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## **MEMBERSHIP CARDS**

As a majority of our members consider security a top priority, we ask for your continued cooperation in submitting your picture membership card during each visit to the Club. If you happen to forget your card, please sign-in at the front desk upon your arrival.

# Program Registration

Sport \_\_\_\_\_

Program Name \_\_\_\_\_

Day & Time \_\_\_\_\_

Participant Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth (d/m/y) \_\_\_\_\_

Parent Name \_\_\_\_\_

Day Time Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

WWC account number \_\_\_\_\_

**Waiver**  
**In Consideration of my participation or my child's participation in the Winnipeg Winter Club programs, I agree to hold and save harmless to the Winnipeg Winter Club and all its coaches and Directors jointly from any claims or injuries sustained while at the Winnipeg Winter Club or for loss or damage however caused.**

\_\_\_\_\_  
Parent signature date

## Registration Policies and Rules

This program guide contains all the details for the Winter 2012 programs at the Club. You will only be contacted if the programs have been cancelled due to lack of participants or if you have been placed on a waiting list. Winnipeg Winter Club does not phone to remind members of league or program start times. Please Note: All programs subject to GST.

## Please read the following carefully...

### Program Registration

Registration forms and waivers MUST be filled out and can be dropped off, mailed, or faxed (284 - 2567) to the front desk. Additional registration forms will be available at the front desk, as well as from each department. Please feel free to contact the professional staff for further information.

### Cancellation Policy

- Unless otherwise specified, cancellations MUST be received between Monday and Friday, a minimum of five business days prior to the start of the program.
- If your cancellation is not received by the second class of the program which the participant is registered, you will be charged the FULL amount.
- All cancellations will be subject to a \$15.00 administration fee.

### Private Lesson Cancellation Policy

- No refund will be given after the second class of a program
- Refunds made at the request of the participant may be pro-rated and subject to a \$15.00 administration charge.
- Refunds will be paid in full if the Winnipeg Winter Club cancels the session.

# Aquatics

**Aquatics Supervisor Kristen Verplaetse**, kverplaetse@winnipegwinterclub.com or call ext. 121

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## SWIMMING LESSONS

The Red Cross Swim Program has 2 divisions:  
Red Cross Swim Pre-School and Red Cross Swim Kids.

## SWIM PRE-SCHOOL

The Red Cross Swim Pre-School program is offered as a four level program which allows swimmers to enter various levels based on their age and their ability.

- ▶ Starfish
- ▶ Duck
- ▶ Sea Turtle
- ▶ Salamander
- ▶ Sunfish
- ▶ Crocodile
- ▶ Whale

Participants will continuously feel more comfortable in the water, and learn pool/water safety. Caregivers may need to be present depending on the child's ability/level.

## SWIM KIDS

Red Cross Swim Kids is a ten level program for ages 6 and up. This program will help swimmers develop all 5 swim strokes: front/back crawl, elementary back stroke, breaststroke, and side stroke.

Participants will actively learn how to be safe around the water, recognize and help someone in need, and will be challenged at each level to increase their endurance/fitness abilities.

Levels 1-5 30 minute lessons  
Levels 6-10 45 minute lessons

## LESSON CLASS SIZES

To ensure the highest level of instruction, class sizes will not exceed 4 participants.  
We also offer private lessons 1:1 & semi-private lessons 2:1.

## WHAT PROGRAM IS RIGHT FOR MY CHILD

If you are not sure of what program to enrol your child in or have further questions, contact Kristen @ ext. 121.

## PARENT AND TOT PROGRAM

Looking for more bonding time with your child? Try our new Parent and Tot Program. It's an exciting new program packed with fun games, sing-along and water tips for caregivers. Caregivers must be present in the water.

## LIFE SAVING PROGRAMS

The Life Saving program has 2 divisions:

- ▶ Swim Patrol
- ▶ Bronze Awards

## SWIM PATROL

This program introduces the participants to various rescue scenarios and is designed to increase fitness levels and safety knowledge in and around the water.

- ▶ Rookie Patrol
- ▶ Ranger Patrol
- ▶ Star Patrol

## ROOKIE PATROL & RANGER PATROL

In these first 2 levels swimming strength and efficiency are developed. First aid & recognizing an emergency situation are emphasized.

Must have completed swim kids level 8

## STAR PATROL

Builds on the First Aid skills taught in Rookie/Ranger, so you can recognize and respond to an emergency.

An endurance swim of 300 meters in 9 minutes is required to successfully complete this course.

## BRONZE AWARDS

- ▶ BronzeStar
- ▶ Bronze Medallion
- ▶ Bronze Cross

## BRONZE STAR

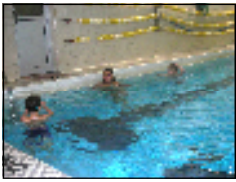
Bronze Star participants develop problem solving and decision making skills as it relates to the water. An endurance swim of 400 meters in 12 minutes is required to successfully complete this course. Must be 12 years old or older

## BRONZE MEDALLION

Teaches lifesaving principles. An endurance swim of 500 meters in 15 minutes is required to successfully complete this course. It is recommended to have completed bronze star prior to attempting bronze medallion. Must be 13 years old or older.

## BRONZE CROSS

Expands on the lifesaving principles taught in bronze medallion including rescuing someone with a spinal injury. An endurance swim of 600 meters in 18 minutes is required to successfully complete this course. Bronze Medallion is a pre-requisite to Bronze Cross.



# Aquatics

**Aquatic Supervisor Kristen Verplaetse** kverplaetse@winnipegwinterclub.com or call ext. 121

## PRIVATE AND SEMI-PRIVATE LESSONS

If your family has a busy schedule private swimming lessons may be perfect! Swimmers will receive instruction that will focus on their own specific needs. The number of spaces for these lessons are limited so please register early. All private lessons are 30 minutes in duration regardless of level.

## ADULT DEVELOPMENT

Looking to improve your stroke? Your kids swim better than you? Need to overcome your fear of the water? Want to increase your water/safety knowledge?

- ▶ These are private or semi-private classes where an instructor will work with you in setting goals and accomplishing them.
- ▶ Contact Kristen @ ext. 121 for more information on how we can work together to design a program for you and to arrange a time that will work with your schedule.

## TEEN ENDURANCE CLASS

This class is designed for participants who have completed swim kids level 10 and who want to keep challenging their swimming ability. Classes will focus on building the participants strength and endurance, through drills, timed swims and various fun activities.

## AQUA FIT

Need a change from your regular morning work-out routine? Then you need to try this fun low impact water workout. This full body workout will improve your endurance, strength and flexibility.

Monday-Friday 9:15 - 10:15 a.m.

**Please note Mondays have no instructor. CD will be played for you to do your own workout.**

\$5 drop-in or \$25 unlimited/month

## SCUBA ORIENTATION

Interested in trying something different?

This course is an introduction to the world of scuba. A 90 min class consisting of dry land education and practical water experience.

Advanced registration is required as we will need to size the equipment.

**Notes:** A medical questionnaire is required to be filled out by all participants, prior to the course.

## PADI CERTIFICATION COURSE

WWC now offers the open water scuba certification course Minimum 4 people to run the class.

Advanced registration is required as well as a medical questionnaire.

Must have taken the Scuba Orientation.

All scuba courses are taught by certified instructors from One Stop Diving.



# Aquatics

Aquatic Supervisor Kristen Verplaetse kverplaetse@winnipegwinterclub.com or call ext. 121

## WINTER SWIMMING LESSON SCHEDULE

Monday January 16-Saturday March 24, 2012

10 week session

No class; February 20th (Louis Riel Day)

### COSTS:

|                      |        |
|----------------------|--------|
| Pre-school - Level 5 | \$70   |
| Level 6 - 10         | \$80   |
| Private              | \$150  |
| Semi - private       | \$100  |
| Parent & tot         | \$70   |
| Teen Endurance       | \$60   |
| Adult development    | \$90   |
| Swim patrol          | \$125  |
| Bronze awards        | \$ tba |

### Monday

|                      |              |
|----------------------|--------------|
| Sea Turtle           | 4:00-4:30 pm |
| Private/semi-private | 4:00-4:30 pm |
| Private/semi-private | 4:30-5:00 pm |
| Salamander           | 4:30-5:00 pm |
| Level 1              | 5:00-5:30 pm |
| Level 4              | 5:00-5:30 pm |
| Level 5              | 5:30-6:00 pm |
| Level 9              | 5:30-6:15 pm |
| Private/semi-private | 6:00-6:30 pm |
| Level 10             | 6:15-7:00 pm |
| Private/semi-private | 6:30-7:00 pm |

### Tuesday

|                      |              |
|----------------------|--------------|
| Private/semi-private | 4:00-4:30 pm |
| Sunfish              | 4:00-4:30 pm |
| Private/semi-private | 4:30-5:00 pm |
| Crocodile            | 4:30-5:00 pm |
| Whale                | 5:00-5:30 pm |
| Level 6              | 5:00-5:45 pm |
| Level 2              | 5:30-6:00 pm |
| Level 7              | 5:45-6:30 pm |
| Level 3              | 6:00-6:30 pm |
| Level 4              | 6:30-7:00 pm |
| Private/semi-private | 6:30-7:00 pm |

