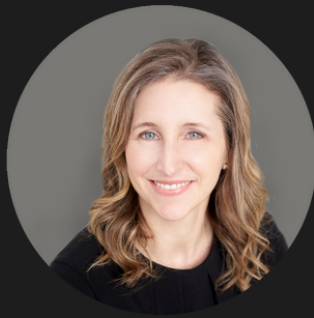




SPRING PROGRAM GUIDE 2025





MESSAGE FROM **CASIE NISHI**, CEO

As the seasons change, we're excited to introduce the Winnipeg Winter Club's Spring Program Guide. It's filled with new and returning programs designed to keep you active, engaged, and connected with our vibrant community.

I know firsthand how busy spring and summer can be for parents, and the importance of keeping kids active and engaged during school break periods. I welcome you to explore of spring and summer day camps for kids – designed for kids to have fun, and to support parent's work and life balance.

Whether you're looking to refine your skills, try something new, or simply enjoy time with fellow members, there's something for everyone this season.

We look forward to seeing you at the Club!

Casie Nishi, CEO
Winnipeg Winter Club

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2024 SPRING EVENTS

March 7-9	WWC Masters Open Badminton Tournament
March 8	WWC Wine Dinner
March 17 - April 28	WWC Squash Club Championships
March 21	Creative Movement Recital
March 22	Pickleball & Pour Night
March 31 - April 4	Spring Tri-Racquet Camp
April 12	Brew Haha Dinner
April 10 - 13	Winnipeg City Open/MB Jr Squash Open
April 11	Inservice Camp
April 11 - 13	WWC Badminton Club Championships
April 20	Easter Brunch
April 24	WWC Racquet Sports Achievement Celebration
April 26	MBA Badminton Tournament
May 11	Mother's Day Brunch
May 23 - 25	MB Senior Badminton Provincials
June 13	Inservice Camp

Spring Break Day Camps



204.452.3311 - wwc@winnipegwinterclub.com

JR REC SPRING BREAK CAMP (AGES 5-10)

Tennis, Badminton, Swimming, Skating, Art, Science, Gym games, and more! Lunch included.

Drop off: 8:30 am - 9:00 am

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

Cost: Members \$55/day
Non Members \$75/day

Dates: Monday, March 31st - Friday, April 4th

MINI CAMPER SPRING BREAK CAMP (AGES 3-5)

Learn all the things that the big kids get to do at your very own camp. Activities are shorter lengths for our littlest campers. Lunch included. Must be fully independent with bathroom breaks. (Members Only)

Morning Group: 9:00 am- 12:30 pm

Afternoon Group: 12:30 pm - 4:00 pm

Cost: \$50 full day | \$30 per 1/2 day

Late pick-up: 4:30 pm, add \$10 per day

Dates: Monday, March 31st - Friday, April 4th

SPRING BREAK BADMINTON CAMP

Open to all intermediate to high performance badminton players.

- Prizes awarded to each player
- Draw for a Yonex racquet

Dates: March 31 - April 4

Time: 9:00 am - 3:30 pm

Cost: Members - \$250

Non-Members - \$300

TRI-RACQUET SPRING BREAK CAMP (AGES 8-14)

This camp features:

- 1.5 hours of each sport every day
- Basic instruction at beginner through intermediate levels
- Rules and Strategy
- Fun and Games
- Lunch will be provided
- Swimming

Camp runs from 9:00 am - 4:00 pm

Dates: March 31 - April 4

Drop off: 8:30 am - 9:00 am

Pick Up: 3:45 pm - 4:30 pm

Cost: Members \$260
Non Members \$295

Please call 204-452-3311 to register to email tborland@winnipegwinterclub.com

INSERVICE DAY CAMP

On In-service Days, kids will be given a variety of activities to participate in including Tennis, Badminton, Swimming, Skating, Dance, Crafts and Gym Games. Lunch Included. In-service days run 9:00 am-4:00 pm.

Drop off: 8:30 am - 9:00 am

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

Cost: Members \$45/day

Non Members \$55/day

In-Service Dates: April 11 & June 13

Summer Day Camps (Junior Rec)



204.452.3311 - wwc@winnipegwinterclub.com

MINI CAMPER SUMMER CAMPS (AGES 3-5)

Learn all the things that the big kids get to do at your very own camp. Activities are shorter lengths for our littlest campers. Lunch Included. Must be fully independent with bathroom breaks. Choose morning, afternoon or both! (Members Only)
(Swimming unavailable between July 21-August 15)

Morning Group: 9:00 am- 1:00 pm

Afternoon Group: 12:00 pm - 4:00 pm

Cost: \$125 per week (Half Days),
\$100 for 4 day camp weeks
\$225 per week (Full Days),
\$180 for 4 day camp weeks

Late pick-up option available until 5:00 pm, add \$10 per day

Dates:

July 7 - 11

July 14 - 18

July 21 - 25 *(no swimming)*

July 28 - August 1 *(no swimming)*

August 5 - 8 (4 days) *(no swimming)*

August 11 - 15 *(no swimming)*

August 18 - 22

August 25 - 29

JR REC SUMMER CAMPS (AGES 5-10)

Tennis, badminton, swimming, skating with coach Debbie, gym games, crafts, science and more!

