



— WINNIPEG —
WINTER CLUB

Find strength in connection.

WINTER
20
26



JANUARY 1 - MARCH 31, 2026

200 River ave. Winnipeg, Manitoba

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Refunds

Programs and Camps

Requests for refunds must be received at least 14 days prior to the start of the program and are subject to a \$20 administration fee. No refunds will be issued with less than 14 days notice prior to the start of the program.

Lessons, Personal Training and Clinical Services

Cancellations can be made up to 24 hours in advance. Cancellations or rescheduling with less than 24 hours notice is subject to the full service fee.

2025/26 WINTER EVENTS

| | |
|--------------------------------|--|
| December 4 | Wreath Making Workshop |
| December 7 | Breakfast with Santa |
| December 14 | Skate with Santa |
| December 15 | Squash Holiday Handicapper |
| January 16 - 18 | Winter Club Senior & Masters Badminton Open |
| January 19 | Inservice Day Camp |
| January 29 - February 1 | MB Closed Squash Championship |
| January 31 | Health & Wellness Workshop |
| February 5 - 8 | Pal Chawla Junior Badminton Open |
| February 6 & 7 | Winter Club Hockey Classic Tournament |
| February 13 | Family Valentine's Dance |
| February 13-15 | Courtside Racquets Junior Tennis Tournament |
| February 14 | Valentine's Dinner in The Bistro |
| February 21 | Pickleball & Pour |
| February 27 - March 1 | Prairie Junior Squash Championship |
| March 21 | Wine Dinner |

Junior Recreation & Babysitting

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



The Winnipeg Winter Club offers child minding services and recreational activities for children aged 6 weeks to 12 years old. The Babysitting and Junior Recreation Department aims to provide a safe and engaging environment for children, where their social, emotional, and physical development is supported through age-appropriate activities and recreational programming. We strive to enhance the family experience within the Club by offering fun and engaging experiences,

AUNTIE B'S BABYSITTING CENTRE

Named after Bernice, a staff member who worked in the Babysitting Centre for over 40 years, the centre provides child minding for children aged 6 weeks - 6 years old.

As per the Manitoba Child Day Care Standards Act, the maximum visit length is 3 hours, and there must be at least one hour between visits.

- Parents must remain on the premises (at the Club) and be accessible if needed.
- All members must sign a policy form before their first visit.
- You must be registered to use the Babysitting Centre. Please visit, email, or call the front desk, or complete your booking online.
- Do not come early to your booked time, and do not arrive late to collect your child. It is important in order maintain our care ratio.

HOURS OF OPERATION

Monday-Thursday

9:00 am - 1:15 pm and 4:00 pm - 7:30 pm

Friday

9:00 am - 1:15 pm and 4:00 pm - 9:00 pm

Saturday

9:00 am - 5:00 pm

Sunday

9:00 am - 4:00 pm

Hours are subject to change.

NOTE: Babysitting and Junior Lounge will be closed on weekends during the summer months.

FEES

\$6 per hour

Guests of members may also visit the Babysitting Centre. Guest Babysitting Centre charges are billed to the Member who brought the guest.

MONTHLY PASS

The Family Pass allows unlimited visits in a month by all children under the pass in our Babysitting Centre and Junior Lounge.

\$47.50/month single child

\$20 each additional child

The pass does not apply to specialty programming.

To utilize a monthly pass, contact the front desk, the 5th day of that month.

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JUNIOR LOUNGE

The Junior Lounge provides child minding for children aged 5-12 years old. Fun after-school and weekend activities include games, crafts, sports, STEM activities, homework help, and more. See the seasonal program guide for scheduled activities in the Junior Lounge, as well as other children's and teen programs at the Club.

HOURS OF OPERATION

| | |
|---------------|-------------------|
| Monday-Friday | 4:00 pm - 8:00 pm |
| Saturday | 9:00 am - 2:00 pm |
| Sunday | 9:00 am - 4:00 pm |

Hours are subject to change. The Junior Lounge closes or reduces hours on occasion for holidays, illnesses and staff development. Watch for specialty hours in our member emails.

FEES

\$ 8.25 per daily visit

MONTHLY PASS

The Family Pass allows unlimited visits in a month by all children under the pass in our Babysitting Centre and Junior Lounge.

\$47.50/ month single child

\$20 each additional child

The pass does not apply to specialty programming.

To utilize a monthly pass, contact front desk, before the 5th day of that month.

FRIDAY NIGHT FUN

MUNCHKIN MANIA (AGES 5-12)

Join us for a 'Friday Night Party' in the Junior Lounge. We will have fun activities throughout the night, ending with a movie. Dinner is included and served at 6:45 pm. If you will arrive later, please let us know your meal order and the time you will arrive in advance.

When: Fridays from 6:00-10:00 pm

Cost: \$15

SUNDAY FUN DAY

Because Sundays are better when you spend them together.

Looking for a way to make the most of your Sundays this fall? Join us for Sunday Family Fun Day—a full day of energy-burning, memory-making, screen-free family time at the Club! We've got your day mapped out with something for everyone in the family to enjoy. Come for one activity or stay for the whole lineup!

Here's what your perfect Sunday could look like:



9:30-10:30 AM – Bouncy Castles & Games

Start your day off with a bounce! Let the kids burn off energy while you sip a coffee and soak in the smiles.



All Day Courts Available – Family Badminton & Pickleball

Grab a paddle and rally up some family fun—no experience needed, just good vibes and a bit of friendly competition. Book your courts online.



All Day Open Swim – Family Swim

Jump in! Whether you're splashing around or swimming laps, the pool is open for the whole gang. Schedule subject to change



Lunch Break

Refuel and recharge before the afternoon fun continues! Cafe open all day to fuel you.



12:45-1:45 PM – Self-Led Craft in the Junior Lounge.

We supply the project, you bring the creativity! A relaxing and fun way to spend time together.



1:45-2:30 PM – Family Skate

Lace up your skates and glide into some icy fun—music playing, smiles guaranteed.



2:30-3:15 PM – Family Stick & Puck

Wrap up the day with a little hockey action. Bring your stick and helmet and enjoy some low-key, all-ages ice time.

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TODDLER PLAY ZONE

Join us every Tuesdays 1:30 pm - 2:30 pm for an afternoon packed with play, laughter, and connection.

Your little one will be thrilled to explore a bright and safe space filled with toys, music, movement, and friends. Whether they're building, bouncing, storytelling or dancing, there's always something new to discover. And while they play, you get a moment to breathe.

Grab a cup of coffee from the cafe, enjoy easy conversation with other parents and caregivers, and know you're part of a community.

Just sign up the day you want to come. There's no long-term commitment required.

When: Tuesdays, 1:30 pm - 2:30 pm

Dates: January 6 - March 10

Cost: Free

BUSY BEE (AGES 2-4)

Let's move and play. Keep your littles busy with this fun intro to guided movement! This class ends with time to jump and burn off all that extra energy in our bouncy castle. Parents stay to support their child as the instructor plays games and teaches new dances.

When: Thursdays, 4:45 pm - 5:30 pm

Session: January 8 - March 12

Cost: \$75

GIGGLE & GROOVE (AGES 2-5)

Introduce your little one to the joyful world of music through play, movement, rhythm, and imagination! Giggles & Groove is a fun, hands-on early music program designed to nurture natural creativity while supporting early childhood development. Each class blends singing, storytelling, movement, simple instruments, rhythm games, and sensory play to help build confidence, coordination, and early listening skills. Parents stay in class to support children.

Children will explore:

- Rhythm, beat, and tempo using easy-to-play instruments
- Memory and pattern recognition through repeat-after-me songs
- Self-expression through dance, movement, and dramatic play
- Social interaction, teamwork, and emotional confidence
- Early music fundamentals — without pressure or performance

No musical experience required — just bring your smiles, voices, and wiggles!

When: Wednesdays, 5:00 pm - 5:45 pm

Dates: January 7 - March 11

Cost: \$75

JUMP YOUR SILLIES OUT! (AGES 2-6)

A fun, active play session where toddlers and preschoolers can jump, bounce, and explore in our safe bouncy castle zone. This unstructured time lets little ones move freely, burn energy, and build coordination while having a blast. Parent/guardian supervision required.

When: Thursdays, 5:30 pm - 6:15 pm

Dates: January 8 - March 12

Cost: Free

Junior Recreation & Babysitting

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



MINI MOVERS MULTI-SPORT (2-4 YEARS)

A great way to introduce preschoolers to a variety of sports through fun games and activities. Under the direction of an Instructor, parents/guardians will guide children to develop confidence and physical literacy with an emphasis on play.

When: Wednesdays, 5:45 pm - 6:30 pm

Dates: January 7 - March 11

Cost: \$75

HOP, SKIP, TWIRL & TUMBLE (AGES 3-6)

This is our most well-rounded pre-school movement class with gymnastics, dance movements from jazz, ballet, and hip hop dance styles, and even starts working with our hand-eye coordination with a baton.

When: Saturdays, 10:30 am - 11:00 am

Dates: January 10 - March 14

Cost: \$75

**Black bodysuit + dance slippers required*

DRAMA & MUSICAL THEATRE (AGES 4-6)

This beginner-friendly class introduces young performers to the world of acting, singing, and movement through playful drama games, musical storytelling, and age-appropriate choreography. Students will build confidence, creativity, and stage presence while having tons of fun.

When: Tuesdays 5:30 pm - 6:30 pm

Dates: January 6 - March 10 with recital taking place on Friday, March 13

Cost: \$150

DRAMA & MUSICAL THEATRE (AGES 6+)

Students will gain confidence, teamwork skills, and a deeper understanding of storytelling on stage.