### Wednesday

|                      |              |
|----------------------|--------------|
| Sea Turtle           | 4:00-4:30 pm |
| Private/semi-private | 4:00-4:30 pm |
| Salamander           | 4:30-5:00 pm |
| Level 1              | 4:30-5:00 pm |
| Level 4              | 5:00-5:30 pm |
| Level 6              | 5:00-5:45 pm |
| Level 5              | 5:30-6:00 pm |
| Level 7              | 5:45-6:15 pm |
| Private/semi-private | 6:00-6:30 pm |
| Level 8              | 6:15-7:00 pm |
| Private/semi-private | 6:30-7:00 pm |

### Thursday

|                      |              |
|----------------------|--------------|
| Sunfish              | 4:00-4:30 pm |
| Crocodile            | 4:30-5:00 pm |
| Level 9              | 4:45-5:30 pm |
| Whale                | 5:00-5:30 pm |
| Level 10             | 5:30-6:15 pm |
| Private/semi-private | 5:30-6:00 pm |
| Level 2              | 6:00-6:30 pm |
| Bronze Awards        | 6:15-7:00 pm |
| Level 3              | 6:30-7:00 pm |

### Friday

|                      |              |
|----------------------|--------------|
| Private/semi-private | 4:00-4:30 pm |
| Level 5              | 4:00-4:30 pm |
| Private/semi-private | 4:30-5:00 pm |
| Level 6              | 4:30-5:15 pm |
| Private/semi-private | 5:00-5:30 pm |
| Level 8              | 5:15-6:00 pm |
| Level 1              | 5:30-6:00 pm |
| Level 2              | 6:00-6:30 pm |
| Adult Development    | 6:15-7:00 pm |
| Level 3              | 6:30-7:00 pm |

### Saturday

|                      |                |
|----------------------|----------------|
| Parent & tot         | 9:00-9:30 am   |
| Starfish             | 9:00-9:30 am   |
| Duck                 | 9:00-9:30 am   |
| Level 7              | 9:30-10:15 am  |
| Level 8              | 10:15-11:00 am |
| Teen Endurance Swim  | 11:00-11:45 am |
| Private/semi-private | 12:00-12:30 pm |
| Private/semi-private | 12:30-1:00 pm  |



# Recreation, Child Care, & JR Lounge

Facilities Coordinator Jessica Barsky jbarsky@winnipegwinterclub.com or call ext. 114

## **CHILD CARE**

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

### **Hours of Operation:**

|   |                 |
|---|-----------------|
| Monday-Thursday   | 9:00 am-6:00 pm |
| Friday  | 9:00 am-9:00 pm |
| (in conjunction with Munchkin Mania and Friday Night Dinner at the Wint.) |                 |
| Saturday  | 9:00 am-1:00 pm |

\*Hours are subject to change\*

|       |  |
|-------|--|
| Cost: | \$4.75 per child/hour  |
|       | \$2.50 per child/hour for additional children in the family. |

Please note that guests of the Club members may also employ babysitting services for \$4.75 per child/hour. Extended child care available by request. Please contract Jessica to get more information.

### **Babysitting Monthly Passes Available!**

Enjoy the Club often while knowing your child is taken care of in our babysitting centre!

The Club is now offering unlimited childcare with our monthly pass within babysitting hours!

|             |  |
|-------------|--|
| Pass Rates: | \$30/ month single child                             |
|             | \$40/ month 2 children                               |
|             | \$5 per month for each additional child on the pass. |

Regulations: In accordance with the Manitoba Community Child Day Care Standards Act, no more than 8 children can be supervised in the center at one time. Please book ahead at the switch-board to avoid disappointment. Please bring labeled bottles, soothers, diapers, wipes and a change of clothing for infants. If your child is toilet training please bring a change of clothing. Babysitting services are intended only for children whose parents are on the WWC premises. Please do not leave your children unattended.

## **TOT PROGRAMS (Age 3-6)**

### **KRAFTY KORNER**

From painting to sculpting or gluing to glittering. Kids will be introduced to a new craft project each week.

|          |                               |
|----------|-------------------------------|
| When:    | Tuesday 6:00-6:30 pm          |
| Session: | January 17th-March 20th, 2012 |
| Cost:    | \$75 (10 Classes)             |

### **SILLY STRETCH**

Encourages kids to be active and work on flexibility while engaging in a social environment.

Runs in conjunction with Jackie Dobie's Circuit Fitness Class on Mondays.

|          |  |
|----------|--|
| When:    | Monday 9:30-10:00 am                   |
| Session: | January 9th-March 19th, 2012           |
|          | *No Class Monday, February 20th, 2012* |
| Cost:    | \$70 (10 Classes)                      |

## **JUNIOR LOUNGE PROGRAMS**

The Junior Lounge is an area designed 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. Ask at the front desk for more details about the various weekly themes. This program is for children 4 - 12 years of age.

|       |                                |
|-------|--------------------------------|
| When: | Monday - Friday 4:00 - 7:00 pm |
|       | Saturdays 9:00 am - 1:00 pm    |

### **Family Month Pass**

Includes up to 4 siblings (excludes Munchkin Mania) or you can still take advantage of the drop-in service at \$5 per child/per visit. Cost: \$50

Please register for these passes by the first Tuesday of every month by emailing Jessica.

### **\*Need extended Hours?**

Do you need extended child care hours for a tournament or WWC event? Email or call Jessica with details to arrange for this.

## **MUNCHKIN PROGRAMS (Age 7-11)**

### **ART HOUR**

From oil painting to sculpting or gluing to water colours. Kids will be introduced to a new craft project each week.

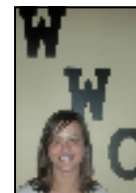
|          |                               |
|----------|-------------------------------|
| When:    | Saturday 1:00-2:00 pm         |
| Session: | January 14th-March 17th, 2012 |
| Cost:    | \$75 (10 Classes)             |

### **CONFECTIONARY CREATIONS**

Kids will make their very own candy and chocolates to keep for themselves or give away just in time for Valentine's Day.

|       |                             |
|-------|-----------------------------|
| When: | Sunday, February 12th, 2012 |
|       | 1:00-2:00 pm                |
| Cost: | \$12                        |

# Recreation, Child Care, & JR Lounge



Facilities Coordinator **Jessica Barsky** jbarsky@winnipegwinterclub.com or call ext. 114

## **MUNCHKIN MANIA**

Munchkin Mania is our 'Friday Night Party' in the Junior Lounge. Join us for events like mini-Olympics, scavenger hunts, bowling and more. Dinner will be served at approximately 6:45 p.m. Munchkin Mania is for children 4-12 years of age.

When: Friday nights from 6:00-9:00 p.m.  
(in conjunction with Friday Night Dinner at the Wint)

Cost: \$12 (pre-registered at the front desk by Thursday, 8:00 p.m.) or \$14 for drop-in

This is a popular evening, make sure to register to guarantee your child has a spot!

*Please see the WWC website or the front desk for a listing of weekly events. (subject to change)*

## **BOWLING**

Our four lane bowling center is free to members during regular Club hours. Indoor running shoes are required in the bowling center. The center may be reserved ahead of time for special occasions such as birthday parties. All functions need to be booked in advance. Glow bowling is also available, please contact Jessica for more info and to book the bowling center.

**BIRTHDAY PARTIES**

Let our Junior Lounge staff organize the party of your dreams.

You can build your own party by picking from a variety of themes and activities or choose one of our specialty birthday packages.

Invitations are also available at no cost when booking a party.

Pick up Birthday Party Packages at the Front Desk or on our website!

## **TEEN PROGRAMS (Age 12-16)**

### **TEEN COOKING**

Sharpen your cooking skills or just learn the basics. We will make some classics and experiment with some mouthwatering temptations. Sign up with Jessica to take part in these fun nights.

When: Wednesday 6:00-7:30 pm  
Session: January 25th, 2012  
Theme: Winter Warmth

When: Thursday 6:00-7:30 pm  
Session: March 1st, 2012  
Theme: Spring Fever- Light and Tasty

Cost: \$12

### **TEEN CAKE DECORATING**

Learn how to decorate your very own cakes! Jessica will instruct you through how to bake your cakes, how to make your icing and how to make it all come together! Beginner-intermediate levels. All participants decorate their own cake project and can learn new skills based on their progress at each new session!

#### **Class 1**

When: Saturday 10:30 - 12:00 pm  
Session: February 11th, 2012  
Cost: \$12

#### **Class 2**

When: Sunday 12:00-1:30 pm  
Session: March 11th, 2012  
Cost: \$12

### **TEEN YOGA**

Are you looking for a workout program that's easy to learn, requires little or no equipment, and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, get registered for this great program.

Although yoga includes physical exercise it is also a lifestyle practice for which exercise is just one component. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

When: Monday 5:00-6:00 pm  
Session: January 9th-March 19th, 2012 (10 Classes)  
\*No Class Monday, February 20, 2012\*  
Cost: \$120

Note: Dress comfortably for your first yoga session in clothing that allows you to move your body fully. Stretchy shorts or pants and a T-shirt or tank top are best. Yoga is practiced barefoot, so you don't have to worry about special shoes.

