



Contents

Program Registration Form	2
Aquatics	3
Swimming Lesson Schedule	5
Recreation - Tot Programs	6
Recreation - Jr. Programs	7
Badminton	8
Squash	10
Fitness - Yoga, Pilates	12
Cardio Programs & Kids Health & Fitness	13
Complimentary Fitness Programs	14
Aerobic & Weight Room Schedule	15
Personal Training	16
Fall Yoga Workshops	17
Skating & Hockey	18
Tennis	20
Calendar of Events	22
Affiliated Clubs	23

MEMBERSHIP CARDS

As a majority of our members consider security a top priority, we ask for your continued cooperation in swiping your membership card during each visit to the club. If you happen to forget your card, please sign-in at the front desk upon your arrival.

Program Registration

Sport _____

Program Name _____

Day & Time _____

Participant Name _____

Age _____ Date of Birth (d/m/y) _____

Parent Name _____

Day Time Phone _____ Evening Phone _____

Email _____

WWC account number _____

Waiver

In Consideration of my participation or my child's participation in the Winnipeg Winter Club programs, I agree to hold and save harmless to the Winnipeg Winter Club and all its coaches and Directors jointly from any claims or injuries sustained while at the Winnipeg Winter Club or for loss or damage however caused.

Parent signature

date

Registration Policies and Rules

This program guide contains all the details for the Fall 2011 programs at the Club. You will only be contacted if the programs have been cancelled due to lack of participants or if you have been placed on a waiting list. Winnipeg Winter Club does not phone to remind members of league or program start times. Please Note: All programs subject to GST.

Please read the following carefully...

Program Registration

Registration forms and waivers MUST be filled out and can be dropped off, mailed, or faxed (284 - 2567) to the front desk. Additional registration forms will be available at the front desk, as well as from each department. Please feel free to contact the professional staff for further information.

Cancellation Policy

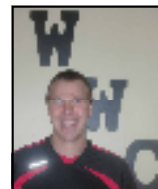
- Unless otherwise specified, cancellations MUST be received between Monday and Friday, a minimum of five business days prior to the start of the program.
- If your cancellation is not received by the second class of the program which the participant is registered, you will be charged the FULL amount.
- All cancellations will be subject to a \$15.00 administration fee.

Private Lesson Cancellation Policy

- No refund will be given after the second class of a program
- Refunds made at the request of the participant may be pro-rated and subject to a \$15.00 administration charge.
- Refunds will be paid in full if the Winnipeg Winter Club cancels the session.

Aquatics

Recreation Manager **Jeff Mitchell**, jmitchell@winnipegwinterclub.com or call ext. 114



SWIMMING LESSONS

The Red Cross Swim Program has 2 divisions:
Red Cross Swim Pre-School and Red Cross Swim Kids.

SWIM PRE-SCHOOL

The Red Cross Swim Pre-School program is offered as a four level program which allows swimmers to enter various levels based on their age and their ability.

- ▶ Sea Turtle
- ▶ Salamander
- ▶ Sunfish
- ▶ Crocodile

This program is best suited for children up to 5 years old. Participants will enjoy action-packed classes that make learning fun. Caregivers may choose to be present if they choose.

SWIM KIDS

Red Cross Swim Kids is a ten level program for ages 6 and up. This program will help swimmers develop all 6 Strokes: Front and Back Crawl, Elementary Back Stroke, Breaststroke, Butterfly, and Side Stroke.

Participants will actively learn how to be safe in and around the water and also increase fitness and endurance. This is done through learning in a fun environment. Participants will be challenged to grow and achieve personal bests.

LESSON CLASS SIZES

To be sure we are offering the highest level of service and instruction to all families we will be capping all lessons at 4 participants.

WHAT PROGRAM IS RIGHT FOR MY CHILD

If you are not sure of what program to enrol your child or have further questions, please contact Jeff @ ext. 114.

PARENT AND TOT PROGRAM

Looking for more bonding time with your child? Try our Parent and Tot program. It's an exciting program packed with fun games, sing-alongs and water tips for caregivers.

When: Saturdays 9:30-10:00 a.m.
Session: Sept 24 - Dec 10, 2011
Cost: \$70
NOTE: No Class October 8, 2011.

PLEASE EMAIL ALL SWIMMING REGISTRATIONS TO:

Jeff Mitchell

jmitchell@winnipegwinterclub.com

or call 452-3311 ext. 114

LIFE SAVING PROGRAMS

The Life Saving program has 2 divisions:

- ▶ Swim Patrol
- ▶ Bronze Family

Each level contains 3 modules:

- ▶ Water Proficiency
- ▶ Recognition and Rescue
- ▶ First Aid

SWIM PATROL

This program introduces participants to various rescue scenarios and is designed to increase fitness levels and general safety knowledge in and around the water.

Target Participants:

▶ Participants should have completed Swim Kids however, participants do need to be strong, skilled swimmers, aged 8 - 12 years.

Patrol Program

When: Wednesday 5:30-6:30 p.m.
Session: Sept 21 - Dec 7, 2011
Cost: \$125

BRONZE FAMILY

BRONZE STAR

Bronze Star participants develop problem solving and decision making skills both as individuals and as members of a team.

When: Thursdays 5:00-6:00 p.m.
Session: Sept 22 - Dec 8, 2011
Cost: \$150

NOTE: Participants must be a minimum of 12 years of age to register.

BRONZE MEDALLION AND BRONZE CROSS

These programs teach participants four main principles:

- ▶ Water Rescue
- ▶ Judgement
- ▶ Knowledge
- ▶ Improve water skills and fitness.

Target Participants:

To enrol in Bronze Medallion you must have completed Bronze Star or be 13 years of age

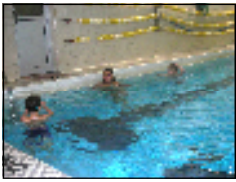
NOTE: Bronze Medallion is a prerequisite for Bronze Cross

Bronze Medallion

When: Thursdays 6:30 - 8:00 p.m.
Session: Sept 22 - Dec 8, 2011
Exam date: TBD
Cost: \$265 (text included)

Bronze Cross

When: Thursdays 6:30 - 8:00 p.m.
Session: Sept 22 - Dec 8, 2011
Exam date: TBD
Cost: \$245



Aquatics

Recreation Manager **Jeff Mitchell**, jmitchell@winnipegwinterclub.com or call ext. 114

PRIVATE AND SEMI-PRIVATE LESSONS

If your family has a busy schedule, private swimming lessons may be just for you! Swimmers will receive instruction that focuses on their own specific needs. There are limited spaces available for these lessons so please register to guarantee your place.

ADULT LESSONS

Looking to improve your stroke? Do you want to overcome your fear of the water? Do you want to increase your water safety knowledge?

- ▶ These are private and semi-private classes, where an instructor will work personally with you to accomplish your specific goals.
- ▶ Contact Jeff @ ext. 114 for more information on how we can work together to design a program for you.

AQUA FIT

Need a change from your regular morning work-out routine? Then you need to try this low impact water workout. This full body workout will improve your endurance, strength, and flexibility.

When: Monday - Friday 9:15 - 10:15 a.m.
Cost: \$5 drop-in, or \$25 unlimited/month
NOTE: NO Class on Oct 10 & Nov 11, 2011.

WWC ENDURANCE CLASS

A challenging and fun class for our more advanced swimmers. This class is a great chance to learn more advanced swimming techniques and drills to bring your swimming to the next level.

When: Saturdays 11:45am - 12:30pm.
Session: Sept 24 - Dec 10, 2011
Cost: \$60

NOTE: It is recommended that you have completed level 10 of the swim kids program or an equal level.

SCUBA ORIENTATION

Interested in trying something different?
Why not give Scuba a try?

A fun and enjoyable evening where you, your family and friends can try something new and different.

The exciting class will consist of a 90 minute course, containing a mixture of dry land education and practical Scuba experience in the water.

We are also pleased to announce that we can now run our kids Scuba class with as few as 3 kids per class. Put your name down or get a group together and let the fun begin!

Days and times to vary depending on your groups scheduling demands.

NOTE: A medical questionnaire is required to be completed by all participants prior to attending.

For further information please contact Jeff @ ext. 114.

PADI CERTIFICATION COURSE

If you are looking to get formally certified please contact Jeff @ ext. 114 for more information.

We can then look into setting up an official PADI certification course right here at the Winnipeg Winter Club.

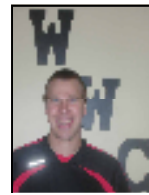
**PLEASE EMAIL ALL SWIMMING
REGISTRATIONS TO:**

Jeff Mitchell

jmitchell@winnipegwinterclub.com

or call 452-3311 ext. 114

Aquatics



Recreation Manager **Jeff Mitchell**, jmitchell@winnipegwinterclub.com or call ext. 114

SWIMMING LESSON SCHEDULE

Monday, September 19th - December 10th, 2011.

* 10 week sessions still offered.

Monday, September 19th - December 5th, 2011.

No Class October 10, 2011.

Make Up Lesson December 12, 2011

Private / Semi-Private	4:00-4:30	\$138 / \$98
Sea Turtle	4:00-4:30	\$70
Private / Semi-Private	4:30-5:00	\$138 / \$98
Salamander	4:30-5:00	\$70
Level 1	5:00-5:30	\$70
Level 2	5:00-5:30	\$70
Private / Semi-Private	5:30-6:00	\$138 / \$98
Level 3	5:30-6:00	\$70
Private / Semi-Private	6:00-6:30	\$138 / \$98
Private / Semi-Private	6:00-6:30	\$138 / \$98

Tuesday, September 20 - December 6, 2011.