When: Mondays 5:00 pm - 6:00 pm

Dates: January 5 - March 9 with recital taking place on Friday, March 13

*** no class Monday February 16*

Cost: \$140

RIBBONS, CHEER & MORE (AGES 6+)

Participants will learn basic cheer motions, jumps, and routines while building coordination, confidence, and teamwork. No experience needed.

When: Saturdays, 11:00 am - 11:45 am

Session: January 10 - March 14

Cost: \$75

HIP HOP

A fast-paced, active hip hop class designed to build rhythm, coordination, agility, and confidence through dance. Dancers will learn hip hop basics, combinations, and performance-style routines in a positive, supportive space. Perfect for all experience levels.

When: Tuesdays, 6:30 pm - 7:30 pm

Dates: January 6 - March 10 with recital taking place on Friday, March 13

Cost: \$120

LYRICAL (AGES 7+)

A creative class blending ballet and jazz technique, encouraging expression and storytelling through dance.

When: Saturdays, 1:15 pm - 2:15 pm

Dates: January 10 - March 14 with recital taking place on Friday, March 13

Cost: \$120

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

SWEAT & SWIM SESH (AGES 7+)

A dynamic session combining light conditioning, a full-body stretch, and time in the pool for a fun swim together

When: Saturdays, 2:15 pm - 3:45 pm

Dates: January 10 - March 14

Cost: \$20

JAZZ (AGES 7+)

A lively class focused on rhythm, coordination, and fun movement combinations to music.
Black bodysuit & Dance Slippers

When: Tuesdays 7:30 pm - 8:30 pm

Dates: January 6 - March 10 with recital taking place on Friday, March 13

Cost: \$120

Or

When: Saturdays, 11:45 am - 12:45 pm

Dates: January 10 - March 14 with recital taking place on Friday, March 13th

Cost: \$120

PRIVATE PIANO, VOICE, FLUTE & CLARINET LESSONS (AGES 5+)

When: Tuesday, Thursday & Saturday
Contact jbarsky@winnipegwinterclub.com to request lessons!

TUTORING

Homework help, exam prep seminars and weekly 1 on 1 tutoring.

Subjects: Reading, English, French, Math, Science Biology Physics Chemistry

Contact jbarsky@winnipegwinterclub.com to to book.

BABYSITTER TRAINING COURSE (AGES 11+)

Is your child ready to take on the responsibility of babysitting? Equip them with the skills and confidence they need to succeed by enrolling them in our Babysitter Certification Course, open to both members and non-members!

What to Expect:

This interactive course is designed to teach youth how to become safe, responsible, and confident babysitters. Participants will learn essential caregiving skills, including:

- First aid and safety basics
- Managing emergencies
- Understanding the needs of children at different ages

The course includes hands-on practice with realistic dolls and stuffed animals, as well as role-playing scenarios to build confidence for real-life situations. Each participant will also receive a course manual and other helpful tools to take home.

What to Bring:

- A stuffed bear (for role-play exercises)
- Water bottle
- Lunch or money or member # to purchase lunch

Certification Requirements:

To successfully complete the course, participants must:

- Attend the full 7-hour session, plus a 30-minute test portion
- Pass a final test with a score of 80% or higher

Certificates will be issued on the same day for all successful students.

Ages 11+

(You must be 12 years old to babysit in Manitoba)

Dates: Monday, December 22 9:00 am- 4:30 pm or Sunday, January 25 9:00 am - 4:30 pm

Cost: \$65

Registration Information: Members can register online or through the front desk.

To register, contact the Front Desk at 204-452-3311, register online at www.winnipegwinterclub.com, or on the Clubhouse App

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

BIRTHDAY PARTIES

Members can book birthdays, wind-ups or other special events for kids at the WWC. We provide a party host, use of club areas for you and your guests, as well as many of your party supplies. Visit our website to check out our party packages and email jbarsky@winnipegwinterclub.com

EVENTS

KPOP DEMON HUNTERS DANCE PARTY

With special guest Rumi and friends
Date: Saturday, January 24 2:00 pm - 5:00 pm
Parents required for all children 5 & under
Cost: \$30 per person

MARIOKART TOURNAMENT

Save the date for our MarioKart Tournament in the Junior Lounge!
Saturday February 21st

INSERVICE DAY CAMPS

A day of fun at the Club while school is out. We will have swimming, tennis, crafts, badminton, games, and more! Includes lunch & snacks

Dates: January 19, February 13 & March 2

Cost: \$45 members / \$65 non-members

Please email jbarsky@winnipegwinterclub.com for information and to register

WINTER BREAK CAMPS

\$55 PER DAY- MEMBERS

\$75 PER DAY- NON MEMBERS

Includes lunch & 2 snacks

Activities: Swimming, Skating, Tennis, Badminton, Squash, Art and more!

Time: 9:00 am-4:00 pm

Drop off 8:30 am - 9:00 am

Pick Up: 4:00 pm - 4:30 pm

Dates:

Monday, December 22

Tuesday, December 23

Monday, December 29

Tuesday, December 30

Friday, January 2

Register online or by contacting the front desk

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

SWIM TIMES

LANE SWIM

Monday-Friday

6:30 am – 9:15 am

Saturday & Sunday

7:30 am – 9:00 am

OPEN SWIM

Monday

10:15 am - 4:00 pm

8:45 pm - 8:30 pm

Tuesday

10:15 am - 4:00 pm

7:45 pm – 8:30 pm

Wednesday

11:00 am – 4:00 pm

8:00 pm – 9:30 pm

Thursday

10:15 am – 1:00 pm

1:30 pm - 4:00 pm

7:30 pm – 8:30 pm

Friday

10:15 am – 4:00 pm

7:30 pm – 9:30 pm

Saturday

1:00 pm – 7:30 pm

Sunday

9:00 am – 7:30 pm

SWIMMING LESSONS

The Club is pleased to offer the Lifesaving Society Swim for Life program which consists of 3 Parent & Tot levels, 5 Preschool levels, 6 Swimmer levels and 3 Swim Patrol levels as well as Adult levels.

SWIM FOR LIFE PRESCHOOL (AGES 12 MONTHS - 5 YEARS)

This 5-level program allows swimmers to enter various levels based on age and ability.

Participants will continually feel more comfortable in the water and learn pool/water safety.

Caregivers may need to be present in the water, depending on the child's ability and class size.

SWIM KIDS (SCHOOL-AGED)

This program will help swimmers develop swimming strokes (front and back crawl, breaststroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged with age-appropriate fitness drills and timed swims.

CLASS SIZES

To ensure the highest level of instruction, class sizes will not exceed 5 participants.

In addition to classes, we offer a limited number of:

If you are unsure what level your child is, a swimming assessment can be done by a lifeguard prior to registration. Contact Sydney Ennis to set up a time.

[CLICK HERE TO VIEW THE POOL SCHEDULE](#)

During swimming lessons, the pool is closed to other swimmers. The lifeguards are acting as instructors at these times and are not able to safely watch other areas of the pool while teaching. Even if we only have 1 or 2 students in a class, the lifeguards' attention is on that class, and not on the rest of the pool. Thank you for your understanding!

If your child is still in diapers, please note that swim diapers must be worn in the pool!

**Swimming times are subject to change throughout the term.*

Changes will only be made to the schedule 48 hours in advance.

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

SWIM PATROL (AGES 8+)

Enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's 3 levels continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze Awards program.

Rookie Patrol: Swimmers continue stroke development with 60m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 20m obstacle swim and a 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 360m workouts and 100m timed swims. Must be 8 years old AND have completed Swim Kids level 8.

Ranger Patrol: Swimmers develop better strokes over 80m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation. Must be 9 years old OR have completed Rookie Patrol AND have completed Swim Kids level 9.

Star Patrol: Swimmers are challenged with 600m workouts, 300m timed swims and a 20m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water. Must be 10 years old OR have completed Ranger Patrol.

JUNIOR LIFEGUARD CLUB (JLC) (AGES 8-15)

The JLC offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment. Members can be any age between 8 and 15 years.

Participants who meet the pre-requisites can challenge the Bronze exams.

PARENT & TOT PROGRAM (AGES NEWBORN - 2 YEARS)

Looking for more bonding time with your child? Have you been wanting to introduce them to the water? Try our Parent and Tot class! It's an exciting program with fun games, sing-alongs, and water tips for caregivers. One caregiver must be present in the water.

ADULT LESSONS

Available on request.

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

SWIMMING LESSON POLICIES

Lesson Categories

- Parent & Tot: For children under 3 years old.
- Preschool Levels: For children aged 3 to under 6 years old.
- Swimmer Levels: For children 6 years and older.

Private Lessons for Flexibility

- If you require flexibility in scheduling or have limited availability, we recommend private lessons. These allow for customized scheduling to better fit your needs.

Missed Lessons & Holiday Closures

- Lessons that fall on holidays will be prorated and deducted from the total cost.
- There are no swim lessons on February 16, 2026.

SWIMMING POOL RULES

- The Lifeguard always has absolute authority.
- Non-swimmers and children under 8 years of age must be under direct supervision of a parent.
- No diving the shallow end.
- No swimming or hanging under the diving board.
- No horseplay.
- No running on pool deck.
- No persons infected with a communicable disease or with open sores on body shall enter the water.
- No sitting on lane ropes
- No large groups or party will enter the pool without contacting the Aquatics Supervisor in advance.
- No glass allowed on pool deck.

