



— WINNIPEG —  
**WINTER CLUB**

Find strength in connection.

SPRING  
**20  
26**



**SPRING 2026**

200 River Ave. Winnipeg, Manitoba

# FIND CLUB PROGRAMS

<b>3</b>	<b>CALENDAR OF EVENTS</b>
<b>4</b>	<b>JUNIOR RECREATION &amp; BABYSITTING</b>
<b>8</b>	<b>AQUATICS</b>
<b>12</b>	<b>BADMINTON</b>
<b>14</b>	<b>SQUASH</b>
<b>17</b>	<b>PICKLEBALL</b>
<b>19</b>	<b>FITNESS, HEALTH &amp; WELLNESS</b>
<b>24</b>	<b>ICE SKATING</b>
<b>28</b>	<b>HOCKEY</b>
<b>29</b>	<b>TENNIS</b>
<b>32</b>	<b>ADULT RECREATION/CLUB EVENTS</b>
<b>33</b>	<b>CLUB DINING</b>
<b>35</b>	<b>WITH YOUR MEMBERSHIP</b>
<b>36</b>	<b>SUMMER CAMPS</b>

## **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.



— WINNIPEG —  
**WINTER CLUB**

## 2026 SPRING EVENTS

---

<b>March 21</b>	<b>Tour of Canada Wine Dinner</b>
<b>March 30 – April 2</b>	<b>Spring Break Camp</b>
<b>April 3 – Good Friday</b>	<b>Club Hours 8am-4pm</b>
<b>April 5</b>	<b>Easter Sunday Brunch</b>
<b>April 17</b>	<b>Sip &amp; Select House Wines</b>
<b>April 18</b>	<b>Beer Pairing Dinner</b>
<b>April 19</b>	<b>Princess Party</b>
<b>April 25</b>	<b>Glow Pickleball</b>
<b>May 6</b>	<b>Racquet Sport Achievement Night</b>
<b>May 10</b>	<b>Mother’s Day Brunch</b>
<b>May 18 - Victoria Day</b>	<b>Club Hours 8am-4pm</b>

---

# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto: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.
- Please do not come early to your booked time, or arrive late to pick up your child. It is important in order to 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, beginning from the May long weekend.*

## 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.

# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## 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 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.*

Make the most of your Sundays. 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! *The last Fun Day before summer is Sunday, May 10.*

Here's what a 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.

To register, contact the Front Desk at 204-452-3311, register online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com), or on the Clubhouse App

# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## BIRTHDAY PARTIES

Members can book birthdays, wind-ups or other special events for kids at the club. 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](mailto:jbarsky@winnipegwinterclub.com)

## SPRING PROGRAMS

### MINI MOVERS MULTI-SPORT (AGES 2-4)

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:** Mondays, 5:30-6:15 pm

**Session:** April 13 - June 22

*\*No class Monday, May 18*

**Cost:** \$75

### 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 leads games and teaches new dances.

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

**Session:** April 9 - June 18

**Cost:** \$82.50

### 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, 6:15-7:00 pm

**Session:** April 9 - June 18

**Cost:** Free

### 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, 10:15 - 11:00 am

**Session:** April 11 - June 20

*\*No class Saturday, May 16*

**Cost:** \$75

*\*Black bodysuit + dance slippers required*

### DRAMA & MUSICAL THEATRE (AGES 5-10)

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

**When:** Sundays, 12:30-1:30 pm

**Dates:** April 12 - June 21

*\*No class Sunday, May 17*

**Cost:** \$140

### DRAMA & MUSICAL THEATRE (AGES 7+)

This class is for anyone who has 1-3 years of prior musical theatre experience and wants to continue to develop their theatre skills.

**When:** TBD

**Dates:** TBD

**Cost:** TBD

### 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, 11:00-11:45 am

**Session:** April 11 - June 20

*\*No class Saturday, May 16*

**Cost:** \$75

# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## 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, 5:30-6:30 pm

**Session:** April 7 - June 16

**Cost:** \$110

## JAZZ (AGES 7+)

A lively class focused on rhythm, coordination, and fun movement combinations to music.

*\*Black bodysuit + dance slippers required*

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

**Dates:** April 7 - June 16

**Cost:** \$110

## LYRICAL (AGES 7+)

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

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

**Dates:** April 7 - June 16

**Cost:** \$110

## ADDITIONAL SERVICES

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

**When:** Saturday & Sunday availability  
Contact [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com) to book a lesson.

### 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](mailto:jbarsky@winnipegwinterclub.com) to book.

## CAMPS

### SPRING BREAK CAMPS

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

**Time:** 9:00 am - 4:00 pm

*Drop off: 8:30-9:00am | Pick Up: 4:00-4:30pm*

**Dates:** Monday, March 30 - Friday, April 3

**Cost:** \$55/day members

\$75/day non-members

Includes lunch & 2 snacks.