Private / Semi-Private	4:00-4:30	\$150 / \$100
Sunfish / Crocodile	4:00-4:30	\$70
Level 1	4:30-5:00	\$70
Level 2	4:30-5:00	\$70
Level 3	5:00-5:30	\$70
Level 4	5:00-5:30	\$70
Level 5	5:30-6:15	\$80
Level 8	5:30-6:15	\$80
Level 6	6:15-7:00	\$80
Level 7	6:15-7:00	\$80
Level 9	7:00-7:45	\$80
Level 10	7:00-7:45	\$80

Wednesday, September 21 - December 7, 2011.

Private / Semi-Private	4:00-4:30	\$150 / \$100
Private / Semi-Private	4:00-4:30	\$150 / \$100
Private / Semi-Private	4:30-5:00	\$150 / \$100
Private / Semi-Private	4:30-5:00	\$150 / \$100
Sea Turtle	5:00-5:30	\$70
Salamander	5:00-5:30	\$70
Swim Patrol	5:30-6:30	\$125
Private / Semi-Private	5:30-6:00	\$150 / \$100
Private / Semi-Private	5:30-6:00	\$150 / \$100
Private / Semi-Private	6:00-6:30	\$150 / \$100
Private / Semi-Private	6:00-6:30	\$150 / \$100
Adult Development	7:00-8:00	\$90

PLEASE EMAIL ALL SWIMMING REGISTRATIONS TO:

Jeff Mitchell

jmitchell@winnipegwinterclub.com

or call 452-3311 ext. 114

Thursday, September 22 - December 8, 2011.

Private / Semi-Private	4:00-4:30	\$150 / \$100
Private / Semi-Private	4:00-4:30	\$150 / \$100
Sunfish	4:30-5:00	\$70
Crocodile	4:30-5:00	\$70
Level 5	5:00-5:45	\$80
Level 6	5:00-5:45	\$80
Level 7	5:45-6:30	\$80
Level 8	5:45-6:30	\$80
Bronze Star	5:00-6:00	\$160
Private / Semi-Private	6:00-6:30	\$150 / \$100
Bronze Medallion	6:30-8:00	\$305 (w Text)
Bronze Cross	6:30-8:00	\$280

Friday, September 23 - December 9, 2011.

No Class October 7, 2011.

Make Up Lesson December 16, 2011

Private / Semi-Private	4:00-4:30	\$150 / \$100
Private / Semi-Private	4:00-4:30	\$150 / \$100
Private / Semi-Private	4:30-5:00	\$150 / \$100
Private / Semi-Private	4:30-5:00	\$150 / \$100
Level 4	5:00-5:30	\$70
Private / Semi-Private	5:00-5:30	\$150 / \$100
Private / Semi-Private	5:30-6:00	\$150 / \$100
Level 9 / Level 10	5:30-6:15	\$80
Private / Semi-Private	6:15-6:45	\$150 / \$100
Private / Semi-Private	6:15-6:45	\$150 / \$100
Private / Semi-Private	6:45-7:15	\$150 / \$100

Saturday, September 24 - December 10, 2011

No Class October 8, 2011.

Private / Semi-Private	8:30-9:00	\$150 / \$100
Private / Semi-Private	8:30-9:00	\$150 / \$100
Private / Semi-Private	9:00-9:30	\$150 / \$100
Private / Semi-Private	9:00-9:30	\$150 / \$100
Parents & Tots	9:30-10:00	\$70
Salamander	10:00-10:30	\$70
Sea Turtle	10:00-10:30	\$70
Sunfish	10:00-10:30	\$70
Crocodile	10:30-11:00	\$70
Level 1 / Level 2	10:30-11:00	\$70
Level 3 / Level 4	10:30-11:00	\$70
Level 5	11:00-11:45	\$80
Level 6	11:00-11:45	\$80
Level 7 / Level 8	11:00-11:45	\$80
Level 9 / Level 10	11:45-12:30	\$80
Endurance Class	11:45-12:30	\$60
Private / Semi-Private	12:30-1:00	\$150 / \$100
Private / Semi-Private	12:30-1:00	\$150 / \$100

Make Up Lesson December 17, 2011



Recreation, Child Care, & JR Lounge

Recreation Supervisor: Jessica Barsky jbarsky@winnipegwinterclub.com

CHILD CARE

Child Care is available for children aged 6 weeks to 6 years old whose parents are on the Winnipeg Winter Club premises.

Hours of Operation:

Monday - Thursday	9:00 a.m. - 6:00 p.m.
Friday	9:00 a.m. - 9:00 p.m.
(in conjunction with Munchkin Mania and Friday Night Dinner at the Wint.)	
Saturday	9:00 a.m. - 1:00 p.m.

*Hours are subject to change

Cost:	\$4.75 per child/hour
	\$2.50 per child/hour for additional children in the family.

Please note that guests of the Club members may also employ babysitting services for \$4.75 per child/hour. Extended child care available by request. Please contact Jessica to get more information.

NEW!

Babysitting Monthly Passes Available!

Enjoy the Club often while knowing your child is taken care of in our babysitting centre!

The Club is now offering unlimited childcare with our monthly pass within babysitting hours!

Pass Rates:	\$30/ month single child
	\$40/ month 2 children
	\$5 per month for each additional child on the pass.

Regulations: In accordance with the Manitoba Community Child Day Care Standards Act, no more than 8 children can be supervised in the center at one time. Please book ahead at the switchboard to avoid disappointment. Please bring labeled bottles, soothers, diapers, wipes and a change of clothing for infants. If your child is toilet training please bring a change of clothing. Babysitting services are intended only for children whose parents are on the WWC premises. Please do not leave your children unattended.

TOT PROGRAMS (Age 3-6)

KRAFTY KORNER

From painting to sculpting or gluing to glittering. Kids will be introduced to a new craft project each week.

When:	Friday 6:00 - 6:30 p.m.
Session:	September 23rd - November 25th, 2011
Cost:	\$75 (10 Classes) or \$9 drop in.
Age:	3-6

SILLY STRETCH

Encourages kids to be active and work on flexibility while engaging in a social environment.

When:	Monday 9:30 - 10:00 a.m.
Session:	September 12th - December 12th, 2011
Cost:	\$90 (14 Classes) or \$9 drop in.
Age:	3-6



BIRTHDAY PARTIES

Let our Junior Lounge staff organize the party of your dreams.

You can build your own party by picking from a variety of themes and activities or choose one of our specialty birthday packages.

Invitations are also available at no cost when booking a party.

Pick up Birthday Party Packages at the Front Desk or on our website!

MUNCHKIN PROGRAMS (Age 7-11)

NEW!

CYCLE SAFELY (Birds Hill)

When:	Sunday, September 11th, 2011.
	10:00 am-2:00 pm
Cost:	\$30 (includes picnic in the park)
Age:	7-11

NEW!

CYCLE SAFELY (St. Boniface)

When:	Sunday, September 25th, 2011.
	11:00 am-1:00 pm
Cost:	\$20
Age:	7-11

Come out and learn the rules of the road for cyclists and how to get to and from your destinations as safely as possible while having fun exploring with friends.

Meet at the WWC with equipment.

Class is weather dependent. You may be contacted if dates need to be changed due to weather disruptions.

Items you will need:

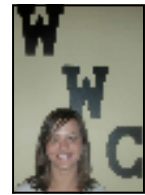
- Helmet
- Bicycle
- Comfortable Shoes

ART HOUR

From oil painting to sculpting or gluing to water colours. Kids will be introduced to a new craft project each week.

When:	Saturday 12:00 - 1:00 p.m.
Session:	September 24th - November 26th, 2011
Cost:	\$75 (10 Classes) or \$9 drop in.
Age:	7-10

Recreation, Child Care, & JR Lounge



Recreation Supervisor: **Jessica Barsky** jbarsky@winnipegwinterclub.com

JUNIOR LOUNGE PROGRAMS

The Junior Lounge is an area designed for children too old for babysitting, but too young to be unsupervised while parents are exercising or dining. Fun after-school and weekend activities include games, crafts, sports, homework help and more. Ask at the front desk for more details about the various weekly themes. This program is for children 4 - 12 years of age.

When: Monday - Friday 4:00 - 7:00 p.m.
Saturdays 9:00 - 1:00 p.m.

Family Month Pass

Includes up to 4 siblings (excludes Munchkin Mania) or you can still take advantage of the drop-in service at \$5 per child/per visit.

Cost: \$50

Please register for these passes by the first Tuesday of every month by emailing Jessica Barsky.

*Need extended Hours?

Do you need extended child care hours for a tournament or WWC event? Email or call Jessica with details to arrange for this.

MUNCHKIN MANIA

Munchkin Mania is our 'Friday Night Party' in the Junior Lounge. Join us for events like mini-Olympics, scavenger hunts, bowling and more. Dinner will be served at approximately 6:45 p.m. Munchkin Mania is for children 4-12 years of age.

When: Friday nights from 6:00 - 9:00 p.m.
(in conjunction with Friday Night Dinner at the Wint)

Cost: \$12 (pre-registered at the front desk by Thursday, 8:00 p.m.) or \$14 for drop-in

Please see the WWC website or the front desk for a listing of weekly events. (subject to change)

BOWLING

Our four lane bowling center is free to members during regular Club hours. Indoor running shoes are required in the bowling center. The center may be reserved ahead of time for special occasions such as birthday parties. All functions need to be booked in advance. Glow bowling is also available, please contact Jessica for more info and to book the bowling center.

