

WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 8 AUGUST 2010

MESSAGE FROM THE GENERAL MANAGER



The heat of summer is upon us and so is the final month of summer. It is very hard to believe that in just over a month school reopens, fall sports start up and our facility turns from a ghost town to a facility bustling with activities of all kinds.

Throughout this summer we have once again completed our annual maintenance of the Dominion Securities Center and the Aquatics Center. In June our staff worked very hard in the DS Center, painting, cleaning, removing rotten boards and scrub-

bing all the rink boards restoring them to like new condition. And in July our staff worked on the Aquatics Center, they scrubbed all the tiles, cleaned the gutters, refastened all the ladders and repainted the floor and diving board. As the member activity diminishes over the summer months it allows our staff to carry out the annual maintenance in many areas of the WWC as we strive to continually work to improve the member experience inside the walls of the Wint.

Maintenance projects are not the only items that we work on during the summer months. There is work done on program-

ming, scheduling of both social and athletic events, financial matters such as budgets and long term planning, and of course the ongoing general day to day activities. While many of the members are enjoying the outdoors, indoors we are looking to maintain our superb facilities, develop strong athletes and more importantly enhance our great programs for members of all ages.

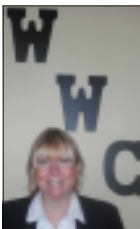
Enjoy the last month of summer holidays and we all look forward to seeing you at the Wint soon!

NOTES FROM MY DESK

- In August watch for information regarding a new membership roster
- Weekend hours for August:
8:00 a.m. - 4:00 p.m.
- Labour Day Weekend (September 4th, 5th and 6th) weekend hours Saturday 4th and Sunday 5th 8:00 a.m. - 4:00 p.m., Monday 6th Club Closed

Cheers,
Rob Guthrie

MEMBERSHIP



There's just one month of summer holidays left before the kids are back in school. Now is a perfect time to check out our

Fall Program Guide online and get organized for fall. If you would like a hard copy please pick one up from the administration office.

A big thank you goes out to Ryan Downey for his new member referral this month.

If you know of someone thinking of joining the Club please contact me so I may personally invite them down for a tour and to try the Club free till August 31st.

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

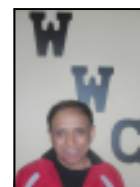
NEW MEMBERS

Jeff Walker
Jeff Lothian
Doug Martin and Shawna Ferris
James Percival
Jayson Skelton

INSIDE THIS ISSUE:

SQUASH	2
RECREATION	2
TENNIS	2
FITNESS & AQUATICS	3
AUGUST FITNESS PASS	3
DINNER AT THE WINT	4

BADMINTON



FALL PROGRAMS
We hope everyone is having an enjoyable summer. The schedule for all the

adult and junior fall badminton programs are now available online at

www.winnipegwinterclub.com under programs on the left-hand side. The program guide will

also be available for pick-up at the Club, from the front desk or the general office.

Check out the badminton programs and register early to guarantee your spot.

UPCOMING CAMPS

Summer Tri-Racquet Camp

Date: August 23 - 27
Time: 8:30 a.m. - 3:30 p.m.
Drop-off: 8:00 - 8:30 a.m.

Pick-up: 3:30 - 4:00 p.m.

Program: 1.5 hours of badminton, tennis and squash, swimming and/or bowling

Ages: 8 - 16

Lunch included

Cost: \$160 + GST (members)

\$210 + GST (non-members)

Elite Badminton Camp

(Advanced - Intermediate players)

Date: August 30 - September 3

Time: 5:00 - 8:00 p.m.

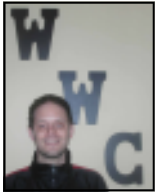
Cost: \$85 + GST (members)

\$110 + GST (non-members)

Cost of shuttles extra

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

SQUASH



PROGRAMS JUST AROUND THE CORNER
Hopefully everyone's summer is going great and you are starting

to think about the upcoming season at the Club. The new program guide is available online with all of the squash programming for the upcoming season. Most of our popular programming is back, including the Monday House League, Techno League, Adult Drills and Novice Night. Our Junior programming covers the munchkin age, through to teen squash and includes competitive programming. One new program we are offering is a once per month women's night (on Fridays) where we will design the night around a bunch of drills and

games for women only. The cost will be \$10 per night and include a night of fun, fitness and squash.