### SEE PAGE 38 FOR MINI CAMPER & JUNIOR REC SUMMER CAMP

### INSERVICE DAY CAMPS

A day of fun at the Club while school is out. We will swim, skate, play Badminton, Tennis, Squash, do crafts, and and more!  
Includes lunch & 2 snacks.

**Dates:** April 17 & May 29

**Time:** 9:00 am - 4:00 pm

*Drop off: 8:30-9:00am | Pick Up: 4:00-4:30pm*

**Cost:** \$45 members | \$65 non-members

## EVENTS

### PRINCESS TEA PARTY

With special visits from princesses and friends with face painting, singing, dancing, art, games and more! Includes a menu of fancy sandwiches, chicken fingers, french fries, fruits, sweet treats, cold and hot teas and juice box or milk. Parents required for all children 5 and under.

**When:** Sunday, April 19, 11:00 am-1:00 pm

**Cost:** \$40/person

# Aquatics



**Aquatics Supervisor: Sydney Ennis**

204.452.3311 ext 102 - [aquaticssupervisor@winnipegwinterclub.com](mailto:aquaticssupervisor@winnipegwinterclub.com)

## POOL HOURS

**Effective until to May 15**

**Monday - Friday**                      **Saturday & Sunday**  
6:30 am - 8:30 pm                      7:30 am - 7:30 pm

**Effective May 16 - September 7**

**Monday-Friday**                      **Saturday & Sunday**  
6:30 am - 7:30 pm                      8:00 am - 3:00 pm

See [our pool schedule](#) for member swim times

## GROUP SWIMMING LESSONS

The Spring term runs from the week of April 6 to June 8 (10 weeks, 9 weeks for Monday classes). Group lesson capacity: 4-5 students.

**Monday** - No lessons May 18  
4:00 - 4:30 pm Pre-K 3/4  
4:30 - 5:00 pm Parent & Tot  
5:00 - 5:30 pm Swimmer 1/2  
5:30 - 6:30 pm Swim Patrol  
5:30 - 6:15 pm Swimmer 4/5  
7:00 - 7:30 pm Adult Lessons

**Tuesday**  
4:15 - 4:45 pm Private lessons available  
4:00 - 4:30 pm Pre-K 1/2  
4:30 - 5:00 pm Pre-K 1/2  
5:30 - 6:00 pm Pre-K 4/5  
6:00 - 6:30 pm Swimmer 1/2  
6:00 - 6:45 pm Swimmer 4/5  
6:30 - 7:15 pm Swimmer 3/4  
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 - 5:15 pm Private lessons available  
5:15 - 6:00 pm Swimmer 4/5  
5:30 - 6:00 pm Pre-k 1/2  
6:00 - 6:30 pm Swimmer 1/2  
6:00 - 6:30 pm Pre-K 4/5  
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 Private lessons available  
5:00 - 5:30 pm Pre-K 1/2  
6:15 - 6:45 pm Swimmer 1/2  
6:45 - 7:30 pm Swimmer 3/4  
6:45 - 7:15 pm Pre-K 3/4

To register, contact the Front Desk at 204-452-3311, register online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com), or on the Clubhouse App

## Friday

4:00 - 4:30 pm Pre-K 1/2  
4:00 - 4:45 pm Swimmer 4/5  
4:30 - 5:00 pm Pre-K 4/5  
4:45 - 5:15 pm Swimmer 1/2  
5:15 - 6:00 pm Swimmer 3/4  
5:30 - 6:00 pm Pre-K 2/3  
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 - 11:15 am Swim Patrol  
10:00 - 10:30 am Pre-K 1/2  
10:30 - 11:00 am Parent and Tot  
11:30 - 12:00 pm Swimmer 1/2  
11:45 - 12:30 pm Swimmer 3  
12:00 - 12:30 pm Pre-K 4/5  
12:30 - 1:15 pm Swimmer 4/5  
12:30 - 1:00 pm Private lessons available

## 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, simply email Sydney or contact the front desk.

## LESSON PRICING (10 WEEKS)

Parent & Tot	\$105
Preschool levels	\$105
Swimmer 1 & 2	\$110
Swimmer 3 - 5	\$120
Swimmer 6	\$130
Swim Patrol	\$130
Private 30-minute lesson	\$340
Private 45-minute lesson	\$400
Semi-Private 30-minute lesson	\$170
Semi-Private 45-minute lesson	\$200
Junior Lifeguard Club (Bronze levels) + Books	\$290

# Aquatics



**Aquatics Supervisor: Sydney Ennis**

204.452.3311 ext 102 - [aquaticssupervisor@winnipegwinterclub.com](mailto:aquaticssupervisor@winnipegwinterclub.com)

## SWIM TIMES

### LANE SWIM - EFFECTIVE UNTIL MAY 15

#### Monday-Friday

6:30 am - 9:15 am

#### Saturday & Sunday

7:30 am - 9:00 am

### LANE SWIM - EFFECTIVE MAY 16 - SEPT 7

#### Monday-Friday

6:30 am - 9:15 am

#### Saturday & Sunday

8:00 am - 9:00 am

## 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.

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.