TEEN PROGRAMS (Age 12-16)

TEEN COOKING NIGHTS

Sharpen your cooking skills or just learn the basics. We will make some classics and experiment with some mouthwatering temptations. Sign up with Jessica to take part in these fun nights.

When: Monday 6:00 - 7:30 p.m.
Session: September 26th, 2011
Theme: Fall Comforts in Under 20 Minutes!

When: Monday 6:00 - 7:30 p.m.
Session: December 12th, 2011
Theme: Holiday Treats

Cost: \$12
Ages: 12 - 16

JUNIOR CAKE DECORATION

Learn how to decorate your very own zany Halloween Cake and Cake Balls! Jessica will instruct you through the basics of how to bake your cakes, how to make your icing and how to make it all come together!

When: Saturday 10:30 - 12:00 p.m.
Session: October 29th, 2011
Cost: \$12/per junior
Ages: 12 - 16

TEEN YOGA

Are you looking for a workout program that's easy to learn, requires little or no equipment, and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, get registered for this great program.

Although yoga includes physical exercise it is also a lifestyle practice for which exercise is just one component. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

When: Mondays 5:00-6:00 pm
Session: September 19th-December 12th (14 classes)
Cost: \$120 or \$12 drop in

Note: Dress comfortably for your first yoga session in clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top are best. Yoga is practiced barefoot, so you don't have to worry about special shoes.

SPECIAL EVENTS

WWC GIRLS SLUMBER PARTY

Facials, manicures, movies, pizza snacks and a pancake breakfast! Swimming and tons more fun at this all night slumber party.

When: Saturday, November 12th 7:00 p.m.
- Sunday, November 13th 9:00 a.m.

Ages: 10-16
Cost: \$25

NOTE: GIRLS ONLY!

Badminton



Head Professional: Archie Chawla achawla@winnipegwinterclub.com or call ext. 118

Assistant Pros: Anil Kaul, Janet Harrison.

ADULT PROGRAMS

LADIES' REC DOUBLES LESSONS/ROUND ROBIN

This program is for women who are starting to play or who are interested in playing recreational Badminton. This is a fun way to learn and improve your game. To participate call Archie by noon on the day of play and be ready to play at 1:30 p.m. The first 30 minutes will be lesson time followed by a few games of doubles.

When: Tuesdays 1:30 - 3:00 p.m.
Session: September 20 - December 13, 2011.
Cost: \$6 / Session (Cost of shuttles included)

CO-ED DOUBLES ROUND ROBIN

Come for an excellent evening of "B", "C" & "D" level (Men) and "A", "B", & "C" level (Women) play. Players are to register with Archie by 2:30 p.m. every Tuesday. Format is by level of play. A minimum of 4 players must be available at any particular level to play.

When: Tuesdays 7:30 - 9:00 p.m.
Session: September 20 - December 13, 2011.
Cost: Cost of Shuttles (pro-rated)

DOUBLES / MIXED DOUBLES ROUND ROBIN

This is the most popular activity in the badminton section, nicknamed the "hit & giggle" night. Players are to register with Archie by 2:30 p.m. every Wednesday. If you have not come out to this evening and are looking for something fun & social you owe it to yourself to try doubles / mixed doubles. Sign up as a couple or an individual.

The level of play is intermediate-advanced.

When: Wednesdays 7:30 - 9:30 p.m.
Session: This is a year round activity!
Cost: Cost of Shuttles (pro-rated)

CO-ED REC/BEGINNER PLAYERS ROUND ROBIN

This program is for recreational and beginner players to come together as a group and have fun playing singles, doubles, and mixed doubles. To play, register in the badminton lounge by 1:20 p.m.

When: Sundays 1:30 - 3:00 p.m.
Session: September 18 - December 11, 2011.
Cost: Cost of Shuttles (pro-rated)

CO-ED - INTERMEDIATE/ADVANCED PLAYERS

This is a great drop-in program for intermediate and advanced players! Players mix and match and play a few games of singles, doubles, and mixed doubles. Register in the badminton lounge by 1:20 p.m.

When: Sundays 1:30 - 3:00 p.m.
Session: September 15 - December 11, 2011.
Cost: Cost of Shuttles (pro-rated)

NOON HOUR PLAY & HITTING SESSION

Badminton games will be organized at Lunch hour from 12:00-1:00pm. Based on choice of days preferred by interested players specific days will be selected for organized play.

Thursdays will be designated as hitting / Drill session, which will be a combination of instruction and workout.

To express interest and choice of days please contact Archie by September 23rd, 2011.

When: Tuesday - Friday 12:00 - 1:00 p.m.
Session: October 4 - December 16, 2011
Cost: Cost of Shuttles (pro-rated)
\$50 / Session for hitting clinic (shared)

MEN/WOMEN SINGLES LEAGUE

Any male or female players interested in signing up for the singles ladder please call Archie by September 23, 2011. The players will be grouped according to their level of play. Each session will be four weeks in duration, during which one will have to play 4-5 self arranged matches. Based on the results, players will be moved up or down following each session. four weeks.

There will be two sessions October / November and November / December 2011.

THEME NIGHT

The Badminton Social Committee features a theme night combining socializing and badminton every 6-8 weeks. This is always an exciting evening so watch the bulletin board for feature nights!

Team Night on Wed, Sept 28, 2011.

Season Opener / Halloween Mixer on Wed, Oct 26, 2011.

ADULT CLINICS

WELCOME REC/BEGINNER PLAYERS!

COMPLIMENTARY EVALUATION & LESSON CLINIC

All new recreational players are invited to take advantage of 4 organized group lessons, offered free of charge to learn the basics and rules of the game. At the end of this 4 week session you will be placed in the activities to suit your level of play or you can continue in the round robin on the same day with the group of players you took lessons with. To register fill out the registration form or call Archie.

When: Tuesdays 8:00 - 9:00 p.m.
Session: September 27, October 4, 11 & 18, 2011.
Cost: FREE

LADIES GROUP LESSONS - BEGINNER/INTERMEDIATE

Any ladies who are interested in group lessons please register by filling out the registration form or by calling Archie by September 13, 2011. There will be 6-one hour lessons.

When: Tuesdays, Wednesdays or Thursdays
10:00 - 11:00 a.m.
Cost: \$60 (minimum of 4 people)
Session starts: Week of October 11, 2011.

NOTE: Alternate times can also be arranged.



Badminton

Head Professional: Archie Chawla achawla@winnipegwinterclub.com or call ext. 118
Assistant Pros: Anil Kaul, Janet Harrison.

JUNIOR PROGRAMS

Each session of Junior Group Lessons consists of 12 lessons (2 lessons/week) over a six-week period. For more consistent and speedy improvements, it is recommended that Juniors try to enrol under this format rather than having one lesson per week.

PEE WEE - HAND & EYE CO-ORDINATION & BADMINTON

Target Age: 4 - 6 year olds
 When: Saturdays 10:45 - 11:30 a.m.
 Session: September 24 - December 10, 2011.
 Cost: \$90/player (9 classes)

BEGINNER/LEVEL 1

When: Wednesdays 4:30 - 5:30 p.m.
 Saturdays 10:00 - 11:00 a.m.
 Session: September 21 - December 17, 2011.
 Cost: \$240 (22 Classes)

LEVEL 2

When: Wednesdays 5:30 - 6:30 p.m.
 Saturdays 10:30 - 11:30 a.m.
 Session: September 21 - December 17, 2011.
 Cost: \$240 (22 Classes)

LEVEL 3

When: Wednesdays 6:30 - 7:15 p.m.
 Saturdays 11:30 a.m. - 12:15 p.m.
 Session: September 22 - December 17, 2011.
 Cost: \$240 (22 Classes)

NOTE: Group lessons cost is based on minimum of 4 participants in the class. In the case of decreased numbers the cost will increase accordingly.



JUNIOR COMPETITIVE *A* CLINIC

This clinic is for juniors who have progressed to an advanced level and are keen about playing competitive badminton. The clinics are well structured with a strong emphasis on learning higher skills, strategy, fitness training, hard work, proper focus, regular attendance, keen desire and the right attitude.

When: Tuesdays 5:30 - 7:30 p.m.
 Thursdays 6:30 - 8:30 p.m.
 Session: September 6 - December 15, 2011.
 Cost: \$95/month or \$300 for Fall Session. (cost of Shuttles extra)

JUNIOR COMPETITIVE *B* CLINIC

When: Thursdays 5:00 - 6:30 p.m.
 Saturdays 11:45 a.m. - 1:15 p.m.
 Session: September 6 - December 15, 2011.
 Cost: \$95/month or \$300 for Fall Session. (cost of Shuttles extra)

JUNIOR COMPETITIVE *A & B* LADDER

When: Saturdays 1:30 - 3:30 p.m.
 Session: September 17 - December 17, 2011.
 Cost: Cost of Shuttles pro-rated each time.

PRIVATE AND SEMI-PRIVATE LESSONS FOR JUNIORS AND ADULTS

PRICES WITH HEAD PRO / ASSISTANT PRO

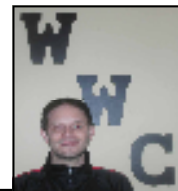
1 player	\$20 / 30 mins	\$17 / 30 mins
	\$28 / 45 mins	\$24 / 45 mins
	\$36 / 60 mins	\$30 / 60 mins
2 players	\$12 / 30 mins	\$10 / 30 mins
	\$17 / 45 mins	\$14.50 / 45 mins
	\$22 / 60 mins	\$19 / 60 mins
3 players	\$9 / 30 mins	\$8 / 30 mins
	\$13 / 45 mins	\$11 / 45 mins
	\$17 / 60 mins	\$14.50 / 60 mins
4+ group	\$7 / 30 mins	\$6 / 30 mins
	\$10 / 45 mins	\$8.50 / 45 mins
	\$13 / 60 mins	\$11 / 60 mins

NOTE: All prices are per person.