# Badminton



**Head Professional: Archie Chawla** achawla@winnipegwinterclub.com or call ext. 118

**Assistant Pros:** Anil Kaul, Janet Harrison, Sean Chawla

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## **ADULT PROGRAMS**

### **COME PLAY WITH THE PRO**

An ideal night for new members to join in and pick up some pointers from the pro.

This is a co-ed evening for up to intermediate level players. Register with Archie by 3:00 pm the evening that you plan on attending.

When: Tuesdays 7:30-9:00 pm  
Session: January 10th-April 24th, 2012  
Cost: Cost of Shuttles Shared  
\*Min. 8 players required\*

### **DOUBLES/MIXED DOUBLES ROUND ROBIN**

This is our most popular co-ed evening in the badminton section. It may be named "hit & giggle" night by some but usually there is some intense action on the courts. All games are organized to make teams as even as possible. Sign up as an individual or couple by 4:00 pm on the evening you plan on attending.

When: Wednesdays 7:30-9:30 pm  
Session: YEAR ROUND  
Cost: Cost of Shuttles Shared

### **CO-ED REC/BEGINNER PLAYERS ROUND ROBIN**

This program is for recreational and beginner players to come together as a group and have fun playing singles, doubles, and mixed doubles. To play, register in the badminton lounge by 1:20 pm.

When: Sundays 1:30-3:30 p.m.  
Session: January 22nd-April 22nd, 2012  
Cost: Cost of Shuttles Shared

### **CO-ED - INTERMEDIATE/ADVANCED PLAYERS**

This is a great drop-in program for intermediate and advanced players! Players mix and match and play a few games of singles, doubles, and mixed doubles. Register in the badminton lounge by 1:20 pm.

When: Sundays 1:30-3:30 pm  
Session: January 22nd-April 22nd, 2012  
Cost: Cost of Shuttles Shared

### **CO-ED - DRILLS FOR SKILLS, STRATEGY & FOOTWORK**

A session to help improve your game by practicing various shots that should improve your positioning, strategy and footwork while providing an excellent workout!

To play, register with me each week by Saturday 1:30 pm.

When: Sundays 12:30-1:30 pm  
Session: January 22nd-April 22nd, 2012  
Cost: \$48/Session (Shared Between Participants)

### **NOON HOUR PLAY & HITTING SESSION**

Work on your footwork, positioning & skills during this session and get a workout!

Register with Archie each week by Thursday 10:30 am.

When: Thursday 12:00-1:00 pm  
Session: January 12th-April 26th, 2012  
Cost: \$48/Session (Shared Between Participants)

### **THEME NIGHT**

The Badminton Committee features a theme night combining badminton and a social aspect every 6-8 weeks. A slight variation to a normal Wednesday badminton evening

Valentine Time February 15th, 2012

## **CLUB CHAMPIONSHIPS**

Men's & Women's Singles  
February 6th-April 27th 2012  
Registration Deadline: January 27th, 2012  
More details to be posted.



# Badminton

**Head Professional: Archie Chawla** achawla@winnipegwinterclub.com or call ext. 118  
**Assistant Pros:** Anil Kaul, Janet Harrison, Sean Chawla

## JUNIOR PROGRAMS

Each session of Junior Group Lessons consists of 12 lessons (2 lessons/week) over a 4 month period. For more consistent and speedy improvements, it is recommended that Juniors try to enrol under this format rather than having one lesson per week. If one of the days does not work out with your schedule we can arrange another one!

### PEE WEE - HAND & EYE CO-ORDINATION & BADMINTON

Target Age: 4-6 year olds  
 When: Saturdays 10:45-11:30 am  
 Session: January 21st-April 28th, 2012  
 Cost: \$90/player (9 classes)

### INTRO LEVEL

When: Wednesdays 4:30-5:30 pm  
 Saturdays 10:00-11:00 am  
 Session: January 21st-April 28th, 2012  
 Cost: \$270 (25 Classes)

### INTERMEDIATE LEVEL

When: Wednesdays 5:30-6:45 pm  
 Saturdays 11:00 am-12:15 pm  
 Session: January 21st-April 28th, 2012  
 Cost: \$270 (25 Classes)

NOTE: Group lessons cost is based on minimum of 4 participants in the class. In the case of decreased numbers the cost will increase accordingly.



## JUNIOR COMPETITIVE \*A\* CLINIC

This clinic is for juniors who have progressed to an advanced level and are keen about playing competitive badminton. The clinics are well structured with a strong emphasis on learning higher skills, strategy, fitness training, hard work, proper focus, regular attendance, keen desire and the right attitude.

When: Tuesdays 5:30-7:30 pm  
 Thursdays 6:30-8:30 pm  
 Session: January 5th-May 10th, 2012  
 Cost: \$95/month  
 (cost of shuttles extra)

## JUNIOR COMPETITIVE \*B\* CLINIC

When: Tuesdays 5:30-7:30 pm  
 Thursdays 4:30-6:30 pm  
 Session: January 5th-May 10th, 2012  
 Cost: \$95/month  
 (cost of shuttles extra)

## JUNIOR COMPETITIVE \*A & B\* LADDER

When: Saturdays 1:30-4:30 pm  
 Session: January 19th-May 12th, 2012  
 Cost: Costs of Shuttles Shared

## PRIVATE AND SEMI-PRIVATE LESSONS FOR JUNIORS AND ADULTS

### PRICES WITH HEAD PRO / ASSISTANT PRO

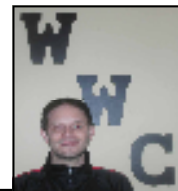
|           |                |                   |
|-----------|----------------|-------------------|
| 1 player  | \$20 / 30 mins | \$17 / 30 mins    |
|           | \$28 / 45 mins | \$24 / 45 mins    |
|           | \$36 / 60 mins | \$30 / 60 mins    |
| 2 players | \$12 / 30 mins | \$10 / 30 mins    |
|           | \$17 / 45 mins | \$14.50 / 45 mins |
|           | \$22 / 60 mins | \$19 / 60 mins    |
| 3 players | \$9 / 30 mins  | \$8 / 30 mins     |
|           | \$13 / 45 mins | \$11 / 45 mins    |
|           | \$17 / 60 mins | \$14.50 / 60 mins |
| 4+ group  | \$7 / 30 mins  | \$6 / 30 mins     |
|           | \$10 / 45 mins | \$8.50 / 45 mins  |
|           | \$13 / 60 mins | \$11 / 60 mins    |

**NOTE:** All prices are per person.

# Squash

**Head Professional Trevor Borland** tborland@winnipegwinterclub.com or call ext. 105

**Assistants:** Andrew Boumford, Tom Brown, Nikki Todd, Ashley Malenchak



## WWC SQUASH PROGRAMS

Over the past 10 years our program has trained 3 different National Champions, 4 different Canadian Junior Open Champions, A US Junior Open Champion and a Pan Am Games Champion. Other accomplishments and opportunities that alum from our program have taken part in over the past decade include: Junior World Championships, Junior Pan Am Championships, The Commonwealth Games, The Canada Games, British, Scottish, US and Canadian Junior Opens and the Canadian Championships. Our program has made up the majority of our Provincial Junior Team as well over the past decade, which travels to junior tournaments in Canada. 5 of our athletes have been part of the Canadian Junior Squad.

Several of our athletes through squash have had the opportunity to take both their squash and schooling abroad and play squash at Ivy League schools. We've had athletes attend a number of the Ivy league schools including Dartmouth, Penn and Cornell.

Our Head Professional, Trevor Borland, has been the Manitoba Provincial Team Head Coach for the past 14 years. Trevor has been the Head Coach of our last three Canada Games Teams in 2003, 2007 and 2011.

Trevor has also been an assistant coach for the Canadian Junior Boys Team at the World Junior Championships in 2006. The Head coach of the boys team at the Pan Am Junior Championships in Peru, 2008. Head Coach for the Canadian Team at the 2010 World University Championships in Australia and most recently assistant coach at the 2010 Commonwealth Games in Delhi, India for Team Canada.

Over the past two years we have also hosted a Professional Women's Tournament, The Meadowood Pharmacy Open. This tournament attracts players from all over the world who are playing professionally and gives our members and our own competitive players a chance to see this high level of squash and for some compete with them as well.

In our programs, we strive to help athletes reach their best as both an athlete and a person.

## ADULT PROGRAMS

### HOUSE LEAGUE

This is our most popular league! Players sign up individually and are placed in a group with people of similar level. They will have a match arranged with someone from their group with a match time for the evening. Each week an email is sent out to those in the league asking whether or not you are able to play on the Monday night coming. The line up of matches is then sent out on the Sunday evening so people are aware on Monday morning of whom and when they play. Matches start as early as 5pm, so please indicate if you have any time restrictions.

To sign up for the league please contact Trevor at ext. 105.

Players of all levels are welcome and needed.

When: Mondays starting at 5:00 pm (Please indicate any time restrictions)

Starts: January 9th, 2012

Cost: Free

### TECHNO SQUASH LEAGUE:

The Techno League is the perfect solution to finding that once per week squash match. Whether you're new to the Club or have been playing for years, you'll find someone new to play. Our squash staff will email you and your opponent a suggested match with one another for the week and you arrange your match time and play.

It is a great way to play competitive and fun matches at your own level.

