

WINNIPEG WINTER CLUB

VOLUME 4, ISSUE 2

FEBRUARY 2010

MESSAGE FROM THE GENERAL MANAGER



The sky didn't fall in 2009. And while we are not completely out of the woods, the economy seems to be rebounding, banks are opening their wallets again, and our Club showed its resilience in the face of tough economic times.

As we look into the crystal ball at what may lie ahead in 2010, the one development that seems to be coming a prevalent trend in this industry is the entry of low-cost fitness only clubs. These clubs target infrequent users and offer very little group fitness or any programming for that matter, and often these clubs become overcrowded. Clubs like the Winnipeg Winter Club that focuses on exceptional programming and member experience must battle with these low cost competitors and offer the members a fabulous experience every time they enter the doors. We have a long list of great programs for the members

to be involved in, competitive or recreational leagues to play in, a full social calendar of events to attend, and a team of top professional staff members that are available to help you enjoy or master your particular interest. We truly do offer something for everyone!

OUR PARKING LOT

It is the current belief that the Winnipeg Winter Club's parking lot is being used by many people who are not authorized which then in turn takes away from parking access of the paying members of the Club. Given potential development in the area and the rapid transit corridor station being constructed across from our property, this problem could get worse. Therefore, Management and the Board of Directors feel that we must provide the members with a parking solution which protects our parking lot from unauthorized users.

Commencing Monday, February 1st *Impark* will begin patrolling

our parking lot area; therefore, we will require that all members display on the dash of their vehicles a Winnipeg Winter Club parking pass. This pass will be available for pick up at the reception desk. All guests and facility users will have to register their vehicle plates at the front desk so that anyone without a pass and not on the guest list will receive an *Impark* notice. *Impark* will gather data on the parking trends, reporting on the times present on location, the number of violations issued and the number of stalls vacant. We can determine from this report if the parking crunch is frequent or rare, and if it is caused by unauthorized parkers. This will result in a long term parking solution that will ensure priority to the Winnipeg Winter Club membership. We appreciate your cooperation on this matter.

Just a reminder to all Winnipeg Winter Club members that you are permitted to park in the Shelter parking lot behind Acquire Capital (formally Gord's) after

6:00 p.m. weekdays and at anytime on weekends.

NOTES FROM MY DESK

February is *Fitness Challenge month* – get involved!! Contact Jeff at the Fitness Center for more information.

Valentines Dinner

Saturday February 13th – call reception today to make your reservation.

Louis Riel Day

Monday, February 15th - Club hours 10:00 a.m. - 6:00 p.m.

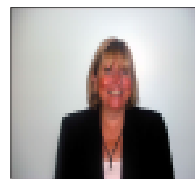
Cheers,

Rob Guthrie

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MEMBERSHIP



Take pride in your Club and help increase membership

by referring a friend, family member or business associate. For each new member referred we will reward you with a \$50 credit to your account. "Bring a Friend Week" will be held February 15 through February 22. To reserve a pass email or call me directly at 952-2247 to have the guest fee waived.

A big thank you goes out to Stacey McAlpine, Debbie Struthers and Michael Duncan for your new member referrals in January and each of your accounts will be credited with \$50.

FRIENDLY REMINDERS

- Children must be on membership in order to take lessons.

- All members must register their guests at the reception desk.

- Same guest regardless of who

sponsors them into the Club may only attend twice per month to a maximum of 10 visits per year.

- We ask for your continued cooperation in scanning your membership card to enter the Club or please sign.

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

WELCOME NEW MEMBERS

Ryan Leggett
Tyler Grant
Dan Dainard
James & Jennifer Scott
(Madison, Sarah & Ethan)
Norman Cherrey
Doug & Helen Collins
(Laura, Brian & Kevin)
Jason & Alanna Chau
(Andrew, Emily & Calum)
Jason & Nicole Clarke
Jennifer Bruneau

TENNIS



KIDS DENTAL JUNIOR TOURNAMENT

The third annual Junior Nationals qualifier is being held at our Club February 4 - 7. Full listing of draws can be found at www.tennismanitoba.com

DON'T FORGET TO CANCEL!

Please remember to cancel your courts in advance if you have booked and can no longer use the court. There is nothing more frustrating to the other members

when they see on the booking list that the courts are booked and then see them empty when they could have used them. Please take the time and call the reception desk at 452 - 3311. They will be happy to cancel the court for you!

FIRST ROGERS ROOKIE EVENT OF THE YEAR HELD JANUARY 24TH AT WWC!

Over 14 juniors participated in the 1/2 and 3/4 court event early in the morning and 8

played in the full court event. A great time was had by all!