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

POOL HOURS *Effective January 1, 2026*

Monday-Friday (December 2025)

- 6:30 am - 8:30 pm

Monday, Tuesday, Thursday *Starting Jan 1st

- 6:30 am - 8:30 pm

Wednesday & Friday *Starting Jan 1st

- 6:30-9:30 pm

Saturday & Sunday

- 7:30 am - 7:30 pm

MEMBER SWIM TIMES

Please see our pool schedule [here](#).

GROUP SWIMMING LESSONS

The Winter term will run from the week of **January 5 to March 16** (11 weeks). Each group lesson will have a capacity of 4-5 students.

Monday

4:00 - 4:30 pm Pre-K 3/4
4:30 - 5:00 pm Parent & Tot
5:00 - 5:30 pm Pre-K 2/3
5:00 - 5:30 pm Swimmer 1/2
5:30 - 6:30 pm Rookie
5:30 - 6:15 pm Swimmer 3/4

Tuesday

4:00 - 4:30 pm Pre-K 3/4
4:00 - 4:30 pm Pre-K 1/2
4:30 - 5:00 pm Swimmer 1/2
5:00 - 6:00 pm Swimmer 6
5:30 - 6:00 pm Pre-K 4/5
6:00 - 6:45 pm Swimmer 3
6:00 - 6:45 pm Swimmer 4/5
6:45 - 7:15 pm Swimmer 1/2
6:45 - 7:15 pm Pre-K 2/3

Wednesday

10:30 - 11:00 am Parent & Tot
4:00 - 4:30 pm Pre-K 1/2
4:30 - 5:00 pm Swimmer 1/2
5:15 - 6:00 pm Swimmer 4/5
6:00 - 6:30 pm Pre-k 3/4
6:30 - 7:15 pm Swimmer 4/5
7:00 - 8:00 pm Swimmer 6
7:15 - 8:15 pm Swim Patrol

Thursday

4:00 - 4:30 pm Open
4:30 - 5:00 pm Pre-K 1/2
6:15 - 6:45 pm Open
6:45 - 7:30 pm Swimmer 3/4
6:45 - 7:15 pm Pre-K 3/4

Friday

4:00 - 4:30 pm Pre-K 1/2
4:00 - 4:45 pm Swimmer 3/4
4:30 - 5:00 pm Pre-K 3/4
4:45 - 5:15 pm Swimmer 1/2
6:00 - 6:30 pm Pre-K 4/5
6:30 - 7:30 pm Swimmer 6
6:30 - 7:15 pm Swimmer 4/5

Saturday

9:00 -9:30 am Pre-K 4/5
9:00 - 9:45 am Swimmer 4/5
9:30 - 10:00 am Pre-K 3/4
9:45 - 10:15 am Swimmer 1/2
10:15 - 11:00 am Swimmer 3
10:00 - 10:30 am Pre-K 1/2
10:30 - 11:00 am Parent and Tot
11:00 - 11:30 am Swimmer 1/2
11:00 - 11:30 am Swimmer 1/2
11:30 - 12:00 pm Pre-K 4/5
11:30 -12:15pm Swimmer 3
12:15 - 1:00 pm Swimmer 4/5
12:15 - 1:15 pm Swim Patrol

PRIVATE SWIMMING LESSONS

Looking for more personalized swim instruction? Private lessons are available and can be scheduled at your convenience—choose the day and time that works best for you. To book, email aquaticssupervisor@winnipegwinterclub.com or contact the front desk.

LESSON PRICING (11 WEEKS)

| | |
|---|----------|
| Parent & Tot | \$100.00 |
| Preschool levels | \$100.00 |
| Swimmer 1 & 2 | \$105.00 |
| Swimmer 3 - 5 | \$120.00 |
| Swimmer 6 | \$130.00 |
| Swim Patrol | \$130.00 |
| Private 30-minute lesson | \$340.00 |
| Private 45-minute lesson | \$400.00 |
| Semi-Private 30-minute lesson | \$170.00 |
| Semi-Private 45-minute lesson | \$200.00 |
| Junior Lifeguard Club (Bronze levels) + Books | \$290.00 |

Badminton



Badminton Professional: Elliott Beals

204.452.3311 ext 118 - badmintonpro@winnipegwinterclub.com

JUNIOR PROGRAMS

PRE-DEVELOPMENT (AGES 5-7)

An introduction to badminton learning stroke, eye-hand coordination, and having lots of fun.

When: Saturdays, 9:00 am - 10:00 am

Session: January 10 - March 28

Cost: \$130

JUNIOR DEVELOPMENT

A good introduction to Badminton for players looking to learn the basic skills, gameplay, and rules of the game. Prepares players for the Junior Competitive group.

When: Mondays, 5:30 pm - 7:30 pm

Session: January 5 - March 23

Cost: \$275

or

When: Thursdays, 5:30 pm - 7:30 pm

Session: January 8 - March 26

Cost: \$300

JUNIOR COMPETITIVE

Ideal for players who have mastered their basic skills and are ready to progress to the drill stage in a competitive environment. *(Shuttles provided with a minimal shuttle fee.)*

When: Tuesdays, 6:00 pm - 8:00 pm

Session: January 6 - March 24

Cost: \$312

(14 classes)

When: Thursdays, 5:30 pm - 7:30 pm

Session: January 8 - March 26

Cost: \$312

Note: All Junior group lessons are subject to a 4 person minimum enrollment. Assessments may be required by head professional for Junior lessons.

ADVANCED GROUP

These sessions are for advanced players who compete in national events. *(Shuttles provided with a minimal shuttle fee)*

When: Tuesdays, 4:30 pm - 6:00 pm

Session: January 6 - March 24

Cost: \$480

When: Thursdays, 4:30 pm - 6:00 pm

Session: January 8 - March 26

Cost: \$480

JUNIOR SINGLES LADDER (AGES 18 YEARS & UNDER)

Open to all juniors. You are not required to take lessons to participate in the ladder or games day. Shuttles provided.

When: Fridays, 6:00 pm - 8:00 pm

Session: January 9 - March 27

Cost: \$80

JUNIOR GAMES/FITNESS DAY (AGES 18 YEARS & UNDER)

Saturday games/fitness sessions are mandatory for the Junior Competitive group enrolled in lessons.

When: Saturdays, 12:00 pm - 2:00 pm

Session: January 10 - March 28

Cost: \$150

Badminton



Badminton Professional: Elliott Beals

204.452.3311 ext 118 - badmintonpro@winnipegwinterclub.com

ADULT PROGRAMS

U23 TRAINING GROUP

These sessions are for our U23 players that compete in provincial and national events. *(Shuttles provided with a minimal shuttle fee)*

When: Saturdays, 10:00 pm - 12:00 pm

Session: January 10 - March 28

Cost: \$350

ADULT INTRODUCTION GROUP

This is an introductory course for adults in badminton. Sessions will include learning the rules and different shots for singles and doubles. Sessions will be held Thursday evenings. To register email:

badmintonpro@winnipegwinterclub.com

When: Thursdays, 7:30 pm - 8:30 pm

Session: January 8 - March 9

Cost: Free

BUSINESS GROUP

Come out and play some fun doubles games and network with other members. (Members are expected to bring feather shuttles).

When: Sundays, 10:00 am - 12:00 pm

Tuesdays, 4:00 pm - 6:00 pm

Fridays, 4:00 pm - 6:00 pm

Cost: Free

PRIVATE LESSONS

| | |
|-------------------|------------------|
| 30-minute Private | \$40 |
| Private | \$60/hour |
| Semi-private | \$40/hour/person |
| Group of 3 | \$35/hour/person |
| Group of 4 | \$30/hour/person |

Sparring Sessions \$45.00/hour
(Players must provide shuttles)

NO PROGRAMMING ON

Winter Club Senior & Masters Open

January 16 - 18

Louis Riel Day

February 16

Pal Chawla Junior Open

February 5 - 8

Squash

Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com



ADULT PROGRAMS

HOUSE LEAGUE

This is a member favorite and a great way to involved with squash and the club. Players sign up individually and are arranged weekly matches with players of a similar level. An email is sent every Friday to those in the league asking whether or not they are able to play on the upcoming Monday. The lineup of matches is then sent on Sunday evening detailing who and when they play. Matches start as early as 5pm. Please indicate if you have any time restrictions.

To sign up for the league please contact Trevor at tborland@winnipegwinterclub.com Players of all levels are welcome and needed.

When: Mondays starting at 5:00 pm
Starts: January 12 (ongoing)
Cost: Free

ADULT DRILL SESSION (B-E LEVEL PLAYERS)

Our adult drills are open to anyone. The session will be drill and conditional game based. Participants learn new drills they can use on their own or with a partner as well as get a good work out. Our instructors will help you improve your game both through proper technique and the use of tactics. Each night will have a theme to the drills.

When: Thursdays 7:15 pm - 8:15 pm
Starts: January 15
Cost: \$15 per session

FRIDAY NIGHT LADIES SQUASH

Our Friday Night Ladies Squash is a chance for moms and any female members to come and unwind with a little exercise, fun and socializing. Take part in some skill practice to start each session followed by fun and games and often a trip upstairs afterwards to "chat about the week". Ideal for the beginner level player but all levels are welcome. Please register with Trevor each week by 7:00 pm the evening prior.

When: Fridays, 6:30 pm - 7:30 pm
Starts: January 16
Cost: \$15/class

STARTER SQUASH

Our Starter Sundays are designed for players either new to the club, game, or for those playing at the beginner/novice level. Participants learn the basics of the game to help them prepare for either league or recreational play at the club. We cover the rules, the scoring, boundaries of the court, grip and swing. With just one or two of these intro sessions you will be on your way. Equipment will be provided for those who need it. Please contact Trevor at tborland@winnipegwinterclub.com to register.

