

# WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 3 MARCH 2009

## MESSAGE FROM THE GENERAL MANAGER



We are now two full months into the year of 2009 and there is no doubt that

the economy is front and centre on everyone's mind. Each day I overhear the members invariably start, involve or end with some reference to the current state of economic affairs. But the bad news of the economy aside, how are you doing on your fitness resolutions for the New Year? Ask 100 members if regular exercise is good for their health and pretty much all of them will say yes.

You have the opportunity to reach your goals and to spend time at your Club with your friends, colleagues and most importantly your family. Those moments are precious and

should not be taken for granted as they affect your health and wellness. The Canadian child tax credit has sent a message to the world that government-based tax incentives are economically viable and even popular amongst politicians and people. Many companies have done studies and have determined that healthier employees lead to greater productivity. So today more than ever, decision making on expenses, either existing or potential, is critical. Informed, educated spending decisions of your recreation dollar can make the difference of happiness in your home.

Make sure you pay attention to how much better you feel each day when you exercise and spend time with the family at the WWC. Be happy with your

small successes, after all, if we were all perfect what would there be to look forward to?

Notes from my desk:

- Cooking with Craig - March 10
- Spring Brunch - Sunday March 15
- Good Friday - Friday, April 10, Club is Closed
- Bru Ha Ha Dinner - Saturday, April 25

*Cheers,  
Rob Guthrie*

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## MEMBERSHIP



Thank you to all members who have been so helpful in

providing names of potential members this past month and a very special thank you to *Mark Vivian (2), James Wilson, Berni Borgen, Mike Wintemute, Steve Childerhouse, Dr. Darren Freed and Koert Oosterhuis* for your new member referrals in February.

Your Club will be having two Open Houses coming up to increase membership. Saturday, March 28 and Saturday, April 4 from Noon to 4:00 p.m. Invite your friends, family and business associates to come down for a tour and find out about our spring programs.

Would you like to go Corporate? Call for details.

Bring a friend week will be held March 16 through March 22. Reserve a pass and have the guest fee(s) waived by emailing or calling me directly.

New member referrals = rewards! Call for details.

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

### WELCOME NEW MEMBERS

Dr. Jamit Dhaliwal  
Daniel Funk  
Michael Weinstein  
Sandra Cheng  
Jody Dundas & Jennifer Karton  
Judi Borgen  
Kristy Nowinski  
Michael Moon and Leslie Geiger  
Miguel Ablatico  
Ian & Pamela Lawrence (Jack, Gabrielle & Joseph)



Ladies' Makeover, February 25, 2009

## TENNIS



### SPRING/ SUMMER PROGRAM GUIDE JUNIOR TENNIS

#### PROGRAM NAMES ARE CHANGING!

The Winter Club will be adopting the Tennis Canada Progressive Tennis program starting this spring session. The program is an initiative to enhance the skill development of young juniors so that they can "Progress" to full court play in a more systematic manner. In short, juniors, based on age and ability, go through the different development, equipment and length of court progressively. Skills are learned faster, more rallies and more fun! There is also a fun team competition built in to every level so juniors play more with the appropriate skills. Juniors that develop the skills more quickly will be promoted to the next level sooner, those that need more time will stay for another session or two. There are also some progressive tournaments planned. These matches are based on time and count toward a "Team Score" and are usually completed in less than half a day. A little competitiveness with a lot of fun! Please see the spring Tennis Guide for

full details, times, days, and costs.

**SQUIRTS AND SOME ROOKIES WILL NOW BE CALLED: HALF COURT PROGRAM** and are for Ages 5-9. You can also choose 1-3 training/lessons/week.

**SOME ROOKIES AND SOME FUTURES WILL NOW BE CALLED: 3/4 COURT PROGRAM** and are for Ages 9-12. You can also choose 1-3 training/lessons/week.

**FUTURES PROGRAM WILL NOW BE CALLED: FULL COURT PROGRAM** and are for Ages 12-17. You can also choose 1-3 training/lessons/week

**ACADEMY PROGRAM** remains the same. Players must complete the required skills in order to "progress" to the Academy level, where players are highly competitive and play/train for all tournaments. Juniors still requiring additional skill development will stay in the full court program.