Squash

Head Professional: Trevor Borland tborland@winnipegwinterclub.com or call ext. 105

Assistants: Andrew Boumford, Tom Brown and Nikki Todd



WWC SQUASH PROGRAMS

Over the past 10 years our program has trained 3 different National Champions, 4 different Canadian Junior Open Champions, A US Junior Open Champion and a Pan Am Games Champion. Other opportunities that alum from our program have taken part in over the past decade include: Junior World Championships, Junior Pan Am Championships, The Commonwealth Games, The Canada Games, British, Scottish, US and Canadian Junior Opens. Our program has made up the majority of our Provincial Junior Team as well over the past decade which travels to junior tournaments in Canada. 5 of our athletes have been part of the Canadian Junior Squad.

Several of our athletes through squash have had the opportunity to take both their squash and schooling abroad and play squash at Ivy League schools. We've had athletes attend a number of the Ivy league schools including Dartmouth, Penn and Cornell.

Our Head Professional, Trevor Borland, has been the Manitoba Provincial Team Head Coach for the past 14 years. Trevor has been the Head Coach of our last three Canada Games Teams in 2003, 2007 and 2011.

Trevor has also been an assistant coach for the Canadian Junior Boys Team at the World Junior Championships in 2006. The Head coach of the boys team at the Pan Am Junior Championships in Peru, 2008. Head Coach for the Canadian Team at the 2010 World University Championships in Australia and most recently assistant coach at the 2010 Commonwealth Games in Delhi, India for Team Canada.

In our programs we strive to help athletes reach their best as both an athlete and a person.

ADULT PROGRAMS

HOUSE LEAGUE

This is our most popular league! Players sign up individually and are placed in a group with people of similar level. They will have a match arranged by Trevor with someone from their group with a designated match time for the evening. Each week an email is sent out on the Friday to those in the league asking whether or not you are able to play on the Monday night coming. The line up of matches is then sent out on the Sunday evening so people are aware on Monday morning of whom and when they play. Matches start as early as 5pm, so please indicate if you have any time restrictions.

To sign up for the league please contact Trevor at ext. 105. Players of all levels are welcome and needed.

When: Mondays starting at 5:00pm.
Starts: Sept. 19th, 2011.
Cost: Free

TECHNO SQUASH LEAGUE:

The Techno league is great for playing at your own convenience. It's the perfect solution to finding that once per week squash match. Whether you're new to the club or have been playing for years, chances are you'll find someone new to play.

Our squash staff will email you and your opponent a suggested match with one another for the week. All you do is arrange your match time with your opponent and play.

It is a great way to play competitive and fun matches at your own level.

Players email results to the Pro.

Register: Anytime, with Trevor.
Starts: October 3rd, 2011.
Cost: Free

NOVICE NIGHT

Our Novice Night of squash takes place on Wednesday nights from 6:30pm-7:15pm. Our Novice nights are designed for players either new to the game or for those playing at the beginner/novice level. Participants are taught the basics of the game in order to help prepare them for either league or just fun recreational play at the club. Those who come out on a regular basis will work on a designated skill each week followed by game play. Equipment will be provided for those who need it. If you are new to the night and would like to come out and give it a try please call Trevor at ext. 105 to register.

When: Wednesdays 6:30pm-7:15pm
Starts: Sept. 14th, 2011.
Cost: Free

COMPETITIVE TRAINING GROUP

Our competitive Training group is for players who compete at an A or B level. The group will focus on helping each participant to improve through drills, conditional games and match play. There will also be various fitness components including court movements and agility drills.

When: Saturdays 1:15-2:45pm.
Starts: Sept. 10th, 2011.
Cost: \$11 per session

ADULT DRILL SESSION (C-E level players)

The session will be designed for those players who play at the C through E level. If you are unsure if you fit in to this level, please ask one of our squash staff. The sessions will be drill based with the idea for participants to learn new drills they can use on their own or with a partner as well as to get a good work out. Each night will have a theme to the drills.

When: Tuesdays 6:30-7:30pm
Starts: Sept. 13th, 2011.
Cost: \$11 per session



Squash

Head Professional: Trevor Borland tborland@winnipegwinterclub.com or call ext. 105
Assistants: Andrew Boumford, Tom Brown and Nikki Todd

JUNIOR PROGRAMS:

Please speak with Trevor to find out which program is right for your child.

MUNCHKIN PROGRAM

This program is designed for those children between the ages of 5-8 who want to learn to play squash. The program will be an introduction to the basics of the game through a variety of skills, drills and games. Mini squash racquets are recommended for this program and glasses are needed. Junior Squash Balls are used in this program which are a better way for kids to start.

Focus: -fun
-eye/Hand co-ordination
-the basics
When: Fridays 4:30-5:00pm and/or
Sundays 10:30-11:00am.
Session: Sept. 18th – Dec. 18th, 2011.
Cost: \$130 (2x per week) \$85 (1x per week)
Min 3 Max 9 Participants

INTERMEDIATE PROGRAM

This program is designed for youngsters ~9-13 years of age. The program is aimed towards those who want to have more fun as they strive to become their best. Players will learn the technical skills they need to advance and with a focus on game play. Please talk to Trevor to find out which program is best suited for your child.

Focus on: -development of fundamental technical skills
-development of court movements and foot work
-introduction of tactics/games
-fun
When: Sundays 11:00am-12:00pm
Session: Sept. 18th – Dec. 18th, 2011.
Cost: \$125
Min 3 Max 9 Participants

TEEN SQUASH

This Program is designed for those teens ~13-17 years of age. The program will help teens learn a great life long sport through a combination of drills, conditional games and games. The program will help teens have fun while learning valuable skills they can use for years to come. The program is more geared towards the recreational player but will help all players become their best.

Focus on: -game play
-essential skills of the game
-fun
When: Wednesdays 7:15-8:00pm
Session: Sept. 21st – Dec. 14th, 2011.
Cost: \$105.00
Min 3 Max 9 Participants

COMPETITIVE "A" PROGRAM

This program is designed for those juniors ~12 years of age and older who are looking to further develop all aspects of the game as they strive to become competitive players. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills and game play.

Focus on: -perfecting fundamental technical skills
and developing advanced technical skills
-introduction of fitness training
-footwork and court movements
-tactics

When: Tues 7:30-9:00pm and
Fri 5:00-6:30pm
Session: Sept. 13th – Dec. 15th, 2011.
Cost: \$200 (2x per week) \$125 (1x per week)
Min 4 Max 9 Participants

COMPETITIVE "B" PROGRAM

This program is set up for those kids approximately 9-14 years of age who have been playing 1-3 years and are wanting to take part in the competitive program. The program will run once a week on its own and once a week combined with the intermediate group to give the kids more variety of games.

Focus on: -development of fundamental technical skills
-introduction of footwork/movements
-fun and games

When: Thurs 6:30-7:30pm and
Sunday 11:00am-12:00pm
Session: Sept. 15th – Dec. 18th, 2011.
Cost: \$185.00 (2x per week) \$125.00 (1x per week)
Min 3 Max 9 Participants

PRIVATE LESSONS:

Private lessons can be arranged through Trevor for the morning, afternoon or evening.
\$27 per ½ hour lesson
\$35 per 45 min lesson
\$42 per 1 hour lesson

Semi Private Lessons:

\$20 each per 45 min lesson
\$25 each per 1 hour lesson

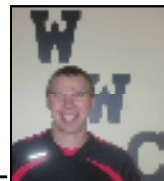
If you're looking for a just a game with some helpful hints, you can play the pro for \$20 for a 30 min match. Whether you want it to be a weekly game or just once in a while, contact Trevor to play him or one of other staff.

***Lesson Cancellation policy**

Must be cancelled 24 hours in advance or client will be charged full session rate. (Please phone if you know you will have to cancel, exceptions can be made.

Fitness

Recreation Manager: Jeff Mitchell, jmitchell@winnipegwinterclub.com or call ext. 114.
Head Fitness Trainer: Claire Anderson, canderson@winnipegwinterclub.com or call ext. 123.



YOGA & PILATES

ASHTANGA YOGA

To bring focus to your week, start the day off right with an active flow yoga series with Meagan. Work out the tension during your week, renew your energy and ease your body in this fabulous yoga class!

When: Tuesdays 6:30 - 7:30 a.m.
Session: September 13 - December 20, 2011
Cost: \$195 (15classes)

When: Fridays 6:30 - 7:30 a.m.
Session: September 16 - December 23, 2011
Cost: \$195 (15 Classes)

Twice a week: \$360 (30 classes)
Instructor: Meagan Wilson

INTERMEDIATE - ADVANCED FUSION PILATES

This class is formatted for Stott Pilates by Certified Instructor, Leslie Crozier. This 60 minute class will take your pilates training to the next level. Utilize different equipment to practice a fusion of mat and reformer style resistance based pilates that will challenge the abdominal, gluteal and back muscles for a total body workout!

