarandgrille.com



Fitness Corner



**THE NEW
20 Minute Workout!**

> KINESIS CORE

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**.

Session prices range from \$20 for a private to \$10 each for a group of 4. What a great compliment to your current cardio or weight training routine.

> **DON'T FORGET TO PICK UP** your copy of the new **fitness schedule** which starts **JANUARY 9TH!**



> **PLEASE JOIN US** for one of our continuing series of **FREE workshops** to help you take your workouts to the next level:

UPCOMING WORKSHOPS:

Ab Lab: Monday January 9 @ 8:00pm

Back On Track: Friday January 27 @ 10:30am

Learn To Ride: Wednesday January 18 @ 6:30pm

Tennis Corner



> JoAnn's Tip of The Month:

Save the TV shots for the pros!

Consistency in tennis is what will pay off in the end. You don't need to go for winners every time you wind up to hit a ball. Learn how to stroke the ball properly, learn some strategy and then train to outlast your opponent on those shots. If you are consistent enough, opportunities to hit winners will surface for you.

My coach used to tell me this:
Don't hit the million dollar shot when the \$10 special will do!!

> **HRC IS OFFERING** a new **A division** in our winter **Houseleague**. Players must be rated as 3.5 or higher (speak to Brian or JoAnn if you are unsure about your rating). Tuesday evenings with 2 timeslots: 6:30-8:00 & 8:00-9:30 (rotates weekly). Session begins January 10th for 10 weeks. Cost: \$40 (includes court fees, balls and a social with Tapas on the final evening!). Great deal! Great tennis! Contact JoAnn or the tennis bulletin board to sign up.

> **TENNIS ACCESS Team Tournament**
SATURDAY, JANUARY 14TH, 2012.
Teams are comprised of 2 men and 2 women.
Entry fee: \$45 per person

> **TRI-RACQUET Valentine Social**
FRIDAY, FEBRUARY 10TH, 2012.
Try your hand at tennis and squash in one event!
Entry fee: TBA

> **CONGRATULATIONS to Catherine Stening** who won the **OTA tournament** that HRC hosted December 17th and 18th. She won the Over-35 division beating her opponent in the final by a score of 6-7, 6-0, 6-2.

Squash Corner



> Johnny's Tip of The Month:

Leave your ego at the door.

If you can play the game without worrying about success relative to others, your growth will be

amazing. Try to be in the absolute moment when you play and your best squash will come out in you.

> **RESULTS FOR HRC'S Christmas Classic Squash Tournament** held December 14th-17th, sponsored by **Colony Ford-Lincoln** are as follows:

A Division

Winner: Dennis Beentjes **Finalist:** Alex Cormier

B Division

Winner: Caiden Fairbairn **Finalist:** Jeff Rawn

C Division

Winner: Ted Sherrard **Finalist:** Mark Robinson

D Division

Winner: Sean Coulter **Finalist:** Gary Temesy