

# WINNIPEG WINTER CLUB

VOLUME 3, ISSUE 9

SEPTEMBER 2010

## MESSAGE FROM THE GENERAL MANAGER



Groundhog Day...each September I look back and try to figure out where the months of June, July and

August have went. Once again this year the same holds true! Although, I have to admit there is one other thing on my mind. Where have the last five years gone? September marks the end of my 5<sup>th</sup> year as General Manager of the Winnipeg Winter Club. Time sure does fly when you are having fun!

Now that summer holidays are over, it is time to get back to the Wint. Upon your return to the Wint you will once again notice that we were not idle during the summer of 2010. The Dominion Securities Centre and Aquatics Centre underwent their annual maintenance upgrades during June and July. We purchased a

new Elliptical machine for the Fitness Centre, paint was reapplied in many areas of the Club, and many lights have been changed over to the new CFL bulbs. As well, with the hard work of Tennis Professional Peter Otto and the generosity of many members, the Tennis Courts are being resurfaced as I pen this. They will re-open prior to the commencement of fall programming. Lastly, the outdoor roof in the Badminton area will be replaced when the project commences September 7<sup>th</sup>, with a completion date scheduled for September 17<sup>th</sup>. All in all, just another normal summer at the Wint!

Not only does September signify the start of our Fall Programming, it is also the start of a new fiscal year for the Winnipeg Winter Club. This entire year we are going to focus on the "Be My Guest" initiative. This pro-

gram is twofold. It is both a membership recruitment program as well as a program inviting you to participate in other areas of the WWC that you normally do not use. As a member, you have access to many great venues at the Club, but may only use a few. We want you to get involved in other areas and walk down a new hallway at the Wint. You all have family, friends, and colleagues who you know would benefit from being a member at the WWC. We would like you to invite them to become your guest for one month, to experience all the WWC has to offer. Simply supply their name and contact information to Janet Thorpe and a personalized invitation, using your name will go to them from the Club. This year is the BMG year!

### NOTES FROM MY DESK:

- Program guide is online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com)

- Hours of operation as of Tuesday, September 7<sup>th</sup>

#### Weekdays

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

#### Weekends

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

- Ice Café hours of operation as of Tuesday, September 7<sup>th</sup>

#### Weekdays

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

#### Weekends

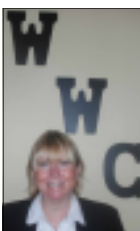
8:00 a.m. - 6:00 p.m.

- The Bistro re-opens September 7<sup>th</sup>

Friday Night Dinner at the Wint begins Friday, September 10<sup>th</sup>

Cheers,  
Rob Guthrie

## MEMBERSHIP



Hope everyone had a wonderful, safe and relaxing summer and feels energized. Yes, the kids are back at school. It's

time to get organized and into familiar routines at the Club, your home away from home. Make sure to view our Fall Program Guide online and check out what's new. Hard copies are available in the administration office.

Our Fall Open House will be held on Saturday, September 18<sup>th</sup> and 25<sup>th</sup> from noon to 4:00 p.m.

**Be My Guest!** Call for details on how you can invite your

friends, family and colleagues to your Club and show them that all good things fall under one roof!

A big thank you goes out to Arthur Roy, Clancy Ethans, John and Debbie Struthers for your new member referrals last month.

### WHAT'S NEW?

We now have birthday card invitations available for your child's party guests, which include a day pass for the parents to stay and use the Club as guests. Ask Jessica for details.

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

### NEW MEMBERS

Daniel & Alex Gomez  
(Andy & Julian)

Jason Kolaski

Andrew & Susan Thompson  
(Alexander & William)

Catarina Witt  
(Crystal & Dezarae)

Timothy & Erin Dean  
(Eithne & Carrick)

Desiree Alarie

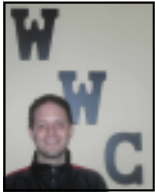
Aly-Khan Lalani

Clarissa Koh & Simon Liew  
(Melissa, Bryan & Daniel)

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## SQUASH



### BACK IN THE SWING OF IT!

All of our squash programs for both juniors and adults get under way in September. All of our junior programming begins the week of September 13<sup>th</sup>. We have programs ranging from Munchkin (5 - 8 years old) all the way to our teen program. In addition, we have our intermediate and competitive programming. Check out our online program guide for more info. Please speak to Trevor before registering your

child to ensure they get into the proper group for them.