### ADULT LESSONS

Available on request.

**[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](mailto: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.

**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.

## JUNIOR LIFEGUARD CLUB (JLC)

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.

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

## INTRO TO SYNCHRO

Fridays 7:30 - 8:15pm  
\$100 for 10 week session

## 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.

**POOL CLOSURE - FOR MAINTENANCE**

July 25 - August 9

# Aquatics



**Aquatics Supervisor: Sydney Ennis**

204.452.3311 ext 102 - [aquaticssupervisor@winnipegwinterclub.com](mailto: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.

## 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.



VIEW  
THE POOL  
SCHEDULE

# 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, 9:00-10:00 am

**Session:** April 11 - June 6

**Cost:** \$117

### 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, 5:30-7:30 pm (no class May 18)

**Session:** April 6 - June 1

**Cost:** \$200

or

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

**Session:** April 7 - June 4

**Cost:** \$225

### 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, 6:00-8:00 pm

**Session:** April 7 - June 9

**Cost:** \$234

(14 classes)

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

**Session:** April 9 - June 4

**Cost:** \$234

**Note:** 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, 4:30-6:00 pm

**Session:** April 7 - June 9

**Cost:** \$360

or

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

**Session:** April 7 - June 4

**Cost:** \$360

### 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, 6:00-8:00pm

**Session:** April 10 - June 5

**Cost:** \$72

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

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

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

**Session:** April 11 - June 6

**Cost:** \$135

**SEE PAGE 36 & 37 FOR  
SUMMER BADMINTON &  
TRI- RACQUET CAMPS**

# 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, 10:00am-12:00pm

**Session:** April 11 - June 6

**Cost:** \$315

### 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](mailto:badmintonpro@winnipegwinterclub.com)

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

**Session:** April 9 - June 4

**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, 4:00-6:00 pm

Fridays, 4:00-6:00 pm

**Cost:** Free

## NO PROGRAMMING ON

**Victoria Day**

May 18

## 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)*



**The Club's Badminton Academy** is recognized as one of the premier training environments in Canada, featuring five world-class courts. Led by Head Badminton Professional Elliott Beals, our program continues to develop and support exceptional athletes.

# Squash



## Squash Professional: Trevor Borland

204.452.3311 ext 105 - [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com)

## ADULT PROGRAMS

### HOUSE LEAGUE

This is a member favorite and a great way to get 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, please contact Trevor at ext 105 or [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com). Players of all levels are welcome and needed.

**When:** Mondays starting at 5:00 pm  
**Starts:** Continues from winter; ends June 8  
No league play May 18  
**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 7:15-8:15 pm  
**Starts:** April 2 - 30  
**Cost:** \$15 per session

## STARTER SQUASH SUNDAYS

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.

To register, contact Trevor at [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com).

**When:** Once per month, 1:30-2:30 pm  
(April 5, May 24, June 7)  
**Cost:** Free

## OTHER SQUASH ACTIVITIES

### 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:** April 17

Email [tborland@winnipegwinterclub.com](mailto:tborland@winnipegwinterclub.com) if you are interested in sparing.

### 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](http://squash@sportmanitoba.ca)

**When:** Fridays, 7:30 pm  
**Dates:** April 3

# Squash



## Squash Professional: Trevor Borland

204.452.3311 ext 105 - tborland@winnipegwinterclub.com

### WALLYBALL

This four wall 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 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.

**When:** Mondays, 7:00 pm (twice monthly)  
April 6 & 20, May 11 & 25, June 8

**Cost:** Free

### SQUASH 57

Considered an easy version of squash, Squash57 is often described as a hybrid of squash and racquetball. An option of two types of bouncier balls combined with the smaller racquetball racquet with large head eases players into being able to play right away. The game is easier on the body because the retrieving is not nearly as demanding as squash.

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

### 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.*

### JUNIOR PROGRAMS

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

#### PEANUT GROUP (AGES 3-5)

Our Peanut group is designed for those children between 3-5 years old who want to learn to play racquet sports and more specifically squash. 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 and life-long love for the game. Junior equipment, including racquets, glasses and balls are used for this class.

**Focus:** Fun, hand/eye coordination, intro to racquet skills

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

**Session:** April 9 - May 30

**Cost:** \$125 1x/week | \$190 2x/week

#### MUNCHKIN GROUP (AGES 6-8)

Our Munchkin group is designed for those children between the ages of 6-8 who want to learn to play squash. The program will be an introduction to 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 in this program as well, which is a great way for kids to start.