When: Tuesdays 10:30-11:30 a.m.
Session: September 13 - December 20, 2011
Cost: \$225 (15 Classes)
Instructor: Leslie Crozier

FALL YOGA WORKSHOPS

Intro to Yoga 6 Week Course with Meagan Wilson

This workshop will provide an in-depth look at yoga postures in the Ashtanga Vinyasa Method. For those with little or no yoga experience, this is an excellent way to begin a yoga practice. For those who have an existing yoga practice this will allow you to refine the fundamentals and go deeper in your practice. During this course you will learn the basic techniques and principles of yoga in a slow, safe and comprehensive manner with detail to alignment. We will explore yoga postures, working to master breath, build strength, flexibility and lightness in the body. There will be plenty of time for questions and practice.

When: Mondays 7:00 - 8:15pm
Session: September 19th to October 31st
(no class October 10th, 2011.)
Cost: \$105 (members)
\$120 (non-members)

NEW!!!

PRIVATE AND SEMI-PRIVATE YOGA & PILATES

We are pleased to now offer Private Pilates and Yoga sessions here at The Winnipeg Winter Club. It is highly recommended that if you are looking to get into Pilates or Yoga that you start with a few private or small group classes to insure that you are getting the most out of every class and every workout.

Private Training Sessions

Per Session 1 hour \$55/session

Partner Training Sessions

Per Session 1 hour \$43/person

Small Group Training Sessions (3-4 people)

Per Session 1 hour \$100/ Group

FITNESS TRAINING

RED'S STRENGTH & CONDITIONING CLASS

This circuit training workout is designed for those who like to get a jump start to their day. Be prepared to work hard and see results from this intense one hour workout. This circuit program will keep your heart rate elevated while combining weight training and aerobic exercises for efficiency! Be prepared to work hard because "Red" will push you to bring out your very best!

When: Wednesdays 6:15 - 7:15 a.m.
Session: September 14 - December 21, 2011
Cost: \$150 (15 Classes)

When: Fridays 6:30 - 7:30 a.m.
Session: September 16 - December 23, 2011
Cost: \$150 (15 Classes)

Twice a week: \$262 (30 Classes)
Instructor: Giulia De Leo

STRETCH CLASSES

STRETCH SPECTACULAR

Offered right after both 9:30 a.m. morning classes each Monday, this is a class that will help stretch your mind and body. With an approach of going through a wide variety of stretches this 30 minute class will help your body relax and release the tension that has developed through a hard workout.

When: Mondays 10:30 - 11:00 a.m.
Session: September 12 - December 19, 2011
Cost: \$90 (15 Classes)

NOTE: No Class October 10, 2011



Fitness

Recreation Manager:
Head Fitness Trainer:

Jeff Mitchell, jmitchell@winnipegwinterclub.com or call ext. 114.
Claire Anderson, canderson@winnipegwinterclub.com or call ext. 123.

CARDIO / CIRCUIT TRAINING

JACKIE DOBIE'S

60 MINUTE CIRCUIT TRAINING CLASS

Testing the limits with a total body workout, this class is geared to individuals with previous weight training experience. It is challenging, educational, social and FUN! Participate 2-3 times/week for optimal results.

When: Mondays 9:30 - 10:30 a.m.
Session: September 12 - December 19, 2011
Cost: \$140 (14 Classes)
NOTE: No Class October 10, 2011

When: Wednesdays 9:30 - 10:30 a.m.
Session: September 14 - December 21, 2011
Cost: \$150 (15 Classes)

When: Fridays 9:30 - 10:30 a.m.
Session: September 16 - December 23, 2011
Cost: \$150 (15 Classes)
Instructor: Jackie Dobie

ACTIVE LIVING FOR OLDER ADULTS

"ACTIVE FUNCTIONAL LIVING FOR OLDER ADULTS"

For: All members over 50 years of age.
When: Mondays & Wednesdays.
Time: 1:00-1:45pm.
Where: All classes will be based out of the Badminton court area and the Fitness Studio.
Start Date: October 3, 2011.
Cost: \$5/class.
Trial offer: The first 2 classes at any time are complimentary for the members to try.

Registration: To be done through Claire Anderson at ext. 123 or by email canderson@winnipegwinterclub.com

Main Focus Areas:

- 1.) Osteoporosis Prevention / Bone Density.
- 2.) Balance and Stability.
- 3.) Arthritis concerned based programming.
- 4.) Posture and Body Alignment.
- 5.) *Flexibility and Mobility*
- 6.) **Increase and Improve Functional Active Daily Living.**

NEW FITNESS CENTRE ORIENTATIONS!

With our NEW Fitness Centre now complete it is time to become more familiar with all the new equipment.

Be sure you know how to properly utilize a piece of fitness equipment and know what a certain machine can do for you.

Don't get into bad habits or play the guessing game with your fitness routine, come down for a complimentary Fitness Centre orientation!

Please contact **Claire Anderson** at:
canderson@winnipegwinterclub.com or 452-3311 ext. 123

ACTIVE LIVING FOR KIDS

"KIDS OFF THE COACH" PROGRAM

With more and more kids becoming sedentary it is extremely important to build fun into health and fitness. This after school program is great for your kids to learn about healthy eating and development of proper movement patterns. This program is designed to incorporate a wide variety of movements and fun activities for all boys and girls.

When: Mondays 4:30 - 5:30 p.m.
Session: September 19 - December 12, 2011
Cost: \$130 (13 Classes)
Ages: 7-12

SILLY STRETCH

Encourages kids to be active and work on flexibility while engaging in a social environment.

When: Monday 9:30 - 10:00 a.m.
Session: September 14th - December 14th, 2011
Cost: \$90 (14 Classes) or \$9 drop in.
Ages: 3-6

TEEN YOGA

Although yoga includes physical exercise it is also a lifestyle practice for which exercise is just one component. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

When: Mondays 5:00-6:00 pm
Session: September 19th-December 12th (14 classes)
Cost: \$120 or \$12 drop in
Ages: 12-16

Note: Dress comfortably for your first yoga session in clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top are best. Yoga is practiced barefoot, so you don't have to worry about special shoes.

TRY IT BEFORE YOU BUY IT

September 12- 16, 2011

Members looking to join a Fitness Program for the first time are encouraged to "try it before you buy it" this week! Also those members getting back into a program following a brief or lengthy hiatus are encouraged to participate as well!

PARTICIPATING PROGRAMS:

Monday:

Jackie's 60 minute Circuit Training Class
Stretch Spectacular

Tuesday:

Ashtanga Yoga

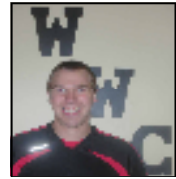
Wednesday:

Red's Strength & Conditioning

Fitness

Recreation Manager:
Head Fitness Trainer:

Jeff Mitchell, jmitchell@winnipegwinterclub.com or call ext. 114.
Claire Anderson, canderson@winnipegwinterclub.com or call ext. 123.



COMPLIMENTARY PROGRAMS

FALL MORNING CLASSES

September 12 - December 19, 2011

NOTE: No Classes October 10, 2011.

CARDIO SCULPT (MONDAY)

This fitness, cardio training class features a variety of cardio intervals and aerobic exercises to music. Change up your aerobic training in this action packed class!

9:30 - 10:30 a.m.

NOTE: No Class October 10, 2011.

PILATES WITH SMALL EQUIPMENT (TUESDAY)

Pilates is back and better than ever! Each week come and join our incredibly popular certified instructor for an amazing Pilates workout.

9:30 - 10:30 a.m.

Max: 12 Participants

***PLEASE REGISTER BEFORE SEPTEMBER 20, 2011.**

BOBOS, BALLS AND BANDS (WEDNESDAY)

This hour of resistance training includes the use of weights, bands, balls, and bosu's to sculpt your body in new and different ways! Each class is a new challenge for your body.

9:30 - 10:30 a.m.

ASHTANGA YOGA (THURSDAY)

This flow yoga class is ideal for first time & experienced participants of all levels. Work with our fabulous instructor Meagan as she takes the class through a series of progressions.

9:30 - 10:30 a.m.

CARDIO, ZUMBA AND YOGA (FRIDAY)

This aerobic fitness to dance class can accommodate individuals with minutes, months and years of aerobic experience. A great combination of dance, rhythm and fitness exercises, followed by 30-45 minutes of yoga!

9:30 - 10:30 a.m.

SATURDAY CHALLENGER

This class is your weekend wake-up! Perform 60mins of resistance training with a variety of equipment including the ball, bosu, step and free weights. Complete your workout with an aerobic cardio component for 90mins of fitness fun!

9:30 - 11:00 a.m.

COMPLIMENTARY PROGRAMS

FALL EVENING CLASSES

September 12 - December 19, 2011

NOTE: No Classes October 10, 2011.

NEW!!!

WWC TRX BOOTCAMP (MONDAY)

One hour packed full of exercises to tone those muscles to great music and a fun atmosphere. Complete with a cardio warm-up and stretch cool down.

6:00 - 7:00 p.m.

NOTE: No Class October 10, 2011.

NEW!!!

STUDIO SPIN (TUESDAY)

This Spin class is sure to get your body sweating and you huffing and puffing. A series of intense intervals to challenge your muscular endurance and cardiovascular fitness.

All levels welcome for this fun high tempo class.

6:00-7:00 p.m.

ATHLETE TRAINING (WEDNESDAY)

Train like an athlete while you work on agility, speed, strength and endurance in this high intensity class.

6:00 - 7:00 p.m.

NEW!!!

WWC B4 THE WORKOUT CLASS.

BOBOS, BALLS, BANDS AND BIKES (THURSDAY)

This fun new creative class throws a little bit of everything at you.

