



Headwaters Racquet Club

tennis · squash · fitness

Volume 1. Issue 4.

June 2010

> GREYSTONES PATIO NOW OPEN!

Come out and enjoy lunch or dinner outside on Greystones Rooftop Patio!



GREYSTONES WEST HOURS:

Mon-Wed: 5pm-10pm Thurs: 11:30am-10pm
Fri: 11:30am-9pm Sat: 11:30am-6:00pm
Sun: 11:30am-4pm



> Member of the Month: Colin Whyte

Colin is a dedicated racquets player. His focus is on tennis but he is also known to play a game of squash with his father (who keeps him on the run!). Colin works hard on improving his game by taking lessons and practicing regularly. He is also an avid camper at HRC's day camps. Colin is always helpful and brings to the court a positive attitude and a willingness to play with everyone.

> HAPPY ANNIVERSARY HRC!!



Come Celebrate with us on **Friday June 4th** from 6am-9pm!!

We'd like to show our appreciation to all of our valued members and invite you to drop into the Club for a few treats and a game of tennis or squash on us! Court fees will be complimentary for members for the day!

5PK of Personal Training Sessions at the special rate of \$200 +GST (only available to members on June 4th)



> CLUB CLOSED FRIDAY JUNE 11th

*We will be closing all day Friday for staff team building exercises.

Calling **ALL** Campers!



Summer is quickly approaching and so is **summer camp!**

It's time to **enroll** in one of HRC's awesome **summer camps.**

Limited spaces are available, **sign up soon!! Snacks and Lunch included!**

> CAMPS:

KINDER CAMP (Ages 5-7): This camp will include arts and crafts, active games, a variety of sports as well as instruction from our Pros in Tiny Tennis. Campers will also get to participate in music and movement, hand-eye coordination, and agility activities.

Dates: July 5-9, July 19-23, August 9-13 and August 23-27

ROCKIT RACQUETS CAMP (Ages 7-9, 10-12): This new and exciting camp is based exclusively on racquet sports: Table Tennis, Badminton, Tennis and Squash. There will be daily instruction from our racquet Pros as well as active games, round robins and challenges. Come and have a smashing good time!

Dates: July 19-23, Aug 23-27

VELOCITY SPORTS CAMP (Ages 7-9, 10-12): Experience a whole week of sports including: Basketball, Tennis, Soccer, Squash and Ultimate Frisbee. There will be instruction from our Pros as well as visits from special guests!

Date: July 5-9, Aug 9-13

Fitness Corner



> LOOKING FOR A NEW WORKOUT... Come try Pilates!

Pilates is an exercise program that strengthens your muscles and increases your stability. There is a strong focus on core stability and improved postural awareness.

Our Pilates classes partner well with our Group Power® and Group Ride® as part of your overall training program.

Class times: Pilates – Tuesdays at 1pm and Thursdays at 6:30pm

> GROUP RIDE! Want to burn hundreds of calories in one hour?



This is the workout for you! Group Ride will deliver an awesome cardio workout.

See our Fitness Schedule for Class times

> REGISTRATION POLICY

Please note that pre-registration is no longer available for our Group Ride® & Group Power® classes. They are now offered on a “first come, first serve” basis.

All other pre-registered group classes and activities adhere to our **24 hour cancellation policy**. If you fail to cancel, you may be subject to a fee.

Tennis Corner



> JoAnn's Tip of The Month:

Play offense not defense! Sometimes I see players hit the ball just before it bounces a second time which causes the ball to be hit “up” and not aggressively. Your goal as a tennis player is to challenge your opponents’ movement and timing.. If you hit the ball on the rise or before it declines, you can achieve both of those goals.

- JoAnn Pilkey

> PLAY IN THE SUN!



Our outdoor tennis courts are coming soon!

> TENNIS CLUB CHAMPIONSHIP RESULTS:

Mens

A Singles: Dennis Beentjes
B Singles: TBA
C Singles: Chris Holdroyd
C Singles Consolation: Gary Grant
A Doubles: Phil Staite/Terry Lawrence
B Doubles: Bill McConkey/Jim Hayter

Ladies:

A Doubles: Linda MacDonald/ Wendy Gray

Mixed:

A: Linda and Ken MacDonald
B: Jim Hayter/ Angella Hughes
C: Karen and Ted Hodge
C Consolation: Susan Hollett/ Pat Foote

Squash Corner



> James' Tip of The Month:

For this month, let's take a look at your patterns of play! We all have them, some good and some not so good. However, learning them and controlling them can give you a major advantage over your opponent! Try your best to keep them guessing by changing them up, especially as the match moves on to the 4th and 5th game!

Keep Squashing! - James

> NEW ROUND ROBIN TIMES FOR INTERMEDIATE AND ADVANCED PLAYERS.

Tuesdays: 5:15-7:00pm Courts 3 & 4
Thursdays: 6:45-9:00pm Courts 1&2



JUNIOR BRONZE SQUASH TOURNAMENT

A great moment for Junior Squash at HRC. 30 Junior squash-ers participated in the first annual “Junior Bronze Squash Tournament”