Our Monday Night House League is set to kick off on Monday, September 20<sup>th</sup>. If you haven't already confirmed your spot in the league, please do so with Trevor. The Monday league is our most popular league, where everyone will be sure to get good games. If you have any time restrictions that night, please let me know when responding to the weekly email. Just as a reminder, an email is sent out each Friday asking you to let me know if you cannot

make it out on the upcoming Monday. Another email is then sent out on the Sunday night letting each participant know whom and when you are playing on Monday night.

### COMMONWEALTH GAMES

The Commonwealth Games in Delhi, India, are only 1 month away.

### SQUASH DATES TO REMEMBER AT THE WWC:

September 13<sup>th</sup>  
Junior Programs begin  
September 17<sup>th</sup>  
Junior Provincial Team Tryouts

September 18<sup>th</sup>  
D4 Officials Certification Course

September 20<sup>th</sup>  
1<sup>st</sup> House League of the Season

November 2 - 7  
Dominion Antiques WWC Open Squash Championships

December 2 - 5  
MB Masters & WWC Junior Open Squash Championships

*Trevor Borland  
Squash Pro  
452-3311 ext. 105  
[tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com)*

## RECREATION



What a great summer we've had, but camps have now ended and it's time to think about back to school!

Reminder to all parents that the Jr. Lounge after school program resumes on September 7<sup>th</sup> with regular hours:

Monday - Friday  
4:00 - 7:00 p.m.

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

Drop in rate \$5/visit. Our family pass is \$50/monthly and covers up to 5 children in your household. If you are interested in a pass, please email me prior to the start of each month.

Is your child a student at SJR? Did you know the SJR bus brings your child right to the

WWC? Our Junior Lounge staff will meet your child right at their bus outside of the Club, escorting them safely to the Junior Lounge! Let us know if you require this service for your child!

We have 2 great programs for your little ones!

### PARACHUTE PARTY:

Playing with a big parachute benefits children in many ways; aside from the fun of playing with an out-of-the-norm item, parachute play encourages cooperation and reinforces turn-taking and sharing skills. Using a parachute also helps strengthen large muscles in the arms and shoulders. As children work together they can develop their sense of rhythm, while they move the nylon up and down. During class, we will take part in many fun skill building games

such as Cat and Mouse, Aid Bubbles, Carousel and many more!

### When:

Saturdays 10:00 - 11:00 a.m.

### Session:

September 18 - December  
Cost: \$100 or \$10 drop-in

### TUMBLE TOTS:

Our program aids in the physical well-being of children of all shapes, sizes and ability levels by allowing them to find a way to express themselves. By attending Tumble Tots your children will learn to follow instructions and to focus, as well as develop socialization skills. Physically, they become better coordinated, maintain their inherent flexibility and gain strength. All of these factors lead to: self confidence, improved academic performance, positive attitude & greater self-esteem.

### When:

Mondays 9:30 - 10:30 a.m.

### Session:

September 13 - November 29  
Cost: \$100

For Our Tweens & Teens...

### TEEN MOVIE NIGHT:

For our teens, we will hold two movie nights this session, featuring a brand new release each night. Get a spot through the front desk and meet your friends at the WWC for popcorn, a drink and a movie.

### When:

September 24<sup>th</sup> at 7:00 p.m.

Where: Boardroom

Cost: \$10

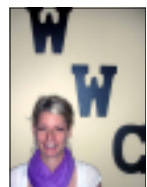
Ages: 12 - 16

*Look forward to seeing you!*

*Jessica Barsky  
Recreation Supervisor  
452-3311*

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

## SKATING



Skating Programs commence Saturday, September 25<sup>th</sup> and Monday, September 27<sup>th</sup>.

