

# WINNIPEG WINTER CLUB

VOLUME 4, ISSUE 1 JANUARY 2010

## MESSAGE FROM THE GENERAL MANAGER



It's hard to believe we are in January and in a New Year. The holiday season is over and the past few weeks have been occupied with shopping, wrapping, baking, and attending holiday parties so the temptations of the season were everywhere! The holiday season can make for a bad time to sway from the plan and overeat and get out of your healthy routine. Make it your New Year's resolution to get back to the Wint!

We would like to wish you all the best in the upcoming year and hope that you can all achieve your goals in 2010, whether it is athletically, individually or in your choice of business. As we enter a new year, it is time to commit to be fit in 2010.

### NOTES FROM MY DESK Upcoming January events

January 12<sup>th</sup>  
Teen Cooking Night

January 14<sup>th</sup> - 17<sup>th</sup>  
WWC Invitational Badminton Tournament

January 23<sup>rd</sup>  
Robbie Burns Day  
Scotch Dinner

January 26<sup>th</sup> - 31<sup>st</sup>  
Dominion Securities Manitoba  
Closed Squash Tournament

January 28<sup>th</sup> - 30<sup>th</sup>  
Yonex Badminton National  
Championship

*Cheers,  
Rob Guthrie*

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## 2010 YONEX BADMINTON NATIONALS

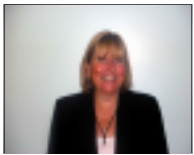
Are you up for intense, nail-biting action where the best in Canada battle it out on the courts?

The YONEX 2010 Canadian National Badminton Championships are coming to the Winnipeg Winter Club in January, bringing international-caliber play that will determine who holds the title of Canada's best.

Running January 28<sup>th</sup> to 30<sup>th</sup>, this world-class tournament will showcase top athletes from Manitoba and across the country.

DATE	TIME	EVENT	ADMISSION
Thursday, January 28 <sup>th</sup>	9:00 AM	Play Begins	FREE
Friday, January 29 <sup>th</sup>	9:00 AM	Quarter-Finals	FREE
Friday, January 29 <sup>th</sup>	6 :00 PM	Semi-Finals	\$5
Saturday, January 30 <sup>th</sup>	12:00 PM	FINALS	\$5

## MEMBERSHIP



Happy New Year to all and may your year be filled

with peace and prosperity. A big thank you goes out to Ryan Giesbrecht, Bernie Clement, Brian McArthur and Linda Nugent for new member referrals in December. As of December 2009, all members referring a new member(s) to the Club will receive a \$50 credit to their account as our way of saying thank you for helping keep your Club strong and vibrant. Referrals are a key part to maintaining

the WWC in the most significant way. I challenge each and every one of you to come up with one new member referral in 2010. If you need a complimentary pass for a friend, family member or business associate email or call me directly to have the guest fee waived. Our "Winter Open House" will be held on Saturday, January 16<sup>th</sup> from noon to 4:00 p.m. Ladies' Wine, Cheese and Chocolate evening will take place on Thursday, January 28<sup>th</sup> at 7:00 p.m. in the Fireplace Room. There will be complimentary makeovers and door

prizes too! Treat a friend to a relaxing evening out at your Club. RSVP Front Desk.

### FRIENDLY REMINDER

Please make sure you sign your guest in at the front desk. If you have a complimentary pass

the guest fee will be waived, if not guest charges will apply.

*Janet Thorpe  
Membership Director  
452-3311 ext. 141  
952-2247 bus. Cell  
[jthorpe@winnipegwinterclub.com](mailto:jthorpe@winnipegwinterclub.com)*

### WELCOME NEW MEMBERS

Donna & Codi Kroeker  
Jason Corbett  
Dick and Frances Boon  
Robert Boon  
Tammy Boon  
Steve Wetton  
Kevin & Tracy Dodge (Jake)  
Terry Rebizant & Susan Hendrickson  
(Hanna, Jane & Thor)

Huntae Kim  
Reyn & Lori Vondyck  
Joanna McQuarrie  
Ben & Christine Bruneau  
(Kayla & Brady)

**Welcome Back**  
Maria Paukovic  
Dan Roberts  
Joanne Clement

## BADMINTON



We hope everyone had a very enjoyable and safe Christmas and New Year. We are looking forward to seeing everyone back and being active on the badminton courts.