WWC ACADEMY JUNIORS PLANNING ROAD TRIP

The Academy team is looking to bus it back to Rochester Minnesota to compete against the Rochester Athletic Club top juniors. This is turning out to be an annual event! To help cover costs of the bus, hotel, and court fees, the teams parents are organizing a fundraiser. Watch for ways you

can help support the top juniors in the Province get the competition they need to improve on the National scene. There will be posters put up and emails on how to help. Keep an eye out for them!

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

RECREATION



TEEN CAKE DECORATING!

On February 18th we will be having another exciting teen event! If you are 10-16 years of age sign up with the front desk or by emailing me to learn the exciting art of Cake Decorating. Guests are also welcome to join us so bring a friend. This class will challenge your creative and artistic abilities while letting you enjoy a sweet treat as an added bonus. Don't miss out and sign up today! Members \$12, guests \$14

BABYSITTING

Having trouble finding time to workout during your busy life with the kids? Bring them to the Club to play with our excellent caregivers Monday - Saturday! Let them have some fun while you have some time to stay fit! \$4.75 per hour for the 1st child \$2.50 per hour each additional child

AFTER SCHOOL PROGRAM

Just a reminder to all that we have an After School Program for your juniors ages 4-12 years of age. This program is to give

your child a relaxing environment after their school day or on Saturdays that will offer them assistance with homework as well as tons of time to play around with different games, crafts, and even our Wii!

If your child goes to SJR their daily bus also brings your child right to the Club where our Junior Lounge gals pick them up and walk back to the Club with them! Cost is only \$5 per day for each child or you can get a family pass for only \$40!

MUNCHKIN MANIA

Every Friday night from 6-9 pm your kids can come and spend the evening in our Junior Lounge while you head upstairs for our Friday Night Dinner at the Wint. Your child gets to play games, do crafts, watch a movie and choose from a variety of different dinner options for only \$12 if you register in advance with the front desk!

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

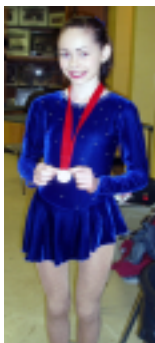
SKATING



SKATING

Nicola Odaisky competed at the Winnipeg Starskate Regional Championships held Saturday, January 16th.

She placed 2nd in the Pre-Preliminary Ladies Compulsory event and placed 1st in the Pre-Preliminary Ladies Freeskate event qualifying her for the Skate Canada Starskate Pro-



vincial Championships at the end of February. Way to go Nicola!

HOCKEY

The annual February 4 vs. 4 Member Hockey Tourney takes place February 25 - 27.

Cost: \$40/player

Includes 3 guaranteed games, pizza and 1 free drink Friday night and a commemorative tournament souvenir

Thursday Game Times

7:00 - 8:00 & 8:15 - 9:15 p.m.

Friday Game Times

7:00 - 8:00 & 8:15 - 9:15 p.m.

Saturday Game Times

12:00 - 1:00 & 1:15 - 2:15 p.m.

Saturday Final

1st vs 2nd

3:00 - 4:00 p.m.

Registration Deadline:

Monday, February 22 at 6:00 p.m.

No spares or walk-ons

Register via email to Carmina or sign up in the men's locker room.

February 15 - Louis Riel Day

General Skate: 10:00 - 11:00

General Hockey: 11:00 - Noon

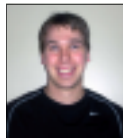
Member Hockey: 1:30 - 3:00

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



2009 October 4 vs. 4 Champs

FITNESS & AQUATICS



FITNESS CHALLENGE 2010 - OLYMPIC EDITION

For the month of February we will have 28 challenges for the 28 days of February.

Sign up as a single, couple, mother/daughter, father/son, brother/sister or any of the above combinations. All singles will have their names randomly drawn out of a hat for team pairings.

We will be giving away gold, silver and bronze this year as well as many fun weekly prizes and bringing back the beautiful fitness challenge trophy for the winners' legacy to live on forever.

The challenges involved a wide variety of activities involving all areas of the Club.

Just \$25 to register, with all proceeds going towards new equipment for the fitness centre.

Sign up with Jeff by email at jmitchell@winnipegwinterclub.com or at the front desk.

28 CHALLENGES FOR 28 DAYS!

Below you will find 28 challenges of varying difficulty. Each point value is based on each individual and not per team. Record your points as you progress through each week and send in which challenges you have completed and how many points to Jeff with the team score totals being updated every few days. Team scores will be posted in the Weight Room.

You may do each challenge as many times as you like throughout the month.