We are running a 12 week program this session and the classes run until the 18<sup>th</sup> and 20<sup>th</sup> of December. Programs take a break for the Thanksgiving long weekend.

### PRIVATE AND SEMI-PRIVATE LESSONS

Contact Carmina to arrange lessons for your child with one of our professional coaching staff.

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

Saturday's General Hockey:  
1:15 - 2:00 p.m.

Saturday's General Skate:  
2:00 - 2:45 p.m.

Sunday's General Hockey:  
1:15 - 2:00 p.m.

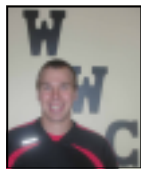
### Member Hockey

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 SecuritiesCentre to view our four week skating schedule as the schedule is subject to change on holidays and during special Club events.

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

## FITNESS & AQUATICS



### FALL BACK INTO YOUR FALL WORKOUT ROUTINE!

Yes, it's that time of year again,

when the weather outside may be getting a bit cooler, but things inside The Winter Club are just starting to heat up!

### FALL FITNESS PROGRAMS SET TO START SEPTEMBER 13<sup>TH</sup>

We are happy to announce that we are bringing back some old favorites and adding a few new programs to get your body moving. Please check out the fall program guide online, to see all the options you have to choose

from for this fall. Any questions please do not hesitate to call Jeff.

### FALL AQUATICS PROGRAMS & SWIM LESSONS SET TO START SEPTEMBER 20<sup>TH</sup>

The full, fall swim lessons schedule is now online and registrations are currently being accepted for all aquatics programming. Please contact aquatics supervisor, Lyndsay with any questions or to register for the fall at:

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

### KIDS SCUBA RETURNS TO THE WWC!

After a fun return of kid's scuba this past spring, we are pleased to offer, "Kids Scuba Missions"

again this fall. Classes are set to begin Monday, October 4<sup>th</sup> at 6:30 p.m. If you need more information on scuba, please contact Jeff or Lyndsay.

### NEW STUDIO SPIN THIS FALL!

The Winter Club will now be offering Studio Spin Class twice a week. This high intensity class will run on Thursdays at 6:30 a.m. and our Super Spin and Stretch class will be offered complimentary, each Friday from 5:00 - 6:00 p.m.

### NEW COMPLIMENTARY FITNESS CLASSES ADDED TO THE CLUB!

We have now added a Cardio Sculpt class with Kristy Loewen every Monday at 9:30 a.m. Also

Cardio Kick Boxing/AM Power Hour class with Carrie Simpson has been moved to Wednesday at 9:30 a.m. There's the new 90 minute Zumba, Cardio and Yoga class each Thursday starting at 9:30 a.m., with Christina Bauer and of course our new complimentary Studio Spin class on Fridays from 5:00 - 6:00 p.m.

With all the new, fun changes around the Winter Club be sure to come out and try something new, your body will thank you.

*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)

## TENNIS



### BOLLETTIERI JUNIOR CLINIC A SUCCESS!

WWC hosted a junior clinic on Tuesday, July 27<sup>th</sup> with master

tennis coach Nick Bollettieri. Over 30 juniors from the provincial team programs took part and all received a little personal attention from the master coach. There were also 50 parents, WWC members and tennis enthusiasts that watched the clinic. The event held an opportunity to ask questions and get an autograph from Nick. Thanks to WWC members and the Glodjo family, for giving us an

opportunity to spend some time with the legendary coach!

### INDOOR COURT RESURFACING

Our 3 indoor tennis courts are being resurfaced and should actually be complete by the time you read this newsletter! They are done to US Open specifications. The new surface will dramatically slow the playing surface down so that it will be easier for our older players to play and enjoy their games more, as well, as give our juniors the chance to train on courts that simulate conditions that they will experience at higher levels of play. Make sure you drop by the Tennis area and see the new

surface and colours!

### MEMBER DONATIONS STILL NEEDED

As of August 24<sup>th</sup>, I was still \$1700 shy of reaching the \$16 000 goal for the resurfacing costs. It's not too late to donate!