A class that will offer something new and different every week.

Be amazed as your body gets stronger, fitter, more stable and healthier from week to week.

6:00-7:00 p.m.

STUDIO SPIN SPECTACULAR (FRIDAY)

We are also pleased to offer Studio Spin classes each Friday.

A great way to kick off your weekend, this class is offered right after work and before our famous "Dinner at The Wint."

Class is designed to be for everyone and participants are encouraged to work hard but at their own comfort level.

5:00 - 6:00 p.m.



Fitness

FITNESS STUDIO SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning		6:30-7:30am Active Flow Yoga Meagan			6:30-7:30am Active Flow Yoga Meagan	
Mid-Morning	9:30-10:30am Cardio Sculpt FREE	9:30-10:30am Pilates FREE	9:30-10:30am BBB Class FREE	9:30 - 10:30am Flow Yoga FREE	9:30-10:30am Zumba / Yoga FREE	9:30 - 11:00am Challenger FREE
	10:30-11:00am Stretch Class	10:30-11:30am Inter-Adv. Fusion Pilates				
Afternoon						
Evening	5:00-6:00pm Teen Yoga	6:00-7:00pm Studio Spin FREE		6:00-7:00pm B4 the Workout Class FREE	5:00 - 6:00pm Spin Spectacular FREE	
		7:15-9:30pm Belly Dance		7:15 - 8:15pm Belly Dance		

15

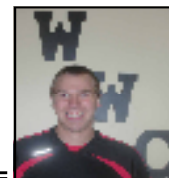
WEIGHT ROOM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Morning			6:15 - 7:15am Red's Strength & Conditioning Giulia		6:30-7:30am Red's Strength & Conditioning Giulia
Mid- Morning	9:30-10:30am 60mins Circuit Training Jackie		9:30-10:30am Circuit Training Jackie		9:30-10:30am Circuit Training Jackie
Evening	6:00-7:00pm TRX Bootcamp FREE		6:00-7:00pm Athlete Training FREE		

Personal Training

Recreation Manager:
Head Fitness Trainer:

Jeff Mitchell, jmittell@winnipegwinterclub.com or call ext. 114.
Claire Anderson, canderson@winnipegwinterclub.com or call ext. 123.



PERSONAL TRAINING

Why Choose Personal Training?

Make the Most of your Time.

People cite time as the primary barrier standing in the way of their fitness goals. We know that your time is valuable and personal training will cater to your busy schedule. Whether you have 60mins three times a week, 30mins twice a week or 60mins twice a month, you can start working towards your goals with a trainer today!

Goal Setting.

People who set goals are 90% more likely to be successful in their lifetime than those without goals. Sitting down with a personal trainer to sort out the fact and fiction of fitness will help you to attain SMART goals suited for your lifestyle. Every person is unique and our trainers will create a program just for you.

Motivate Me!

While we all know what it is we want and what we should be doing to live a healthy life, but sometimes we just need to have the motivation to get up and do it! Take ownership of your exercise plan and work with your trainer to test your limits and try new techniques to challenge your workouts!

PERSONAL TRAINING

Starter Pack

with Full Fitness Assessment \$275

This option is great for beginners or individuals looking to start a brand new program. The starter pack includes an initial consultation, individual program design, a full fitness assessment and 3 one hour training sessions!

Fitness Assessment \$60

A fitness assessment will take into consideration all your fitness abilities and limitations. Whether you are looking for to start a new program or measure your progress this session will give you answers. This assessment will include values for aerobic capacity, coordination and speed, muscular fitness, power and endurance as well as flexibility and imbalance as well as %FFM.

Private Training Sessions

Single Session / Month	30 minutes	\$30/session
Single Session / Month	1 hour	\$60/session
2-5 Sessions / Month	1 hour	\$55/session
6+ Sessions / Month	1 hour	\$50/session

Partner Training

Need that extra motivation to keep you in check? Bring a partner to your training session and work together with your trainer on an interactive program that will cater to both your needs!

Partner Training Sessions

Single Session / Month	1 hour	\$40/person
2-5 Sessions / Month	1 hour	\$35/person
6+ Sessions / Month	1 hour	\$30/person

PERSONAL TRAINERS

What is a Personal Trainer?

A personal trainer is a coach, an educator, a motivator and a professional. A personal trainer has a genuine interest in healthy lifestyle, personal wellbeing and the wellbeing of others. A trainer's priority is helping clients to improve the quality of life through fitness and health!

The Winnipeg Winter Club is pleased to present the following certified personal trainers exclusively to you, our members! Please check out "Staff" on the WWC website for full trainer profiles.

Jeff Mitchell

Jeff brings a friendly, professional, strong mind/body training approach to every program and believes the possibilities are endless.

Ext. 114

Meagan Wilson

Meagan is serious about sports conditioning and functional training, her intense workouts will keep you on your toes!

Claire Anderson

Claire brings a fun, positive training approach with her many years of experience with personal and team training.

Jackie Dobie

Our Club circuit guru will put you to the test in her challenging workouts! Jackie will be sure to give you results!

Ext. 125

Adam Decker

Adam brings with him a strong Kinesiology and fitness training background with a professional and friendly approach to training.

Giulia De Leo

Known for her ability to motivate and push people to their limits while getting great results. Giulia works hard and expects the same from anyone she works with.

Barb Newman

Helping you do your very best, Barb is an enthusiastic and energetic trainer. Great at motivating her clients and helping them reach their goals and move to the next level in their training.

Rob Smith

Rob is serious about sports conditioning, athletic performance and building a routine of day to day healthy living. He brings with him a strong sports background playing as a professional athlete as well as training professional athletes.

Please contact **Head Fitness Trainers: Claire Anderson** at ext. 123 for more information about our Personal Training Team and to set-up your initial consultation.

FALL YOGA WORKSHOPS

Intro to Yoga 6 Week Course with Meagan

This workshop will provide an in-depth look at yoga postures in the Ashtanga Vinyasa Method. For those with little or no yoga experience, this is an excellent way to begin a yoga practice. For those who have an existing yoga practice this will allow you to refine the fundamentals and go deeper in your practice. During this course you will learn the basic techniques and principles of yoga in a slow, safe and comprehensive manner with detail to alignment. We will explore yoga postures, working to master breath, build strength, flexibility and lightness in the body. There will be plenty of time for questions and practice.

Dates: Mondays 7pm to 8:15pm
September 19th to October 31st
(No class October 10, 2011.)
Price: \$105

10 Day Yoga Immersion - Developing a Self Practice

This class is an opportunity to work on developing a "self practice". The format will be a combination of demonstration, led classes, but mostly students will be addressed individually by the teacher and taught the sequence of poses and methods of yoga one-on-one. Students will learn through practice, repetition and remembering what they are taught. As they gain strength, stamina, flexibility and focus, poses will be added to their routine. Practicing this way will allow students to feel the benefits of a regular yoga practice and to have a deeper experience of yoga.

Dates: Monday through Friday 6:30am to 7:30am
September 26th to October 7th
Price: \$150

FALL YOGA WORKSHOPS

Restorative Yoga 4 week Series

This class will focus on restorative yoga postures that are deeply supported and will leave you nourished and well rested. Perfect for those looking to relax the body and mind or athletes who want to optimize recovery and regeneration.

Dates: Mondays 7pm to 8:15pm
November 7th to 28th
Price: \$60

1 Day Yoga Workshops

Sun Salutation Workshop – The Foundation for your Practice

This workshop is designed for the absolute beginner. Come learn the fundamentals of Yoga in a fun environment with other beginners. We will learn two variations of sun salutations and breakdown each movement slowly.

Date: September 24th
When: 11:30am to 1pm
Cost: \$30

Hip and Shoulder Openers

This workshop will explore how to safely open the hips and shoulders through a series of postures from different yoga styles.

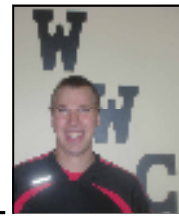
Date: October 1st
When: 11:30am to 1 pm
Cost: \$30

Principles of Twisting

Get ready to free up the spine! This workshop will emphasize key alignment principles when twisting the spine and how to safely progress through variations of twisting poses.

Date: October 15th
When: 11:30 to 1pm
Cost: \$30

Skating



Recreation Manager: Jeff Mitchell jmitchell@winnipegwinterclub.com or call ext. 114

Coaches: Laurie Reade, Sarah Low Ying, Debbie Synkiw & Terri Studholme

WWC SKATING PROGRAMS

PARENT & TOT LEARN TO SKATE

This program is designed for young skaters not ready to skate alone. Parents assist the child in the orientation to the ice surface and the introduction of basic skating skills through fun activities including toys, songs and games. Parents must have a competent skating ability and be present on the ice to assist their child for the class' duration. Please, only one parent or guardian per child.

NOTE: Parents must be wearing skates and a helmet while participating on the ice with the child.

When: Mondays 5:15 - 6:00 p.m.
Session: September 26 - December 19, 2011.
No Class on October 10, 2011
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 24 - December 17, 2011.
No Class on October 8, 2011
Cost: \$144 (12 classes)

LEARN TO SKATE "Future Skating Stars"

Learn to skate is designed for beginners of all ages. When you sign-up for Learn to Skate you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format. Skaters are assessed the first session and placed into their appropriate group. As skaters progress they will move into the next level group. Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Skaters must wear proper skating attire and a helmet is required.