1. One Hour Weight Training Workout (6 Points, Max 12/day)
If we are not up to an hour yet, start with two 30 minute workouts to get to your 6 point level.
2. Attend an AM Fitness Class (6 Points, Max 12/day)

Come out to any of our fitness classes that take place before Noon, including all paid and complimentary classes.

3. Attend a PM Fitness Class (6 points, Max 12/day)
Come out to any of our fitness classes that take place after Noon, including all paid and complimentary classes.
4. Run 0.5 miles on a Treadmill or Outside (1 points, Max of 10/day)
Run to your hearts content, on our treadmills or on your own.
5. Walk 0.4 miles on a Treadmill with incline 7 or above or outside quickly. (1 points, max of 10/day)
If walking outside be sure to walk at a quick brisk pace.
6. Bike 1 mile on a Stationary Bike or Spinner (1 points, Max of 10/day)
Use one of our "Precor" Bikes or a New Spin bike with Mileage readers.
7. Row 1000 Meters (2 Points, Max of 10/day)
Hop on one of our stationary Rowing Machines and let your body get into the flow with some low impact, moderate intensity rowing.
8. Workout on an Elliptical Trainer, Completing 0.75 Miles (1 points, max of 10/day)
Use any one of our "Precor" elliptical trainers and let your body fly as you work through this great Low impact aerobic exercise.
9. Skip for 4 minutes (2 Points, Max of 12/day)
Start skipping and keep going, without taking more than a 15 second rest at any time.
10. Perform 15 back extensions on our Roman Back Extension chair (1 Point, Max 3/day)
Be sure to move your body slowly and controlled through each of these back extensions.
11. Swim 15 full laps at the

swimming pool (1 Point, Max of 10/day)
For those of you who have grown gills this is the perfect challenge to rack up the points. Swim with bare feet and choose whichever stroke you like.

12. Bike 1.25 Miles on the Recumbent Bike (1 Point, Max 10/day)

13. Play 30 minutes of Tennis (3 Points, Max of 9/day)

14. Play 30 minutes of Squash (3 Points, Max of 9/day)

15. Play 30 minutes of Badminton (3 Points, Max of 9/day)

16. Take a Private or Semi-Private Lesson with any instructor here at the Winter Club. (15 points)
That includes Swimming, badminton, tennis, and squash.

17. Attend a 60 minute Spin Class (8 Points)
Push your cycling workout to the next level with our amazing spin classes. Be sure to register at the front desk ahead of time.

18. Attend an Aqua fitness Class (8 Points)
Participate in any or all of our aqua fitness classes that are offered each day from 9:00-10:00 a.m. in the Aquatics Centre.

19. Get a Massage (6 Points)
Yes, I know this one sounds almost too easy but a massage is a great way to relieve tension in the hard working muscles of your body. Your body will indeed thank you.

20. Complete 50 Crunches (1 Points, Max 5/day)
With legs bent at 90 degrees, curl the body up 30 to 45 degrees while tightening the core muscles. Be sure to crunch up slowly and lower slowly.

Bonus Extra Difficult Challenge Points

21. Bring a healthy recipe you have from home to be made into a cook book for fitness challenge participants (10 Points, Max of 1 per team)

22. Hold a wall-Sit for 3 minutes, with legs bent at 90 degrees (25 points, Max 25/week)

23. Perform 20 Chin-ups or Pull-ups, full arm extension between each. (30 points, Max 30/week)

24. Perform 60 Standard Push-ups, with arms underneath shoulders and on the Toes, or 100 push-ups from Knees. (30 Points, Max 30/week)

25. Hold a stabilization plank for 3 Minutes (15 Points, Max 15/week)

26. Complete 80 Standing Squats in succession, bending knees to 90 degrees each repetition and using a bench as a mark of how low to go. (12 points, Max 24/week)

27. Bowl 3 strikes in a row (25 Points, Max 25/week)

28. WATCH FOR FUN EXTRA WEEKLY CHALLENGES TO BRING UP YOUR TEAMS POINT TOTAL!

Fun Weekly and Monthly Prizes to be awarded. Just \$25 to register with all donations going towards equipment for the fitness centre.

Let the Games Begin!

