

WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 9

SEPTEMBER 2009

MESSAGE FROM THE GENERAL MANAGER



As I write this, I am somewhat distracted by the sun and warm temperatures outside and wish that this weather would have occurred early this summer instead of the start of September. Reality being what it is, we cannot control Mother Nature, but we can control ourselves so it is time to start thinking of what awaits us in Winnipeg, six months of colder temperatures ahead! It is time to get back to your Club, time to get involved once again in the great fall programming we have set up, time to stop in and spend some time at the WWC!

So what happened at your Club during the summer of '09??

- ▶ We conducted a very successful kid's summer camp.
- ▶ We purchased 2 new stationary bikes, 2 new treadmills, and 2 new elliptical trainers for the fitness area.
- ▶ We conducted 3 highly successful tri-racquet camps.
- ▶ We had 7 members compete at the Canada Summer Games in Tennis with our Professional Peter Otto coaching. Two of our members, Sean Bailey and Chad LaCap captured a Bronze Medal.
- ▶ We purchased 225 new banquet chairs for the upstairs area.
- ▶ We developed and produced a new membership brochure package to be distributed to prospective members.
- ▶ We signed Chef Craig Guenther and the Urban Cuisine to a new three year lease arrangement.

El Nino is a possibility this winter, so after ten straight months of below normal temperatures we can only hope that the long range forecast for warmer temperatures holds true! No guarantee ever with the weather, but it is a guarantee it will be a hot winter inside the WINT!

NOTES FROM MY DESK:

- program guide is available online at www.winnipegwinterclub.com
- hours of operation as of Tuesday, September 8th

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• hours of operation as of Tuesday, September 8th

Weekdays
6:00 a.m. - 10:00 p.m.

Weekends
7:00 a.m. - 9:00 p.m.

• The Ice Café hours of operation as of Tuesday, September 8th

Weekdays
7:30 a.m. - 8:00 p.m.

Weekends

8:00 a.m. - 6:00 p.m.

- The Bistro reopens on Tuesday, September 8th
- Friday Night Dinners at the WINT begin Friday, September 11th

*Cheers,
Rob Guthrie*

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MEMBERSHIP



Welcome back members to your home away from home!

Make sure you check out our Fall Program Guide and get registered, as many of our programs are filling up quickly. You can view the guide online or if you need a hard copy please ask for one at the reception desk.

I would like to extend a big thank you to all members that have provided us with referrals over the summer months and to Peter Donald, Dana Jessiman and Bruce Gemmel for your new member referrals in August. We want to keep our community growing and with every referral this will only make us stronger.

We are having our Fall Open House on Saturday, September 19th, from noon to 4:00 p.m. This is a perfect time to invite friends, family and business associates to view the Club and talk with our pros about programming for their children and themselves.

The first Ladies Luncheon of the season will take place on Wednesday, September 23rd from 11:30 a.m. to 1:30 p.m. Treat a friend to lunch and a complimentary makeover, plus

invite them to participate in the morning Aqua Fit class, Power Hour class or simply just come in for a relaxing steam. After lunch maybe a game of tennis, badminton or squash or a swim.

Mark your calendar for our Member Welcome Back party on Friday, October 16th. Details to follow.

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

WELCOME NEW MEMBERS

Robert Znidarec & Jane Moody
(Owen, William & Taryn)
Carla Rempel
Lindsay Laidlaw
Calla Coughlan (Shaela)
Jim & Heather Perchaluk
(Claire & Grace)
Terry Hashimoto & Rena MacLeod
(Ben)

TENNIS



WWC MEMBERS, SEAN BAILEY AND CHAD LACAP WIN BRONZE MEDAL

AT CANADA GAMES

After losing a tough 3 set semi-final match to Quebec, Sean Bailey and Chad LaCap were able to defeat Alberta 6-3, 6-3 to win the Bronze Medal in Men's Doubles at the Canada Summer Games in PEI in August. This was the final junior match ever for Bailey. He is now in college at Austen Peay University in Tennessee. For LaCap it was the icing on the cake after a strong showing at the U16 Outdoor Nationals two weeks earlier in Mississauga, Ontario. This is the first tennis medal for Manitobans in a Canada Games since 1969.

CANADA GAMES TENNIS TEAM FINISH 5TH

The team competition wrapped up last week. We had to play and beat Nova Scotia to earn the

fifth place finish. WWC members Igal Mostkov and Alexia Cholakis were selected to play in the mixed Tie breaker match and had a convincing win over the mixed pair from Nova Scotia 6-3, 6-3.

The other WWC members that helped get us to the tie break match were: Clarissa Chen, Evann Waschuk, Erika Fridrik, Sean Bailey, and Chad LaCap. Muzeen Ismath from Taylor Tennis, rounded out the Manitoba Team. Well done to all players! This was the highest team finish in a Canada Games since 1973.

TOURNAMENTS STILL GOING!

There are still a few tournaments on the schedule for September. Entry forms available outside the tennis office or download the forms from www.tennismanitoba.com

LADIES CHARITY TOURNAMENT

Scheduled for September 14 - 16 at both Taylor and The Winter Club. This event raised over \$10,000 last year and we are looking to surpass that this year. Good luck to all participants and organizers for this year's event! Courts booked at the WWC from the 14th to the 15th from 9:00 a.m. to 4:30 p.m.