**Focus:** Fun, hand/eye coordination, basics

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

**Session:** April 9 - May 30

**Cost:** \$125 1x/week | \$190 2x/week

# Squash



## Squash Professional: Trevor Borland

204.452.3311 ext 105 - tborland@winnipegwinterclub.com

### 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.

**Focus:** Swing mechanics, footwork patterns and movements, court awareness, instilling sportsmanship and a growth mindset

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

**Session:** April 9 - May 30

**Cost:** \$135 1x/week | \$200 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.

**Focus:** Fun, basic fundamental skills, squash as life-long sport

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

**Starts:** April 8 - May 31

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

## SEE PAGE 36 & 37 FOR SUMMER BADMINTON & TRI- RACQUET CAMPS

### COMPETITIVE PROGRAMS

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

#### COMPETITIVE A PROGRAM A1 (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.

**Focus:** Fundamental technical skills, conditioning, footwork/movements, games/tactics

**When:** Tuesdays, 4:45-6:15 pm, Saturdays, 12:45-2:45 pm, Fridays, 5:15-6:30 pm

**Session:** April 7 - June 13

**Cost:** \$185 1 x/week | \$260 2/3x per week

#### A2 (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.

**Focus:** Fundamental Technical Skills, games/tactics, footwork/movement, conditioning

**When:** Wednesdays, 5:15-6:30 pm, Fridays, 5:15-6:30 pm, Saturdays, 12:45-2:45 pm

**Session:** April 8 - June 13

**Cost:** \$185 1 x/week | \$260 2/3x per week

# Pickleball

**Instructor: Archie Chawla**

achawla@mymts.net

## 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 8:00-10:00 pm  
Saturdays 7:00-9:00 am  
5:00-9:00 pm

## LESSONS

**Private:** \$60/hour

**Semi-Private:** \$40/hour/person

**Group of 3 People:** \$35/hour/person

**Group of 4 People:** \$30/hour/person

Private lessons can be arranged by emailing [achawla@mymts.net](mailto:achawla@mymts.net) for the morning, afternoon or evening.

## GLOW PICKLEBALL APRIL 25

6:00-6:30pm - Kids

6:30-8:30pm - Adults 18+

Child minding is available.



Pickleball combines elements of traditional racquet sports and table tennis into one fast-paced, easy-to-pick-up game that's **fun for all ages**. It's a great way to stay active and connect with other members.

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

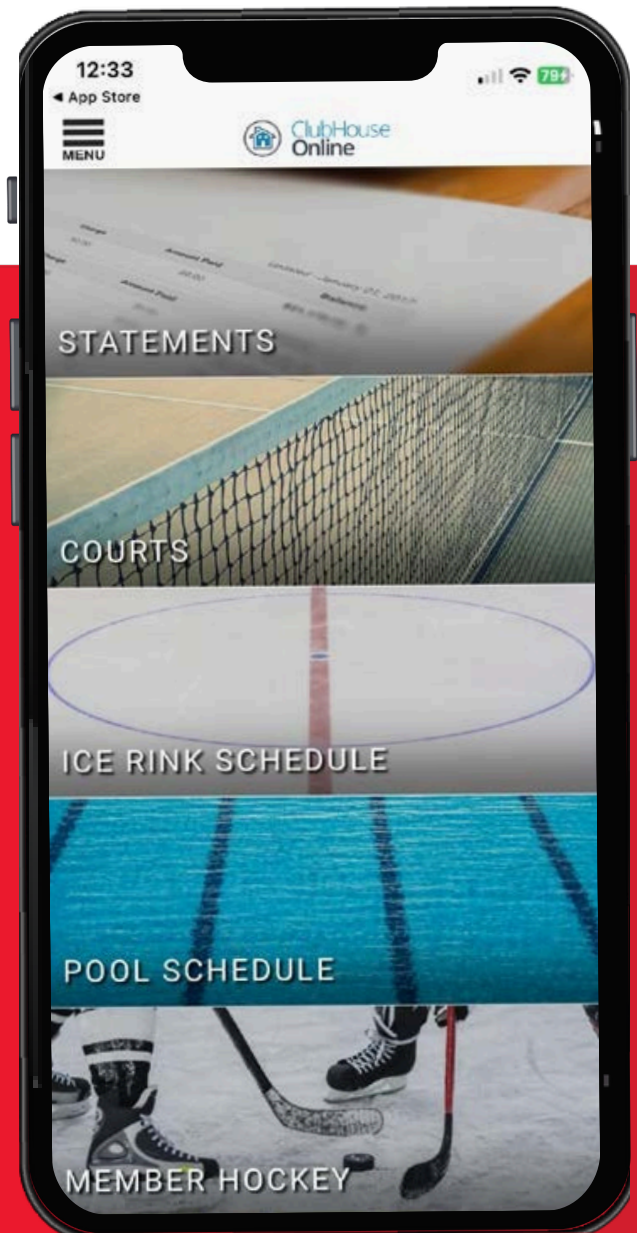


#### FOR ANDROID



#### TO ACCESS ONLINE SERVICES

Visit [winnipegwinterclub.com](http://winnipegwinterclub.com) and click the member log in tab.