Times: 9:00 am -4:00 pm

Drop off: 8:30-9:00 am

Pick up: 4:00-4:30 pm

Cost: Members \$55/day
Non Members \$75/day

Dates:

July 7 - 11

July 14 - 18

July 21 - 25 *(no swimming)*

July 28 - August 1 *(no swimming)*

August 5 - 8 (4 days) *(no swimming)*

August 11 - 15 *(no swimming)*

August 18 - 22

August 25 - 29

*** in order 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.**
(Swimming unavailable between July 19-August 15)*

REGISTRATIONS & CANCELLATIONS

Registration deadline is 1 week prior to the start of your chosen camp week.

Cancellations made less than 2 weeks in advance are subject to a \$25 fee.

No refund will be provided for cancellations less than 1 week in advance of your camp week

NOTE: Children attending this camp must be able to use the bathroom independently without any assistance and be able to change into swimming gear on their own without assistance. If you don't have these skills quite yet, register for our Mini Camper and we will be able to offer this support for your child.

Summer Day Camps (Racquet Sports)



204.452.3311 - wwc@winnipegwinterclub.com

TRI-RACQUET SUMMER CAMP (AGES 8-14)

This camp features:

- 1.5 hours of each sport every day
- Basic instruction at beginner through intermediate levels
- Rules and Strategy
- Fun and Games
- Lunch will be provided
- Swimming

Camp runs from 9:00 am - 4:00 pm

Dates: July 7 - 11
July 14 - 18
August 18 - 22
August 25 - 29

Drop off: 8:30 am - 9:00 am

Pick Up: 3:45 pm - 4:30 pm

Cost: Members \$260
Non Members \$295

Please call 204-452-3311 to register to email
tborland@winnipegwinterclub.com

SUMMER BADMINTON CAMP (AGES 10 - 17)

All skill levels welcome

- Prizes awarded to each player
- Draw for a Yonex racquet each week
- Camp t-shirt included
- Lunch will be provided with full day camp

Dates: July 7 - 11
July 14 - 18
July 21 - 25
August 19 - 23

Full Day: 9:00 am - 3:30 pm

Half Day: 9:00 am - 12:30 pm

Cost: Members full day \$260
Members half day \$190
Non-members 1/2 day \$310
Non-members 1/2 day \$240

Please call 204-452-3311 to register to email
badmintonpro@winnipegwinterclub.com

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

AUNTIE B'S BABYSITTING CENTRE

You'll enjoy the club even more knowing your little ones are being looked after in Auntie B's Babysitting Centre. This members-only service is available for a minimal charge while parents are in the club and accepts children from 6 months old to 6 years old. Parents must remain on the premises.

IMPORTANT VISITOR INFORMATION

- All visitors must sign a visitor policies form before their first visit.
- Regulations: In accordance with the Manitoba Community Child Day Care Standards Act, no more than 8 children can be supervised in the centre at one time. Please book your space with the front desk.
- Children under 2 years must be booked at least 24 hours in advance
- Label all belongings including bags
- Bring sippy cup and snacks for toddlers and labeled bottles, soothers, diapers, wipes and a change of clothing for infants. If your child is toilet training please bring a change of clothing. WWC does not provide these items.
- Babysitting services are intended only for children whose parents are on the WWC premises. Please do not leave your children unattended.
- 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 - 1:00 pm and 4:00 pm - 7:30pm

Friday

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

Childcare after 7:30 pm on Friday must be reserved in advance with the front desk no later than 1:00 pm Friday

Saturday

9:00 am-5:30 pm

**Childcare after 1:00 pm on Saturdays must be reserved in advance through the front desk no later than end of day Friday*

Sunday

9:00 am-1:00 pm

Childcare on Sundays must be reserved in advance through the front desk no later than 5:00 pm on Saturday. If no care is booked, the Babysitting Centre will not open on the Sunday.

Hours are subject to change. The Babysitting Centre closes or reduces hours on occasion for holidays, illnesses and staff development. Keep up to date on specialty hours in our member emails.

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

FEES

\$5.75 per hour for the first child

\$3.50 per hour for any additional siblings visiting at the same time.

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.

\$45/month single child

\$15 each additional child

The pass does not apply to specialty programming.

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

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

JUNIOR LOUNGE

The Junior Lounge is an area designed for children ages 5-12 years. Fun after-school and weekend activities include games, crafts, sports, homework help and more. Please book your visit in advance. We also have many Junior Recreation programs, activities and events hosted by our team.

HOURS OF OPERATION

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

\$ 8.00 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.