TRI-RACQUET CAMP

We have one more Tri-Racquet Camp coming up during the week of August 23 - 27th. There are still a few spots available. Each day, kids will take part in 1.5 hours of badminton, squash and tennis, as well as swim and have lunch which is included. It is a great way for the kids to try their hand at each of the great racquet sports our Club has to offer. Registration forms are available online at www.winnipegwinterclub.com

NOVICE NIGHT

Our Novice Night continues to run on Wednesday evenings from 6:30 - 7:15 p.m. It is a great way to learn the basics of

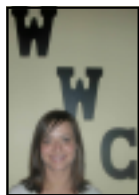
the game that you need to get started in fun recreational or league play. Glasses and racquets are provided for those who need. If you are planning on coming out in the summer, please let Trevor know by no later than noon, on the day of so that we can ensure an instructor

is present. Please note there will be no Novice Night on Wednesday, August 11th.

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



RECREATION



Babysitting summer hours continue for the month of August, Monday - Friday 9:00 a.m. - 12:00 p.m.

JUNIOR CAMP

There are still 4 fun weeks of Junior Summer Camp left!

August 3 - 6

Plants

August 9 - 13

Spirit Week

August 16 - 20

Earth, Wind, Fire & Water

August 23 - 27

Camp Olympics

Camp Costs:

Members \$175/ week

Non-Members \$190/ week

Lunch is included.

If your child is interested in trying out any of the camps, please let me know as we do have day rates also available!

JUNIOR LOUNGE

Our Junior Lounge will reopen on Tuesday, September 7th for the After School program. If your child goes to SJR and uses the bus service, did you know they get dropped off right here at the Club? Our wonderful

Junior Lounge staff will greet them and bring them to the room for lots of fun themed activities!

Don't forget to check out the fun new programming in the fall program guide!

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

TENNIS



TOURNAMENTS ARE COMING!
They are coming fast and furious as the summer rolls on. The big one is the Mani-

toba Open from August 13 - 22. Hosted this year at The Kildonan Tennis Club, come out and watch some great tennis action! Please visit

www.tennismanitoba.com for the tournament schedule, entry forms, and lots of other tennis information. Also sign up for their e-newsletters for more in-

depth happenings of tennis events across the province and Canada!

WANT SOME SUNSHINE WITH YOUR TENNIS?

Courts 1 and 4 outside are in good shape. Why not give them a try on a sunny afternoon?

PLEASE HELP KEEP YOUR COURTS CLEAN

Just a reminder to pick up balls after your tennis session and to leave baskets by the net for others to use. Also, please use the trash receptacles located on each court for your garbage. Items

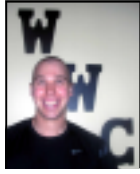
like old grips, tennis can lids, and drink containers should be thrown away (or recycled). Thanks in advance!

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



Member Lee-Ha Bryk with Tennis Great Nick Bolletieri

FITNESS & AQUATICS



Summer Fitness Programs Continue in August

This year the Summer Fitness Pass will run its second phase in August for 5 weeks, starting August 3rd until September 2nd.

August Fitness Pass

The August Fitness Pass will include classes on Tuesday, Wednesday and Thursday each week at 6:30 a.m. We will be offering Spin on Tuesday with Brad, Yoga on Wednesday with Meagan, and Giulia's Early Morning Mayhem on Thursday.

Specialty Classes only \$5.25

per class with August Fitness Pass

The August Fitness Pass is only \$80 and includes all fitness classes for the entire month! If you were to attend each it would work out to only \$5.25 per class. If the Pass isn't for you that is fine too, as you can attend just Spin, Yoga, or Red's Strength and Conditioning class for \$50/month.

Please feel free to speak with Jeff for further information.

Complimentary Class Wednesdays all Summer Long

We will have our AM Power hour with Scott on Wednesdays

at 9:30 a.m.

We will also still be offering our PM Power hour with Carrie on August 11th and Athlete Training Classes with Ainsley on every other Wednesday at 6:00 p.m.

Pool Re-Open for August

The aquatics center will be open again starting Tuesday, August 3rd at 6:30 a.m.

