

WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 7 JULY 2010

MESSAGE FROM THE GENERAL MANAGER



On June 17th, the Winnipeg Winter Club staged its first ever Summer Sizzler. This party was scheduled to be outdoors on

our front driveway area featuring an array of BBQ items from Chef Craig and live music from the band Revival. Just like most days in June the weather did not cooperate with our plans so the party was moved indoors to the upstairs banquet area. The move indoors and the weather outside did not dampen spirits of the 91 attendees as the event was another hit and will be added to the WWC social calendar!

Congratulations to Damaris Puzanoski on picking up the \$1000 Power of One Gift Certificate as a result of referring a prospective member to take a tour and her referral, Charlene and Craig Knutt have now joined the WWC!! This campaign resulted in the addition of 9 new membership units, thank you to all the members who referred someone during the Power of One Campaign!

For those of you who are lucky (or unlucky) enough to stay around the City during the summer, keep up with your fitness at the WWC. You can still skate, work out, play your favorite racquet sport or just come in for a steam and a shower to

say hi to whoever you run into! The only venue of the Club that is inaccessible to you during the month of July is the pool as we are closed for the month for our annual maintenance which once again this year entails painting the entire floor area.

The summer weather is finally here and the rain has subsided so now your thoughts turn to the next couple of months of summer. If you are heading to the lake or just away on a summer holiday everyone at the Winnipeg Winter Club wishes you a safe and healthy trip.

NOTES FROM MY DESK

- Weekend hours for July and August 8:00 a.m. - 4:00 p.m.
- New carpet has been installed in

the main office area and the banquet area

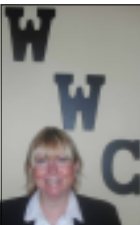
- Protective ear devices are acceptable and allowed when playing badminton matches versus Brian Harack

*Cheers,
Rob Guthrie*

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MEMBERSHIP



Summer has finally arrived and it's now time to kick back, relax and rejuvenate. Wishing you all a safe and fun filled summer.

Congratulations Damaris Puzanoski, our "Power Of One - Grand Prize Winner" whose name was drawn at our first Summer Sizzler for a \$1000 Club Credit. Thank you goes out to Andrew Parkinson and Damaris Puzanoski for your new member referrals in June plus to all members for your referrals during our campaign. Many of your referrals have expressed interest and will be considering membership in the fall.

Summer Trial memberships are available for families, couples

and singles during July and August. Call for details.

WHAT'S NEW?

We have just added a new Club affiliation to our list.

Beijing American Club
www.americanclubbeijing.com

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

NEW MEMBERS

- Jason Bachewich
- Ruski Sungalon
- Shayne & Kathryn Taback (Abigail)
- Krystyna Garlicki
- Jeff Strome
- Craig & Charlene Knutt
- Mary Park
- Janique Lavoie
- Megan Anderson
- John Dobson



TENNIS



TENNIS IS HEATING UP FOR SUMMER!

There are many events coming up throughout the summer!

Such as:

The International Tennis Federation Under 18 event which will take place in Winnipeg in July! Many players from across the globe are already signed up to

compete! Don't miss out!

To stay on top of all the different types of tournaments and other events, visit the Tennis Manitoba website frequently. www.tennismanitoba.com

VOLUNTEERS NEEDED TO RUN SUCCESSFUL ITF EVENT

Tennis Manitoba is currently looking for volunteers (shuttle drivers, site helpers, billeting, etc.), sponsors (corporate spon-

sorships, charitable donations, gifts in kind) and people really excited that international tennis is coming to Manitoba and willing to tell friends, family and neighbours about this exciting event.

Winnipeg Lawn & Tennis Club is hosting this premier event for Under 18 Juniors. This will be the first international event in Winnipeg since the Pan Am

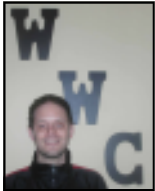
Games! The Junior ITF event runs from July 18 - 25. Come out and watch some of the best international junior players compete for the title!

If you can help out or need more information, contact:

tennis@sportmanitoba.ca

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

SQUASH



TRI-RACQUET CAMPS

We have two weeks left of our popular Tri-Racquet Sports Camps for this summer. The weeks are July 5 - 9, and August 23 - 27. During the camps, kids get an hour and a half of instruction and games in each of our three racquet sports. Other activities include bowling, swimming, and soccer. Lunch is

also included. Registration forms are available online at www.winnipegwinterclub.com with special member pricing available.