#### COURT BOOKINGS

There will be a new online booking system coming soon. It will be done in-house so if we need to make changes to streamline the bookings it can be done more quickly. There have been

many concerns from members and I have taken them all in account and given them to the new developer so it should run more efficiently. Until then, remember:

- 1) Practice courts are only permitted during non prime time hours.
- 2) Half hour slots can be booked by 2 or more people.
- 3) Half hour slots can be booked in person only, by 1 person for practice as a walk-on during prime time. Prime-time is Monday to Friday 5:00 - 9:00 p.m. and Saturday and Sunday, 10:00 a.m. - 3:00 p.m.

#### SENIOR TOURNEY UP NEXT AT WWC!

If you are 30 years of age or older, start thinking about entering the senior tournament at the beginning of April! Entry forms are now available online or in the holders outside the tennis office. The tournament runs April 2 - 5, 2009.

**UNDER 12 NATIONAL COACH, BOB BRETT MAKING A VISIT** Friday, March 6, National Coach Bob Brett, will be leading a camp for the top juniors in the province at our Club. This is a shared camp between WWC

and Taylor Tennis Club. Taylor hosts on Thursday, March 5. Should be a great lead up for those Juniors traveling to the 2009 Indoor Nationals in March and April.

#### SPRING BREAK TRI-RACQUET CAMP

Please see the WWC website for sign up sheets. Spots go fast so do not delay. There is a non-member rate as well. Could be a great way to introduce some new families to our great Club!

#### BALL MACHINE

Working smoothly since it went in for repairs. Sign up for the Ball Machine Club at Reception. If you're looking to hone a certain skill or shot, the ball machine is the best hitting partner around! Ask any pro for a quick demo of how the machine works before signing up. The machine is only available till the end of April then it goes back to Kildonan Tennis Club so get some time on it!

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

## SQUASH



### SPRING BREAK Are you looking for something

new for your kids to try this spring break? Why not have them try out our popular Tri-Racquet Camp. Participants will have an hour and a half every day of Badminton, Tennis and Squash run by our racquets staff. The day will also include lunch and swimming/bowling. These camps are always fun for the kids and a great way to get introduced to all of the racquet sports

in the Club. Our Tri-Racquet camp runs from March 30 - April 3. More info and registration forms can be found online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com)

#### SPRING PROGRAMS

Our new spring program guide will be available soon. We will be offering several junior programs for the spring and our adult leagues will continue to run as well. Our junior programs will include, munchkin, intermediate, teen and advanced groups.

In February we ran an adult drill

session on Tuesday nights for C-E level players and had a good response, so we will be offering another on Thursdays throughout April from the 2<sup>nd</sup> to the 23<sup>rd</sup>, 6:00 - 7:00 p.m. Check our new program guide online for more details, or call Trevor at ext. 105.

#### LEAGUES

Our adult leagues, including the Monday House League, Techno League and Novice Night are continuing to run into the spring and can be joined at anytime. Players of all levels are welcome

for all of our leagues. However, our Novice Night is a night for players at the novice or beginner type of level. If you are interested in joining any league or would like to know more about them, please contact Trevor at ext. 105.

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

## FITNESS & AQUATICS



### A Big Hello to all members!

I am very happy to be joining the Winter Club as your new Fitness & Aquatics Director. I am excited to get things rolling here at the Winter Club and am looking forward to meeting as many members as possible over the next while. All calls related to fitness and aquatics can now be directed to ext 123. Feel free to stop by the fitness office anytime!

### STRETCH CLASS WITH MANDY!

Mandy's famous "Stretch Class" will be officially added to the spring session. We are pleased to announce that Mandy will be running her stretch class every Monday & Friday from 10:30 - 11:30 a.m. until the end of March.

Members will be charged a drop-in rate during the month of March of \$5 per class.

**Change to Spin Schedule for March** - Saturday Spin Classes will now be taking place at 10:00 a.m.

**FITNESS CHALLENGE RESULTS!** CONGRATULATIONS to all of our Fitness Challenge Participants! It was a fabulous month of fitness in February! It was a close competition between individuals and teams! This years 2009 Fitness Challenge Winners are as Follows!