August Pool Hours

The Aquatics Center will be open from 6:30 a.m. to 6:30 p.m. Monday to Friday and 9:00 a.m. to 3:00 p.m. on Saturdays and Sundays for the month of August.

Fitness Center Here for you all Summer Long

The fitness center is a great place to keep your body active and fit during the summer.

Fitness Director Jeff Mitchell will be in the Club most weeks this summer and is more than happy to help with any program or any fitness related questions you may have.

Take care of yourselves and those you love and care about,

Jeff Mitchell

*Fitness & Aquatics Director
452-3311 ext. 123*

jmitchell@winnipegwinterclub.com

Make a Dash

For the...

AUGUST FITNESS PASS!

Unlimited Classes Tuesdays – Thursdays mornings,
Aug 3rd – Sept 2nd, 2010

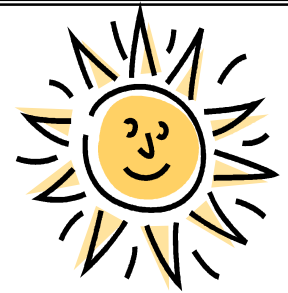
ONLY...\$80/PERSON!

Works out to an amazing price of only \$5.25 per class!!

DROP-IN RATES ALSO AVAILABLE

Any questions or to register please contact

Fitness Director Jeff Mitchell at jmitchell@winnipegwinterclub.com



	TUESDAY	WEDNESDAY	THURSDAY
6:30 AM	<i>STUDIO SPIN</i> Brad	<i>Rise & Shine Yoga</i> Meagan	<i>Red's Early Bird Training</i> Giulia

AUGUST COMPLEMENTARY CLASSES EVERY WEDNESDAY!!!

9:30 a.m. Circuit / AM Power hour with Scott

6:00 p.m. Athlete Training with Ainsley

Or The PM Power Hour with Carrie (August 11)



Dinner at the WINT



SEPTEMBER 10, 2010 - COWBOY DINNER

- Crusty Rolls & Butter
- Tossed Green Salad with Choice of Dressing
- Manitoba Potato Salad
- Oven Roasted Herb Chicken Pieces
- Mashed Potato & Gravy
- Molasses Baked Brown Beans
- Corn on the Cob
- Apple Pie & Peach Cobbler With Vanilla Ice Cream
- Coffee/Tea

\$17.95/person

Kids Under 12 \$9.95

SEPTEMBER 17, 2010 - ITALIAN DINNER

- Focacia Bread
- Italian Wedding Soup
- Classic Caesar Salad
- Tomato & Basil Salad with Olive Oil
- Eggplant Stuffed with Herbed Ricotta Cheese on Tomato Sauce
- Meat Lasagna
- Vegetarian Lasagna with Grilled Vegetables, Béchamel Sauce & Tomato Sauce
- Penne Al A Panna (Creamy Parmesan sauce, Peas & Prosciutto)
- Roasted Vegetables
- Tiramisu Torte or Gelato
- Coffee/Tea

\$20.95/person

Kids Under 12 \$9.95

SEPTEMBER 24, 2010 - SOUP & SALAD

- Assorted Bread, Rolls & Butter
- Chef's Selection of 2 Delicious Soups
- 4 Specialty Salads
- Dessert Buffet, including Dainties & Tortes
- Coffee/Tea

\$14.95

ADD CHEF CRAIG'S SPECIALTY!

- Smoked Prime Rib Dinner, Served with Potato & Vegetables

\$24.95

- Dinner Plate Only, with Dessert & Coffee \$19.95

OCTOBER 1, 2010 - EAST INDIAN PARTY

- Naan
- Potatoes in Yogurt (Aloo da Raita)
- Carrot Pickle (Gajjar da Achaar)
- Butter Chicken
- Basmati Rice with Peas & Cumin
- Spinach with Cheese (Palak Paneer)
- Spicy Cauliflower & Potatoes (Aloogobi Adrakwali)
- Sweet Rice Pudding with Almonds (Kheer)
- Fresh Fruit Platter

\$19.95 per person

Kids Under 12 \$9.95

Join us Friday nights for Dinner at the WINT beginning September 10, 2010.

Menu items subject to change.