FALL PROGRAM

Most programs will start the week of September 21st this year. Please print off the guide from the WWC website for all the details. We are starting to get program registrations already! Don't delay. Programs are anticipated to fill up quickly.

TENNIS STAFFING

There will be a few changes to the staff this coming year. Most will be returning and others may be coaching on a more casual basis due to other commitments. I will let you know in the upcoming weeks.

Kyla McNicol however will be joining my staff this year. She brings a wealth of playing experience at the college level and has been an assistant pro at Sargent Park this past summer. Kyla joins the 2 other female part time assistants, Lori Mann and Anita Paskvalin.

INDOOR COURTS CLEANED

If you have not noticed, the courts were cleaned this summer! We are planning on doing it every few years so please do your best to keep your courts clean and tidy by not chewing gum on the courts, keep beverages on the trays located on the net posts, and place old grips, tennis lids, etc in the garbage receptacles as provided. Please help to keep your courts clean. Thanks in advance.

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

MASSAGEWORKS

Welcome back everyone! We hope you had a great summer. Larisa's fall schedule will resume in September and John's hours have changed slightly, please check the front desk for Larisa or John's new hours.

Now that your schedules will permit coming in to maintain

your healthy lifestyles, massage therapy is a great way to accent this!

Book your appointments today!

Stay Well,
Larisa Waters & John Laganse, RMT



SKATING



SKATING

All programs commence Saturday, September 26 and Monday September 28. We are doing an 11 week program this year and they run until 12th and 14th of December. Programs take a break for the Thanksgiving long weekend.

Private and Semi-Private Lessons:

Debbie Synkiw, Laurie Reade and Terri Studholme all have some open time on Tuesdays (starting

September 22nd) call me to see what's available and to book your child's lesson.

General Skate and Hockey for the month of September are as follows:

Saturday's General Hockey:

1:15 - 2:00 p.m.

Sunday's General Hockey:

2:00 - 2:45 p.m.

Saturday's General Skate:

2:00 - 2:45 p.m.

Sunday's General Skate:

1:15 - 2:00 p.m.

MEMBER HOCKEY

Mondays: 8:00 - 9:30 p.m.

Thursdays: 7:45 - 9:30 p.m.

Saturdays: 3:00 - 4:45 p.m.

Please look online and click arena and then Dominion Securities Centre to view our four week skating schedule as the schedule is subject to change on holidays and during special Club events.

SPONGE HOCKEY TOURNAMENT

Carmina and Jeff are hosting a

member/guest co-ed sponge hockey tournament September 24 - 26. Thursday and Friday games will commence at 6:30 p.m. and the last game will take place at 9:00 p.m. The rest of the round robin games and finals will take place on Saturday. Watch for member email info as well as posters around the Club. This is an 18 and over event.

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

FITNESS & AQUATICS



FITNESS

The Leaves are Falling and the Schools are Calling.

Yes it is time for the fall and back to school. With the fall comes lots of changes and progression in all of our lives and the World around us. The Winter Club is no different.

HUGE CHANGES TO THE FITNESS CENTER!

For those of you who have been away for the Summer we would like to welcome you back to the Club with lots of great new changes!

NEW EQUIPMENT ADDED TO THE FITNESS CENTER!

With 6 new top of the line pieces of cardio equipment the gym has tons of new machines to get familiar with.

We have purchased 6 new units including:

- ▶ 2 Life Fitness Treadmills
- ▶ 2 Precor Upright bikes
- ▶ 2 Precor Elliptical Trainers.

All these machines have great new functions and features for you to try out.

NEW NUTRITIONAL CONSULTANT!

We are very please to have Nutritional Consultant, Miss Ainsley McSorley join our team this year. Ainsley has completed her full Degree in Nutritional Sciences, keeping a very high academic standing. She is flexible to work her schedule around when works best for you.

SMALL SUBTLE CHANGES MAKE A BIG DIFFERENCE

The gym has been cleaned top to bottom, the floors freshly waxed and the Free Weight area has been modified slightly to open up more space for member use. Enjoy!

FALL FITNESS PROGRAMS

The Club has some great new fitness programs to choose from, be sure to check out the Fall Program Guide and the detailed class description to be posted on the website shortly.

FITNESS TRAINER COMPETES IN NATIONAL CHAMPIONSHIP!

Congratulations to the Winter Clubs own Giulia Deleo on her great performance at the Canadian National Figure and Fitness Championship! Be sure to join Giulia in Thursday mornings early bird class here at the Club.

AQUATICS

Fall Swim Lessons Almost Full!

Yes you heard right. There is still a bit of room in the group lessons but if Private Lessons are what you are looking for we are almost filled up. Get in touch soon to get registered.

SCUBA IS BACK!

Yes Scuba is back this fall and to wet your appetite we are offering a "Try Scuba" Class, open to the whole family! The class will take place Monday, September 14th from 6:30 - 8:00 p.m. For more info and to register please contact Jeff.