**JESSICA BARSKY**  
Individual Winner!

**Leslie McIntosh**  
1<sup>st</sup> Runner UP

**JESSICA BARSKY & CARRIE SIMPSON**  
Winning TEAM!

**John & Debbie Struthers**  
1<sup>st</sup> Runner Up TEAM

**Tracy Cartwright & Erin Palmer**  
2<sup>nd</sup> Runner Up TEAM

**Carolyn & Lauren Townsend**  
3<sup>rd</sup> Runner Up TEAM

**ANATOMY QUIZ Winners:**  
Carolyn & Lauren Townsend

**WWC Fitness Trivia Quiz Winners:**  
Carolyn & Lauren Townsend,  
John Struthers & Carmina Bellisario

Thank you to all of our amazing sponsors for their prize contributions!

Urban Prairie Cuisine, Moksha Yoga Winnipeg, The Kitching Group (Subway), Larissa (Massage Works), Meagan (Bhakti Yoga Studio), Tracy Cartwright & Wayne Pratt, Brian McArthur (McArthur Financial Services), Jackie & Wayne Friesen (Innotech), lululemon athletica Polo Park, Shawna & Garth Hazlitt (Monavie), Lori Hovorka, Angie Kliotis, Peter Otto, Rob Guthrie, Trevor Borland, Erin Palmer & Janet Thorpe.

### POOL UPDATE!

The new programming for the spring session have been finalized and will be posted on the Winter Club Website very soon.

We have also welcomed a few new friendly guards to our staff. Stop by anytime to say hello!

### COMING SOON

**Be sure to watch for fun NEW programming for the Spring Session!**

*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)

## RECREATION



Spring is coming and the fun is already beginning! I am so happy to be getting to know all

of the little faces that come to visit us as well as all of you that I have met so far that bring your children to the Club and trust them in our care. We have many exciting things coming up at the Club... keep your eyes peeled for Summer Camp Registration announcements!

### WWC KIDS BOWLARAMA

Register with the front desk today for our fun bowling event happening Saturday, May 2. There will be pizza, prizes, and of course BOWLING!  
Cost: \$25 per child  
When: Saturday, May 2  
2:00 - 5:00 p.m.

### JUNIOR LOUNGE PROGRAMS

The Junior Lounge is an area designated for children too old for babysitting but too young to

be unsupervised while parents are exercising or dining. Fun after-school and weekend activities include games, crafts, sports, homework help and more.

Check outside the Junior Lounge or with the Front Desk for exciting weekly themes. This program is designed for children 4-12 years of age.

When: Monday - Friday  
4:00 - 7:00 p.m.  
Saturday, 9:00 a.m. - 1:00 p.m.

*Hours are subject to change.*

### MONTHLY FAMILY PASS

This pass includes access to the Junior Lounge (excluding Munchkin Mania) for up to 4 siblings.  
Cost: \$40.00

**Note:** You can still take advantage of the drop in service at \$5 per child/ per visit.

### MUNCHKIN MANIA

Munchkin Mania is our "Friday Night Party" in the Junior

Lounge. Join us for events like Scavenger hunts, bowling, games, movies and more! Dinner is served to the munchkins at 6:45 p.m.

When: Friday Nights from 6:00 - 9:00 p.m.  
(In conjunction with TGIF)  
Cost: \$12 per child (if pre-registered with the Front Desk by Thursday, 8:00 p.m.) or \$14 for drop-in.

### CHILD CARE

Child Care is available at the Club for children aged 6 weeks to 6 years old whose parents are on the Winter Club premises.

### Hours of Operation:

Monday - Thursday  
9:00 a.m. - 6:00 p.m.

Friday  
9:00 a.m. - 9:00 p.m.  
(In conjunction with Munchkin Mania & TGIF)

Saturday  
9:00 a.m. - 1:00 p.m.

*\*Hours are subject to change\**

Cost: \$4.50 per child/hour  
\$2.25 per child/hour  
for additional children in family

### BIRTHDAY PARTIES

Does your little one have a birthday coming up? Let us do the work and plan the ultimate celebration here at the Club.

