

WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 4 APRIL 2009

MESSAGE FROM THE GENERAL MANAGER



It seems as though we just got past Christmas and began a New Year but,

somehow, spring is now upon us, even though you wouldn't know it by glancing outside. With the thoughts of spring come the thoughts of enjoying the longer days and the activities that commence outside. There are still many activities taking place however inside your Club and as I sit and review the upcoming calendar I know that we have many exciting physical and social events that can be enjoyed by the family or the individual.

For the month of April:

- April 6 - Start of the Spring Program Guide
- April 2 - 5 - La-Z-Boy

MEMBERSHIP



The days are finally getting longer and spring has

arrived, so it's time for our "3rd Annual Bru-Ha-Ha." Mark your calendar for Saturday, April 25th and don't miss out on all the fun!

Beer Sampling and Hor D'oeuvres

6:30 p.m.

Dinner

7:15 p.m.

Entertainment by member Russell Lee
\$63 plus tax and gratuities
Limited seating (120)
RSVP Front Desk

- Senior Tennis Open
- April 12 - Easter Brunch with a giant Easter Egg Hunt
 - April 16 - 19 - MB Yonex Provincial Closed Badminton Tournament
 - April 25 - Annual Bru Ha Ha Dinner

If you take a moment to peruse the calendar and program guide, you will see that there is something fun, educational or healthful every single day of the week for you and your family. Without a doubt if you were so inclined, you could indulge in two or more activities on any day of your choosing.

Sometimes I think many of the members overlook all the great

events that take place on a year round basis. As you can see from above, it is a small snap shot of April's events and when you check online for our calendar of events, there are many great activities for you to get involved in. It's easy to see why so many members of the WWC accept the Club as an integral part of their daily lives, which it should be. The WWC is here for you to enjoy to the fullest, which I trust you will and hope you to do!

Notes from my desk:

- Good Friday - April 10 Club is Closed, regular hours April 11 - 13.

Cheers,
Rob Guthrie

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WELCOME NEW MEMBERS

Imran Rahman and Humaira Jaleel (Rida & Rayyan)
Kirk and Charmaine Cancellia (Cole & Sydney)
Damien Merriman
Kevin and Patricia Sweryd (Adam & Erin)
George Spencer
Stephen and Laurel Read (Bryan, Brittany & Kendra)
Stephanie Olivier

A big thank you to Leslie McIntosh, Caleb Pike, Ed & Tamara Buchel and Lee Ha Bryk for your new member referrals in March.

Take pride in your Club, refer someone you know and keep your Club strong and vibrant. If you need a complimentary pass to introduce a prospective member, email or call me directly.

Janet Thorpe
Membership Director
452-3311 ext. 141
952-2247 bus. Cell
jtthorpe@winnipegwinterclub.com

Bru Ha Ha Dinner
April 25, 2009

Music By:
Russell Lee

Reservation Required

*6:30 PM Pre-reception | 7:15 PM Dinner
*Beer samples & hor d'oeuvres from Molson Canada, Half Pints Brewing Co. and Sleeman Breweries LTD.

Starter Course
Truffled Potato Duck Wild Mushroom Flan topped with Orange, Peach, Dry Cranberry Compote, Apple Dijon Beer Sauce

Appetizer Course
Sole Filet Roulade with Lime, Spinach, & Beer Foam atop Smoked Bacon, Flat Leaf Parsley, Dice Tomato & Clam Risotto Beer Broth

Entrée Course
Baked Herb Cheese Bread crusted Frenched 10oz Pork Chop Served with Olive, Lemon Tomato, Olive Oil Beer Sauce
3 Potato & Parsnip Mash with Truffle Garden Veggies with Tarragon Beer Butter

Dessert
Stuffed Royal Gala Apples with Chocolate Graham Raisin, Nougat Compote Baked with Butter & Beer Finished with Apple Beer Caramel Sauce, Garnished with Macerated Fruit and Chocolate

TENNIS



**NEW
TENNIS
COURT
BOOKING
SYSTEM
COMING**

SOON!

The new system should be up and running shortly. We have incorporated many changes to reflect the changes in the tennis policy and booking rules and regulations. If more changes are needed we will now be able to do them in-house and in a much quicker manner. Thank you for your patience during this process. Until the new site gets online, please continue to respect all the policies, rules and regulations and court booking procedures so that all members can fairly access the courts. Thanks again.