WORLD UNIVERSITY CHAMPIONSHIPS IN AUSTRALIA

I will be heading off to Melbourne, Australia to coach the Canadian Team at the World University Squash Championships from July 10 - 18. Canada will be represented by a strong team including the 2010 NCAA

Champions for both male and female in Colin West and Laura Gemmell, both of Toronto. The team consists of 3 males and 2 females playing both an individual and team event. Results will be available at www.squashsite.co.uk.

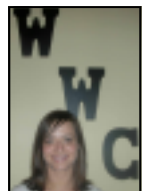
NOVICE NIGHTS

Novice night squash on Wednesdays from 6:30 - 7:15 p.m. will continue to run through the summer. It is a great time to

learn all you need to know for getting started in squash. We ask that you please contact Trevor at ext. 105 or email to let us know if you are coming out. Please let Trevor know by no later than noon on the day you plan to attend. For July 14 please email Nichole at nmailey@volleyball.ca if you are planning to attend.

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

RECREATION



Keep your eyes peeled for the upcoming program guide to find out about all the exciting things we have planned for the fall session!

BABYSITTING HOURS:

Monday to Friday
9:00 a.m. - 12:00 p.m.

Saturday and Sunday
Closed

SUMMER CAMP

Camp is underway and is sure to be tons of fun!

We have 8 exciting weeks of camp beginning July 5th!

July 5 - 9 Animals
July 12 - 16 Science

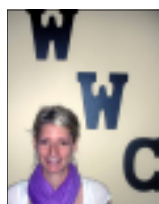
July 19 - 23 Outer Space
July 26 - 30 Bugs
August 3 - 6 Plants
August 9 - 13 Spirit Week
August 16 - 20 Earth, Wind, Fire & Water
August 23 - 27 Camp Olympics

Cost:
Members
\$175/ week or \$900/ 8 weeks

Non-Members
\$190/week or \$975/8 weeks
Lunch is included

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

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



The rink is fully running and equally as busy. Please check the online schedule for open ice slots, as you are able to come down and skate whenever there is a blank on the schedule.

LESSONS

Sarah Low Ying is available this summer on Tuesdays and Thursdays from 3:45 - 5:15 p.m. Whether your skater needs to improve on his or her speed, edges, backward skating or anything you think they need to work on to improve their skills for hockey, ringette, figure skating or just getting the basics, they are here to help. Please

contact me for availability.

FALL PROGRAMS

Check out the online program guide near the end of July for all your skating needs.

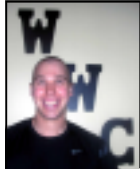
COACHES

Did you know? Our coaching staff has coached individuals to the Canada Games, Western Canadians Championships, Canadian Championships, have

served as Canada Games Team Coach and also are Coach conductors and Seminar conductors. They have a wealth of knowledge for all types of skaters - make sure to take advantage of what we offer here at your Club!

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

FITNESS & AQUATICS



SUMMER IS Here!!!

After an amazing short mild winter and early warm spring we now

move forward into our beautiful hot and sunny summer that lies before us.

The best part about summer is there are opportunities to get out and get active everywhere you look. Bike rides, hikes, soccer, football, golf, or just a beautiful jog on your own or with friends are just a few ideas of how to spend the summer months.

SUMMER FITNESS PROGRAMS SET TO START

This year the Summer Fitness Pass will run in two phases. The first phase will run in July

for 4 weeks, starting Tuesday, July 6th and the second phase will run in August for 5 weeks, starting August 3rd.

JULY FITNESS PASS DETAILS

The July Fitness Pass will include classes on Tuesday, Wednesday and Thursday each week.

We will be offering Spin on Tuesday with Brad, Yoga on Wednesday with Meagan, and Giulia's Early Morning Mayhem workouts at 6:30 a.m. each week.

SPECIALTY CLASSES ONLY \$6.25 PER CLASS WITH JULY FITNESS PASS

The July Fitness Pass will be only \$75 and include all fitness classes for the entire month! If you were to attend each it

would work out to only \$6.25 per class.