\$45/ month single child

\$15 each additional child

The pass does not apply to specialty programming.

To utilize a monthly pass, contact Jessica 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. Begins after Spring Break.

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

Cost: \$15

TEEN MOVIE NIGHT (AGES 12+)

We show a different movie (rated up to 14A) every Friday. We will have bean bag chairs set up for viewers but you are welcome to bring a blanket, pillows or inflatable to "camp out" while you watch the weekly feature. Begins after Spring Break

Where: Tennis Gallery

When: Fridays starting at 7:00 pm

Cost: Free - Snacks available for purchase

TODDLER & PRESCHOOL PROGRAMMING

WIGGLES & GIGGLES (9 MONTHS-2 YEARS)

Learn how dance, music, and play can nurture early childhood development while strengthening your bond with your child! With little ones moving and grooving, our programs support holistic growth through physical, cognitive, and social-emotional development! Caregiver attends and participates with child.

When: Fridays 4:30 pm - 5:00 pm

Session: April 7th - June 16th

Cost: \$55

TINY TUMBLE (AGES 2-6)

Beginner program that introduces gymnastics movements and fundamentals. This is a fun and energetic class that encourages active participation. Our leaders take great pride in the quality of our preschool programs. In this class children are having fun, developing basic gymnastics & physical literacy skills, and making new friends! Students under 4 should have a parent attend class with them until the teacher lets you know they are okay on their own. Please wear a black bodysuit and dance slippers to class.

When: Fridays 5:00 pm -5:30 pm

Session: April 7 - June 16

Cost: \$55

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

ITTY BITTY BATON & CHEER (AGES 2-5)

Children will begin to learn the elements of creative movement using tools such as batons, ribbons and pom poms in a fun-filled environment. Socialization skills such as turn-taking and following instructions will be emphasized. The children will explore movement qualities, musicality, motor coordination, enhancing the development of their bodies and minds. Please wear a black bodysuit and dance slippers to class.

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

Session: April 12 - June 18

Cost: \$50

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 start working with our hand eye coordination with a baton.

When: Wednesdays, 5:00 pm -5:30 pm

Session: April 9 - June 18

Cost: \$55

SCHOOL AGE PROGRAMMING

INTRO TO HIP HOP (AGES 5-12)

Get ready to groove! This high-energy class introduces the basics of hip hop dance in a friendly environment. Through upbeat music and age-appropriate moves, kids build confidence, coordination, and rhythm while learning the fundamentals. Perfect for those who love to move and express themselves! No experience needed—just bring your energy!

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

Session: April 9 - June 18

Cost: \$75

JUNIOR GYMNAST (AGES 6+)

The perfect intro to gymnastics for kids who completed Tiny Tumble or are 6+ and newer to gymnastics. It introduces and reinforces proper movement and fundamentals in a fun, energetic class that encourages active participation. Please wear a black bodysuit and dance slippers to class.

When: Friday 5:30 pm - 6:15 pm

Session: April 11 - June 20

Cost: \$50

**no class on April 18*

LYRICAL (AGES 7+)

Lyrical dance is a dance style that embodies various aspects of ballet, jazz, acrobatics, and modern dance. It is a style of dance that is strongly associated with clearly displayed emotional moods, fast-moving choreographic strategies, emphasis on virtuosic display, illustration of song lyrics. Please wear a black bodysuit and dance slippers to class.

When: Wednesday 6:15 pm - 7:00 pm

Session: April 9 - June 18

Cost: \$75

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

ACRO GYMNASTICS PRE COMPETITIVE (AGES 8+)

Acrobatic Gymnastics is one of the oldest known sports, originally practiced by the ancient Egyptians. Today, it is a demanding artistic discipline for both boys and girls, requiring an extraordinary amount of strength and skill amongst gymnasts. It also involves the sport of tumbling. Class builds strength, agility, flexibility, balance and acrobatic skills.

When: Friday 6:15 pm - 7:15 pm
Saturdays 10:30 am - 11:30 am

Session: April 11 - June 20

Cost: Friday class \$90 (9 classes)
Saturday class \$100 (10 classes)

BATONS & POM POMS COMPETITIVE (AGES 6+)

Participants will learn basic twirling moves with a baton and get to shake their pom poms while dancing, playing games, and having fun! Twirling is a sport that combines the skillful mastery of hand eye coordination with body movements incorporating dance and gymnastics.

When: Friday 7:15 pm - 8:15 pm
Saturdays 11:30 am - 12:30 pm

Session: April 11 - June 20

Cost: Friday class \$90 (9 classes)
Saturday class \$100 (10 classes)

GAMES NIGHT

A mix of fun Board Games and Video Games. Come enjoy the fun. Meet new friends and maybe even find your next favourite game!