Players email results to the pro

Register: Anytime, with Trevor

Starts: January 10th, 2012

Cost: Free

### NOVICE NIGHT

Our Novice nights are designed for players either new to the game or for those playing at the beginner/novice level. Participants are taught the basics of the game in order to help prepare them for either league or just fun recreational play at the Club. Those who come out on a regular basis will work on a designated skill each week followed by game play. Equipment will be provided for those who need it. If you are new to the night and would like to come out and give it a try please call Trevor to register.

When: Wednesdays 6:30-7:15 pm

Starts: January 11th, 2012

Cost: Free

### COMPETITIVE TRAINING GROUP

Our Competitive Training group is for players who compete at an A or B level. The group will focus on helping each participant to improve through drills, conditional games and match play. There will also be various fitness components including court movements and agility drills.

When: Saturdays 1:15-2:45 pm

Starts: January 14th, 2012

Cost: \$11 per session

### ADULT DRILL SESSION (C-E level players)

The session will be designed for those players who play at the C through E level. If you are unsure if you fit in to this level, please ask one of our squash staff. The sessions will be drill based for participants to learn new drills they can use on their own or with a partner as well as to get a good work out. Each night will have a theme to the drills.

When: Tuesdays 5:45-6:45 pm

Starts: January 10th, 2012

Cost: \$11 per session



# Squash

**Head Professional: Trevor Borland** tborland@winnipegwinterclub.com or call ext. 105  
**Assistants:** Andrew Boumford, Tom Brown, Nikki Todd, Ashley Malenchak

## **JUNIOR PROGRAMS**

Please speak with Trevor to find out which program is right for your child.

### **MUNCHKIN PROGRAM**

This program is designed for children age 5-8 who want to learn to play squash. The program will be an introduction to the basics of the game through a variety of skills, drills and games. Mini squash racquets are recommended for this program and glasses are needed. Junior squash balls are used in this program which are a better way for kids to start.

**Focus:** -fun  
-eye/hand co-ordination  
-basics  
**When:** Fridays 4:30-5:00 pm  
Sundays 10:30-11:00 am  
**Session:** January 13th-April 15th, 2012  
**Cost:** \$130 (2x per week) \$85 (1x per week)  
Min 3-Max 9 Participants

### **INTERMEDIATE PROGRAM**

This program is designed for youngsters ~9-13 years of age. The program is aimed towards those who want to have more fun as they strive to become their best. Players will learn the technical skills they need to advance and with a focus on game play. Please talk to Trevor to find out which program is best suited for your child.

**Focus on:** -development of fundamental technical skills  
-development of court movements and foot work  
-introduction of tactics/games  
-fun  
**When:** Sundays 11:00 am-12:00 pm  
**Session:** January 11th-April 18th, 2012  
**Cost:** \$125  
Min 3-Max 9 Participants

### **TEEN SQUASH**

This program is designed for those teens 13-17 years of age. The program will help teens learn a great life long sport through a combination of drills, conditional games and games. The program will help teens have fun while learning valuable skills they can use for years to come. The program is more geared towards the recreational player but will help all players become their best.

**Focus on:** -game play  
-essential skills of the game  
-fun  
**When:** Wednesdays 7:15-8:00 pm  
**Session:** January 11th-April 18th, 2012  
**Cost:** \$105.00  
Min 3-Max 9 Participants

### **COMPETITIVE "A" PROGRAM**

This program is designed for those juniors 12 years of age and older who are looking to further develop all aspects of the game as they strive to become competitive players. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills and game play.

**Focus on:** -perfecting fundamental technical skills  
and developing advanced technical skills  
-introduction of fitness training  
-footwork and court movements  
-tactics  
**When:** Tuesdays 4:15-5:45 pm  
Fridays 5:00-6:30 pm  
**Session:** January 10th-April 17th, 2012  
**Cost:** \$200 (2x per week) \$125 (1x per week)  
Min 4-Max 9 Participants

### **COMPETITIVE "B" PROGRAM**

This program is set up for those kids approximately 9-14 years of age who have been playing 1-3 years and are wanting to take part in the competitive program. The program will run once a week on its own and once a week combined with the intermediate group to give the kids more variety of games.

**Focus on:** -development of fundamental technical skills  
-introduction of footwork/movements  
-fun and games  
**When:** Thursdays 6:30-7:30 pm  
Sunday 11:00 am-12:00 pm  
**Session:** January 12th-April 15th, 2012  
**Cost:** \$185.00 (2x per week) \$125.00 (1x per week)  
Min 3-Max 9 Participants

### **PRIVATE LESSONS:**

Private lessons can be arranged through Trevor for the morning, afternoon or evening.  
\$27 per ½ hour lesson  
\$35 per 45 min lesson  
\$42 per 1 hour lesson

### **SEMI-PRIVATE LESSONS:**

\$20 each per 45 min lesson  
\$25 each per 1 hour lesson

If you're looking for a just a game with some helpful hints, you can play the pro for \$20 for a 30 min match. Whether you want it to be a weekly game or just once in a while, contact Trevor to play him or one of other staff.

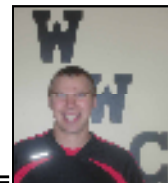
### **\*Lesson Cancellation policy**

Must be cancelled 24 hours in advance or client will be charged full session rate. Please phone if you know you will have to cancel, exceptions can be made.

# Fitness

**Fitness Director:**

**Jeff Mitchell** [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or call ext. 123



## YOGA & PILATES

### ASHTANGA YOGA

To bring focus to your week, start the day off right with an active flow yoga series with Meagan. Work out the tension during your week, renew your energy and ease your body in this fabulous yoga class!

When: Tuesdays 6:30- 7:30 am  
Session: January 10th-March 20th, 2012  
Cost: \$143 (11 classes)

When: Fridays 6:30-7:30 am  
Session: January 13th-March 23rd, 2012  
Cost: \$143 (11 Classes)

Twice a week: \$264 (22 classes)  
Instructor: Meagan Wilson

### INTERMEDIATE - ADVANCED FUSION PILATES

This class is formatted for Stott Pilates by Certified Instructor, Leslie Crozier. This 60 minute class will take your pilates training to the next level. Utilize different equipment to practice a fusion of mat and reformer style resistance based pilates that will challenge the abdominal, gluteal and back muscles for a total body workout!

When: Tuesdays 10:30-11:30 a.m.  
Session: January 10th-March 20th, 2012  
Cost: \$165 (11 Classes)  
Instructor: Leslie Crozier

**NOTE: No Class February 20th, 2012**

### **NEW!!!**

#### PRIVATE AND SEMI-PRIVATE YOGA & PILATES

We are pleased to now offer Private Pilates and Yoga sessions here at the Winnipeg Winter Club. It is highly recommended that if you are looking to get into pilates or yoga that you start with a few private or small group classed to insure that you are getting the most out of every class and every workout.

#### **Private Training Sessions**

Per Session 1 hour \$55/session

#### **Partner Training Sessions**

Per Session 1 hour \$43/person

#### **Small Group Training Sessions (3-4 people)**

Per Session 1 hour \$100/group

## NEW FITNESS CENTRE ORIENTATIONS!

With our NEW Fitness Centre now complete it is time to become more familiar with all the new equipment.

Be sure you know how to properly utilize a piece of fitness equipment and know what a certain machine can do for you.

Don't get into bad habits or play the guessing game with your fitness routine, come down for a complimentary Fitness Centre orientation!

Please contact **Jeff Mitchell** at:

[jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or 452-3311 ext. 123

## FITNESS TRAINING

### RED'S STRENGTH & CONDITIONING CLASS

This circuit training workout is designed for those who like to get a jump start on their day. Be prepared to work hard and see results from this intense one hour workout. This circuit program will keep your heart rate elevated while combining weight training and aerobic exercises for efficiency! Be prepared to work hard because "Red" will push you to bring out your very best!

When: Wednesdays 6:15-7:15 am  
Session: January 11th-March 21st, 2012  
Cost: \$110 (11 Classes)

When: Fridays 6:30-7:30 am  
Session: January 13th-March 23rd, 2012  
Cost: \$110 (11 Classes)

Twice a week: \$192 (22 Classes)  
Instructor: Giulia De Leo

## STRETCH CLASSES

### STRETCH SPECTACULAR

Offered right after both 9:30 am classes each Monday, this is a class that will help stretch your mind and body. With an approach of going through a wide variety of stretches this 30 minute class will help your body relax and release the tension that has developed through a hard workout.

When: Mondays 10:30-11:00 am  
Session: January 9th-March 19th, 2012  
Cost: \$60 (10 Classes)



**Fitness Director:**

**Jeff Mitchell** jmittell@winnipegwinterclub.com or call ext. 123.

## CARDIO / CIRCUIT TRAINING

### **JACKIE DOBIE'S**

#### **60 MINUTE CIRCUIT TRAINING CLASS**

Testing the limits with a total body workout, this class is geared to individuals with previous weight training experience. It is challenging, educational, social and FUN! Participate 2-3 times/week for optimal results.

When: Mondays 9:30-10:30 am  
Session: January 9th-March 19th, 2012  
Cost: \$100 (10 Classes)  
**NOTE: No Class February 20th, 2012**

When: Wednesdays 9:30-10:30 am  
Session: January 11th-March 21st, 2012  
Cost: \$110 (11 Classes)

When: Fridays 9:30-10:30 am  
Session: January 13th-March 23rd, 2012  
Cost: \$110 (11 Classes)  
Instructor: Jackie Dobie

## ACTIVE LIVING FOR OLDER ADULTS

### **"ACTIVE FUNCTIONAL LIVING FOR OLDER ADULTS"**

For: All members over 50 years of age.