### WINTER OLYMPICS TORCH RELAY

In a bulletin released by Badminton Canada it has been announced that three Internationally celebrated badminton players are among the athletes chosen to run various legs of the

Winter Olympics Torch Relay. One of the athletes selected is our own Winnipeg Winter Club Olympian (Atlanta 1996) Jaimie Dawson, who also won many National and Pan Am titles as well as the French Open singles title. He will be running the Banff section of the relay on February 20<sup>th</sup>. Congratulations to Jaimie for this truly deserving honour and we are all proud of him.

### BADMINTON CHRISTMAS PARTY

The badminton section had one of its best turnouts at its' Christ-

mas party held on December 9<sup>th</sup>. Thirty players came out for an evening of fun badminton matches, followed by snacks, drinks, gift exchanges and door prizes for Christmas turkeys and bottles of wine. The door prize winners were: Jon Linley and Pam Smith who both won turkeys and the door prizes for the bottles of wine went to: Rick Dryden, Scott Harrison and Irene Rychlicki.

### COMING EVENTS

#### January 14 - 17

Canadian Tire (Garden City) WWC Invitational Badminton Tournament

#### January 28 - 30

Yonex Canadian National Badminton Championship  
Come out to watch badminton at its best as Canadian men & women players compete for National titles.

*Pal Chawla*  
Badminton Pro  
452-3311 ext: 118  
[pchawla@winnipegwinterclub.com](mailto:pchawla@winnipegwinterclub.com)

## SKATING



Happy New Year!

### PROGRAMS

All Monday skating programs started on

January 4<sup>th</sup>. We still have 8 spots remaining in our Adult Learn to Skate. This class is for beginners and intermediates. Figure and hockey skates welcome. We have two spots in the Beginner Power Skating with Laurie Reade, Beginner Learn to Skate (Parent and Tot) with Sarah Low Ying and Learn to Skate - Future Skating Stars with Debbie Synkiw. It's never too late to register and programs will be prorated.

Our Saturday's Learn to Skate begins January 9<sup>th</sup> from 9:45 - 10:30 a.m. The classes offered are: (Parent and Tot) with Laurie Reade, Learn to Skate - Future Skating Starts with Tabitha Bandlow and Intro to Figure Skating with Sarah Low Ying. There is still room in all three groups, contact me to register.

### PRIVATE LESSONS

Tuesday, Thursday and Saturdays are available for private or semi-private lessons. If you have a group of skaters who are at the same level, a group lesson will work for you (price reduced the more participants there are).

Skating Lessons available from 3:30 - 6:30 p.m. on Tuesdays, 5:15 - 6:15 p.m. Thursdays and 7:00 - 9:45 am on Saturdays.

### MEMBER HOCKEY (MH)

Time to work off all the excess fixings the holidays left behind!

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

Whites vs. Darks  
No Refs  
Full Equipment  
All Fun

Reminder that guests are not permitted at Member Hockey on Mondays, Thursdays or Saturdays. Guests are only able to come out on Sundays and need to be signed in at the front desk. They may pay cash or you may charge it to your account.

Not on the hockey email? Send me an email and I'll add you on.

### MH 4 vs. 4 Tourney

February 25 - 27

*Carmina Bellisario*  
Facilities Coordinator  
452-3311 ext: 114  
[cbellisario@winnipegwinterclub.com](mailto:cbellisario@winnipegwinterclub.com)

## TENNIS



### JUNIOR PROGRAM LESSONS, LEAGUES, AND CLINIC RESTART

Restart coincides with back to school week! It is the week of January 4<sup>th</sup>. Please contact Peter Otto to see if there is still room for the Winter 10 week session for the junior program lessons.

For any league inquiries please contact Lori Mann.