# Fitness, Health & Performance



**Manager of Fitness, Health & Performance - Moein Fasihiyan**  
 204.452.3311 ext 123 - fitness@winnipegwinterclub.com

## FITNESS SCHEDULE

APRIL 6 - JUNE 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Strength Booster</b> Moein 6:30am	<b>Yogalates</b> Gabriela 6:30am	<b>Strength &amp; Conditioning</b> Moein 6:30am	<b>Rise &amp; Shine Yoga</b> Ian 6:30am	<b>Spin &amp; Strength</b> Stephanie 6:30am	
<b>Aquafit*</b> Moein 9:15am	<b>Aquafit*</b> Abby 9:15am		<b>Aquafit*</b> Abby 9:15am	<b>Aquafit*</b> Moein 9:15am	
	<b>Pilates</b> Ruth 9:30am	<b>Spin-Strength Mobility Fusion</b> Moein 9:30am	<b>Vinyasa Flow Yoga</b> Gabriella 9:30am	<b>Circuit Chaos</b> Aimee 9:30am	
<b>Cardio Core &amp; More</b> Aimee 10:00am					<b>Fitness Frenzy*</b> Aimee 10:00am <i>April 11-May 9</i>
<b>Forever 21*</b> Aimee 11:15am	<b>MELT**</b> Ruth 10:45am <i>March 17-May 19</i>	<b>Forever 21*</b> Aimee 11:00am			<b>Mobility Fix**</b> Meagan 11:15am <i>April 11-May 30</i>
<b>Bootcamp Blitz</b> Christian 6:00pm		<b>Circuit Circus</b> Vince 6:00pm	<b>Yogalates</b> Gabriella 6:00pm	<b>Line Dancing*</b> Curtis 6:00-7:30pm <i>April 17- May 8</i>	

**No class on Victoria Day — Monday, May 18th.**

\*\* Must register for full session. Additional fees apply.

\* Additional fees apply.

To register, contact the Front Desk at 204-452-3311, register online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com), or on the Clubhouse App

# Fitness, Health & Performance



**Manager of Fitness, Health & Performance - Moein Fasihiyan**

204.452.3311 ext 123 - [fitness@winnipegwinterclub.com](mailto: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 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](mailto:fitness@winnipegwinterclub.com).

## CLASS DESCRIPTIONS

### 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, 9:15-10:15 am

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

### 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, 6:00-7:00 pm

**Instructor:** Cristian Reyes

### 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, 10:00-11:00 am

### 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, 9:30-10:30 am

### 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, 6:00-7:00 pm

### 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, 10:00-11:00 am  
April 11 - May 9

# Fitness, Health & Performance



**Manager of Fitness, Health & Performance - Moein Fasihiyan**

204.452.3311 ext 123 - fitness@winnipegwinterclub.com

## 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

## LINE DANCING

Dance for fun and fitness. Learn from a 5x winner at the Calgary Dance Stampede.

**When:** Fridays, 6:00-7:30 pm,  
April 16 - May 8

**Cost:** \$8 /Class

**Instructor:** Curtis Dumas

## 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, 10:45-11:45 am

**Session:** March 17 - May 19

**Cost:** \$200

## 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:** April 11 - May 30

**Cost:** \$160

To register please contact Meagan Wilson at [mwilson@winnipegwinterclub.com](mailto:mwilson@winnipegwinterclub.com)

## PILATES

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

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

# Fitness, Health & Performance



**Manager of Fitness, Health & Performance - Moein Fasihiyan**

204.452.3311 ext 123 - fitness@winnipegwinterclub.com

## 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, 6:30-7:30 am

## 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, 6:30-7:30 am

## 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, 9:30-10:30 am

## 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, 6:30-7:30 am

## 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 1-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, 6:30-7:30 am

## 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, 9:30-10:30am

## 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, 6:30-7:30 am

# Fitness, Health & Performance



**Manager of Fitness, Health & Performance - Moein Fasihiyan**  
204.452.3311 ext 123 - [fitness@winnipegwinterclub.com](mailto:fitness@winnipegwinterclub.com)

## 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](mailto:fitness@winnipegwinterclub.com) for more information about our Personal Training Team and to set up your initial consultation.