When: Wednesdays

Time: 11:00 am-12:00 pm

Where: All classes will be based out of the Badminton court area and the Fitness Studio.

Start Date: January 18th, 2012

Cost: \$5/class

**Trial offer:** The first 2 classes at any time are complimentary for members to try.

Registration: To be done through front desk prior to day of class.

Focus Areas:

- 1.) Osteoporosis Prevention/Bone Density.
- 2.) Balance and Stability
- 3.) Arthritis concerned based programming
- 4.) Posture and Body Alignment
- 5.) \*Flexibility and Mobility\*
- 6.) \*\*Increase and Improve Functional Active Daily Living\*\*

## ACTIVE LIVING FOR KIDS

### **"KIDS OFF THE COUCH" PROGRAM**

With more and more kids becoming sedentary it is extremely important to build fun into health and fitness. This after school program is great for your kids to learn about healthy eating and development of proper movement patterns. This program is designed to incorporate a wide variety of movements and fun activities for all boys and girls.

When: Mondays 4:30-5:30 pm  
Session: January 23rd-March 19th, 2012  
Cost: \$80 (8 Classes)  
Ages: 7-12  
**Note: No Class February 20th, 2012**

### **TRY IT BEFORE YOU BUY IT**

**January 9th-13th, 2012**

Members looking to join a fitness program for the first time are encouraged to "try it before you buy it" this week! Also those members getting back into a program following a brief or lengthy hiatus are encouraged to participate as well!

### **PARTICIPATING PROGRAMS:**

#### **Monday**

Jackie's 60 Minute Circuit Training Class  
Stretch Spectacular

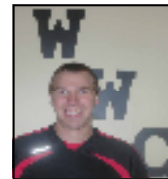
#### **Tuesday:**

Ashtanga Yoga

#### **Wednesday:**

Red's Strength & Conditioning

# Fitness



**Fitness Director:** Jeff Mitchell, [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or call ext. 123.

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## COMPLIMENTARY PROGRAMS

### WINTER MORNING CLASSES

January 9th-March 24th, 2012

**NOTE: No Classes February 20th, 2012**

#### **CARDIO SCULPT (MONDAY)**

This fitness, cardio training class features a variety of cardio intervals and aerobic exercises to music. Change up your aerobic training in this action packed class!

9:30-10:30 am

Instructor: Leanne Bye

**NOTE: No Class February 20th, 2012**

#### **PILATES WITH SMALL EQUIPMENT (TUESDAY)**

Pilates is back and better than ever! Each week come and join our incredibly popular certified instructor for an amazing Pilates workout.

9:30-10:30 am

Max: 12 Participants

Instructor: Leslie Crozier

**\*PLEASE REGISTER BEFORE JANUARY 17, 2012.**

#### **BOBOS, BALLS AND BANDS (WEDNESDAY)**

This hour of resistance training includes the use of weights, bands, balls, and bosu to sculpt your body in new and different ways! Each class is a new challenge for your body.

9:30-10:30 am

Instructor: Angie Pringle

#### **ASHTANGA YOGA (THURSDAY)**

This flow yoga class is ideal for first time & experienced participants of all levels. Work with our fabulous instructor Meagan as she takes the class through a series of progressions.

9:30-10:30 am

Instructor: Meagan Wilson

#### **MOVEMENT TO MUSIC (FRIDAY)**

This aerobic fitness to dance class can accommodate individuals with minutes, months and years of aerobic experience. A great combination of dance, rhythm and fitness exercises, followed by 30-45 minutes of yoga!

9:30-10:30 am

Instructor: Meredith Spryszak

#### **SATURDAY CHALLENGER**

This class is your weekend wake-up! Perform 60mins of resistance training with a variety of equipment including the ball, bosu, step and free weights. Complete your workout with an aerobic cardio component for 90 mins of fitness fun!

9:30-11:00 am

Instructor: Barb Newman

## COMPLIMENTARY PROGRAMS

### WINTER EVENING CLASSES

January 9th-March 24th, 2012

**NOTE: No Classes February 20th, 2012**

#### **WWC TRX BOOTCAMP (MONDAY)**

One hour packed full of exercises to tone those muscles to great music and a fun atmosphere. Complete with a cardio warm-up and stretch cool down.

6:00-7:00 pm

Instructor: Giulia DeLeo

**NOTE: No Class February 20th, 2012**

#### **STUDIO SPIN (TUESDAY)**

This Spin class is sure to get your body sweating and you huffing and puffing. A series of intense intervals to challenge your muscular endurance and cardiovascular fitness.

All levels welcome for this fun high tempo class.

6:00-7:00 pm

Instructor: Kaitlin Rempel

#### **ATHLETE TRAINING (WEDNESDAY)**

Train like an athlete while you work on agility, speed, strength and endurance in this high intensity class.

6:00-7:00 pm

Instructor: Angie Pringle

#### **SPEED, AGILITY, QUICKNESS CLASS (THURSDAY)**

This fun new creative class throws a little bit of everything at you. A class that will offer a wide variety of cone, hurdle, reaction and ladder drills with lots of cardio and core exercises. A great class for all members looking to get stronger, fitter and faster.

6:00-7:00 pm

Instructor: Kaitlin Rempel

#### **STUDIO SPIN SPECTACULAR (FRIDAY)**

We are also pleased to offer Studio Spin classes each Friday.

A great way to kick off your weekend, this class is offered right after work and before our famous "Dinner at The Wint."

Class is designed to be for everyone and participants are encouraged to work hard but at their own comfort level.

5:00-6:00 pm

Instructor: Ruth-Anne Penner



# Fitness

## FITNESS STUDIO SCHEDULE

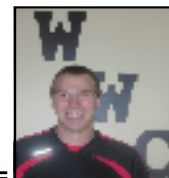
|               | <b>MONDAY</b>                                | <b>TUESDAY</b>                                | <b>WEDNESDAY</b>                         | <b>THURSDAY</b>  | <b>FRIDAY</b>                                    | <b>SATURDAY</b>                             |
|---------------|--|---|--|--|--|---|
| Early Morning |  | 6:30-7:30am<br>Active Flow<br>Yoga<br>Meagan  |  |  | 6:30-7:30am<br>Active Flow<br>Yoga<br>Meagan     |   |
| Mid-Morning   | 9:30-10:30am<br>Cardio Sculpt<br><b>FREE</b> | 9:30-10:30am<br>Pilates<br><b>FREE</b>        | 9:30-10:30am<br>BBB Class<br><b>FREE</b> | 9:30 - 10:30am<br>Flow Yoga<br><b>FREE</b>                           | 9:30-10:30am<br>Zumba / Yoga<br><b>FREE</b>      | 9:30 - 11:00am<br>Challenger<br><b>FREE</b> |
|               | 10:30-11:00am<br>Stretch Class               | 10:30-11:30am<br>Inter-Adv.<br>Fusion Pilates |  |  |  |   |
| Afternoon     |  |   |  |  |  |   |
| Evening       | 5:00-6:00pm<br>Teen Yoga                     | 6:00-7:00pm<br>Studio Spin<br><b>FREE</b>     |  | 6:00-7:00pm<br>Speed, Agility &<br>Quickness<br>Class<br><b>FREE</b> | 5:00 - 6:00pm<br>Spin Spectacular<br><b>FREE</b> |   |
|               |  | 7:15-9:30pm<br>Belly Dance                    |  | 7:15 - 8:15pm<br>Belly Dance   |  |   |

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## WEIGHT ROOM SCHEDULE

|               | <b>MONDAY</b>  | <b>TUESDAY</b> | <b>WEDNESDAY</b>  | <b>THURSDAY</b> | <b>FRIDAY</b>   |
|---------------|--|----------------|---|-----------------|---|
| Early Morning |  |                | 6:15 - 7:15am<br>Red's Strength &<br>Conditioning<br>Giulia |                 | 6:30-7:30am<br>Red's Strength &<br>Conditioning<br>Giulia |
| Mid- Morning  | 9:30-10:30am<br>60mins<br>Circuit Training<br>Jackie |                | 9:30-10:30am<br>Circuit Training<br>Jackie                  |                 | 9:30-10:30am<br>Circuit Training<br>Jackie                |
|               |  |                |   |                 |   |
| Evening       | 6:00-7:00pm<br>TRX Bootcamp<br><b>FREE</b>           |                | 6:00-7:00pm<br>Athlete Training<br><b>FREE</b>              |                 |   |

# Personal Training



**Fitness Director:** Jeff Mitchell, [jmitchell@winnipegwinterclub.com](mailto:jmitchell@winnipegwinterclub.com) or call ext. 123.

## PERSONAL TRAINING

### Why Choose Personal Training?

#### Make the Most of your Time.

People cite time as the primary barrier standing in the way of their fitness goals. We know that your time is valuable and personal training will cater to your busy schedule. Whether you have 60mins three times a week, 30mins twice a week or 60mins twice a month, you can start working towards your goals with a trainer today!