When: Mondays 5:15 - 6:00 p.m.
Session: September 26 - December 19, 2011.
No Class on October 10, 2011
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 24 - December 17, 2011.
No Class on October 8, 2011
Cost: \$144 (12 classes)

INTRO TO FIGURE SKATING

Skaters will learn how to do basic jumps, spins and dances. Prerequisite: Must be able to skate forwards and backwards with ease.

When: Mondays 5:15 - 6:00 p.m.
Session: September 26 - December 19, 2011.
No Class on October 10, 2011
Cost: \$144 (12 classes)

When: Saturdays 9:45 - 10:30 a.m.
Session: September 24 - December 17, 2011.
No Class on October 8, 2011
Cost: \$144 (12 classes)

POWER SKATING

To become a complete hockey player, skating is the name of the game! Speed, balance, lateral movements, agility, quick turns, backward skills, proper cross-cuts, explosive starts, fast stops, and deeks will have you playing like a pro in no time.

Prerequisite: Participants must be 6 years old as of Dec 31, 2010. Skaters must possess the ability to move about on the ice for the entire session without assistance at a reasonable speed.

When: Mondays 5:15 - 6:00 p.m.
Session: September 26- December 19, 2011.
No Class on October 10, 2011
Cost: \$144 (12 classes)

PRIVATE AND SEMI-PRIVATE LESSONS

Will be offered throughout the Fall and Winter. Interested skaters should contact Jeff to check availability and to arrange lessons. Group lessons can be organized when there are 3 or more skaters at similar skill levels. Skaters must wear proper skating attire and some skaters will be required to wear a helmet.

Ice Times: Tuesdays 3:30 - 6:30 p.m.
Thursdays 3:30 - 6:15 p.m.
Saturdays 7:00 - 9:45 a.m.

STARSKATE

Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Interested skaters should contact Jeff to check availability and to arrange lessons.

Please Note: Some times may vary.

*LESSON CANCELLATION POLICY

Must be cancelled 24 hours in advance or client will be charged full session rate. (Please phone if you know will have to cancel, exceptions can be made).

PRIVATE SKATING INSTRUCTOR:

Laurie Reade

Available Tuesday, Thursdays and Saturdays

Debbie Synkiw

Available Tuesdays and Thursdays

Sarah Low-Ying

Available Tuesday, Thursdays and Saturdays

MEMBER HOCKEY

Member hockey is for adult members over the age of 18 who want to play a great game of pick-up hockey.

Full equipment is required.

No need to register in advance. Just show-up ready to play!

When: Mondays 8:00 - 9:30 p.m.
Thursdays 7:45 - 9:30 p.m.
Saturdays 3:00 - 4:45 p.m.
Sundays 3:30 - 4:30 p.m.

NOTE: Due to special events dates subject to change.



Skating

Recreation Manager: Jeff Mitchell jmitchell@winnipegwinterclub.com or call ext. 114
Coaches: Laurie Reade, Sarah Low Ying, Debbie Synkiw & Terri Studholme

MEMBER HOCKEY

Come out and join your fellow club mates in a game of hockey. Member Hockey is for adult members over the age of 18 who want to play a great game of pick-up hockey.

Full equipment is required. No need to register in advance. Just show-up ready to play!

Member hockey is offered four times a week, Monday, Thursday, Saturday & Sunday. Please check Member Hockey times on our skating schedule at www.winnipegwinterclub.com.

When: Mondays 8:00 - 9:30 p.m.

Thursdays 7:45 - 9:30 p.m.

Saturdays 3:00 - 4:45 p.m.
(starts October 15th, 2011.)

Sundays 3:30 - 4:30 p.m.
(Starts October 16th, 2011.)

Cost: **FREE**

NOTE: Due to special events dates subject to change.

Note: Notices for member hockey are sent the day of, if you would like a member hockey reminder please let Jeff know and you will be added to the email list.

Member Hockey Tournament:

This fun annual event is for all members who love to play hockey and compete for the WWC Hockey Trophy. This event that runs from Thursday through Saturday has many fun on Ice and off Ice activities. All registrations are made into 4 teams who play in a round robin tournament and 2 playoff rounds.

The event takes place from November 3rd - 5th, 2011 with registrations beginning early October.

GENERAL SKATE

General skate times are set aside for the enjoyment of members. Come on out and enjoy a spin around the ice with friends and family. There are no sticks or pucks allowed on the ice during the general skate times and children under the age of 7 must be supervised by an adult. Helmets are strongly recommended for children under the age of 10.

When: Saturdays 2:00 - 2:45 p.m.
Sundays 2:30 - 3:15 p.m.

Cost: **FREE**

*schedule is subject to change.

*Please check website for weekly Ice updates.

GENERAL HOCKEY

General hockey times are set aside for the enjoyment of members. Sticks and pucks are welcome. **Helmets are required** for children 12 years of age and younger and recommended for all. Children under the age of 7 must be supervised by an adult.

When: Saturdays 1:15 - 2:00 p.m.
Sundays 1:45 - 2:30 p.m.

Cost: **FREE**

*schedule is subject to change.

*Please check website for weekly Ice updates.

Please note: Members are welcome to come out and skate any time there are no rentals or programs scheduled.

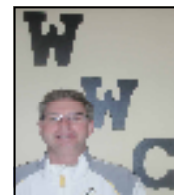
Tennis

For all lesson inquiries, Junior program registrations and Clinics

Head Professional: Peter Otto potto@winnipegwinterclub.com or call ext. 108

For Ratings, Leagues and Ladder Registrations

Administrator: Lori Mann lmann@winnipegwinterclub.com or call ext. 215



COURT BOOKINGS:

-3 days in advance: user id at www.winnipegwinterclub.com

-1-2 days in advance through Front reception at 452-3311

***Court cancellation policy**

See rules. All members must abide by them.

"FREE" NEW MEMBER NIGHT

Play some tennis with other new members! Get rated and receive some tips on your game! Great way to get your feet wet on the courts and find a few hitting partners!

When: Every Monday night!

Register: With Lori Mann

Time: 7:30pm-8:30pm

ADULT Drop in CLINICS

12 Weeks: Sept 19-Dec17, 2011

MON

12:00-1:00pm

MEN'S 4.5 Cost: \$13

Drill and play with a great workout!

1:00-2:30pm

LADIES 4.5 Cost: \$18

Drill and play with advanced tactics!

TUES

7:00-8:00pm

COED 3.5-4.5 Cost: \$11

Fun doubles themed tennis games and a workout too!

WED

12:00-1:00pm

MEN'S 4.5 Cost: \$13

Drill and play with a great workout!

1:00-2:00pm

LADIES 4.5 Cost: \$13

Technique, Drill and play!

THUR

12:00-1:00pm

CO-ED Games 2.0-3.5 Cost: \$11

Fun doubles themed tennis games and a workout too!

FRI

12:00-1:00pm

CO-ED Games 4.0-5.5 Cost: \$11

Fun doubles themed tennis games and a workout too! Must be min. 4.0 level!

BALL MACHINE CLUB

Sign up as an individual or group! Great way to groove your strokes or set up the machine to give you a workout! Sign up at the reception Desk! Before you begin, ask any pro for a quick tutorial on how to set up the Ball Machine. Package of 5, 1hour blocks!

Cost: \$40 Individual and \$50 for a group

Notes: Ball Machine cannot be used during prime time hours!

SINGLES LADDER

Looking for new players to play of the same ability?

Need Flexible times to play matches?

Can't commit to a league night?

This FREE service will help you find some new playing partners within your ability level.

*players are grouped of the same level

*players then contact and arrange their own matches

*players don't record scores.

*players have fun competing and meeting other members!

Contact Lori Mann if you are looking to find some new or extra hitting partners! Male or Female!

TENNIS LESSONS

Lesson Rates with Head pro: Peter Otto

\$50/hour

Private Lesson

\$27/hour/person

Semi Private

\$20/hour/person

Group Lesson -3 people

\$16/hour/person

Group Lesson -4 or more people

Lesson Rates with Asst. pros:

Daytime:

Lori Mann, Olga Berdyskykh, Rob Langan

Evenings:

Robert Kennedy, Sean Grassie, Olga Berdyskykh,

Rob Langan

\$42/hour

Private Lesson

\$23/hour/person

Semi Private

\$17/hour/person

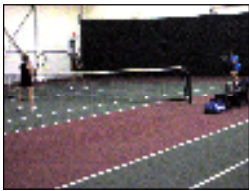
Group Lesson -3 people

\$13/hour/person

Group Lesson -4 or more people

*** Lesson cancellation policy**

Lessons must be cancelled 24 hours in advance or member will be charged. Please contact your Pro or front desk.



Tennis

For all lesson inquiries, Junior program registrations and Clinics

Head Professional: Peter Otto potto@winnipegwinterclub.com or call ext. 108

For Ratings, Leagues and Ladder Registrations

Administrator: Lori Mann lmann@winnipegwinterclub.com or call ext. 215

ADULT LEAGUES

12 weeks. Sept 19-Dec 17, 2011

You must be rated before starting in any league. Some leagues require you start on the spares list if you are a new member. As players move on, open spots are then filled by these spares for regular play. Most leagues have weekly new balls included in the session fee! Contact Lori

MONDAYS

9:00-10:30am Ladies 2.0-3.0 Doubles

Cost: **FREE**

10:30am-12:00pm Ladies 3.5 Doubles

Cost: \$30 each

Note: (Includes on court tips and tactics from a pro!)

TUESDAYS

10:30am-12:00pm Ladies 5.0 Doubles

Cost: \$25 each

8:00 - 9:30pm Men's 5.0 Doubles

FREE (Spares only)

WEDNESDAYS

NEW FORMAT

9:00-10:30am 4.0 Coed Doubles Challenge

Cost: \$30each

Note: (Includes on court tips and tactics from a pro!)