SENIOR TOURNAMENT AT WWC!

The Tournament is on from April 2 - 5. A good time will be had by all with some exciting matches. For full scores and tournament recap, please visit the Tennis Manitoba website at www.tennismanitoba.com

JUNIOR PROGRAMS, LEAGUES, CLINICS TO RESTART

The spring program will run for 10 weeks. Restart week is April 6th. The final week of programs will be the second week of June. Please visit the WWC website for full tennis program information for the spring session. Any further questions, or inquiries about space still available please contact Peter Otto at ext 108. For League inquiries contact Lori Mann at ext 215.

TOP JUNIORS REPRESENTING MANITOBA AND WWC AT INDOOR NATIONALS

Currently, there are 5 girls and 6 boys (10 from the Winnipeg Winter Club) competing in various cities across the country in their respective age categories for the winter junior nationals. Follow their progress at tennis Manitoba or the tennis Canada websites.

The following are WWC juniors representing Manitoba. They are:

U12 Boys: Cole LaCap

U14 Girls: Kylie Waschuk and Alexia Cholakis

U14 Boys: Eagan Peters

U16 Girls: Evann Waschuk and Anika Campeau

U16 Boys: Igal Mostkov and Chad LaCap

U18 Girls: Evann Waschuk and Clarissa Chen

U18 Boys: Sean Bailey

Good Luck to all WWC juniors!

BALL MACHINE CLUB

Anyone who is part of the ball machine club must finish off their hours by the end of April. The ball Machine will go back to its home at Kildonan Tennis Club May 1. It will return in the fall of 2009!

*Peter Otto
Tennis Pro
452-3311 ext. 108
potto@winnipegwinterclub.com*



TRI-RACQUETS SPRING BREAK CAMP



SQUASH



PROGRAMS
Our new program guide is now available

online with our spring squash programs. The new session of junior squash programs starts up the first week of May for 6 weeks. We will be offering, munchkin, intermediate, teen and advanced programming. If you would like your child to register or have any questions as to what program is right for your child, please contact Trevor at ext. 105.

Our current programming runs through the week of April 13th, however no programming on the weekend of the 17 - 19 because of the Winnipeg City "A" Squash Championships taking place that weekend.

Our adult leagues continue to run in the spring with the House League running April 20th and continuing through May.

We will be offering another Adult Training Session on Thursday Nights from 5:45 - 6:45 p.m. for C through E level players. The clinic runs from April 2 - 23, with a cost of

\$10 per session attended. To sign up, please contact Trevor at ext. 105.

TOURNAMENTS

The Winnipeg City "A" Squash Championships will be running at the Winter Club from April 17 - 19, with qualifying on the 14 and 15. To enter in the qualifying, players must be at least a "B" level of play. Registrations are available online at www.squashmb.org.

Good luck to the athletes competing in this years, Junior and Senior Squash Nationals. The Juniors are in Niagara on the

Lake from April 23 - 26, while the Seniors are in Calgary from April 29 - May 2.

CAMPS

The Winter Club will be hosting 3 more Tri Racquet Camps in the summer. The dates are June 22 - 26, July 6 - 10 and August 24 - 28. Registration forms and information is available at www.winnipegwinterclub.com.

*Trevor Borland
Squash Pro
452-3311 ext: 105
tborland@winnipegwinterclub.com*

FITNESS & AQUATICS



A BIG THANK YOU TO EVERYONE! I would like to start by saying a big thank you to all members for making me feel so welcome here at the Club during my first month. I still look forward to meeting everyone!

SPRING PROGRAM REGISTRATION HAS BEGUN!

Registration for all Fitness and Aquatics programming is now open to all members!

The full program guide is currently on the Winter Club website with all times and prices for all programs.

Please contact Jeff by email at jmitchell@winnipegwinterclub.com to register for programming or

with any questions.

NEW SOUND SYSTEM AUDIO CONTROLS!

Exciting news that we have now installed sound controls for the whole gym area! There are two volume controls located next to the fitness office door, one labeled "Cardio" and the other labeled "Weights." Feel free to give them a try the next time you are in the Gym.