#### Goal Setting.

People who set goals are 90% more likely to be successful in their lifetime than those without goals. Sitting down with a personal trainer to sort out the fact and fiction of fitness will help you to attain SMART goals suited for your lifestyle. Every person is unique and our trainers will create a program just for you.

#### Motivate Me!

While we all know what it is we want and what we should be doing to live a healthy life, but sometimes we just need to have the motivation to get up and do it! Take ownership of your exercise plan and work with your trainer to test your limits and try new techniques to challenge your workouts!

## PERSONAL TRAINING

### Starter Pack

**with Full Fitness Assessment** \$275

This option is great for beginners or individuals looking to start a brand new program. The starter pack includes an initial consultation, individual program design, a full fitness assessment and 3 one hour training sessions!

**Fitness Assessment** \$60

A fitness assessment will take into consideration all your fitness abilities and limitations. Whether you are looking for to start a new program or measure your progress this session will give you answers. This assessment will include values for aerobic capacity, coordination and speed, muscular fitness, power and endurance as well as flexibility and imbalance as well as %FFM.

### Private Training Sessions

|                        |            |              |
|------------------------|------------|--------------|
| Single Session / Month | 30 minutes | \$30/session |
| Single Session / Month | 1 hour     | \$60/session |
| 2-5 Sessions / Month   | 1 hour     | \$55/session |
| 6+ Sessions / Month    | 1 hour     | \$50/session |

### Partner Training

Need that extra motivation to keep you in check? Bring a partner to your training session and work together with your trainer on an interactive program that will cater to both your needs!

### Partner Training Sessions

|                        |        |             |
|------------------------|--------|-------------|
| Single Session / Month | 1 hour | \$40/person |
| 2-5 Sessions / Month   | 1 hour | \$35/person |
| 6+ Sessions / Month    | 1 hour | \$30/person |

## PERSONAL TRAINERS

### What is a Personal Trainer?

A personal trainer is a coach, an educator, a motivator and a professional. A personal trainer has a genuine interest in healthy lifestyle, personal wellbeing and the wellbeing of others. A trainer's priority is helping clients to improve the quality of life through fitness and health!

The Winnipeg Winter Club is pleased to present the following certified personal trainers exclusively to you, our members! Please check out "Staff" on the WWC website for full trainer profiles.

#### Jeff Mitchell

Jeff brings a friendly, professional, strong mind/body training approach to every program and believes the possibilities are endless.

**Ext. 123**

#### Meagan Wilson

Meagan is serious about sports conditioning and functional training, her intense workouts will keep you on your toes!

#### Jackie Dobie

Our Club circuit guru will put you to the test in her challenging workouts! Jackie will be sure to give you results!

#### Giulia De Leo

Known for her ability to motivate and push people to their limits while getting great results. Giulia works hard and expects the same from anyone she works with.

#### Angela Pringle

A great motivator with a strong knowledge base Angela works with all age ranges and experience levels so all members get the most out of their workouts.

#### Meredith Spryszak

Meredith is a trainer that is very attention to detail oriented. Her strong understanding of the body and exercise physiology shines through with all clients she works with.

#### Barb Newman

Helping you do your very best, Barb is an enthusiastic and energetic trainer. Great at motivating her clients and helping them reach their goals and move to the next level in their training.

#### Rob Smith

Rob is serious about sports conditioning, athletic performance and building a routine of day to day healthy living. He brings with him a strong sports background playing as a professional athlete as well as training professional athletes.

Please contact **Fitness Director: Jeff Mitchell** at ext. 123 for more information about our Personal Training Team and to set up your initial consultation.

## **WINTER YOGA WORKSHOPS**

### **Mobility Workshops for Athletes**

Move beyond stretching and learn how to open up restricted areas that limit movement and performance and even decrease chronic movement-based pain. In these workshops you will learn how to do basic maintenance on yourself using several simple techniques

### **Hip and Pelvis Mobility Workshop**

The emphasis of this workshop will be the hip and pelvis. We will take a movement-based approach to release common muscle imbalances that restrict movement, cause chronic pain and decrease performance. You will learn how to perform basic maintenance on yourself.

Date: Saturday, January 7th ,2012  
1:00-2:30 pm  
Price: \$35

### **Shoulder Mobility Workshop**

This workshop will focus on the shoulder complex. You will learn how to recognize and mobilize points of restriction that limit your range of motion using simple self-mobilization techniques.

Date: Saturday, January 14th, 2012  
1:00-2:30 pm  
Price: \$35

## **WINTER YOGA WORKSHOPS**

### **Intro to Yoga 4 Week Course**

This workshop will provide an in-depth look at yoga postures in the Ashtanga Vinyasa Method. For those with little or no yoga experience, this is an excellent way to begin a yoga practice. For those who have an existing yoga practice this will allow you to refine the fundamentals and go deeper in your practice. During this course you will learn the basic techniques and principles of yoga in a slow, safe and comprehensive manner with detail to alignment. We will explore yoga postures, working to master breath, build strength, flexibility and lightness in the body. There will be plenty of time for questions and practice.

Dates: Mondays 7:00-8:15 pm  
Session: January 8th-29th, 2012  
Price: \$120

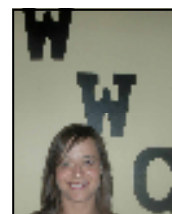
### **Back Bending Workshop**

Back bending is an invigorating experience that can help free up the spine and correct habitual postures that develop from repetitive patterns of daily life and sport. This workshop will emphasize key alignment principles when back bending and how to safely progress through variations of postures.

Dates: Saturday, January 21st, 2012  
1:00-2:30 pm  
Price: \$35

**To Register Please Contact Meagan Wilson by Phone at 8994803 or by Email [meagwilson@yahoo.com](mailto:meagwilson@yahoo.com)**

# Skating



**Facilities Coordinator** **Jessica Barsky** jbarsky@winnipegwinterclub.com or call ext. 114

**Coaches:** Laurie Reade, Sarah Low Ying, Debbie Synkiw & Rosalyn Graboweski

## WWC SKATING PROGRAMS

### **PARENT & TOT LEARN TO SKATE**

This program is designed for young skaters not ready to skate alone. Parents assist the child in the orientation to the ice surface and the introduction of basic skating skills through fun activities including toys, songs and games. Parents must have a competent skating ability and be present on the ice to assist their child for the class' duration. Please, only one parent or guardian per child. *Parents must be wearing skates and a helmet while participating on the ice.*

When: Mondays 5:15-6:00 pm  
Session: January 9th-March 19th, 2012  
**No Class on February 20th, 2012**  
Cost: \$120 (10 classes)

When: Saturdays 9:45-10:30 am  
Session: January 7th-March 17th, 2012  
**No Class on February 18th, 2012**  
Cost: \$120 (10 classes)

### **LEARN TO SKATE "Future Skating Stars"**

Learn to skate is designed for beginners of all ages. When you sign-up for Learn to Skate you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format. Skaters are assessed the first session and placed into their appropriate group. As skaters progress they will move into the next level group. Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Skaters must wear proper skating attire and a helmet is required.

When: Mondays 5:15- 6:00 pm  
Session: January 9th-March 19th, 2012  
**No Class on February 20th, 2012**  
Cost: \$120 (10 classes)

When: Saturdays 9:45 - 10:30 a.m.  
Session: January 7th-March 17th, 2012  
**No Class on February 18th, 2012**  
Cost: \$120 (10 classes)

### **INTRO TO FIGURE SKATING**

Skaters will learn how to do basic jumps, spins and dances. Prerequisite: Must be able to skate forwards and backwards with ease.

When: Mondays 5:15 - 6:00 pm  
Session: January 9th-March 19th, 2012  
**No Class on February 20th, 2012**  
Cost: \$120 (10 classes)

When: Saturdays 9:45-10:30 am  
Session: January 7th-March 17th, 2012  
**No Class on February 18th, 2012**  
Cost: \$120 (10 classes)

### **POWER SKATING**

To become a complete hockey player, skating is the name of the game! Speed, balance, lateral movements, agility, quick turns, backward skills, proper cross-cuts, explosive starts, fast stops, and deeks will have you playing like a pro in no time.

Prerequisite: Participants must be 6 years old as of Dec 31, 2011. Skaters must possess the ability to move about on the ice for the entire session without assistance at a reasonable speed.

When: Mondays 5:15-6:00 pm  
Session: January 9th-March 19th, 2012  
**No Class on February 20th, 2012**  
Cost: \$120 (10 classes)

### **PRIVATE AND SEMI-PRIVATE LESSONS**

Interested skaters should contact Jessica to check availability and to arrange lessons. Group lessons can be organized when there are 3 or more skaters at similar skill levels. Skaters must wear proper skating attire and some skaters will be required to wear a helmet.

Ice Times: Tuesdays 3:30 -6:30 pm  
Thursdays 3:30 -6:15 pm  
Saturdays 7:00 -9:45 am

### **STARSKATE**

Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Interested skaters should contact Jessica to check availability and to arrange lessons.

*Please Note: Some times may vary.*

### **\*LESSON CANCELLATION POLICY**

Must be cancelled 24 hours in advance or client will be charged full session rate. Please phone if you have to cancel, exceptions can be made.