## MASSAGE THERAPY

Our Registered Massage Therapists (RMTs) offer a range of techniques to help reduce muscle tension, improve circulation, and promote overall wellness. Covered through most health insurance plans. [Book online.](#)

30 minutes: \$66	75 minutes: \$111
45 minutes: \$81	90 minutes: \$127
60 minutes: \$94	

## ATHLETIC THERAPY

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. Covered through most health insurance plans. [Book online.](#)

Assessment & Treatment - \$100  
Treatment - \$80



## Massage Therapy

DAY, EVENING & WEEKEND  
APPOINTMENTS

Registered Massage  
Therapists

# Ice Skating



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## 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:** Tuesdays, 5:45-6:30 pm

**Session:** April 7 - May 26

**Cost:** \$96

*\*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:** Tuesdays, 5:45-6:30 pm

**Dates:** April 7 - May 26

**Cost:** \$96

### 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:** Tuesdays, 5:45-6:30 pm

**Dates:** April 7 - May 26

**Cost:** \$96

# Ice Skating



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com)

## **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 April 2026 to attend. 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:** Tuesdays, 5:45-6:30 pm

**Dates:** April 7 - May 26

**Cost:** \$96

## **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, 11:00am-12:00noon

**Session:** April 11 - May 9

**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:** Tuesdays, 5:45-6:30 pm

**Dates:** April 7 - May 26

**Cost:** \$96

## **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 figure skater or hockey player looking to improve your 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. 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.

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.

- STARSkate 1-5
- Star 1 & 2
- Star 3-5
- Star 6 - Gold Podium Pathway

 204-452-3311 ext.114

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



Scan for full details



# Ice Skating



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - [jbarsky@winnipegwinterclub.com](mailto: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 and 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 to see the Ice Schedule.



# Hockey

**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

## ADULT HOCKEY

### CLUB HOCKEY

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.

Effective April 7th:

**When:** Tuesdays 8:00 - 9:30 pm  
Thursday 8:15 - 9:30 pm  
Fridays 3:20-4:20 pm  
Saturday 1:15 - 2:15 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 is required.

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 6:45-7:45 am

**Cost:** Free

## JUNIOR HOCKEY

### INTRO TO HOCKEY

Intro to Hockey is the perfect first step for young skaters beginning their hockey journey. This beginner program focuses on building skating confidence while introducing early stick handling in a fun, supportive environment. Skaters must be able to stand independently, get up after falling, and follow basic instructions. Full equipment is required.

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

**Session:** April 11 - June 6

**Cost:** \$315

### EVOLUTION PLAY

Members have priority access to this Evolution Hockey program.

Every session is built around competitive, high-tempo games - from small area battles to full ice play and everything in between. The goal is simple: compete hard, be creative and truly PLAY the game. This environment allows players to apply skills naturally, make decisions under pressure, and enjoy hockey the way it's meant to be played. It's also a perfect fit for the multi-sport athlete looking to add a weekly 90 minute game of hockey to their schedule without the structure of traditional practices - just competition, creativity and fun.

**When:** Mondays, April 13 - May 25

**Time:** 7:30-9:00 pm

**Ages:** Birth years 2014, 2015 & 2016.

**Price:** \$360 (includes gst)

No skate on May 18.

**ARENA CLOSURE - FOR MAINTENANCE  
JUNE 8 - JULY 5**

# Tennis



**Tennis Professional: Peter Otto**

204.452.3311 ext 108 - potto@winnipegwinterclub.com

## ADULT LEAGUES

### April 1 - May 31 (8 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: \$30

#### Men's 5.0 Doubles

7:30 pm - 9:00 pm  
Cost: \$30

### WEDNESDAYS

#### Couples Competitive Doubles

6:30 pm - 8:30 pm  
Cost: \$30 each or \$55 per couple

### THURSDAYS

#### Doubles Challenger League

10:30am - 12:00 pm  
Cost: \$30 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 April 6 - May 17.**

### 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 - **Cardio Tennis**

### 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

**SEE PAGE 36 & 37 FOR SUMMER  
BADMINTON & TRI- RACQUET CAMPS**

To register, contact the Front Desk at 204-452-3311, register online at [www.winnipegwinterclub.com](http://www.winnipegwinterclub.com), or on the Clubhouse App

# 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 April 6 (8 weeks)**

### HALF COURT - RED (AGES 4 - 6)

**Learning Fundamentals** - Max 4  
Wednesdays from 5:30-6:30 pm  
Fridays from 5:30-6:30 pm  
Saturdays from 10:30-11:30 am

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

**Learning to Play** - Max 6  
Wednesdays from 5:30-6:30 pm  
Fridays from 5:30-6:30 pm  
Saturdays from 10:30- 11:30 am

### GREEN BALL (AGES 9 - 11+)

**Developing Skills & Tactics** - Max 6  
Wednesdays from 5:30-6:30 pm  
Fridays from 5:30-6:30 pm  
Saturdays from 10:30-11:30 am

### YELLOW BALL (AGES 11+)

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

### COST FOR PROGRAMS

1 day a week = \$200  
2 days a week = \$350  
3 days a week = \$465

*\*Previous session registrants 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

# Tennis



**Tennis Professional: Peter Otto**

204.452.3311 ext 108 - potto@winnipegwinterclub.com

## OTTO ACADEMY

**Start week: April 6 to End of June**

### PROVINCIAL GROUP (AGES 9+)

**Continues learning to compete locally**

Fitness program strongly encouraged. Days and 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)