### MANITOBA OPEN CHAMPIONSHIP

The biggest tournament of the year is ran at the Kildonan Tennis Club from August 13 - 22. In Men's action, Tony Larson from Minneapolis took the crown and local player, Evann Waschuk won the triple crown, winning singles, doubles and the mixed event for the second time in a

row! Congrats to all players and competitors. For full results, please visit

[www.tennismanitoba.com](http://www.tennismanitoba.com)

### Fall Guide

For all of your tennis needs, please check out the program guide available on the WWC website. Please note the contact person for the league or program you are interested in.

Here's to another busy Tennis season at your favorite Club, The Winnipeg Winter Club!

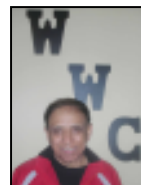
Peter Otto

Tennis Pro

452-3311 ext. 108

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

## BADMINTON



### PROGRAMS

All badminton programs will officially start the week of Monday, September 20<sup>th</sup>.

A good variety of programs have been put in place to meet the needs of all levels of play, whether adults or juniors. Please have a look at these and decide which ones will suite you best.

If you are a new member, or one who already belongs to the Club, but haven't yet played before, please feel free to talk to Pal at 452-3311 ext. 118. An hour of complimentary orientation/assessment can be arranged or you take advantage of four complimentary group lessons for beginners, set up for Tuesdays 7:30 - 8:30 p.m. beginning September 28<sup>th</sup>.

The complete information for programs is available online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com) or in the program guide, which can be picked up at the front office.

### COMING EVENTS

• Prairie Junior Canadian Elite Series Badminton Tournament: October 8 - 10

- Mixed badminton season opening social: Wednesday, October 27<sup>th</sup>
- WWC A/B/C/D Invitational Badminton Tournament: November 26 - 28

Pal Chawla

Badminton Pro

452-3311 ext. 118

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



# Dinner at the WINT



## SEPTEMBER 10, 2010 - COWBOY DINNER

- Crusty Rolls & Butter
- Tossed Green Salad with Choice of Dressing
- Manitoba Potato Salad
- Oven Roasted Herb Chicken Pieces
- Mashed Potato & Gravy
- Molasses Baked Brown Beans
- Corn on the Cob
- Apple Pie & Peach Cobbler With Vanilla Ice Cream
- Coffee/Tea

\$17.95/person

Kids Under 12 \$9.95

## SEPTEMBER 17, 2010 - ITALIAN DINNER

- Focacia Bread
- Italian Wedding Soup
- Classic Caesar Salad
- Tomato & Basil Salad with Olive Oil
- Eggplant Stuffed with Herbed Ricotta Cheese on Tomato Sauce
- Meat Lasagna
- Vegetarian Lasagna with Grilled Vegetables, Béchamel Sauce & Tomato Sauce
- Penne Al A Panna (Creamy Parmesan sauce, Peas & Prosciutto)
- Roasted Vegetables
- Tiramisu Torte or Gelato
- Coffee/Tea

\$20.95/person

Kids Under 12 \$9.95

## SEPTEMBER 24, 2010 - SOUP & SALAD

- Assorted Bread, Rolls & Butter
- Chef's Selection of 2 Delicious Soups
- 4 Specialty Salads
- Dessert Buffet, including Dainties & Tortes
- Coffee/Tea

\$14.95

### ADD CHEF CRAIG'S SPECIALTY!

- Smoked Prime Rib Dinner, Served with Potato & Vegetables

\$24.95

- Dinner Plate Only, with Dessert & Coffee \$19.95

## OCTOBER 1, 2010 - EAST INDIAN PARTY

- Naan
- Potatoes in Yogurt (Aloo da Raita)
- Carrot Pickle (Gajjar da Achaar)
- Butter Chicken
- Basmati Rice with Peas & Cumin
- Spinach with Cheese (Palak Paneer)
- Spicy Cauliflower & Potatoes (Aloogobi Adrakwali)
- Sweet Rice Pudding with Almonds (Kheer)
- Fresh Fruit Platter

\$19.95 per person

Kids Under 12 \$9.95

Join us Friday nights for Dinner at the WINT beginning September 10, 2010.

Menu items subject to change.