### **PRIVATE SKATING INSTRUCTORS:**

#### **Laurie Reade**

Available Tuesday, Thursdays and Saturdays

#### **Debbie Synkiw**

Available Tuesdays and Thursdays

#### **Sarah Low-Ying**

Available Tuesday, Thursdays and Saturdays

#### **Rosalyn Graboweski**

Available Tuesdays and Thursdays



# Skating

**Facilities Coordinator Jessica Barsky** [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com) or call ext. 114  
**Coaches:** Laurie Reade, Sarah Low Ying, Debbie Synkiw

## **MEMBER HOCKEY**

Member hockey is for adult members over the age of 18 who want to play a great game of pick-up hockey.

When: Mondays 8:00-9:30 pm  
Thursdays 7:45-9:30 pm  
Saturdays 3:00-4:45 pm  
Sundays 3:30- 4:30 pm

**NOTE:** Due to special events dates subject to change.  
**Full equipment is required.** No need to register in advance. Just show-up ready to play!

Member hockey is offered four times a week: Monday, Thursday, Saturday & Sunday. Please check Member Hockey times on our skating schedule at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com)

When: Mondays 8:00-9:30 pm  
Thursdays 7:45-9:30 pm.

Cost: **FREE**

**NOTE:** Due to special events dates subject to change.

**Note:** Notices for member hockey are sent the day of, if you would like a member hockey reminder please let Jessica know and you will be added to the email list.

## **Member Hockey Tournament**

This fun annual event is for all members who love to play hockey and compete for the WWC Hockey Trophy. This event that runs from Thursday through Saturday has many fun on ice and off ice activities. All registrations are made into 4 teams who play in a round robin tournament and 2 playoff rounds. The event takes place from February 2nd-4th, 2012 with registrations beginning early January.



November 2011 Tournament Champs

## **GENERAL SKATE**

General skate times are set aside for the enjoyment of members. Come on out and enjoy a spin around the ice with friends and family. There are no sticks or pucks allowed on the ice during the general skate times and children under the age of 7 must be supervised by an adult. Helmets are strongly recommended for children under the age of 10.

When: Saturdays 2:00-2:45 pm  
Sundays 2:30-3:15 pm

Cost: **FREE**

\*schedule is subject to change.  
\*Please check website for weekly ice updates.

## **GENERAL HOCKEY**

General hockey times are set aside for the enjoyment of members. Sticks and pucks are welcome. **Helmets are required** for children 12 years of age and younger and recommended for all. Children under the age of 7 must be supervised by an adult.

When: Saturdays 1:15-2:00 pm  
Sundays 1:45-2:30 pm

Cost: **FREE**

\*schedule is subject to change.  
\*Please check website for weekly ice updates.

**Please note:** Members are welcome to come out and skate any time there are no rentals or programs scheduled.

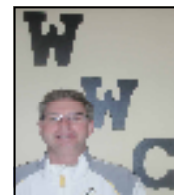
# Tennis

**For all lesson inquiries, junior program registrations and clinics:**

Head Professional: Peter Otto potto@winnipegwinterclub.com 452-3311 ext. 108

**For ratings, leagues and ladder registrations:**

Administrator: Lori Mann lmann@winnipegwinterclub.com 452-3311 ext. 215



## **COURT BOOKINGS:**

-3 days in advance: user id at www.winnipegwinterclub.com

-1-2 days in advance through reception at 452-3311

### **\*Court cancellation policy**

See rules. All members must abide by them.

## **"FREE" NEW MEMBER NIGHT**

Play some tennis with other new members! Get rated and receive some tips on your game! Great way to get your feet wet on the courts and find a few hitting partners!

When: Every Monday night!

Register: With Lori Mann

Time: 7:30-8:30 pm

## **ADULT DROP IN CLINICS**

10-12 Weeks: January 9th-March 25th, 2012

### **MON**

12:00-1:00 pm

**MEN'S 4.5**

**Cost: \$13**

Drill and play with a great workout!

1:00-2:00 pm

**LADIES 3.5-4.5**

**Cost: \$13**

Drill and play with advanced tactics!

### **TUES**

7:00-8:00 pm

**COED 3.5-4.5**

**Cost: \$11**

Fun doubles themed tennis games and a workout too!

### **WED**

12:00-1:00 pm

**MEN'S 4.5**

**Cost: \$13**

Drill and play with a great workout!

1:00-2:00 pm

**LADIES 3.5-4.5**

**Cost: \$13**

Technique, drill and play!

### **FRI**

12:00-1:00 pm

**CO-ED Games 4.0-5.0**

**Cost: \$11**

Fun doubles themed tennis games and a workout too! Must be min. 4.0 level!

## **BALL MACHINE CLUB**

Great way to groove your strokes or set up the machine to give you a workout! Sign up with reception! Before you begin, ask any pro for a quick tutorial on how to set up the Ball Machine.

Cost: \$40 Individual and \$50 for a pair/couple (5 hours)  
\$12 per 1 hour of use

**Note:** Ball Machine cannot be used during prime time hours!

## **SINGLES LADDER**

Looking for new players to play of the same ability?  
Need Flexible times to play matches?  
Can't commit to a league night?

This FREE service will help you find some new playing partners within your ability level.

- \*players are grouped of the same level
- \*players then contact and arrange their own matches
- \*players don't record scores.
- \*players have fun competing and meeting other members!

Contact Lori Mann if you are looking to find some new or extra hitting partners! Male or Female!

## **TENNIS LESSONS**

### **Lesson Rates with Head Pro: Peter Otto**

|                  |                                |
|------------------|--------------------------------|
| \$50/hour        | Private Lesson                 |
| \$27/hour/person | Semi Private                   |
| \$20/hour/person | Group Lesson -3 people         |
| \$16/hour/person | Group Lesson -4 or more people |

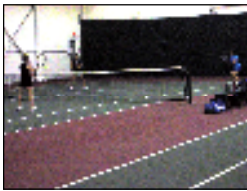
### **Lesson Rates with Asst. pros:**

|                  |   |
|------------------|---|
| <b>Daytime:</b>  | Lori Mann, Brian Sholom, Olga Berdinskykh, Rob Langan                                       |
| <b>Evenings:</b> | Robert Kennedy, Sean Grassie, Olga Berdinskykh, Rob Langan, Brian Sholom, Steven Piotrowski |

|                  |                                |
|------------------|--------------------------------|
| \$42/hour        | Private Lesson                 |
| \$23/hour/person | Semi Private                   |
| \$17/hour/person | Group Lesson -3 people         |
| \$13/hour/person | Group Lesson -4 or more people |

### **\* Lesson cancellation policy**

Lessons must be cancelled 24 hours in advance or member will be charged. Please contact your Pro or front desk.



# Tennis

**For all lesson inquiries, junior program registrations and clinics**

Head Professional: Peter Otto potto@winnipegwinterclub.com 452-3311 ext. 108

**For ratings, leagues and ladder registrations**

Administrator: Lori Mann lmann@winnipegwinterclub.com 452-3311 ext. 215

**ADULT LEAGUES**

January 9th-March 25th, 2012 (10 weeks)

You must be rated before starting in any league. Some leagues require you start on the spares list if you are a new member. As players move on, open spots are then filled by these spares for regular play. Most leagues have weekly new balls included in the session fee! Contact Lori

**MONDAY'S**

9:00-10:30 am Ladies 2.0-3.0 Doubles

Cost: **FREE**

10:30 am-12:00 pm Ladies 3.5 Doubles

Cost: \$30 each

**Note:** Includes on court tips and tactics from a pro!

**TUESDAY'S**

10:30 am-12:00 pm Ladies 5.0 Doubles

Cost: \$30 each

8:00-9:30 pm Men's 5.0 Doubles  
**FREE** (Spares only)

**WEDNESDAY'S**

**\*NEW FORMAT\***

9:00-10:30 am 3.5-4.0 Coed Doubles Challenge

Cost: \$30 each

**Note:** Includes on court tips and tactics from a pro!

6:30-8:00 pm Couples Doubles (Competitive)

Cost: \$30 each or \$50/couple

**THURSDAY**

1:30-3:00 pm Ladies 2.0- 3.0 Doubles

Cost: **FREE**

10:30 am-12:00 pm Ladies 3.5-4.0 Doubles

Cost: \$30 each

**Note:** Includes on court tips and tactics from a pro!

**FRIDAY**

6:30-8:30 pm \*Mixed Doubles Night

Cost: **FREE**

Note: 2 different levels!

**\*You must email Lori Mann at least 48 hours**, prior to the mixed doubles night in order for courts to be booked. Those on the waiting list will be notified by email 3 hours prior to the start of the mixed doubles.

**NOTE:** Fees cover administration costs, and balls, as well as demonstrate player commitment, resulting in fewer no shows.