- Mondays, Wednesdays & Fridays  
6:30-8:00 am

#### Weekdays (after school)

- Mondays, Wednesdays & Fridays  
4:00-6:00 pm
- Tuesdays 4:30-6:30 pm  
or 5:30-7:30 pm
- Thursdays 4:00-6:00 pm  
or 5:00-7:00 pm

#### Weekends

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

*\*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	<b>Developing</b>
2.0	<ul style="list-style-type: none"> <li>• Brand new player</li> <li>• Developing basic motor skills</li> <li>• Learning basic court &amp; racquet feel</li> </ul>
2.5	<b>Beginner</b>
3.0	<ul style="list-style-type: none"> <li>• Familiar with fundamentals</li> <li>• Working on getting ball into play</li> <li>• Developing ball control</li> <li>• Can sustain full rally</li> </ul>
3.5	<ul style="list-style-type: none"> <li>• Developing teamwork (doubles)</li> </ul>
4.0	<b>Intermediate</b>
4.5	<ul style="list-style-type: none"> <li>• Dependable strokes &amp; first serve</li> <li>• Strong team play (doubles)</li> <li>• Mastered use of power &amp; ball spin</li> <li>• Strong footwork &amp; net play</li> </ul>
5.0	<b>Advanced</b>
5.5	<ul style="list-style-type: none"> <li>• Strong shot anticipation &amp; ball control</li> <li>• Consistent seconds serves</li> <li>• Strong established strategy</li> <li>• Comfortable in high stress competition</li> </ul>
6.0	<b>Pro</b>
7.0	<ul style="list-style-type: none"> <li>• Mastery of technique</li> <li>• Highest level competition</li> <li>• Elite active play over many years</li> </ul>

# Adult Recreation

204.452.3311 ext 141 - [membership@winnipegwinterclub.com](mailto: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](mailto: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.

**Cost** - Free

Email  
[membership@winnipegwinterclub.com](mailto:membership@winnipegwinterclub.com)  
for details.

# Club Dining



204.452.3311 ext 143 - [catering@winnipegwinterclub.com](mailto:catering@winnipegwinterclub.com)



## ICE CAFE

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

## BISTRO

Join us in the Bistro on **Friday nights 4:00pm - 9:00pm**, with full menu items and daily specials. The last Friday night in the Bistro will be May 15<sup>th</sup>, re-opening in the fall.

## SPECIAL EVENTS

Reserve your space to join our events:  
[danielle@urbanprairiecuisine.com](mailto:danielle@urbanprairiecuisine.com)

### TOUR OF CANADA WINE DINNER March 21 | \$140 or \$95 without wine

Join us for an evening of all Canadian food and wine pairings curated by Red Seal Chef Dan and Sommelier Domer Rafael.

### SIP & SELECT HOUSE WINES April 17 | 5:00pm - 7:00pm drop in

Members are invited to the Bistro for an open wine tasting to help guide the selection of our new house wines. Drop in at your convenience to sample and share your preferences.

### BEER PAIRING DINNER April 18 | Four course dinner paired with local breweries. More information to follow.

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

## EASTER SUNDAY & MOTHER'S DAY BRUNCHES

April 5 & May 10  
\$38/Adult | \$19/Child (4-13)  
Children 3 + under eat free  
Reservations - [wwc@winnipegwinterclub.com](mailto:wwc@winnipegwinterclub.com) or contact the reception desk.

Come together over a mix of lunch and breakfast favourites. There's something for all ages from chef-carved specialties and hot entrées, to seasonal salads and decadent desserts.

URBAN prairie CUISINE EST. 1929 WINNIPEG WINTER CLUB Find strength in connection.

# Tour of Canada Wine Dinner

Saturday, March 21  
Cocktails at 5pm  
Dinner at 6pm

**\$140**  
**\$95**  
without wine

Join us for an evening of all Canadian food and wine pairings curated by Red Seal Chef Dan and Sommelier Domer Rafael.

LOOKING FOR A QUIET WORK SPACE? VISIT THE BISTRO

# EASTER BRUNCH



**Sunday, April 5**

**— RESERVATIONS —  
9:30AM TO 12PM**

Celebrate Easter at the Club with a brunch buffet featuring breakfast favourites, chef-carved specialties, seasonal salads, hot entrées, and a decadent dessert selection for all ages. Gather with family and friends for this holiday tradition.

**\$38/ ADULT**  
**\$19/ CHILD (4-13)**  
Children 3 + under eat free



# With Your Membership

204.452.3311 ext 141 - [membership@winnipegwinterclub.com](mailto:membership@winnipegwinterclub.com)

## ADVERTISE WITH US!

Join us in building a stronger community while promoting your business.

For information, email us at [membership@winnipegwinterclub.com](mailto:membership@winnipegwinterclub.com).