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

Session: April 9 - June 18

Cost: \$8 Junior Lounge Drop In Fee

CHESS CLUB (AGES 5+)

Our goal is to teach children abstract concepts of planning, analysis and strategy through the game of chess. Kids will be excited to understand and amazed by the positive experience that chess offers. When a child learns the most complicated game in the world they build self confidence, develop self-learning tools and learn how to evaluate their own decision-making process.

When: Thursdays, 5:00 pm - 6:00 pm

Session: April 10 - June 19

Cost: \$8 Junior Lounge Drop In Fee

LEGO CLUB (AGES 5+)

Calling all young builders and creative minds! Join us for LEGO Club, where kids can explore their imaginations, tackle exciting weekly building challenges, and have loads of fun with LEGO-themed games and activities.

Each week brings a brand-new challenge—whether it's creating towering skyscrapers, designing wacky vehicles, or building your very own dream world. Plus, we'll mix in interactive games, friendly competitions, and opportunities for teamwork and problem-solving. Let's get building!

When: Mondays 6:15 pm - 7:15 pm

Session: April 7 - June 16

Cost: \$8 Junior Lounge Drop in Fee

PAINT WITH MACKENNA (AGES 7+)

In this 90 minute class your child will learn to connect with their canvas and create beautiful art. All supplies are included.

When: Thursdays 5:30 pm - 7:00 pm

Session: April 10 - June 19

Cost: \$15/class

Junior Recreation & Babysitting



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

CRAFTY CORNER (AGES 5+)

In this class your child will work on a new craft project each time! It will cover a variety of disciplines and will allow them to explore art and express individuality in a fun inclusive environment. Multiple levels for each activity to cover age and ability. All supplies included.

When: Monday 5:00 pm - 6:00 pm

Session: April 7 - June 16

Cost: \$10/class

CAKE & COOKIE DECORATING (AGES 7+)

In this class your child will work on a new project each week. All supplies included.

When: Thursday 6:00 pm - 7:30 pm

Session: April 22 - June 17

Cost: \$20/class

PRIVATE PIANO LESSONS (AGES 5+)

Learn piano from at your Club! Now with more programs, it's easy to get activities in with less driving!

When: Monday-Friday 3:30 pm - 9:00 pm

Cost: \$20 /30-minute block

Contact jbarsky@winnipegwinterclub.com to request lessons!

TUTORING

Homework help, exam prep seminars or weekly 1-on-1 tutoring from a professional educator. English, Math, Science, Biology, Physics, Chemistry ... Contact jbarsky@winnipegwinterclub.com to request to book.

BABYSITTER TRAINING COURSE (AGES 11+)

Learn what it takes to become the best caregiver possible and we will use that information in different role playing scenarios to make you feel confident. There is a first aid component covered in this class. You must complete 7 hours of course time plus a final test that requires a grade of 80% or higher to receive your certificate. Each participant receives a course manual and other great tools to take home and use in the babysitting field. Plus- when you successfully complete the course, you automatically get to be part of the Babysitter's Club which gives you access to support, trainings and job opportunities!

Ages 11+

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

When: Wednesday, July 2

Time: 9:00 am - 4:00 pm

Cost: \$65

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

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

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

March 31 - June 2 SWIM TIMES

LANE SWIM

Monday-Thursday

6:30 am – 9:15 am

Friday

6:30 am – 11:00 am

Saturday & Sunday

7:30 am – 9:00 am

OPEN SWIM

Monday

11:45 am - 4:00 pm

8:45 pm - 9:30 pm

Tuesday

10:15 am – 1:30 pm

2:00 pm – 4:00 pm

7:45 pm – 9:30 pm

Wednesday

11:00 am – 3:30 pm

7:30 pm – 9:30 pm

Thursday

10:15 am – 3:30 pm

8:00 pm – 9:30 pm

Friday

12:00 pm – 4:00 pm

7:30 pm – 9:30 pm

Saturday

1:00 pm – 8:30 pm

Sunday

9:00 am – 8:30 pm

SWIMMING LESSONS

The WWC 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.

Cost: \$85

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.

Swimmer 1 & 2: \$90

Swimmer 3-5: \$100

Swimmer 6: \$115

CLASS SIZES

To ensure the highest level of instruction, class sizes will not exceed 4 participants.

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

Private Lessons
(10 lessons in total)

1:1 > 30-minute duration,
\$29.50/lesson

1:1 > 45-minute duration,
\$34.50/lesson

Semi-Private Lessons
(10 lessons in total)

2:1 > 30-minute duration.
\$15.75/person each class

2:1 > 45-minute duration.
\$18.25/person each class

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.

During swimming lessons, the pool is closed. Lessons run Monday to Friday, 4:00 – 7:30 PM* 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.*

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

Aquatics



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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.

Cost: \$115

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 prerequisites 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.**

Cost: \$85

ADULT AND TEEN LESSONS

Adult 1 is designed for teens and adults who have had little to no experience with the water. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.

45 minutes; 1 instructor:4 students

Cost: \$100

Aquatics



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204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

Adult 2 & 3 levels are for teens and adults who are comfortable in the water.

