



Headwaters Racquet Club

tennis · squash · fitness

Volume 1. Issue 7.

September 2010



OPEN EVEN EARLIER!

HRC will be opening at 5:30am Monday – Friday starting September 13th!

> NEW FALL & WINTER PROGRAMMING BOOKLET!



Check out our action packed Fall and Winter Programming booklet!

Find out when your favourite programs are taking place and sign up now!

HRC's Fall fitness schedule will be effective September 13th.



> FALL REGISTRATION!

September 9th from 5pm-8pm!



> HRC WELCOMES SHEILA CORNEIL!

Sheila is HRC's newest team member and will be working as your Fitness Director. Sheila brings lots of experience and enthusiasm to the fitness industry. Please introduce yourself to her next time you're at the Club!



> Member of the Month:

Darlene Hayter

> Darlene Hayter takes part in a variety of activities here at HRC. She loves our Group Power and Group Ride classes and also spends much of her time on the tennis courts. She participates in Stroke-of-the-week, Tennis Boot Camp, Houseleague, private lessons and lots of recreational tennis with her husband Jim and her tennis friends. We love seeing Darlene's bright smile around the club (and the home-made cookies she brings us too!).



So Long, Farewell...

> We can't believe the summer has already come and gone, and what an amazing summer camp season it was! Throughout our programs, campers experienced super instruction from our tennis and squash Pro's, tasty snacks and lunches, several rounds of dodge ball, ultimate challenges and more! We would like to thank all of our campers and wish you all the best in this school year. We hope to see you back at our Christmas and March Break Camps.

Your Councilors, *Cassy, Katie, Sam & Jonathan*



> MEMBERS CORNER:

Do you have any information you would like to share with your fellow members?

We now have a *spot* that you can **advertise events.**

Please contact Kerri at the club 519.942.2255 or by e-mail at kerri@headwatersracquetclub.com

> KEEP YOUR EYES OPEN...

The juice bar IS COMING ALIVE!!!



Fitness Corner



> JAZZ UP YOUR FITNESS ROUTINE, AND BURN **MORE** CALORIES!!

Interval training is a great way to Jazz Up your fitness routine and in fact helps to burn extra calories. So exactly what is interval training? It is simply alternating bursts of intense activity with lighter activity. For example, try adding some short bursts of jogging into your brisk walk. There are many benefits of...

> ...incorporating **interval training** into routine:

1. Burn extra calories
2. Improve aerobic capacity
3. Add variety to your work out
4. Easy to incorporate in your everyday routine

By adding intervals to your training, not only will you see these benefits but you will also increase your stamina. Challenge yourself and add intervals to your next workout!!

> **FREE ZUMBA CLASSES** NEXT WEEK!

Tuesday & Thursday
@ 5:30pm

Wednesday & Friday
@ 10:30am



As a thank you for coming... Take advantage of the Buy one Get one ½ off in September!!

Buy one 12 visit Zumba package and get the second at 50% off! That means you can have 24 Zumba classes at \$4.31 each for members and \$ 7.44 each for non members.

Hurry... the deal ends September 15th!

> **TRI-RACQUET TOURNAMENT!**

HRC is hosting its first annual Tri-Racquet tournament on September 18th, which includes competing in tennis, squash and table tennis all in one day!

Entry fee: \$30 per person
Lunch is included at Greystones West

Entry Deadline: September 16th

Sign up with James and give it a "TRI"!!!

bounces, then hits and come off the back wall. You then get into a position so that you are able to catch the ball on your strings before it bounces on the floor twice.

You will find facing the back corner at a 45 degree angle and bending your knees tends to help with this! As you get better with position and timing start to rotate your forearm over so that you can flick the ball onto the front wall. Keep your wrist cocked and try to focus on hitting the ball upwards— away from the tin.

Squash-ers keep Squashing!! - James

Tennis Corner



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

Don't plant too soon!

When hitting an overhead, especially on the outdoor courts where wind can be a factor, keep your feet moving in case the location of the ball changes or in case you have misjudged it. If you plant your feet too soon, you may end up having to reach for the ball which usually results in the loss of power on the shot.

Putting your free arm up in the air and pointing at the ball will not only help you gauge where the ball is in relation to where you are, but it also extends your body upwards which allows you to take full swing at the ball.

Keep Smashing!! - JoAnn Pilkey

Squash Corner



> **James' Tip of The Month:**

For this month's squash tip I will spend a moment on helping you dig the ball out of the back corners. I find the best way to learn this is to start by feeding a straight drive to yourself, deep enough that it