When: Once per month, 1:30 pm -2:30 pm
(Jan 11, Feb 22, Mar 8)
Starts: January 11
Cost: Free

SQUASH MANITOBA INTERCLUB

Once per month, a 5 person WWC team takes on another club from the city. Six teams are participating in the league.

When: Fridays, 7:30 pm
Dates: Feb 20, Mar 6, Mar 20, Apr 3
Email tborland@winnipegwinterclub.com if you are interested is sparing.

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

SQUASH MANITOBA WOMEN'S LEAGUE

Once per month the Squash Manitoba Women's league will play out of the WWC on Friday night's. The league is a great way for players of any level to get involved socially and competitively. Contact Squash Manitoba to register at squash@sportmanitoba.ca

When: Fridays, 7:30 pm

Dates: Feb 13, Mar 13, Apr 3

SQUASH 57

Racquets and balls are available to try out the game in the Squash Centre locker. The official Squash57 rules are posted in the Squash Centre.

WALLYBALL

This four-walled version of volleyball on the squash court has been a hit with the members who have come out to play. Sign up as an individual, and teams will be made up for each evening of play. Any level of volleyball/wallyball skills are welcome to come out and give this fun, social game a try. Wallyball will run on the first and third Monday of each month at 7pm. House League players are welcome to request their game times in order to fit in Wallyball as well.

When: Mondays, 7:00 pm (twice monthly)
Jan 12 & 26, Feb 9 & 23, Mar 9 & 23

Cost: Free

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

JUNIOR PROGRAMS

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

PEANUT GROUP (AGES 3-5)

We introduce the little ones to squash with a variety of drills, skills, and activities that will work on their hand/eye coordination. We like to play fun games with our little ones to help grow and foster a lifelong love for the game. Junior equipment, including racquets, glasses, and balls, are used for this class.

When: Saturdays 11:00 am - 11:45 am and/or Thursdays 5:30 pm - 6:15 pm

Session: January 8 - March 28

Cost: \$185 1x/week | \$275 2x/week

MUNCHKIN PROGRAM (AGES 6-8)

The program will introduce the basics of the game through a variety of hand/eye coordination activities, fun skills and drills and games. Mini (junior) squash racquets and glasses are highly recommended for this program. Junior squash balls are used as well, which is a great way for kids to start.

When: Saturdays 11:45 am - 12:30 pm and/or Thursdays 5:30 pm - 6:15 pm

Session: January 8 - March 28

Cost: \$185 1x/week | \$275 2x/week

SPARKS GROUP (AGES 7-11)

The Sparks group is the exciting next step for young squash players (ages 7-11) who are demonstrating focus, enthusiasm, and potential for competitive play. This group is designed to ignite a passion for the sport while laying strong technical and tactical foundations for long-term development. Sparks is ideal for players who may have graduated from our Peanut and Munchkin programs, or who are newer to squash but are already showing athletic ability, coachability, and a desire to improve. It's the perfect environment for kids who want more structure, challenge, and fun within a group of similarly motivated peers.

When: Thursdays 6:15 pm - 7:15 pm and/or Saturdays 11:45 pm - 12:45 pm

Session: January 8 - March 28

Cost: \$199 1x/week | \$300 2x/week

FOUNDATIONS GROUP (AGES 9-14)

The focus is on fun and squash as a life-long sport. Fun and learning the fundamental basic skills are a priority. This group will have a range of players from those younger ones looking to move on to the next level, to slightly older juniors looking to learn the game.

When: Wednesdays 6:30 pm - 7:30 pm and/or Sundays 12:30 pm - 1:30 pm

Starts: January 7 - March 29

Cost: \$199 1x/week | \$300 2x/week

Squash

Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com



COMPETITIVE PROGRAMS

All players must be advanced into the competitive programs by our squash staff. Groups will be arranged by our Pro Staff.

COMPETITIVE A1 PROGRAM (AGES 15+)

This program is designed for those Provincial level juniors ~15 years of age and older who are looking to further develop all aspects of their games 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, game play and fitness. This group also includes arranged matches on Saturdays.

When: Tuesdays 4:30 pm - 6:00 pm,
Saturdays 12:45 pm - 2:45 pm and/or Fridays
5:15 pm - 6:30 pm

Session: January 6 - March 28

Cost: \$250 1 x/week | \$375 3x/week

COMPETITIVE A2 PROGRAM (AGES 11+)

This program is designed for those provincial level players ~11 years of age and older who are looking to further develop all aspect of their game as they strive to reach their best. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills, game play and fitness.

When: Wednesdays 5:15 pm - 6:30 pm,
Saturdays 12:45 pm - 2:45 pm, Sundays
11:00 am - 12:30 pm

Session: January 7 - March 28

Cost: \$250 1x/week | \$375 3x/week

PRIVATE LESSONS

\$30 per 30 min lesson

\$45 per 45 min lesson

\$60 per 1 hour lesson

SEMI PRIVATE LESSONS

\$30 each per 45 min lesson

\$35 each per 1 hr lesson

Private lessons can be arranged through Trevor for the morning, afternoon or evening.

If you are looking for a game with some helpful hints, you can arrange to play Trevor or one of the other staff, weekly or just once in a while.

TOURNAMENTS & SPECIAL EVENTS

- **Manitoba Closed Squash Championship**
January 29 - February 1
- **Prairie Jesters Junior Open**
February 27 - March 1
- **Winter Club Championship**
March 16 - April 20

Pickleball

ORGANIZED DROP IN PLAY

Drop in and play some organized games with other pickleball players. All skill levels are welcome. We encourage players to register online prior to playing.

When: Mondays 10:30 am - noon
Wednesdays 10:30 am - noon
Fridays 10:30 am - noon
Sundays 2:00 pm - 4:00 pm

OPEN PLAYING TIMES

Book a court online and come play some pickleball at the club! Badminton courts #4 and #5 are open to play during the following times.

When: Monday-Friday 6:00 am - 2:00 pm
Tuesdays 8:00 pm - 10:00 pm
Saturdays 7:00 am - 9:00 am
5:00 pm - 9:00 pm

PICKLEBALL & POUR

Join us for an evening of music, drinks, and of course, Pickleball!

This is a fun evening for all pickleball skill levels, to come out and play the game in a pressure free environment. There will be a bar and music playing..

Guests are welcome but are subject to a guest fee to use the club

When - Saturday, February 21
6:00 pm - 9:00 pm

LESSONS

Private \$60.00/hour
Semi-Private \$40.00/hour/person
Group of 3 People \$35.00/hour/person
Group of 4 People \$30.00/hour/person

Private lessons can be arranged by emailing badmintonpro@winnipegwinterclub.com for the morning, afternoon or evening.

GROUP LESSONS

These group lessons are players at an intermediate to advanced playing level. Our Pickleball pro will teach you different strategies and techniques to help you improve your game.

Dates: TBD

When: Mondays 7:30 pm - 9:00 pm

Cost:

Winnipeg Winter Club members can **register for classes and programs, view rink and pool schedules, and book courts, pool and Junior Lounge** with our app and online services.

The first time you log in, please use your email and the password provided. Once logged in, you may change your password for security reasons.

TO USE THE APP

download the ClubhouseOnline App at the App Store or on Google Play. Once downloaded, enter Winnipeg Winter Club as your club name.

FOR IOS

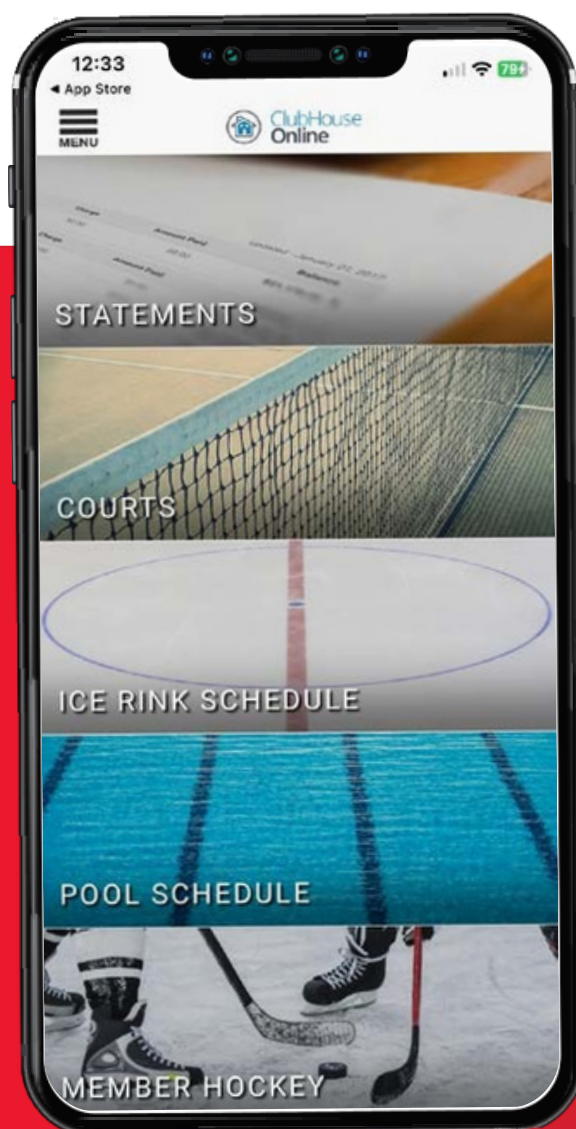


FOR ANDROID



TO ACCESS ONLINE SERVICES

Visit winnipegwinterclub.com and click the member log in tab.



winnipegwinterclub.com

EST. 1929



WINNIPEG
WINTER CLUB

Find strength in connection.