Adult 2 You'll work on 2 interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m, and be supporting yourself at the surface for 1-2 minutes.

45 minutes; 1 instructor:4 students

Cost: \$100

Adult 3 You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25-50 m. You'll master your front crawl, back crawl, and breaststroke.

45 minutes; 1 instructor:4 students

Cost: \$100

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.
- Make-up classes are available only in extreme circumstances due to limited instructor availability.

Registration & Program Commitment

- You are registering for a full 10-week term unless you start after the official start date.

AQUAFIT

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

Watch the weekly and monthly newsletters for the Aquafit schedule each month.

Swimming pool will be closed for annual maintenance from July 19 - August 15

Watch for summer pool schedule.

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

SPRING 2025 SESSION

April 7 - June 7th (10 weeks)

Registration can be done on the online booking system

LESSON TIMES

Monday

4:00 – 4:30 pm Pre-K 2/3
4:30 – 5:00 pm Parent & Tot
5:00 – 5:30 pm Pre-K 2/3
5:30 – 6:00 pm Swimmer 1/2
5:30 – 6:15 pm Swimmer 4/5
6:00 – 7:00 pm Swimmer 6

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
5:00 – 6:00 pm Swim Patrol
5:00 – 5:30 pm Pre-k 1/2
5:30 – 6:00 pm Pre-K 3/4
6:00 – 6:45 pm Swimmer 3
6:30 – 7:15 pm Adult lessons
6:45 – 7:15 pm Pre-K 4/5
7:15 – 8:00 pm Swimmer 4/5

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
5:00 – 5:30 pm Pre-K 3/4
6:00 – 6:30 pm Pre-K 3/4
6:00 – 6:45 pm Swimmer 3/4
7:00 – 7:45 pm Open Group
7:00 – 8:00 pm Swim Patrol

Thursday

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

Friday

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

Saturday

8:30 – 9:00 am Adult lessons
9:00 – 9:30 am Pre-K 4/5
9:00 – 9:45 am Swimmer 4/5
9:30 – 10:00 am Pre-K 4/5
9:45 – 10:45 am Swimmer 6
10:00 – 10:30 am Pre-K 1/2
10:30 – 11:00 am Parent & Tot
11:00 – 11:30 am Swimmer 1/2
11:15 – 11:45 am Pre-K 1/2
11:30 – 12:00 pm Pre-K 4/5
12:00 – 1:00 pm Swim Patrol
12:15 – 1:00 pm Swimmer 4/5

Badminton



Badminton Professional: Elliott Beals

204.452.3311 ext 118 - badmintonpro@winnipegwinterclub.com

JUNIOR PROGRAMS

PRE-DEVELOPMENT (AGES 5-7)

A good introduction to badminton learning stroke, eye hand coordination and having lots of fun. (9 classes)

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

Session: April 12 - June 14

Cost: \$108

JUNIOR DEVELOPMENT

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

(11 classes)

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

Session: April 7 - June 10

Cost: \$216

(10 classes)

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

Session: April 7 - June 10

Cost: \$180

JUNIOR COMPETITIVE

Ideal for players that have learned their basic skills, and are ready to start the drill stage in a competitive environment.

(Shuttles provided with a minimal shuttle fee.)

(10 classes)

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

Session: April 8 - June 10

Cost: \$300

(10 classes)

When: Thursdays, 5:30 - 7:00 pm

Session: April 10 - June 12

Cost: \$187.50

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

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. (9 weeks)

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

Session: April 11 - June 13

Cost: \$72

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

Saturday games/fitness sessions are mandatory for Junior Competitive group enrolled in lessons. (9 weeks)

When: Saturdays, 12:00 - 1:30 pm

Session: April 12 - June 14

Cost: \$45

ADULT PROGRAMS

ADULT INTRODUCTION GROUP

This is an adult introduction to 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: TBD

Session: April - June

Cost: Free

Badminton



Badminton Professional: Elliott Beals

204.452.3311 ext 118 - badmintonpro@winnipegwinterclub.com

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, 3:00 - 5:00 pm
Fridays, 3:00 - 5:00 pm

Cost: Free

PRIVATE LESSONS

30-minute Private	\$35
Private	\$55/hour
Semi-private	\$35/hour/person
Group of 3	\$30/hour/person
Group of 4	\$25/hour/person

Sparring Sessions \$40.00/hour
(Players must provide shuttles)

LESSON CANCELLATION POLICIES

Private lessons must be cancelled 24 hours in advance or the client will be charged the full session rate. Please contact the badminton pro or front desk to cancel.

Note: There will be no make-up classes for student absences from group lessons.