6:30-8:00pm Couples Doubles (Competitive)

Cost: \$30 each or \$50/couple

THURSDAY

9:00-10:30am Ladies 2.0- 3.0 Doubles

Cost: **FREE**

10:30am-12:00pm Ladies 3.5 Doubles

Cost: \$30each

Note: (Includes on court tips and tactics from a pro!)

FRIDAY

6:30-8:30pm *Mixed Doubles night

Cost: **FREE**

Note: 2 different levels of play!

***You must email Lori Mann at least 48 hours**, prior to the mixed doubles night in order for courts to be booked. Those on the waiting list will be notified by email 3 hours prior to the start of the mixed doubles.

NOTE: Fees cover administration costs, and balls, as well as demonstrate player commitment, resulting in fewer no shows.

JUNIOR PROGRAMS

12 weeks Sept 19-Dec 17, 2011

NEW

Ages 3-5 Le Petite Tennis

Endorsed by Tennis Canada. Allows children to learn tennis skills through stories and activities

Wednesdays or Fridays 530-630pm cost: TBA

PROGRESSIVE TENNIS

Ages 5-9 HALF COURT PROGRAM

Choose 1-3 times a week

-Wednesdays 5:30-6:30pm Max 8 Entrants

-Fridays 5:30-6:30pm Max 8 Entrants

-Saturdays 10:30-11:30am Max 8 Entrants

Cost: 1 hour/week or 12 lessons = \$210

2 hours/week or 24 lessons = \$350

3 hours/week or 36 lessons = \$480

Ages 9-12 3/4 COURT PROGRAM

Choose 1-3 times a week

-Wednesdays 5:30-6:30pm Max 8 Entrants

-Fridays 5:30-6:30pm Max 8 Entrants

-Saturdays 10:30-11:30am Max 8 Entrants

Cost: 1 hour/week or 12 lessons = \$210

2 hours/week or 24 lessons = \$350

3 hours/week or 36 lessons = \$480

-For the above programs we will use Tennis Canada's Modified equipment and court length to learn technique/tactics to improve tennis skills faster. Players must complete the required skills in order to **"progress"** to the full court level. Juniors still requiring additional skill development will stay in the 3/4 court program. Juniors displaying exceptional skills will move to the next level more quickly.

Ages 12-17 FULL COURT PROGRAM

Choose 1-3 times a week

-Tuesdays 4:30-5:30pm Max 8 Entrants

-Tuesdays 5:30-6:30pm Max 8 Entrants

-Thursdays 4:30-5:30pm Max 8 Entrants

-Thursdays 5:30-6:30pm Max 8 Entrants

-Saturdays 10:30-11:30am Max 4 Entrants

Cost: 1 hour/week or 12 lessons = \$210

2 hours/week or 24 lessons = \$350

3 hours/week or 36 lessons = \$480

-May use some of Tennis Canada's Modified equipment. Players must complete the required skills in order to **"progress"** to the Academy level. Juniors still requiring additional skill development will stay in the full court program. Juniors displaying exceptional skills will move to the next level more quickly.

OTTO ACADEMY PROGRAM

Ages 10-18

High performance and exceptionally skilled Juniors Players! One must be accepted into this program. See Peter Otto regarding eligibility and costs. You must be playing Junior Open Tournaments.

Full Program ends June 2010.

Summer regroupings one time per week

Days and Times may be (confirmed in Sept.):

MONDAYS 2:30-4:00pm or 4:00-5:30pm

WEDNESDAYS 2:30-4:00pm or 4:00-5:30pm

FRIDAYS 2:30-4:00pm or 4:00-5:30pm

SATURDAYS early morning or 4-5:30 or 530-7pm

SUNDAYS early morning or 4-5:30 or 530-7pm

Fall Calendar of Events

Badminton MB High Performance Competition	September 9-11, 2011.
Cycle Safely (Birds Hill)	September 11, 2011.
WWC Games / Family Fun Day	September 17, 2011.
Cycle Safely (St. Boniface)	September 25, 2011.
Teen Cooking "Fall Comforts"	September 26, 2011.
Cardinal Capital Cup	Sept 29-Oct 2, 2011.
Rogers Rookie Tour	October 2, 2011.
Cooking with Craig "Taste of Tuscani"	October 4, 2011.
WWC Welcome Back Dinner	October 14, 2011.
Season Opening Halloween Mixed Badminton Party	October 26, 2011.
WWC A,B,C & D Invitational Tournament	October 28-30, 2011.
WWC Open	November 1-6, 2011.
WWC Member's Hockey Tournament	November 3-5, 2011.
Rogers Rookie Tour	November 6, 2011.
Cooking with Craig "Holiday Appetizers"	November 8, 2011.
WWC Girls Slumber Party	November 12, 2011.
Prairie Sr. Elite Series Tournament	November 17-20, 2011.
Winnipeg Indoor Open	November 20-27, 2011.
WWC Annual Holiday Dinner	November 25, 2011.
Manitoba Masters	December 1-4, 2011.
WWC Jr. Open	December 1-4, 2011.
Herb Richards MB Open Tournament	December 2-4, 2011.
Mixed Badminton Holiday Party	December 7, 2011.
Rogers Rookie Tour	December 11, 2011.
Annual Holiday Handicapper	December 12, 2011.
Teen Cooking "Holiday Treats"	December 12, 2011.
Winnipeg Indoor Xmas Classic 4.5/3.5	December 15-18, 2011.
Badminton MB High Performance Xmas Camp	December 28-30, 2011.

Affiliated Clubs

CANADIAN AFFILIATES

ALBERTA

Bankers Hall Club	402, 315-8th Avenue S.W., Calgary, AB T2P 4K1, Tel: 403.298.4750
Calgary Winter Club	4611-14th Street N.W. Calgary, AB T2K 1J7, Tel: 403.289.5511
Glencoe Club	636-29th Avenue, S.W. Calgary, AB T2S 0P1, Tel: 403.243.2506
Royal Glenora Club	11160 River Valley Road, Edmonton, AB T3J 2G7, Tel: 780.482.2371

BRITISH COLUMBIA

Hollyburn Country Club	950 Crosscreek Road, West Vancouver, BC V7S 2S5, Tel: 604.922.0161
North Shore Winter Club	1325 East Keith Road, North Vancouver, BC V7J 1J3, Tel: 604.985.4135
The Arbutus Club	2001 Nanton Avenue, Vancouver, BC V6J 4A1, Tel: 604.266.7166
The Union Club of British Columbia	805 Gordon Street, Victoria, BC, V8W 1Z6 Tel: 250.384.1151
Vancouver Lawn and Tennis Club	1630 West 15th Avenue, Vancouver, BC V6J 2K7 Tel: 604.731.2191

ONTARIO

Donalda Club	12 Bushbury Drive, Don Mills ON M3A 2Z7, Tel: 416.447.5575
Granite Club	2350 Bayview Avenue, Toronto, ON M2L 1E4, Tel: 416.449.8713
Oakville Golf Club Ltd.	1154 Sixth Line Road, Oakville, ON L6J 4L5, Tel: 905.845.8321
Ottawa Athletic Club	2325 Lancaster Road, Ottawa, ON K1B 4L5, Tel: 613.523.1540
Royal Canadian Yacht Club	141 St. George Street, Toronto, ON M5R 2L8, Tel: 416.967.7245
The Adelaide Club	1 First Canadian Place, P.O. Box 228, Toronto, ON M5X 108, Tel: 416.367.9957
The Boulevard Club	1491 Lakeshore Blvd, Toronto, ON M6K 3C2, Tel: 416.532.3341
The Oakville Club	56 Water Street, Oakville, ON L6J 2Y3, Tel: 905.845.0231
The Toronto Athletic Club	TD Centre, 79 Wellington Street West, 36th Floor, Toronto, ON M5K 1L5, Tel: 416.965.0900
The Cambridge Club	100 Richmond Street West, 11th Floor, Richmond Tower, Toronto, ON M5H 3K6, Tel: 416.862.1077
Toronto Cricket, Skating & Curling Club	141 Wilson Avenue, Toronto, ON M3M 3A3, Tel: 416.487.4581
Toronto Lawn & Tennis Club	44 Price Street, Toronto, ON M4W 1Z4, Tel: 416.922.110

QUEBEC

Maa Club Sportif, Montreal	2070 Peel Street, Montreal, QC H2A 1W6, Tel: 514.845.2233
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SASKATCHEWAN

The Saskatoon Club	417-21st Street East, Saskatoon, SK S7K 0C5, Tel: 306.652.1780
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UNITED STATES AFFILIATES

Bellevue Athletic Club	11200 South East 6th Street, Bellevue, Washington 98004 Tel: 425.454.4424
Minneapolis Athletic Club	615 Second Avenue South, Minneapolis, Minnesota 55402 Tel: 612.339.3655
Multnomah Athletic Club	1840 S.W. Salmon Street, Portland, Oregon 97207 Tel: 503.233.6251
New York Athletic Club	180 Central Park South, New York, New York 10019-1562 Tel: 212.247.5100
The Ashford Club	5565 Glenridge Connector, Suite 100 Atlanta, Georgia 30342 Tel: 404.459.2500

ASIA AFFILIATES

The American Club	10 Claymore Hill, Singapore 229573 Tel: 65.6737.3411
Beijing American Club	28/F, China Resources Building, 8 Jianguomen Beidajie Tel: 8610.85192888