If the Pass isn't for you that is fine too, as you can attend just Spin, Yoga, or Giulia's Early bird class for \$50/month.

Please feel free to speak with Jeff for further information.

COMPLIMENTARY CLASS WEDNESDAYS ALL SUMMER LONG

Yes, for the month of July we will have our AM Power hour with Scott on Wednesdays at 9:30 a.m. We will also be offering our PM Power hour with Carrie and Athlete Training Classes with Ainsley on Wednesdays at 6:00 p.m. The classes will be running as follows, Carrie in for the PM Power hour on Wednesday, July 14th and 21st and Ainsley instruct-

ing the Athlete Training Class on Wednesday, July 7th and 28th.

POOL - SUMMER CLOSURE

The aquatics center will be closed for our annual maintenance from Tuesday, June 29th until Tuesday, August 3rd.

FITNESS CENTER HERE FOR YOU ALL SUMMER LONG

Of course the fitness center is a great place to keep your body active and fit. 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



COTTAGE DINNER PACK

Take it easy and let us do the cooking for you!

New York steaks, marinated and grill ready. Have Chef Craig cut

them to any size, a buck an ounce.

Lemon Rosemary Chicken Skewers, marinated and grill ready, \$4.25 each.

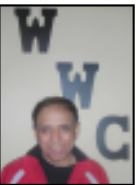
Add Chef's potatoes and two salads for \$5.00 per person.

Please allow 24 hours before pick-up.

Call 489-7480 to order.

Chef Craig Guenther
Urban Prairie Cuisine Catering
200 River Ave
R3L 0B2
452-3311 ext 144 Office
489-7480 Deli
chefcraig@urbanprairiecuisine.com

BADMINTON



FALL BADMINTON PROGRAMS

Though it is only July and the start of a nice summer, after all that rain it is not a bad idea to

start looking at the adult and junior fall programs. Badminton section is offering many activities to suit everyone's needs. The complete information on all these activities should be available online at

www.winnipegwinterclub.com by July 28 or in the program guide which will also be available for pick-up at the Club by July 28. So

have a look and see what will fit best in your schedule.

MANITOBA MARATHON CO-ED RELAY

Congratulations to the following team of Winnipeg Winter Club members (4) and Wildewood Club (1) badminton athletes representing Effectus Athlete Development, their fitness training centre, who finished 1st in the mixed category and 12th overall. The relay team members consisted of:

David Snider, Justin Friesen, Kyle Grymonpre, Ryan Giesbrecht (Winnipeg Winter Club) and Leah

Inglis (Wildewood Club). Well done!

TRI-RACQUET CAMP

Sign up early, you don't want to miss out on this great camp!

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

- 1 1/2 hour of each racquet sport
- swimming or bowling
- lunch included

Cost: *Members* \$160 + GST
Non-members \$210 + GST

ELITE BADMINTON CAMP

(for advanced and intermediate level players)

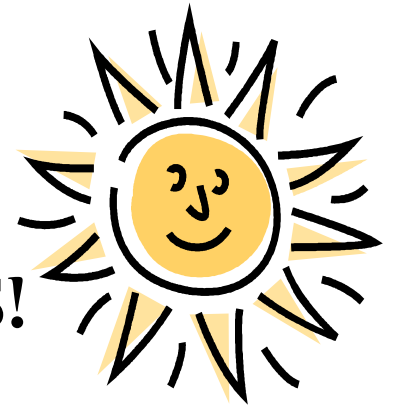
Date: August 30 - September 3
Time: 5:00 - 8:00 p.m.

Cost: *Members* \$85 + GST
Non-members \$110 + GST

Cost of feather shuttles extra

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

Make a Dash
For the...
JULY FITNESS PASS!



Unlimited Classes
Tuesday – Thursday
July 6th – 29th, 2010.

ONLY...\$75/PERSON!

Works out to an amazing price of only \$6.25 per class!!!

DROP-IN RATES ALSO AVAILABLE.

Any Questions or to register by email please contact Fitness Director Jeff Mitchell at jmitchell@winnipegwinterclub.com

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

**JULY COMPLEMENTARY CLASSES EVERY
WEDNESDAY!!!**

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

6:00 p.m. Athlete Training with Ainsley (July 7th & 28th)

or

6:00 p.m. The PM Power Hour with Carrie (July 14th & 21st)