CANCELLATION DATES

WWC Masters Open: March 7-9
MBA Doubles Tournament: April 26
Victoria Day: May 19
Manitoba Senior Provincials May 23rd - 25th

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

Pickleball

INTRO PICKLEBALL GROUP

This is an adult introduction to pickleball. Sessions will include learning the game in a relaxed, non-competitive environment, for beginners. Sessions will be held every second Thursday evening. Register online

When: Every 2nd Thursday from 7:00 pm - 9:00 pm

Session: March 20 - May 29

Cost: Free

DROP IN GROUPS

Drop in and play some organized games with other pickleball players. All skill levels are welcome

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

PICKLEBALL GROUP LESSONS

Lessons require a minimum of 6 people to start the class. (6 classes)

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

Session: April 14 - May 26

Cost: \$126

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.

When: Saturday, March 22

Time: 6:00 pm - 9:00 pm

Cost: Free

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

LEADERS IN SQUASH

Several of our athletes, through squash, have had the opportunity to take both their squash and their schooling abroad to play at a university level. We've had athletes attend Ivy League Universities including Dartmouth, Penn and Cornell as well as other NCAA Universities. Several of our players have played for top Canadian Universities as well including Western and Waterloo.

Our Head Professional, Trevor, has been the Manitoba Junior Provincial Team Head Coach for the past 23 years and has been the Head Coach of the Canada Winter Games Teams in 2003, 2007, 2011, 2015, 2019 and 2023.

Since starting as our pro in 2001 Trevor has coached numerous National Champions, Canadian and US Junior Open Champions as well as a Pan Am Games Champion. Trevor has also coached for Canada at the Commonwealth Games, World University Championships, Junior World Championships, and Junior Pan Am Championships.

Over the past decade we have hosted a professional women's tournament, a world class squash exhibition with 3x world champion Nick Matthew, the MB Closed Squash Championships (annually), as well as numerous other tournaments and events.

We offer a once per month complimentary starter program, as well as new member enrollment lessons to help get you started in squash. Our member house league is a great way to stay active in squash and meet other club members socially.

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

ADULT PROGRAMS

HOUSE LEAGUE

This is a member favorite and a great way to be 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: April 7th (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: Tuesdays 7:30 - 8:30 pm

Starts: April 8th

Cost: \$15 per session

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

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, 6:30-7:30 pm

Starts: April 4th

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 1:30-2:30pm (Apr. 6th, May. 4th, June. 1st)

Starts: April 6th

Cost: Free

SQUASH 57

Squash57 is an easy, fun and active new sport at the WWC. 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 makes the game easier to start and play. The smaller racquetball racquet with large head helps ease players into the game and, because retrieving is not as demanding as in squash, games are easier on the body.

Racquets and balls are available in the Interior Illusions Squash Centre locker. The official Squash57 rules are posted in the Interior Illusions Squash Centre.

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 life-long love for the game. Junior equipment, including racquets, glasses and balls are used for this class.

When: Saturdays, 11:15 - 11:55 am and/or
Thursdays, 5:45 - 6:30 pm

Session: April 10 - May 31

Cost: \$120 1x/week | \$210 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, 12:00 - 12:45pm and/or
Thursdays 5:45 - 6:30 pm

Session: April 10 - May 31

Cost: \$120 1x/week | \$210 2x/week

BEGINNER/INTERMEDIATE GROUP (AGES 8-14)

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: Sundays, 12:30-1:30pm.

Starts: April 13 (8 sessions)

Cost: \$125

COMPETITIVE PROGRAMS

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

COMPETITIVE B (AGES 9-15)

This program has flexible options of when to attend. Participants may register for one or two times a week and can substitute another day if they can't make their regular time. Kids will learn the basic, fundamental skills with a focus on fun and squash as a life-long sport. The program is intended as a stepping stone for those looking to continue on in the competitive stream.

When: Thursdays, 6:30-7:30 pm
Saturdays, 12:45-2:15 pm
Sundays, 12:30-1:30pm

Session: April 3 - May 31

Cost: \$125 1x/week | \$225 2x/week

COMPETITIVE A1 PROGRAM (AGES 15+)

This program is designed for provincial level juniors who are looking to further develop all aspects of their game as they strive to become competitive players. The athletes will have fun while developing their technical skills and learning the game and tactics. Practices will primarily focus on drills, game play, footwork, movement and fitness conditioning. Includes arranged matches on Saturdays.

When: Wednesdays 4:45-6:15 pm and/or
Sundays 11:00am-12:30pm

Games: Saturday 2:15 pm

Session: April 9 - May 31

Cost: \$175 1 x/week | \$275 2x/week

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

COMPETITIVE A2 PROGRAM (AGES 11+)

This program is designed for provincial level players who are looking to further develop all aspects of their game as they strive to reach their best. The athletes will have fun while developing their technical skills and learning the game and tactics. Practices will primarily focus on drills, game play, footwork, movement and fitness conditioning. Includes arranged matches on Saturdays.