ZUMBA NOW AT THE WINTER CLUB!

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will get your body moving. This one hour cardio based workout is an absolute blast, burn calories and be ener-

gized through movements meant for fun! Check schedule for a day and time that may work for you.

GEAR UP FOR SUMMER PERSONAL TRAINING PACKAGES

With the summer athletic and cabin season quickly approaching, now may be the perfect time to look into a summer personal training package for yourself and your family. *Contact Jeff for further details.*

TRY IT BEFORE YOU BUY IT WEEK, APRIL 13-18

This is a great opportunity for all members to try any fitness class they want before registering to see if the class is the right fit for you!

AQUATICS PROGRAMMING UPDATE

Swim Lessons and Aquatics programming is posted on the Club website with lessons running from Tuesday to Sunday now!

Also, we are pleased to announce that we have increased the potential availability for Private and Semi-private lessons on most days of the week.

Be Sure to check out the New Fun Fitness Programs!

Take Care of yourselves and those you love and care about,
Jeff Mitchell
Fitness & Aquatics Director
452-3311 ext. 123
jmitchell@winnipegwinterclub.com

URBAN PRAIRIE CUISINE

HERE AT THE CLUB

Some of our favorite events are happening soon at the club.

Easter Brunch, Sunday, April 12, with fun activities for the kids.

Plan now to attend the Bru Ha Ha Saturday, April 25.

In May we look forward to seeing many of you at Mothers Day Brunch. We will pull out all the stops to ensure Mom's,

Grandma's and all the special women get the best day on their day! Mother's Day is May 10.

Catering for your group or Club wind-up is available and wonderful right here at the Winnipeg Winter Club. Call Chef Craig at 452-3311 ext. 144 or chefcraig@themarket520.com.

OUT & ABOUT

As we move forward towards summer and our thoughts go to the beaches and cottages, re-

member the Urban Prairie Cuisine Deli is available to help with your meals. We can prepare your family BBQ salads or marinate some awesome meats for your grill. Here are some samples to get you started:

SALAD BOWLS

(serves 10 - 12 people)

Chicken Caesar Pasta Salad \$25.00

Manitoba Coleslaw \$20.00

Peasant Greek Salad \$27.00

New Potato Salad \$20.00

See the full deli menu at www.urbanprairiecuisine.com

There are many more selection to choose from, call 489-7480 to talk to Nick or Donna.

Chef Craig
Urban Prairie Cuisine
452-3311 ext. 144
chefcraig@themarket520.com

RECREATION



GET YOUR GAME FACES ON!

The WWC Kid's Bowlarama is coming up fast. On

Saturday, May 2 we are going to have a day filled with bowling, pizza, prizes and of course fun!!! This event is open to members and non-members so gather them up and let them know they can bring their friends! Sign your kids up today... register through the front desk.

SUMMER DAY CAMP

As the nice weather approaches its the perfect time to start thinking about what your little

boys and girls can do over their summer holidays with all their idle time. We have some great fun coming in July and August with our summer camp. We will be enjoying this great city by visiting some fun sites, getting some great knowledge and of course lots of exercise and fun. Please check the website for the camp schedule, details, and registration forms. This will also be open to members and non-members. The more the merrier!

HAVE A BIRTHDAY COMING UP? Keep the WWC in mind for your special day. We will

plan the party of your dreams. Contact me to check availability for your special day.

Happy Birthdays this Month to these Junior Members: Rida Rahman, Noah Bast, Pierce Roddy, Sandrene Garofalo, Elliot Kitching, Kayla Feasey, Natalie Stefanson, Mikayla McLeod, Lauren Herman, Adam Morrison, Merideth Cumming, Hayley Smith, Mackenzie Kolton, Olivia Meier, Will Moncrieff, Erin Petreny, Reed Kraemer, Alexa McFadden, Brandon MacDonald, Nicola DePape, Julia

White, Kaylen Gauthier, Hanna Thiessen, Natalie Bennett, Geordie Maguire, Tim Borger, Meghan Dufault, Hayleigh Borger, Nicole McAlpine, Melanie McAlpine, Alex Gardiner, Rebecca Alexander, Chloe Kjernisted, Caitlin Dansen, Kyle Grymonpre, Katie Maguire, Ceci Bilbatua, Erika Fridrik, Sena Lam & Clarissa Chen.