### WINTER CLUB INDOOR TOURNAMENTS

Our Adult tournament wrapped up on December 6<sup>th</sup>. Stephen

Dubienski's 3 year reign ended with Sean Lacap beating him in the Open Final 6-4, 6-2. In Ladies' open, it was a battle of Winter Club juniors with Alexia Cholakis besting Kylie Waschuk 6-1, 4-6, 6-2. For a full tournament recap, please see [www.tennismanitoba.com](http://www.tennismanitoba.com)

**NEXT TOURNAMENT** is the Kids Dental Junior Open which will run February 4 - 7 on our courts. Look for entry forms outside the tennis office or download it at [www.tennismanitoba.com](http://www.tennismanitoba.com)

### RAISE A RACQUET FUNDRAISER

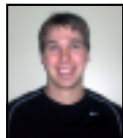
The Kids Dental Raise a Racquet Fundraiser was held at our Club in December and a great time was had by all. Final tally of the dollars raised won't be known until everything is added up, but the auction, both silent and live, raised over \$6000 for junior tennis in Manitoba.

Watch for an announcement on the next big fundraiser in support of the WWC Academy junior travel team and Tennis Department enhancement!

Hope everyone had a great Holiday Season!

*Peter Otto*  
Tennis Pro  
452-3311 ext. 108  
[potto@winnipegwinterclub.com](mailto:potto@winnipegwinterclub.com)

## FITNESS & AQUATICS



The New Year is here and a time for good cheer!

New Years Resolutions are abound this time of year and it can be a great time to turn the corner on your overall health and happiness.

### WINTER PROGRAMS SET TO START!

Yes the winter 2010 programming is all set to go!

Both Fitness & Aquatics programming will begin the week of January 11<sup>th</sup>, 2010.

Feel free to register for all programs via email at [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com)

### PERSONAL TRAINING PACKAGES AVAILABLE!

We have a variety of personal training packages to suit any person's schedule and life. As well this fall we have hired a few new trainers to meet the demand at popular times.

Please contact Jeff for information on all our Personal Training options.

### START THE NEW YEAR WITH A FITNESS ASSESSMENT

Many people don't really know what their starting point is before starting training. On top of that, many people aren't aware of potential muscle imbalances and possible risk factors while training.

Get a Full Fitness Assessment done to start 2010 and a re-assessment every few months to see how your body is progressing.

### MORE YOGA NOW OFFERED!

Yes, due to popular demand we are now offering Meagan Wilson's very popular early bird Active Flow Yoga class twice a week. The class will run from 6:15 - 7:00 a.m. on Tuesdays and 6:30 - 7:30 am. on Fridays. Sign up for both and save a bundle!

Also we have finally added an evening Beginner/Intermediate yoga class with Liz on Thursdays from 5:30 - 6:30 p.m., at a special introductory rate of only \$50 for the full winter session! Be sure to sign up early for both of these classes.

### RED'S EARLY BIRD WEIGHT TRAINING RETURNS WITH A BANG!

One of our fan favorites Giulia De Leo is back and better than ever! Giulia aka "Red" will now be offering two early bird classes per week for maximum results with your program.

Classes now offered every Wednesday and Friday from 6:30 - 7:30 a.m. Sign up for both classes and get the package deal!

### WINTER CLUB ADDS TEEN HEALTH AND WELLNESS PROGRAMMING!

With youth health concerns on the rise nation wide we have begun to implement a section of our programming tailored just to Young Men and Women!

Be sure to check out the section in our winter program titled "TEEN HEALTH & FITNESS" for all the programming details.

### TRY IT BEFORE YOU BUY IT WEEK IS BACK!

We are once again offering our "Try it before you buy it week" during the first week of winter programming from January 11-16. Feel Free to stop in and try a

variety of different classes for the first time to decide which classes may be right for you. Any questions about the classes please contact Jeff.

Cooking with Craig is back with our first ever Thai themed evening! If you have never been before this one is a can't miss. Our Thai themed cooking with Craig will be taking place on Tuesday, February 2<sup>nd</sup>. Be sure to sign up early as 2 of our last 3 cooking with Craig's have sold out!

### MORE CHANGES COMING IN THE FITNESS CENTER

Be sure to watch closely for more new instructors, classes and equipment in the New Year.

Looking forward to seeing all of you in the Aquatics and Fitness Centers in the New Year!

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

*Jeff Mitchell*

*Fitness & Aquatics Director*

*452-3311 ext. 123*

[jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com)

# FITNESS CHALLENGE 2010!

It is time for our annual February Fitness Challenge.