When: Tuesdays, 6:00 - 7:15 pm
Fridays, 5:15 - 6:30pm

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

Session: April 8 - May 30

Cost: \$165 1x/week | \$265 2x/week

PRIVATE LESSONS

\$30 per 30 min lesson

\$45 per 45 min lesson

\$55 per 1 hour lesson

SEMI PRIVATE LESSONS

\$28 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 a once in a while.

LESSON CANCELLATION POLICY

Lessons must be cancelled 24 hours in advance or client will be charged full session rate.

TOURNAMENTS & SPECIAL EVENTS

WWC Club Championships:

March 17 - April 28

Winnipeg City Open/MB Jr Open:

April 10 - 13

WALLEYBALL

Wallyball is a fast-paced, off-the-wall version of volleyball played on a squash court. Register online under Squash.

When: Wednesdays

March 19


April 16

May 14

Time: 7:00 pm - 8:30 pm

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

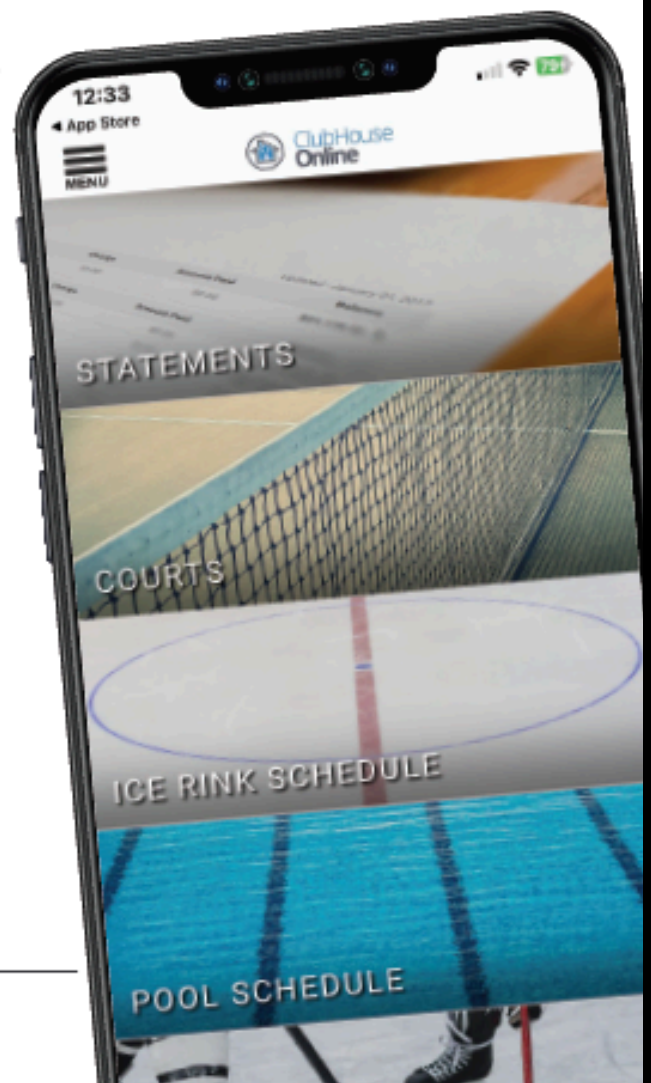
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TO ACCESS ONLINE SERVICES,
visit www.winnipegwinterclub.com
and click the member log in tab.



WWW.WINNIPEGWINTERCLUB.COM

Fitness, Health & Wellness



Director of Fitness, Health & Wellness: Jeff Mitchell

204.452.3311 ext 123 - jmitchell@winnipegwinterclub.com

THE MOBILITY FIX

A mobility workout for active men & women to help you build a flexible, strong and functional body. This class is full of intelligently designed mobility workouts that feel like they were made-for-you. Taught by a certified mobility coach that'll motivate you while giving you clear instruction about how to perform the exercises in a safe and effective way so you feel confident and know exactly what to focus on. You'll like the way you move and feel!

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

Session: April 12 - May 10 (5 weeks)

Cost: \$100

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

MELT

The MELT Method is a gentle self-care approach for all fitness levels. The use of specialized equipment enhances mobility, stability and 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. MELT's techniques help flush fluid through the tissues to eliminate stuck stress, helping the fascia to restore its supportive supple nature.

Our Instructor, Ruth Baines, is a Level 5 MELT Method instructor who will guide you through the basics.

When: Fridays from 10:45 – 11:45am

Session: April 11 - May 16 (6 weeks)

Cost: \$120

YOUTH HIGH PERFORMANCE ATHLETE TRAINING & DEVELOPMENT PROGRAM

Our Youth High Performance Athlete Training and Development Program is back. Take athletic performance to the next level with a strong focus on everything from functional movements, to mobility, to plyometrics, and everything in between. We keep things fun, functional, creative and challenging with a positive and supportive approach.

Open to all Youth Athletes from all areas of The Club.