Jessica Barsky
Recreation Supervisor
452-3311
jbarsky@winnipegwinterclub.com

SKATING



SKATING
On March 27 - 29 the following ladies competed at the Stony

Mountain Fun Skate Competition:

Nicola Odaisky (all Pre-Preliminary Events):
Freestyle: Second
Compulsory: First
Spins: Third

Mackenzie Kolton (all Pre-Entry):
Freestyle: First
Compulsory: First

Isabella Wardrop (all Pre-Entry): Freestyle: First
Compulsory: First

Julia MacAulay (Pre-entry):
Freestyle: Fourth

Congratulations Ladies!!!

Skating Lessons continue in April and May on Tuesdays (3:45 - 4:45 p.m.) and Thursdays (3:45 - 7:30 p.m.), please contact me to arrange lessons with one of our coaches.

HOCKEY

Member Hockey's schedule remains the same for April and weekend skates end May long weekend.

RINK

Interested in renting ice, please visit our website and click on the appropriate link which lists times available from now until the end of August.

Carmina Bellisario
Facilities Coordinator
452-3311 ext: 114
cbellisario@winnipegwinterclub.com



HAPPY BIRTHDAY

Come out and join Rupert Whitehead on Sunday, April 19 who will be celebrating his 99th birthday at the WWC from 1:45 - 3:00 p.m. Mr. Whitehead will lace up his skates and skate with friends at 1:45 p.m.



BADMINTON



This seems to be the time for badminton tournaments and Winnipeg Winter Club kids continue to perform well at them. *Thoby Cameron* won the Triple Crown U19 at the Manitoba Junior held at the Wildewood Club March 20 - 22. Congrats to the following WWC members who had strong finishes as well:

U19

Sena Lam: Winner Girls Doubles with *Alexandra Dansen*. *Alexandra* was also Runner-up in Girls Singles and Mixed Doubles with *Andrew Harrison*.

Andrew Harrison: Runner-up Boys

Singles and Doubles with *Kyle Grymonpre*.

Jordan Beettam: Winner Boys

Doubles with *Thoby Cameron*

Kristy Beettam: Runner-up Girls Doubles

U16

Caitlin Dansen: Winner Girls Singles.

James Thorpe: Winner Mixed Doubles Consolations.

U12

Neils Hurst: Winner Boys Singles Consolations.

Special awards were also handed out at the junior wind-up dinner on Saturday, March 21 and some the Winter Club players were recognized for the following:

Badminton Ambassadors U19

Boys: *Thoby Cameron*

Girls: *Alexa Laidlaw*

U16

Boys: *James Thorpe*

Most Improved Player:

Thoby Cameron

Most Improved Player, Honourable Mentions:

Kristy Beettam and *Andrew Harrison*.

Congratulations to all the kids for the great tournament.

Club Adult Badminton Championship & Wind-up

Mixed Doubles: April 22 - 29
Men's/Women's Singles: April 24 - 26 or arrange your own matches.

Men's/Women's Doubles:
April 28 - May 5.

Entry Fee: \$15 for 1 event
\$20 for 2 or 3 events

Entry Deadline: April 15

Wind-up Social & Awards: May 13, 7:30 p.m.

Pal Chawla
Badminton Pro
452-3311 ext: 118
pchawla@winnipegwinterclub.com

MASSAGEWORKS

John Laganse and *Larisa Waters* are both certified registered Massage Therapists (highest standard available in MB) and both attended the Massage Therapy College of Manitoba.

The Winnipeg Winter Club is hosting the Adult Badminton Championship in April. During

this time, come in for a session, whether it's for a pre-event or post-event massage. Pre-event wakes up those muscles which helps reduce the risk of injury. Post-event massage helps muscle soreness and flushes out toxins from muscle tissue.

Appointments can be made at the Front Desk.

Larisa

Mon: 9:00 - 3:00

Tues: 9:00 - 3:00

Wed: 9:00 - 3:00

Thurs: 1:00 - 5:00

Fri: 9:00 - 3:00

John

Mon: 3:00 - 9:00

Wed: 3:00 - 9:00

Thurs: 9:00 - 3:00

Sat: 9:00 - 4:00

Stay Well,
Larisa Waters, RMT