**JUNIOR PROGRAMS**

January 9th-March 25th, 2012 (10 weeks)

**\*NEW\***

**Ages 3-5 Le Petite Tennis**

Endorsed by Tennis Canada. Allows children to learn tennis skills through stories and activities

Wednesdays or Fridays 530-630 pm

Cost: \$150

(10 classes)

**PROGRESSIVE TENNIS**

**Ages 5-9 HALF COURT PROGRAM**

**Choose 1-3 times a week**

Tuesdays 4:30-5:30 pm Max 6 Entrants  
Advanced (See Peter for Eligibility)

Wednesdays 5:30-6:30 pm Max 8 Entrants

6:30-7:30 pm Max 8 Entrants

Fridays 5:30-6:30 pm Max 8 Entrants

Saturdays 10:30-11:30 am Max 8 Entrants

Cost: 1 hour/week or 10 lessons = \$175

2 hours/week or 20 lessons = \$295

3 hours/week or 30 lessons = \$395

We use Tennis Canada's modified equipment and court length to learn techniques to improve tennis skills at a faster pace. Players must complete the required skills in order to progress to the 3/4 Court level. Juniors still requiring additional skill development will continue in Half Court program and juniors displaying exceptional skills will move to the next level more quickly.

**Ages 9-12 3/4 COURT PROGRAM**

**Choose 1-3 times a week**

Wednesdays 5:30-6:30 pm Max 8 Entrants

Fridays 5:30-6:30 pm Max 8 Entrants

Saturdays 10:30-11:30 am Max 8 Entrants

Cost: 1 hour/week or 10 lessons = \$175

2 hours/week or 20 lessons = \$295

3 hours/week or 30 lessons = \$395

**Ages 12-17 FULL COURT PROGRAM**

**Choose 1-3 times a week**

Tuesdays 4:30-5:30 pm Max 8 Entrants

Tuesdays 5:30-6:30 pm Max 8 Entrants

Thursdays 4:30-5:30 pm Max 8 Entrants

Thursdays 5:30-6:30 pm Max 8 Entrants

Saturdays 10:30-11:30 am Max 4 Entrants

Cost: 1 hour/week or 10 lessons = \$175

2 hours/week or 20 lessons = \$295

3 hours/week or 30 lessons = \$395

May use some of Tennis Canada's modified equipment. Players must complete the required skills in order to **"progress"** to the Academy level. Juniors still requiring additional skill development will stay in the full court program. Juniors displaying exceptional skills will move to the next level more quickly.

**OTTO ACADEMY PROGRAM**

Ages 10-18

High performance and exceptionally skilled juniors players! One must be accepted into this program. See Peter Otto regarding eligibility and costs. You must be playing Junior Open Tournaments to be eligible.

Days and times may be:

Mondays 2:30-4:00 pm or 4:00-5:30 pm

Wednesdays 2:30-4:00 pm or 4:00-5:30 pm

Fridays 2:30-4:00 pm or 4:00-5:30 pm

Saturdays early morning or 4:00-5:30 or 5:30-7:00 pm

Sundays early morning or 4:00-5:30 or 5:30-7:00 pm

# Winter Calendar of Events

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|   |                                 |
|---|---------------------------------|
| Breakfast with Santa                                      | December 4th, 2011              |
| Mixed Badminton Holiday Party                             | December 7th, 2011              |
| Teen Cooking Holiday Treats                               | December 12th, 2011             |
| Annual Holiday Squash Handicapper                         | December 18th, 2011             |
| Winnipeg Indoor Christmas Classic 3.5-4.4                 | December 15th-18th, 2011        |
| 2nd Annual Racketlon                                      | December 16th-17th, 2011        |
| Member Hockey Holiday Dinner                              | December 22nd, 2011             |
| Badminton Manitoba High Performance Christmas Camp        | December 28th-30th, 2011        |
| Teen Cooking: Winter Warmth                               | January 25th, 2012              |
| Manitoba Closed   | January 30th-February 5th, 2012 |
| Meadowood Pharmacy Open                                   | January 30th-February 5th, 2012 |
| Members Hockey Winter Tournament                          | February 2nd-4th, 2012          |
| Cooking with Craig: Isles of Greece                       | February 7th, 2012              |
| Kids Dental Junior Tennis Tournament                      | February 9th-13th, 2012         |
| Teen Cake Decorating                                      | February 11th, 2012             |
| Confectionary Creations                                   | February 12th, 2012             |
| Manitoba Junior Closed                                    | February 17th-19th, 2012        |
| Manitoba Junior Open                                      | February 17th-19th, 2012        |
| Teen Cooking: Spring Fever-Light & Tasty                  | March 1st, 2012                 |
| WWC Invitational Tournament                               | March 2nd-4th, 2012             |
| Teen Cake Decorating                                      | March 11th, 2012                |
| Indoor Seniors Tennis Open Tournament                     | March 15th-19th, 2012           |
| Cooking with Craig: Thai Up Your Taste Buds               | April 10th, 2012                |
| Manitoba Senior Closed Championship                       | April 12th-15th, 2012           |
| Winnipeg City A Championships/Cardinal Capital Cup Finals | April 12th-15th, 2012           |

# Affiliated Clubs

## CANADIAN AFFILIATES

### ALBERTA

|                     |  |
|---------------------|--|
| Bankers Hall Club   | 402, 315-8th Avenue S.W., Calgary, AB T2P 4K1, Tel: 403.298.4750 |
| Calgary Winter Club | 4611-14th Street N.W. Calgary, AB T2K 1J7, Tel: 403.289.5511     |
| Glencoe Club        | 636-29th Avenue, S.W. Calgary, AB T2S 0P1, Tel: 403.243.2506     |
| Royal Glenora Club  | 11160 River Valley Road, Edmonton, AB T3J 2G7, Tel: 780.482.2371 |

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### BRITISH COLUMBIA

|                                    |  |
|------------------------------------|--|
| Hollyburn Country Club             | 950 Crosscreek Road, West Vancouver, BC V7S 2S5, Tel: 604.922.0161   |
| North Shore Winter Club            | 1325 East Keith Road, North Vancouver, BC V7J 1J3, Tel: 604.985.4135 |
| The Arbutus Club                   | 2001 Nanton Avenue, Vancouver, BC V6J 4A1, Tel: 604.266.7166         |
| The Union Club of British Columbia | 805 Gordon Street, Victoria, BC, V8W 1Z6 Tel: 250.384.1151           |
| Vancouver Lawn and Tennis Club     | 1630 West 15th Avenue, Vancouver, BC V6J 2K7 Tel: 604.731.2191       |

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### ONTARIO

|   |  |
|---|--|
| Donalda Club                            | 12 Bushbury Drive, Don Mills ON M3A 2Z7, Tel: 416.447.5575                                   |
| Granite Club                            | 2350 Bayview Avenue, Toronto, ON M2L 1E4, Tel: 416.449.8713                                  |
| Oakville Golf Club Ltd.                 | 1154 Sixth Line Road, Oakville, ON L6J 4L5, Tel: 905.845.8321                                |
| Ottawa Athletic Club                    | 2325 Lancaster Road, Ottawa, ON K1B 4L5, Tel: 613.523.1540                                   |
| Royal Canadian Yacht Club               | 141 St. George Street, Toronto, ON M5R 2L8, Tel: 416.967.7245                                |
| The Adelaide Club                       | 1 First Canadian Place, P.O. Box 228, Toronto, ON M5X 108, Tel: 416.367.9957                 |
| The Boulevard Club                      | 1491 Lakeshore Blvd, Toronto, ON M6K 3C2, Tel: 416.532.3341                                  |
| The Oakville Club                       | 56 Water Street, Oakville, ON L6J 2Y3, Tel: 905.845.0231                                     |
| The Toronto Athletic Club               | TD Centre, 79 Wellington Street West, 36th Floor, Toronto, ON M5K 1L5, Tel: 416.965.0900     |
| The Cambridge Club                      | 100 Richmond Street West, 11th Floor, Richmond Tower, Toronto, ON M5H 3K6, Tel: 416.862.1077 |
| Toronto Cricket, Skating & Curling Club | 141 Wilson Avenue, Toronto, ON M3M 3A3, Tel: 416.487.4581                                    |
| Toronto Lawn & Tennis Club              | 44 Price Street, Toronto, ON M4W 1Z4, Tel: 416.922.1105                                      |

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### QUEBEC

|                            |   |
|----------------------------|---|
| Maa Club Sportif, Montreal | 2070 Peel Street, Montreal, QC H2A 1W6, Tel: 514.845.2233 |
|----------------------------|---|

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### SASKATCHEWAN

|                    |  |
|--------------------|--|
| The Saskatoon Club | 417-21st Street East, Saskatoon, SK S7K 0C5, Tel: 306.652.1780 |
|--------------------|--|

## UNITED STATES AFFILIATES

|                           |  |
|---------------------------|--|
| Bellevue Athletic Club    | 11200 South East 6th Street, Bellevue, Washington 98004 Tel: 425.454.4424    |
| Minneapolis Athletic Club | 615 Second Avenue South, Minneapolis, Minnesota 55402 Tel: 612.339.3655      |
| Multnomah Athletic Club   | 1840 S.W. Salmon Street, Portland, Oregon 97207 Tel: 503.233.6251            |
| New York Athletic Club    | 180 Central Park South, New York, New York 10019-1562 Tel: 212.247.5100      |
| The Ashford Club          | 5565 Glenridge Connector, Suite 100 Atlanta, Georgia 30342 Tel: 404.459.2500 |

## ASIA AFFILIATES

|                       |  |
|-----------------------|--|
| The American Club     | 10 Claymore Hill, Singapore 229573 Tel: 65.6737.3411                     |
| Beijing American Club | 28/F, China Resources Building, 8 Jianguomen Beidajie Tel: 8610.85192888 |