Fitness, Health & Wellness

January 5 - March 21

NOTE: No classes February 16

Manager of Fitness, Health & Performance - Moein Fasihiyan

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



FITNESS CENTRE AGE POLICY

Members 12 and under must be directly supervised by a parent or guardian. The minimum age to enter the fitness center is 8. Fitness Orientations are strongly recommended for all members 17 years of age or younger.

FITNESS CENTRE ORIENTATIONS

Our fitness orientation is the perfect starting point for new members or anyone looking to feel more confident in the fitness center. Led by a certified trainer, you'll receive a guided walkthrough of the equipment, learn how to use it safely and effectively, and start building a routine aligned with your goals.

Please contact the fitness department at fitness@winnipegwinterclub.com.

EARLY MORNING CLASSES

STRENGTH BOOSTER

Strength Booster is a full-body strength class designed to build muscle and increase overall stability. Using a dynamic circuit format, we target all major muscle groups to boost strength and endurance. The workout raises your metabolism, improves posture, and supports joint health. Every exercise can be scaled for beginners to advanced participants. It's the perfect way to stay strong, energized, and motivated throughout the winter season.

When: Mondays, 6:30 am - 7:30 am

Instructor: Moein Fasihiyan

YOGALATES

Yogalates is a blend of Yoga and Pilates which mainly centers on the core muscles while recruiting other muscles as well with certain poses and movement. The exercises are designed to help strengthen the back muscles and assists with better posture and balanced.

When: Tuesdays, 6:30 am - 7:30 am

Instructor: Gabriela Rehak

STRENGTH & CONDITIONING

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

When: Wednesdays, 6:30 am - 7:30 am

Instructor: Moein Fasihiyan

RISE AND SHINE YOGA

All levels welcome to this relaxing, fun and functional Yoga class with a progressive varied approach to keep your body adapting to the challenges that it will be going through.

When: Thursdays, 6:30 am - 7:30 am

Instructor: Ian Baker

SPIN & STRENGTH

This class combines cardiovascular training with functional strength work for a balanced, full-body session. Begin with a quick dynamic warm-up, followed by a 15-minute HIIT-style cycling segment to boost heart rate and aerobic capacity. Strength exercises using hip bands and dumbbells target all major muscle groups, and the class finishes with mobility and stretching to support recovery and movement quality.

When: Fridays, 6:30 am - 7:30 am

Instructor: Stefanie Strugar

Fitness, Health & Wellness

January 5 - March 21

NOTE: No classes February 16

Manager of Fitness, Health & Performance - Moein Fasihiyan

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



MID-MORNING CLASSES

CARDIO, CORE AND MORE

Movement to music, meets cardio and strength training. This class offers a new twist on an old favourite for our members. Change up your aerobic training in this action packed class complete with a variety of resistance training exercises!

When: Mondays, 10:00 am - 11:00 am

Instructor: Aimee Dugal

CONTEMPORARY PILATES

Come join us for this Contemporary Pilates class to help you feel stronger and move with more ease. This new Pilates class puts additional focus on flexion, extension, core stability and overall body mobilization.

When: Tuesdays, 9:30 am - 10:30 am

Instructor: Ruth Baines

NEW! SPIN-STRENGTH MOBILITY FUSION

This class blends HIIT-style cycling with functional strength training and targeted mobility work. We begin with a quick dynamic warm-up, followed by a 15-minute high-intensity spin segment to boost cardiovascular fitness. Strength exercises using hip bands and dumbbells train all major muscle groups, and we finish with mobility and stretching to support recovery and movement quality.

When: Wednesdays, 9:30 am - 10:30 am

Instructor: Moein Fasihiyan

VINYASA FLOW YOGA

Relax, realign, and rejuvenate in this flowing yoga class where your breath is used to steady the mind and calm the body. All levels welcome!

When: Thursdays, 9:30 am - 10:30am

Instructor: Gabriela Rehak

CIRCUIT CHAOS

This hour long workout will have you covering every inch of our Studio and Gym space to get the most out of your workout. Each class is a new challenge for your body.

When: Fridays, 9:30 am - 10:30 am

Instructor: Aimee Dugal

STUDIO FITNESS FRENZY

This class is your weekend wake-up! Perform 60 minutes of resistance training with a variety of exercises for a fun, high-energy workout.

When: Saturdays, 10:00 am - 11:00 am

Instructor: Aimee Dugal

MOBILITY FIX

This dynamic mobility class is designed to help you build a flexible, strong, and functional body. Each session features expertly crafted exercises that feel personalized and purposeful—like they were made just for you. Led by a certified mobility coach, you'll receive clear, motivating guidance to move safely, effectively, and with confidence. Get ready to feel good in your body and love the way you move!

When: Saturdays, 11:15 am - 12:15 pm

Session: January 10 - March 28

Cost: \$240

To register please contact Meagan Wilson at mwilson@winnipegwinterclub.com

Health & Wellness Workshop

January 31, 2026

12 PM- 4 PM

\$115

Includes Lunch & Wine Reception

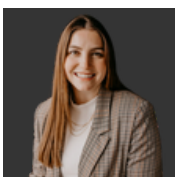
Join us for a Saturday afternoon of insight and inspiration. Our expert speakers will share the latest research, practical tools, and evidence-based strategies to help you take charge of your health and well-being. Bring clothing suitable for activity for our interactive breakout sessions where you can experience a variety of ways to move including a Yoga with Sound Bath session led by Adrienne Shum.



Keynote:

Dr. Richard Rusk

Fact and Fads of Preventive Medicine & Healthy Aging



Presentation:

Justine Fredette, Licensed Counsellor

Understanding our Mental Health & Creating Lasting Change

TO REGISTER:

Visit the Reception Desk or website
at winnipegwinterclub.com



— WINNIPEG —
WINTER CLUB

Find strength in connection.

Fitness, Health & Wellness

January 5 - March 21

NOTE: No classes February 16

Manager of Fitness, Health & Performance - Moein Fasihiyan

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



EVENING CLASSES

BOOTCAMP BLITZ

One hour packed full of a variety of different exercises. Tone muscles in a fun, supportive atmosphere followed by a stretch and cool down.

When: Mondays, 6:00 pm - 7:00 pm

Instructor: Cristian Reyes

THE YOGA LAB

This new and innovative class incorporates Yoga and a series of targeted exercises, designed to build strength, flexibility, and specific skills in Yoga. This class will vary in its focus over time on body parts, poses and movements. With the understanding that we all have unique bodies and experiences, these classes will have a workshop feel. Allowing for questions throughout the class. No yoga experience is required.

When: Tuesdays, 6:00 pm - 7:00 pm

Instructor: Ian Baker

CIRCUIT CIRCUS CLASS

Train like never before as you work on strength, power, agility, and speed in this modified circuit class. Prepare to work hard at a moderate to high intensity as you move exercise to exercise.

When: Wednesdays, 6:00 pm - 7:00 pm

Instructor: Vincent Corbin

NEW! TRX, SPIN & STRENGTH

This class combines three evidence-based training modalities for a complete, balanced workout. We begin with a short warm-up, followed by a high-intensity spin segment to elevate heart rate and improve aerobic capacity. The session transitions into TRX suspension training to develop core stability, balance, and functional strength. We finish with targeted dumbbell and band exercises to strengthen major muscle groups, ending with mobility work and a brief stretch to support recovery and optimal movement quality.

When: Thursdays, 6:00 pm - 7:00 pm

Instructor: Moein Fasihiyan

PERSONAL TRAINING

A personalized approach to health and fitness.

Our team of Personal Trainers can help you reach your goals through the development of a customized exercise plan, personalized coaching to help you stay accountable, on-going progression and consistent motivation. Whether you are just starting an exercise program, want to take your strength and conditioning to the next level, or want to stay active and age well, our trainers can help you reach your goals. Partner training is also available.

PERSONAL TRAINING TEAM

- Meagan Wilson,
- Vincent Corbin
- Aimee Dugal
- Prash Nigam
- Cristian Reyes
- Randell Viray
- Moein Fasihiyan
- Chris Mikolajek

Contact fitness@winnipegwinterclub.com for more information about our Personal Training Team and to set up your initial consultation.

RESTORATIVE YOGA AND THAI YOGA MASSAGE

Restorative Yoga Series combines the gentle art of restorative poses with the ancient healing techniques of Thai Yoga Massage. This class is designed to help you take some time for yourself to unwind, release tension and promote deep relaxation and inner calm. In this 90-minute class, you will be guided through restorative yoga postures that nurture your body and mind, allowing you to fully let go. As you sink into each pose, you will receive calming and grounding Thai Yoga Massage that will deepen your experience.

Time: Sundays 11am to 12:30pm Session 1 Jan 11th, 18th, 25th and Feb 1st. Session 2 Feb 8th, 15th, 22nd, March 1st

Cost: \$180 + gst per session

Register: Contact meaganwilson@winnipegwinterclub.com or text (204) 899-4803

Fitness, Health & Wellness

January 5 - March 21

NOTE: No Class February 16

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



MELT

The MELT Method is a self-care technique that uses specialized equipment to enhance joint mobility, joint stability and physical performance and is clinically proven to reduce pain while restoring overall well-being. MELT helps restore your fascia to a healthy, supportive state. Fascia is the supportive tissue that surrounds every muscle, bone, organ, blood vessel, and nerve fibre in your body. Daily activity and posture causes Fascia to dehydrate which we feel as stiffness. This stiffness, if left alone evolves into back pain, joint pain, tension, headaches, and all kinds of instability with the body. When you use MELT's specific techniques you flush fluid through the tissues and begin to eliminate that stuck stress/stiffness, helping the fascia to restore its supportive supple nature.