With all the great changes that have been made throughout the Club we are constantly looking to improve and grow. Let us know what is on your mind and be sure to keep your eyes open for more new exciting changes coming your way.

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

Jeff Mitchell

Fitness & Aquatics Director

452-3311 ext. 123

jmitchell@winnipegwinterclub.com

SQUASH



ADULT SQUASH

Our adult squash leagues will be starting this

month. We are now beginning to take registrations for our House League and Techno League. We will be having the first night of our House League on Monday, September 21. Our Techno league will be starting the week of September 28th.

Come take advantage of our novice night on Wednesdays from 6:30 - 7:15 p.m. If you are new, we will go over all the basics so you can learn and play the sport. Members are welcome to come out each week when we will work on a skill each night before playing games.

On Tuesday nights in October and November we will be offering an adult squash clinic for C-E level players. The clinic will run from 6:30 - 7:30 p.m., with the focus on drills and conditional

games. Players may sign up weekly or for all sessions at once. Cost is \$10 per session and a max of 9 people.

JUNIOR PROGRAMS

Most of our junior programs will be starting the week of September 9th. We have groups for kids of all ages, starting with our munchkin program for 5-8 year olds on Tuesdays and Sundays. We have a new "competitive C" program that runs on Thursdays and Sundays, to go along with our competitive A and B programs. We also have teen squash on Wednesday evenings and intermediate squash on Sundays. If you have questions about the squash programs or would like to know which group would fit best for your child, please contact Trevor. All the information is available online at www.winnipegwinterclub.com.

PROVINCIAL TEAM TRYOUTS

Squash Manitoba will be hosting the Junior Provincial Team Tryouts on Wednesday, September 9th at 6:00 p.m. To register, please contact Squash Manitoba at 925-5661. If you have questions about the team or if your

child should be trying out, you can also speak to Trevor.

Trevor Borland

Squash Pro

452-3311 ext: 105

tborland@winnipegwinterclub.com



The Tri-Racquet Camp got a special treat when National Champ Alana Miller paid a visit and signed paraphernalia for all 29 kids involved.



BADMINTON



The new badminton season is upon us. We are glad to say that at the time of writing this newsletter, registrations and enquiries about the programs have started to come in. We are hoping that this

trend will continue and we will not only have good numbers, but this will also enable us to arrange our playing sessions better. All of our programs officially get underway the week of Monday, September 21st.

COMING EVENTS:

- ▶ Mixed badminton season opening social Wednesday, October 28th
- ▶ WWC Invitational Badminton tournament November 12 - 15

▶ Mixed Badminton Christmas Social Wednesday, December 9th.

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

RECREATION



THE JUNIOR LOUNGE is re-opening this month on September 8th and we are so excited for our new fall programs. Here's what we have lined up for you this month...

MUNCHKIN MANIA

Our popular Friday Munchkin Night will return on Friday, September 11th. Keep your eyes peeled for the weekly themes posted around your Club.

MOVIE NIGHT

After a short hiatus we are bringing back a revamped movie night! Movie night runs every

Friday night in conjunction with Munchkin Mania and the Friday Night Dinner at the Wint. Grab your gang of friends and come down for our first Movie Night of the season on September 11th. Tickets include popcorn, drink and movie admission. Check online for weekly features

When: Fridays 7:00 p.m.

Cost: \$5/per ticket in advance from the front desk or \$6 /per ticket at the door

Ages: 10 - 14

TEEN COOKING NIGHT

Come sharpen your cooking skills with us on Tuesday, September 29th from 6:30 - 8:30 p.m. We will be serving up

some festive fajitas while sipping some superb smoothies right here in your home away from home! Sign up at the front desk.

PARTY BOOKINGS

The weekends are filling up fast. Make sure your munchkin isn't missing out on the party of their dreams and book today! We will plan the perfect party with tons of fun activities such as swimming, badminton, skating, bowling, scavenger hunts, and much more! Contact me to book your date. Pick up a birthday package from the front desk today.

BABYSITTING is back to its regular fall hours this month!

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

Friday
9:00 a.m. - 9:00 p.m.
(in conjunction with Friday Night Dinner at the Wint)

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

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

URBAN PRAIRIE CUISINE

URBAN PRAIRIE CUISINE

We are so looking forward to our fall season! The summer was wonderful and now we're ready to get back to work.

The **Ice Café** returns to regular hours immediately after the September long weekend. The new menu will be in place and we hope you all stop in for a meal.

The **Bistro & Lounge** will be open starting September 8th, we'll be happy to see everyone then.

The **Sportsman's Lounge** Lunch will be available as usual

From Wednesday to Friday starting September 9th.

Our first **Friday Night at the Wint** goes on September 11th, come on up!

Your catering facilities got a major upgrade of new chairs! We've never had a better time to book a catered event.

We look forward to serving you.
Urban Prairie Cuisine
200 River Ave.
Elsie Guenther
chefcraig@urbanprairiecuisine.com
PH: 489-7480 Deli
FAX: 489-9130
"We Cater all events"
www.urbanprairiecuisine.com