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

Jeff Mitchell
Fitness & Aquatics Director
452-3311 ext. 123
jmitchell@winnipegwinterclub.com

BADMINTON



YONEX CANADIAN NATIONAL CHAMPIONSHIP

The Yonex Canadian National Badminton Championship was held at the Club January 28 - 30 and it was a huge success. The tournament committee of Lindsay Laidlaw, Tracy Cartwright (Co-Chairs), Rob Guthrie, Theresa Parrish, Ted Lightly, Ian Clara, Orlando Athayde, Don Snider, Archie Chawla, Heather Long and Pal Chawla did a remarkable job. Spending many hours of hard work with regards to planning, organizing since September 2009 and running the event. All of this would not have been possible without the tremendous help and support of the following:

Gold Sponsor:

Parrish & Heimbacker

Silver Sponsors:

Canadian Tire - Garden City Place Lois Riel Suite Hotel

Bronze Sponsors:

Colliers, Pratt, McGarry
Empiricus Medical Corporation
Ron & Cindy Zimmerman
Smith Carter

National Leasing

The New Pembina Chrysler Dodge Jeep

D'arcy Bain Physiotherapy
Racquets Proshop

Friends of Badminton:

Children's Dental Centre
Dr. Darrell Grymonpre

Tom Saunders

Rob Coughlin

Don Snider

Wayne & Joanne Jury

The Laidlaw Family

Brian McArthur

Roy & Patricia Dansen

WINTER CLUB STAFF

Thank you to Chief Engineer Ken Baron and his staff who worked very hard to setup, prepare and continually upkeep the badminton area throughout the duration of the tournament.

Chef Craig Guenther and his staff did a wonderful job setting up the athletes breakfast in the mornings and then treating everyone to a delicious buffet for the wind-up dinner.

THE VOLUNTEERS

There were also many members involved in volunteering their time at the draw desk, running

the players shuttle van and with doping control tests.

The Winnipeg Winter Club would like to express a very big "thank you" to the Tournament Committee, the sponsors the engineering staff, food and beverage staff and the volunteers for making the National Event so incredibly successful.

THE RESULTS

It was unfortunate for David Snider to lose his semi-final match, but it was still a very close game. Matt Younger also played well to reach the quarter finals of the men's singles and Andrew Harrison won the men's singles consolations.

Congratulations to these players for having a fine tournament.

CANADIAN TEAM

Andrew Harrison has been selected to represent Canada at the Junior Pan Am Championships in Lima, Peru, February 14 - 16. This Championship will also serve as the qualifying event for entry into the youth Olympics being held in Singapore in October 2010.

Congratulations to Andrew on his selection and good luck at the tournament.

Pal Chawla

Badminton Pro

452-3311 ext: 118

pchawla@winnipegwinterclub.com



SQUASH



TOURNAMENTS

The Manitoba Junior Open Squash Championships are less than three weeks away and run from February 19 - 21. It is the last provincial junior tournament of the year for your kids to enter. Entry forms can be found online at www.squashmb.org or in the squash lounge. If you are unsure if the event is appropriate for your child, please talk to Trevor.

The Dominion Antiques Manitoba Closed Squash Championships ran from January 26 - 31 at the Winter Club. This made for a busy week at the Club as we were running along side the Canadian Badminton Nationals. We had great numbers out for our tournament this year with

one of the largest number of entries from Winter Club members that we have had in quite some time which is exciting news. I would like to thank Riley Peake of Dominion Antiques and Sutton Realty for once again supporting us as our title sponsor. Evan Mancer of Cardinal Capital, also once again helped to sponsor the tournament. Without great sponsorship support like we've had, the tournaments are unable to run, so we greatly appreciate all your years of support. The big winners of our provincial Championships this year were:

Men's Open:

David Glass defeated *Trevor Borland*

Women's Open:

Nikki Todd defeated *Alix Younger*

SPRING BREAK TRI RACQUET CAMP

During the school spring break we at the Club offer a tri-racquet sports camp for your kids. It's a week of fun and games for your kids. They get to spend an hour and a half per day playing each of our racquet sports at the Club, as well as other activities such as swimming, bowling and movies. Lunch is also included. It's a great way to give your kids an introduction to all the racquet sports we offer at the Club or to try some of the ones they don't currently take part in. The camp runs from March 29 - April 2, 9:00 a.m. - 4:00 p.m. each day. To register, fill out the form online and return to the front desk or one of our pro's. Numbers are limited and spots fill up

fast so don't miss out!

PROGRAMMING NOTES

If you are currently not in either our House League or Techno League and are thinking of joining, you may do so at any time. All you need to do is let Trevor know. Each Monday night you can be set up with a match to play in our House League or be given a match to arrange on your own time in our techno league. If you aren't sure if squash is your game and just want to try it out for the first time, then give our Wednesday Novice Night a try from 6:30 - 7:15 p.m.

Trevor Borland

Squash Pro

452-3311 ext: 105

tborland@winnipegwinterclub.com