Ruth Baines is a Level 5 MELT Method instructor who will guide you through the basics to help you have healthy, happy, supportive and supple fascia.

When: Tuesdays, 10:45 am - 11:45 am

Session: January 6 - March 10

Cost: \$200

AQUAFIT

AquaFit is a full-body workout, using the resistance of the water to raise our heart rates and build muscle. During our hour together, we mix it up with use of the pool's deep end and shallow end. We may use; pool noodles, aqua bells, kickboards and more to push your limits. You don't need to be a good swimmer to join; aqua belts are available for participants.

When: Monday, Tuesday, Thursday, Friday
9:15 am - 10:15 am

Cost: \$13/class or \$82 monthly pass

Instructor: Tues & Thurs Abby, Mon & Fri Moein

FOREVER 21: ACTIVE LIVING FOR OLDER ADULTS (AGE 50+)

Stay strong, steady, and confident with this specially designed class for members aged 60+. Forever 21 focuses on key areas of healthy aging, including osteoporosis prevention, improved balance and stability, arthritis-friendly movements, posture correction, and enhanced mobility. Each session supports functional strength and flexibility to help you move better and live well.

When: Mondays, 11:15 am - 12:15 pm &

Wednesdays, 11:30 am - 12:30 pm

Cost: \$15 /Class

Instructor: Aimee Dugal

INTRO TO MOBILITY FIX WORKSHOPS - BUILD A FLEXIBLE, STRONG & HEALTHY BODY

Give your stretching routine a make-over! If you're passionate and curious about creating a resilient body that can support all the activities you love to do life long - these workshop are for you. In this workshop Mobility Specialist Meagan Wilson will teach you flexibility and mobility methods using the latest stretching science to help you gain more freedom in your body. You'll learn how to assess, train, and challenge your range of motion using simple and diverse movement that will support your body, however you choose to move! (Open to all levels and movement backgrounds, no experience required).

**This is not yoga - you don't need to be flexible to join*

Hips Saturday Jan 17th 1-3pm

Shoulders Saturday Feb 7th 1-3pm

Spine & Thorax Saturday March 7th 1-3pm

Cost: \$60 per workshop

Register: Contact Meagan @
meaganwilson@winnipegwinterclub.com or text
(204)

MELT WORKSHOP

Date: Friday Jan 23 10:45-11:45am

Instructor: Ruth Baines

Cost : \$25

To register, contact the Front Desk at 204-452-3311, register online at www.winnipegwinterclub.com, or on the Clubhouse App

Fitness, Health & Wellness



204.452.3311 ext 123 - fitness@winnipegwinterclub.com

MASSAGE & ATHLETIC THERAPY

Our Registered Massage Therapists (RMTs) offer a range of techniques to help reduce muscle tension, improve circulation, and promote overall wellness.

Train hard. Recover smart. Our Certified Athletic Therapists specialize in the assessment, treatment, and rehabilitation of musculoskeletal injuries – ideal for all ages and abilities. Whether you're recovering from an injury or want to prevent one, our evidence-based approach helps restore function and get you back to doing what you love—safely and efficiently. Our Massage and Athletic Therapists are fully registered and certified and treatments are covered through most health insurance plans.



Scan to book an appointment

HEALTH & WELLNESS ASSESSMENT

HELPING YOU MAKE INFORMED CHOICES ABOUT YOUR HEALTH

This one-hour appointment includes:

- ✓ A Detailed Assessment Including Physical and Mental Health Screenings with Body Composition Analysis
- ✓ A Functional Movement Assessment with a WWC Personal Trainer
- ✓ Personalized Recommendations and Insights from a Physician

\$299

TO BOOK YOUR APPOINTMENT EMAIL
FITNESS@WINNIPEGWINTERCLUB.COM

IN PARTNERSHIP WITH
 **RuskMedical**
Corporation

Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

WWC GROUP SKATING

PARENT AND 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 on the ice to assist their child for the duration of class. Please, only one parent or guardian per child. Parents must wear skates and a helmet while on the ice. If you forget these items, you will not be able to attend. No exceptions can be made.

When: Mondays, 5:15 pm - 6:00 pm
Saturdays, 9:45 am - 10:30 am

Session: January 5 - March 21

Cost: \$130 (Mondays) & \$143 (Saturdays)

**No classes on February 16*

***Parents must wear skates & helmet*

LEARN TO SKATE (LEVELS 1-4)

Learn to skate is designed for beginners of all ages to focus 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. To attend Learn to Skate without a parent, all children must be able to stand, take steps and be able to get up from falling on their own or be at least 6 years old.

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.

Learn to Skate levels consist of the following Skills:

Level 1:

Falling down, marching on the spot, walking forward/backward, walking around on the spot, balancing on 2 feet

Level 2:

Forward skate the width of the rink, forward glide on 2 feet/1 foot, forward half sit glide, forward sculling width of rink, walk backwards with glide, making snow, forward half snowplow stop, twisting on 2 Feet, 2 foot half turn on the spot, 2 foot spin, 2 foot Jump on spot, 2 foot jump while gliding forward

Level 3:

Backward skate across the width of the rink, backward glide on 2 feet, backward glide on 1 foot, forward skate the perimeter of the rink, 2 foot turn forward to backwards, 2 foot turn backwards to forwards, 2 foot jump while gliding backwards, forward 1 foot glide on a curve, 2 foot jump forward to backward on a curve, 2 foot jump forward to backward on a curve, forward circle thrusts

When: Mondays, 5:15 pm - 6:00 pm
Saturdays, 9:45 am - 10:30 am

Dates: January 5 - March 21

Cost: \$130 (Mondays) & \$143 (Saturdays)

**No classes on February 16*

Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

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 pm - 6:00 pm
Saturdays, 9:45 am - 10:30 am

Dates: January 5 - March 21

Cost: \$130 (Mondays) & \$143 (Saturdays)
**No classes on February 16*

INTRO TO POWERSKATING (AGES 6+)

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 March 2026. Skaters must possess the ability to move about on the ice for the entire session without assistance at a reasonable speed both forwards and backwards. If you have registered for this program and you do not have these skills you will be assessed and placed in the correct level for you.

When: Mondays, 5:15 pm - 6:00 pm
Saturdays, 9:45 am - 10:30 am

Dates: January 5 - March 21

Cost: \$130 (Mondays) & \$143 (Saturdays)
**No classes on February 16*

POWER TUNE-UP

INTERMEDIATE/ADVANCED (AGES 8+)

To become a better skater or a more complete hockey player, power 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 or speeding past your friends. This is for a skater who is already an experienced power skater looking to continue to challenge themselves. Although this is a power skating session there are opportunities for scrimmages on occasion so bring your stick with you!

When: Saturdays, 12:00 pm - 1:00 pm

Session: January 10 - March 21

Cost: \$15 per class

ADULT & TEEN LEARN TO SKATE

It's never too late to learn how to skate! Adults of any age and skill level can start their skating journey with this program. Join us to work on the fundamentals and proper skating techniques. If you're interested in building your foundational skills before taking a beginner level hockey program or just want to learn how to skate recreationally, Adult Learn to Skate is for you.

When: Mondays, 5:15 pm - 6:00 pm

Dates: January 12 - March 16

Cost: \$117

**No classes on February 16*

Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

WINTER BREAK POWER SKATING BOOT CAMPS

with Coach Debbie
\$20 PER SKATE

Dates:

- Monday, December 22 2:45 pm - 3:45 pm
- Tuesday, December 23 3:00 pm - 4:00 pm
- Monday, December 29 2:45 pm - 3:45 pm
- Tuesday, December 30 2:45 pm - 3:45 pm
- Friday, January 2 2:45 pm - 3:45 pm

Intermediate-advanced skaters age 8-14 or
accepted into program by coach.

Register online or by contacting the front
desk

PRIVATE & SEMI-PRIVATE SKATING LESSONS

Our coaches will work on any of your goals, whether you are beginner or veteran skater, kid or adult, or even figure skaters or hockey players looking to improve their power skating skills. 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.

Lesson times are on Tuesdays, Thursdays and Saturdays based on instructor availability and child's skill. Contact Jessica to book private lessons.

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

SKATING INSTRUCTORS

Debbie Synkiw: \$25 /30 minute class

Sarah Low-Ying: \$24 /30 minute class

Tenneile Sigfusson: \$24 /30 minute class

Robyn Ward: \$23 /30 minute class

Cali Boychuk: \$23 /30 minute class



**Skate
Canada**

SKATE CANADA

STARSKATE PROGRAM

We proudly offer Skate Canada's STARSkate Program—a nationally recognized training system that helps skaters progress in all disciplines, complete assessments and participate in performance opportunities including competitions. Led by experienced, nationally trained coaches, our programs give skaters instruction on technique, artistry and build confidence on the ice. All skaters will be registered with Skate Canada, providing access to incredible resources for both skaters and parents.