28 Fitness Challenges in 28 days!

Watch for more info to follow in the upcoming weeks.

## RECREATION



### JUNIOR LOUNGE HOURS, MONTHLY PASSES & DROP IN RATES

Now that the holidays are finished the junior lounge is back to its regular hours. After School Program Monday - Friday 4:00 - 7:00 p.m., Saturday 9:00 a.m. - 1:00 p.m. and Munchkin Mania Friday

6:00 - 9:00 p.m. Remember that monthly passes are available for the Junior Lounge at a price of \$40. This allows up to 4 children per household access to the activities all month long! Contact me by the first Tuesday each month to get your pass. Drop-in: \$5 per child

### BIRTHDAY PARTIES

Make that kid's party easy and have it at the Club you love! We decorate and supervise while you can sit back and relax! Pick up your party details package today!

### SPRING BREAK CAMP

Start thinking about spring break plans as its coming up fast! Make

sure your junior signs up for their camps while spaces are still available. Contact me or pick up your registration form to register today!

Jessica Barsky  
Recreation Supervisor  
452-3311

[jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## URBAN PRAIRIE CUISINE

### MEETING ROOMS

The facilities at the Winter Club are excellent. Your next meeting, conference or celebration will be impressed by the convenient location, ample free parking, beautiful rooms and finally the excellent food. There are no room charges to members, and most food charges can be put to

your member account! Call Urban Prairie Cuisine to book a room by contacting us at 452-3311 ext 143, or by email to [fdesmarais@winnipegwinterclub.com](mailto:fdesmarais@winnipegwinterclub.com)

### DELI

Many times the meeting will be taking place in your office, or perhaps another location. We

can still provide excellent catering to your location at very reasonable prices. Call 489-7480 to speak to the deli department. See our deli and lunch menu at [www.urbanprairiecuisine.com](http://www.urbanprairiecuisine.com).

Deli orders may also be charged to your member account.

We would like to thank all the members for the opportunity to have served them in the past year. It was our pleasure to serve you!

## SQUASH



### NEW YEAR TOURNAMENTS

The Dominion Antiques Manitoba

Closed is the first big tournament at the Club in the New Year. The Manitoba closed is our provincial championships and has events for players of all levels. This includes both age categories for juniors and adults over 40. There are events for players ranging from A to E (novice/beginner) level. There will also be doubles events in the tournament, for those who prefer to play with a partner when playing squash. Keep your eyes open for entry forms in the squash lounge and online at [www.squashmb.org](http://www.squashmb.org).

For our junior players there is an additional junior tournament for you to start out the New Year. It

runs from January 8 - 10 at the Squash Club. Entries are available now in the squash lounge and online at [www.squashmb.org](http://www.squashmb.org)

### PROGRAMS AND LEAGUES

Most of the junior programs will be starting up the week of January 11<sup>th</sup>. There are a few classes that will begin by January 7<sup>th</sup>, so please check the online program guide to see when your child's classes begin. If you are looking for a program to put your child in, we have programs for kids of all ages starting as early as 5-6 years old. Our squash programming includes munchkin groups, intermediate groups, teen squash, as well as a number of competitive groups for kids of different ages. Kids are always allowed to come out and give a program a

try before committing to it. Racquets and glasses will be provided for those trying out a program for the first time. If you have any questions about what program may be best for your child, please contact Trevor at ext. 105.

Our first Monday night house league date for the New Year is on Monday, January 11<sup>th</sup>. We had over 40 people registered in the league for the first half of the year, which makes for lots of different opponents at all levels. Each Friday participants are sent an email asking whether or not they can make it out for the upcoming Monday. Participants respond and are then sent another email on Sundays with the line up including both whom and when each person is playing.

The first Novice Night of 2010 will take place on Wednesday, January 13<sup>th</sup>. Each Wednesday from 6:30 - 7:15 p.m. we offer our novice squash for both new players to the Club and those at the novice level. For those out for the first time or two, we will make sure we cover all the basics with you including the rules, scoring, and technical advice. For those coming out each week it allows for some extra drill and game play to work on improving their game.

Happy New Year from the squash department,

Trevor Borland  
Squash Pro  
452-3311 ext: 105

[tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com)