**THANK YOU to all our member-owned businesses who advertise at the Club!**

- RBC Dominion Securities
- Culligan Water
- Canadian Countertops
- Lambert Nemec Group
- Sputnik Architecture
- Show & Tell Agency
- Criticare EMS

## 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.

## BUSINESS DIRECTORY

We are pleased to offer our Winnipeg Winter Club Business Directory; an exclusive, members-only listing of businesses owned or operated by club members. It serves as a resource for members to discover, support, and collaborate with fellow club members' businesses, fostering a network within the Club community.

*The Member Business Directory is for informational purposes only. Inclusion does not constitute an endorsement, paid promotion, or verification by the Winnipeg Winter Club. Members are encouraged to conduct their own due diligence before engaging with any listed businesses.*

Scan the QR code to check out the WWC Business Directory



## RECIPROCAL CLUBS

Club members get access to our reciprocal clubs when travelling. Reciprocal clubs require a letter of introduction from the Winnipeg Winter Club including the visit dates. Please note that some

clubs may have restrictions including a guest fee, dress code, and hours of operation. To arrange a visit to a reciprocal club, please contact [membership@winnipegwinterclub.com](mailto:membership@winnipegwinterclub.com).



TENNIS

SQUASH

BADMINTON

# TRI-RACQUET CAMP

Ages 8-14

July 6-10

July 13-17

Aug 24-28

Aug 31 - Sept 4

Your paragraph text



Features tennis, badminton, squash, and swimming. Lunch included.

Non-members welcome.

\$295 Members/ \$340 Non-members.

[winnipegwinterclub.com](http://winnipegwinterclub.com)

EST. 1929



WINNIPEG  
WINTER CLUB 36

Find strength in connection.

CAMP T-SHIRT, PRIZES AND DRAW FOR  
YONEX RACQUET EACH WEEK

# BADMINTON CAMP

Ages 10-17

July 6-10  
July 13-17  
July 20 - 24  
July 27-31  
Aug 17-21



Half and full day camps available.  
Members \$300 full day, \$240 half day.  
Non-members \$350 full day, \$290 half day.  
[badmintonpro@winnipegwinterclub.com](mailto:badmintonpro@winnipegwinterclub.com)

[winnipegwinterclub.com](http://winnipegwinterclub.com)

EST. 1929



WINNIPEG  
WINTER CLUB 37

Find strength in connection.

# SUMMER CAMPS



**LUNCH &  
SNACKS  
INCLUDED!**

## **MINI CAMPER SUMMER CAMPS** (AGES 3-5 | MEMBERS ONLY)

Do all the things the big kids do in your own morning (9am-1pm), afternoon (12pm-4pm) or full-day camp!

Activities are shorter for our littlest campers. Must be fully independent with bathroom breaks to attend.

**Half Days:** \$140/week (\$112 for 4-day week)

**Full Days:** \$275/week (\$220 for 4-day week)

**Extended Pick-up** (up to 5:00 pm): +\$10/day

## **JR REC SUMMER CAMPS** (AGES 5-10)

Campers enjoy discovering their favourite activities at the Club: tennis, badminton, swimming, skating,<sup>†</sup> gym games, crafts, science and more! Programming runs from 9:00 am -4:00 pm.

**Members:** \$275/week

**Non-Members:** \$325/week,  
(\$220 | \$260 for 4-day week)

### **DROP-OFF/PICK-UP TIMES**

Morning/Full-day Drop-off: 8:30am - 9:00am

Afternoon Drop-off: 11:30am - 12:00pm

Afternoon/Full-day Pick-up: 4:00pm - 4:30pm

Extended Pick-up (up to 5:00 pm): +\$10/day

### **CAMP DATES:**

July 6 - 10	Aug 4 - 7 **
July 13 - 17	Aug 10 - 14
July 20 - 24	Aug 18 - 22
July 27 - 31*	Aug 24 - 28
	Aug 31 - Sep 4

\*No Mini Camper Swimming \*\* 4-day week. Pool closed for maintenance; no swimming.

<sup>†</sup> To participate in skating, children must have previous experience and be able to stand while wearing skates, take steps and stand back up after falling on their own. Any children not skating will participate in an alternate activity.



— WINNIPEG —  
**WINTER CLUB** 38



## **CLUB HOURS**

### **MONDAY - FRIDAY**

6:00 AM - 10:00 PM

### **SATURDAY & SUNDAY**

7:00 AM - 9:00 PM

## **SUMMER WEEKEND HOURS**

Effective May long weekend through September long weekend

Monday - Friday - 6:00 am - 10:00 pm

Saturday & Sunday - 8:00 am - 4:00 pm

## **HOLIDAY HOURS**

April 3 - Good Friday - 8:00 am - 4:00 pm

May 18 - Victoria Day - 8:00 am - 4:00 pm

July 1 - Canada Day - CLOSED

August 3 - Terry Fox Day - CLOSED

September 7 - Labour Day - 8:00 am - 4:00 pm



@CLUBWWC



WINNIPEG  
WINTER  
CLUB



WINNIPEG  
WINTER  
CLUB