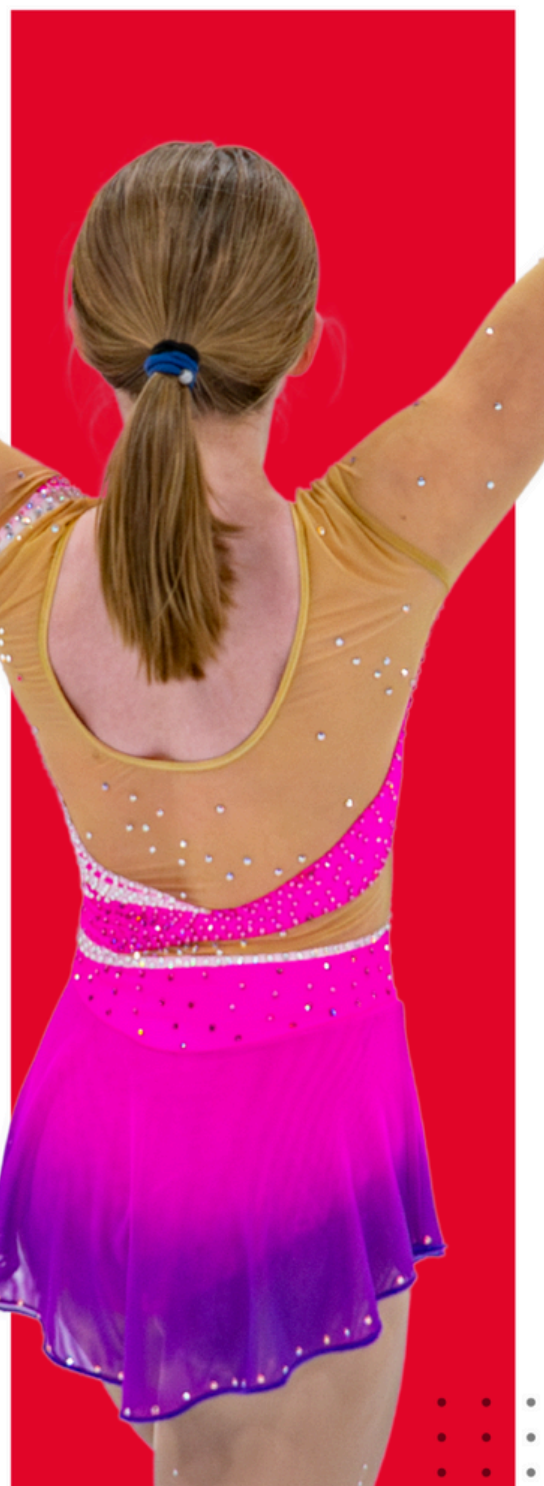
- **Star Skate 1 - 5**
- **Star 1 & 2**
- **Star 3 - 5**
- **Star 6-Gold Podium Pathway**

 **204-452-3311 ext.114**

 **jbarsky@winnipegwinterclub.com**



Scan for full details



Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

MEMBER SKATING OPPORTUNITIES

General Skating

General Skate times are set aside for the enjoyment of members. There are no sticks or pucks allowed on the ice at these times and children under the age of 7 must be supervised by an adult.

Stick and Puck

General Hockey times are set aside for the enjoyment of members. Sticks and pucks are allowed on the ice during these times, skaters are required to wear a helmet and children under the age of 7 must be supervised by an adult. Pick up hockey is not allowed during General Hockey.

This ice is not meant to run a practice session with multiple people. No pylons or other equipment is permitted. If you are looking to run a skills practice session, you can rent ice privately.

Open Ice

Open Ice is shared between all members whether you are just coming for a skate or also bringing your stick and puck. Both General Skating & General Hockey rules are in effect at these times. We schedule General Skating & General Hockey on Saturdays and Sundays regularly but watch the ice schedule for changes and additional information.

Ice Schedule

Looking for some ice to get out and have a skate? Scan the QR code below to see the entire Ice Schedule or visit www.winnipegwinterclub.com/hockey-skating



FRIDAY, FEBRUARY 6 +
SATURDAY, FEBRUARY 7

2026 Winter Club Hockey Classic

- Guaranteed **3–4 games per team**
- **Friday evening opening games** are followed by appetizers and drinks in the Bistro
- **Saturday playoff games** lead to the championship final
- **Tournament jersey included**

The Winter Club Hockey Classic brings members and guests together for a weekend of competition, social connection, and quality hockey. With officiating by Hockey Manitoba referees, balanced team assignments, and a clear set of tournament rules, players can expect a well-run event that reflects the Club's standards of professionalism and sportsmanship.

Individual Registration: members ages 18+ may register up to two guests (members are responsible for their guests' conduct)

Team Building: Players will indicate their rating (A, B, C, D) and teams will be made through a draft. Efforts will be made for members and their guests to be on the same team.

Depending on registration numbers as of December 1, members may be able to register guests. Members are responsible for the conduct of their guests

Early Bird Fee: \$95

(November 1–December 15, 2025)

Regular Fee & Non-Member Fee: \$140

(after December 15, 2025)

Player Minimum: 40 players must be registered by December 15 for the event to proceed

**REGISTER ONLINE, ON THE APP OR
AT RECEPTION**

Tournament Director:

Riley Dudar & Evolution Hockey Team

Administrative & Planning Support:

Jessica Barsky
jbarsky@winnipegwinterclub.com

GAME FORMAT

5-on-5 format: Stop time; Run time will apply if the score differential exceeds 5

Round Robin Overtime: 5-minute 3-on-3 run time, followed by shootout (with 3 shooters) if tied

Playoff Overtime: 5-minute sudden death 5-on-5, followed by shootout if tied

Scoring & Standings: Win = 2 points; Tie = 1 point; Loss = 0 points; Tie-breakers will be applied in the following order:

1. Head-to-head result
2. Goal differential (max +5 per game)
3. Goals for
4. Fewest penalty minutes
5. Coin toss

TOURNAMENT RULES

- The Tournament Director reserves the right to refuse entry
- No checking, no fighting
- Fighting results in immediate removal from the tournament and application of the Club's Code of Conduct
- Referees' decisions are final
- Full protective gear is required and tournament-supplied jerseys must be worn

EST. 1929



— WINNIPEG —
WINTER CLUB

Find strength in connection.

Hockey



Riley Dudar
Club Hockey Pro

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

HOCKEY

CLUB HOCKEY - SAME GAME, NEW NAME

Club hockey is for adult members who want to play a great game of pick-up hockey. We schedule your goalies for you.

Players can book online, on the Clubhouse app or with the front desk. Games are cancelled without a minimum of at least 10 participants registered 4 hours before game time. Full equipment is required.

When: Monday 8:00 pm - 9:30 pm
Thursday 7:45 pm - 9:30 pm
Saturday 3:00 pm - 4:45 pm

Cost: Free

NOTE: Due to special events dates subject to change, be sure to watch your Club communications and sign up for our Member Hockey Email List

SKILLS & DRILLS 16+

Our coaches take you through a variety of functional and innovative drills such as passing, puck handling, skating and shooting. These skates will not only improve your skills but also your conditioning. Full equipment. Contact the Front Desk to book in your spot. Members book up to one week in advance. Goalies contact Jessica to get scheduling opportunities.

*Schedule subject to change, stay up to date by joining our Member Hockey email list

When: Wednesday 6:45 am - 7:45 am

Cost: Free

PRIVATE HOCKEY TRAINING

Our experienced coaches will work on any of your goals in a focused 1 on 1 session to fine tune your specific needs. Small group lessons can also be organized when there are 3 or more participants at similar skill levels. Lesson times are based on instructor availability. Contact Jessica to book private lessons.

2026 WINTER CLUB HOCKEY CLASSIC

The Winter Club Hockey Classic brings members and guests together for a weekend of competition, social connection, and quality hockey. With officiating by Hockey Manitoba referees, balanced team assignments, and a clear set of tournament rules, players can expect a well-run event that reflects the Club's standards of professionalism and sportsmanship.

Tournament takes place on Friday, February 6 & Saturday, February 7.

[CLICK HERE](#) to view the tournament FAQ's.

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

ADULT LEAGUES

January 12 - March 22 (10 weeks)

You must be rated before starting in any league, so come out to a MONDAY session if you have not been rated yet! Some leagues require you start on the spares list. As players move on, open spots are then filled by these spares for regular play.

New balls are included every week as part of the league fee!

TUESDAYS

Ladies 5.0 Doubles - 10:30 am - 12:00 pm
Cost: \$35

Men's 5.0 Doubles - 7:30 pm - 9:00 pm
Cost: \$35

WEDNESDAYS

Couples Competitive Doubles - 6:30 pm - 8:30 pm
Cost: \$35 each or \$60 per couple

THURSDAYS

Doubles Challenger League - 10:30am - 12:00 pm
Cost: \$35 each

NOTE: Fees cover administration & scheduling as well as demonstrate player commitment. This results in fewer no-shows.

ADULT DROP IN CLINICS

Tennis clinics are a great way to learn the game or sharpen your skills with a group of players at the same skill level as you. **Clinics run from January 5 - March 27.**

MONDAYS

- 12:00 pm - 1:00 pm - **Men's 3.0 - 5.0**
- 1:00 pm - 2:00 pm - **Co-Ed 1.5 - 3.0**
- 5:30 pm - 6:30 pm - **Beginner Clinic**
- 6:30 pm - 7:30 pm - **Intermediate/Advanced Clinic**

TUESDAYS

- 12:00 pm - 1:00 pm - **Co-Ed Triple Threat 4.0-5.0**
- 1:00 pm - 2:00 pm - **Ladies 3.0 - 4.5**

WEDNESDAYS

- 12:00 pm - 1:00 pm - **Men's 3.0 - 5.0**
- 1:00 pm - 2:00 pm - **Ladies 3.0 - 4.5**

THURSDAYS

- 12:00 pm - 1:00 pm - **Co-Ed 1.5 - 3.0**

FRIDAYS

- 12:00 pm - 1:00 pm - **Co-Ed Triple Threat 4.0-5.0**
- 1:00 pm - 2:00 pm - **Co-Ed Triple Threat 2.5-4.0**

COST

Clinics - \$15 each

No classes or clinics on February 16

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

JUNIOR PROGRAMS

This program is for those new to tennis and learning to be competitive. For all programs we will use Tennis Canada's Modified equipment and court length to learn technique/tactics to improve tennis skills faster.