*Jessica Barsky*  
Recreation Supervisor  
452-3311  
[jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## SKATING



**SKATING**  
Congratulations to Christelle Van Rooyen who passed her Preliminary Skills test on February 22 held at East Edge Arena. Monday Learn to Skate, Last Session: March 16 Saturday Learn to Skate, Last Session: March 21

Terri is available for skating lessons on Tuesdays for the month of March and Debbie is available on Tuesdays and Thursdays for the month of March.

Skating in April and May  
Tuesdays: 3:45 - 4:45 p.m.  
Thursdays: 3:45 - 7:30 p.m.  
Please contact me to book les-

sons with: Debbie, Terri, Laurie, Sarah and/or Courtney.

### MEMBER HOCKEY

February 26 - 28 was our semi-annual 4 vs. 4 hockey tourney. I would like to thank all the 44 participants and the hockey committee for making it another successful event!

### Congratulations to the Red

**Team** who won this year's event, the team consisted of: Shane Stiller, Brian Hession, Bruce Boyd, Stephen Boyd, Warde Fraser, Colin Fraser, Gary Bayko, Jim Krovats, Duncan Maguire and Jerry Klassen. The Red Team did not lose a single game throughout the tourney - way to go gentlemen! The



rest of the stats can be viewed online on the Member Hockey Page. Next Tourney is October 2009.

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

## BADMINTON



A very successful Winnipeg Winter Club Invitational

Badminton Tournament was held at the Club the weekend of February 26 - March 1. 110 players participated in this popular event and there were a lot of good matches. The crowd was treated to very exciting finals on Sunday afternoon. Our Winter Club players did well and here are the results:

### "A"

*Sam Parrish*: Runner-up Men's Singles, Winner Doubles with

*Matt Younger* and Mixed Doubles with *Kirstin Szuminsky*.

*Kristy Beettam*: Winner Women's Doubles

*Alexandra Dansen & Sena Lam*: Runner-up Women's Doubles.  
*Shelagh Hare*: Runner-up Mixed Doubles.

### "B"

*Alexa Laidlaw*: Winner Women's Singles and Runner-up Women's Doubles with *Tasia Lightly* and Mixed Doubles with *Ian Laidlaw*.

*Caitlin Dansen*: Winner Women's Doubles

*Justin Friesen*: Runner-up Men's Singles and Winner Men's Doubles with *Ryan Giesbrecht*

Congratulations to all the players for having a great tournament.

A very big thank you to our Major Sponsor, *Canadian Tire - Garden City Store* for making an enormous contribution which made the quality of the tournament even better and more successful. The event was also supported by *Badminton Manitoba, RSL* and *Racquets Pro Shop*. Special thank you would be incomplete without mentioning the time and effort put in by our tournament chairperson, *Tracy Cartwright*. She worked tire-

lessly all week making sure things ran smoothly. And last, but not least, our maintenance staff was a great help in setting up and keeping everything in order on a daily basis. Thank you to all.

### Upcoming Event:

Club Adult Championship  
April 21 - April 29, 2009

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

## URBAN PRAIRIE CUISINE

### CATERING

When you need to plan your next event remember your Club. The Winnipeg Winter Club offers fantastic rooms at no charge to the members and Urban Prairie Cuisine offers fantastic food and service. There's plenty of free parking and the charges can be applied to your assessment. To book a room please call Frank Desmarais at 452-3311 ext. 143 or email at [fdesmarais@winnipegwinterclub.com](mailto:fdesmarais@winnipegwinterclub.com)

Chef Craig will plan your menu directly with you and ensure that your event is tasty and on budget. Ask him if he would make for you what he made for the Queen.



### SPORTSMAN'S LOUNGE LUNCH

There is a fabulous place just waiting to serve you and it's all right here! Come up to the lounge for lunch Wednesday through Friday from 11:00 a.m. to 2:00 p.m. and see what you have been missing.

### FRIDAY NIGHT DINNERS AT THE 'WINT'

We are trying something new on Friday night's now with the suggestion from our members. We will have a soup and salad buffet and every week will fea-

ture a different entrée. So either you can enjoy just the soup and salad or have it with an entrée, whatever you are in the mood for we are here to serve you!

*We look forward to serving you!*  
*Chef Craig Guenther*  
452-3311 ext 144  
[chefcraig@themarket520.com](mailto:chefcraig@themarket520.com)