Players must complete the required skills in order to "progress" to the next level. Juniors still requiring additional skill development will stay in their current level. Juniors displaying exceptional skills, despite age, will move to the next level more quickly. Juniors must sign up for one of the programs below prior to escalating to additional privates, semis or small groups to train if court space is available. The Head Professional has the final say if separate training programming is available.

We use the Team and Mentoring approach at the Winter Club. Within training, there will be a modest amount of play between stronger and weaker players to help motivate and strengthen each group as a whole.

Begins the week of January 5 (10 weeks)

HALF COURT - RED (AGES 4 - 6)

Learning Fundamentals - Max 4

Wednesdays from 5:30 pm - 6:30 pm
Fridays from 5:30 pm - 6:30 pm
Saturdays from 10:30 am - 11:30 am

3/4 COURT - ORANGE (AGES 6 - 9)

Learning to Play - Max 6

Wednesdays from 5:30 pm - 6:30 pm
Fridays from 5:30 pm - 6:30 pm
Saturdays from 10:30 am - 11:30 am

GREEN BALL (AGES 9 - 11+)

Developing Skills & Tactics - Max 6

Wednesdays from 5:30 pm - 6:30 pm
Fridays from 5:30 pm - 6:30 pm
Saturdays from 10:30 am - 11:30 am

YELLOW BALL (AGES 11+)

Wednesdays from 5:30 pm - 6:30 pm
Fridays from 5:30 pm - 6:30 pm
Saturdays from 10:30 am - 11:30 am

COST FOR PROGRAMS

1 day a week = \$250
2 days a week = \$437.50
3 days a week = \$584

*Previous session registrants will get priority registration

TENNIS LESSONS

Head Pro Peter Otto

- \$80.00/hour Private Lesson
- \$45.00/hour each Semi Private
- \$40.00/hour each 3 participants
- \$35.00/hour each 4+ participants

Assistant Pro Olga Berdinskykh, Anna Buhas, Robert Kennedy, Jacob Yee

- \$70.00/hour Private Lesson
- \$40.00/hour each Semi Private
- \$35.00/hour each 3 participants
- \$30.00/hour each 4+ participants

Contact Peter to coordinate lessons with any of the available pros.

Lesson cancellation policy

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

BALL MACHINE

The ball machine is available to be booked on Court 1 & 3 only. Book using the Clubhouse App or through Front Desk.

Cost: \$12/hr

To register, contact the Front Desk at 204-452-3311, register online at www.winnipegwinterclub.com, or on the Clubhouse App

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

OTTO ACADEMY

Start week: January 5

PROVINCIAL GROUP (AGES 9+)

Continues learning to compete locally

Fitness program strongly encouraged.

Days & times mixed with National Group times below but may train on separate courts

NATIONAL GROUP (AGES 9 - 18)

Competing provincially and nationally

High performance and exceptionally skilled junior players. One must be accepted into this program. See Peter Otto. You must be playing Junior Open Tournaments and have required skills to be eligible.

Players from Fall will continue in their regularly scheduled slots.

Weekdays (before school)

- Monday, Wednesday & Friday 6:30 am - 8:00am

Weekdays (after school)

- Monday, Wednesday & Friday 4:00-6:00pm
- Tuesdays 4:30-6:30 pm or 5:30-7:30pm
- Thursdays 4:00-6:00pm or 5:00-7:00pm

Weekends

- Saturdays 9:00-11:00am or 4:00-6:00pm
- Sundays from 1:00-3:00pm or 2:00-4:00pm

**Fitness program is required*

Actual days & times TBD

COST FOR PROVINCIAL & NATIONAL GROUPS

1 day a week = \$40 a week

2 days a week = \$75 a week

3 days a week = \$100 a week

4 days a week = \$125 a week

5 days a week = \$150 a week

**30 minute agility/fitness training included in fees*

Tennis Self Rating Guide

| NTRP | LEVEL DESCRIPTION |
|---------|---|
| 1.0/1.5 | Developing <ul style="list-style-type: none">Brand new player |
| 2.0 | <ul style="list-style-type: none">Developing basic motor skillsLearning basic court & racquet feel |
| 2.5 | Beginner |
| 3.0 | <ul style="list-style-type: none">Familiar with fundamentalsWorking on getting ball into playDeveloping ball controlCan sustain full rallyDeveloping teamwork (doubles) |
| 3.5 | |
| 4.0 | Intermediate |
| 4.5 | <ul style="list-style-type: none">Dependable strokes & first serveStrong team play (doubles)Mastered use of power & ball spinStrong footwork & net play |
| 5.0 | Advanced |
| 5.5 | <ul style="list-style-type: none">Strong shot anticipation & ball controlConsistent seconds servesStrong established strategyComfortable in high stress competition |
| 6.0 | Pro |
| 7.0 | <ul style="list-style-type: none">Mastery of techniqueHighest level competitionElite active play over many years |

To register, contact the Front Desk at 204-452-3311, register online at www.winnipegwinterclub.com, or on the Clubhouse App

Adult Recreation

204.452.3311 ext 141 - membership@winnipegwinterclub.com

ADULT RECREATION

BOOK CLUB

Do you love to read? Join the WWC Book Club to discuss great books with like-minded friends at the WWC! All members of the book club read the same book over the same period; members then meet up at the end of each month to discuss the book and exchange views.

Cost - Free

Email
membership@winnipegwinterclub.com for details.

BRIDGE CLUB

Join National championship player Jeff Gosman, who teaches the game's intricacies while you play with fellow members! Bridge Club happens in The Bistro on Fridays from 1 pm - 3 pm in The Bistro.

Email
membership@winnipegwinterclub.com for details.

Cost - Free

Club Dining



204.452.3311 ext 143 - catering@winnipegwinterclub.com



ICE CAFE

Monday - Friday 7:00 am - 9:00 pm.
Saturday - Sunday 8:00 am - 6:00 pm.

Chef Dan has come up with a new exciting menu for the café which includes some new kids' meals, handhelds, and a healthy section, but still has some of your old favorites!

BISTRO

The Bistro will be open every Friday from 4:00 pm - 9:00 pm. Appetizer specials and full bar and menu of draughts are available.

VALENTINE'S DINNER

Join us on Valentine's Day for a three course meal curated by Chef Dan.

WINE DINNER

Save the date for a local Canadian wine and curated local menu on March 21.

CATERING

The Winnipeg Winter Club is the place to meet to celebrate an opening, a new product launch or a sales objective met! Every event is enhanced by excellent food, expertly prepared, presented and served. We accommodate groups of up to 120 people.

Catering is available both at the Club or your choice of other venue. Members enjoy free room booking.

Chef Dan puts careful consideration into creating the perfect menu to suit your event.

Contact us for your next meeting, event, or party.
catering@winnipegwinterclub.com or (204) 452-3311 ext.143

**LOOKING FOR A
QUIET WORK SPACE?
VISIT THE BISTRO**

With Your Membership

204.452.3311 ext 141 - membership@winnipegwinterclub.com

ADVERTISE WITH US!

Looking for a meaningful way to connect your brand with a vibrant, engaged community in Winnipeg? Partner with the Winnipeg Winter Club (WWC) and showcase your business while making a direct impact on the Club and its members.

When you advertise with the club, you're not just promoting your business—you're helping us sustain and enhance the Winnipeg Winter Club for generations to come. Your support ensures that we can maintain our exceptional facilities, offer top-tier programs, and provide an outstanding environment for all members and guests. The club is home to active Winnipeg families, professionals, and community leaders. With over 1300 members and hundreds of visits each day, your brand will reach an established, professional, and active audience.

Support our Community: By advertising with the WWC, your investment goes directly into Club operations. Revenue from advertising supports ongoing improvements, facility maintenance, and member amenities, ensuring we continue to provide a high standard of experience, comfort, and convenience for all members.

Advertising Platforms

We offer a variety of advertising opportunities to maximize your brand's visibility:

- Court Naming
- Arena Signage
- Event Sponsorships
- Customized Opportunities

Let's Work Together: Join us in building a stronger community while promoting your business. To discuss advertising opportunities, please contact Brent Bernas at membership@winnipegwinterclub.com or 204-452-3311 ext. 141. Make your mark with the Winnipeg Winter Club—where your brand supports community!

WWC BUSINESS DIRECTORY

Own or operate a local business?

Join our online Membership Directory (included with membership). Listing your business on our directory can help grow your network and connect you to new customers.

To register, contact

membership@winnipegwinterclub.com

Scan the QR code to check out the WWC Business Directory



AFFILIATE CLUBS

Your membership at the Winnipeg Winter Club allows you to access affiliate Canadian and International Clubs. These clubs have exclusive facilities, programs and services that you can access while traveling for business or pleasure. Scan the QR code to view all affiliate clubs.



WWC REFERRAL PROGRAM

Know someone who would enjoy all the benefits our private Club has to offer? Connect them to the Membership Director for a personal Club tour and if they join, you'll get a 10% discount on your annual membership.

CLUB HOURS

MONDAY - FRIDAY

6:00 AM - 10:00 PM

SATURDAY & SUNDAY

7:00 AM - 9:00 PM



HOLIDAY HOURS

Christmas Eve, December 24 - 6:00 am - 2:00 pm

Christmas Day, December 25 - Closed

Boxing Day, December 26 - 8:00 am - 4:00 pm

New Year's Eve, December 31 - 6:00 am - 2:00 pm

New Year's Day, January 1 - Closed

Louis Riel Day, February 16 - 8:00 am - 4:00 pm

SOCIAL MEDIA

Connect with the club on these channels



@CLUBWWC



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