When: Thursdays, 5:00 - 6:00 pm

Session: April 10 - June 26 (12 weeks)

Cost: \$240

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

This program focuses on how to address key issues for our health as we age:

- Osteoporosis Prevention / Bone Density
- Balance and Stability
- Arthritis programming
- Posture and Body Alignment
- Flexibility and Mobility
- Increasing and Improving Functional Active Daily Living

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

Wednesdays, 11:00 am – 12:00 pm

Session: April 7 - May 14

Cost: \$15 /Class

Instructor: Laura Boulton

Fitness, Health & Wellness

Director of Fitness, Health & Wellness: Jeff Mitchell

204.452.3311 ext 123 - jmitchell@winnipegwinterclub.com



EARLY MORNING CLASSES

**class end dates are subject to change*
April 7 - June 27

NOTE: No classes April 18 & May 19

THE MONDAY MORNING WAKE UP WORKOUT

Come join us for this workout, which is designed to provide an intense and progressive fitness experience. This class will keep you working hard while enjoying yourself so you will be looking forward to coming back each week.

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

Instructor: Kelsey Nellis

YOGALATES

Yogalates is a blend of Yoga and Pilates which centers on the core muscles while recruiting other muscles through various poses and movements. The exercises help strengthen the body to assist with better posture and balance.

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

Instructor: Carly Walker

EARLY BIRD STRENGTH AND CONDITIONING CLASS

Ideal 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 with aerobic exercises for maximal efficiency! Our instructors will push you to bring out your very best!

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

Instructor: Prash Nigam

RISE AND SHINE YOGA

Start your day off with a stretch, or better yet a full Yoga class! All levels welcome to this relaxing, fun and functional Yoga class with a progressive, varied approach to keep your body adapting to new challenges.

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

Instructor: Ian Baker

BOOTCAMP BLITZ

An hour of resistance training and cardio challenges will kick your day off with a bang and send you into your weekend feeling fit, focused and refreshed.

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

Instructor: Jeff Mitchell

Watch for Summer Fitness schedule

Fitness, Health & Wellness

Director of Fitness, Health & Wellness: Jeff Mitchell

204.452.3311 ext 123 - jmitchell@winnipegwinterclub.com



MID-MORNING CLASSES

**class end dates are subject to change*

April 7 - June 27

NOTE: No classes April 18 & May 19

CARDIO, CORE AND MORE

Movement to music, meets cardio and strength training. 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

Instructor: Aimee Dugal

PILATES

Whether you're looking to move with more ease, have better form in the gym or a better connection to your body while participating in your favorite sport, this is the class for you. Leave this hour of Pilates feeling stronger and more balanced.

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

Instructor: Ruth Baines

STUDIO SHAKE UP

Join us for this hour of cardio and resistance training designed to keep you on your toes literally and figuratively. This high-energy class will get your heart rate up, put a smile on your face and keep you coming back for more.

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

Instructor: Tyler Hartwig

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

Instructor: Carly Walker

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

Instructor: Jeff Mitchell

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, 10:00-11:00 am

Instructor: Aimee Dugal

**NOTE: Last class will be May 10*

Fitness, Health & Wellness



Director of Fitness, Health & Wellness: Jeff Mitchell

204.452.3311 ext 123 - jmitchell@winnipegwinterclub.com

EVENING CLASSES

**class end dates are subject to change*

April 7 - June 26

NOTE: No classes April 18 & May 19

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

VINYASA FLOW YOGA

Unwind and stretch out your body after a long day. Designed with all levels in mind this class is a great place to get started and progress with yoga.

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

Instructor: Vincent Corbin

PILATES

This class is great for all experience levels. Our Instructor will be sure you get the most out of each class. Feel the differences in core support and postural alignment over time. Get into Pilates and experience a stronger, more aligned and balanced you.

When: Thursdays, 6:00 – 7:00 pm

Instructor: Ruth Baines

PERSONAL TRAINING

Working with a Personal Trainer can help you set, achieve and be accountable to your goals.

PERSONAL TRAINING

Private 1-on-1 Training Sessions

30 minutes starting at \$35/session

1 hour session starting at \$62/session

Partner / Small Group Training

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

1 hour session starting at \$42/person

PRIVATE AND SEMI-PRIVATE YOGA & PILATES TRAINING

If you are looking to get into Pilates or Yoga it is highly recommended that that you start with a few private or small group classes to ensure you get the most out of every class.

Private Yoga or Pilates Sessions

\$68 / 1 Hour Session

Partner / Small Group Yoga & Pilates

\$46 / 1 Hour Session per person

PERSONAL TRAINING TEAM

- Jeff Mitchell,
Director of Fitness, Health & Wellness
- Meagan Wilson,
Head Trainer
- Vincent Corbin
- Aimee Dugal
- Kelsey Nellis
- Prash Nigam
- Cristian Reyes
- Tyler Hartwig
- Caitlin Vasilarakis
- Randell Viray
- Moein Fasihiyan

Contact Jeff Mitchell for more information about our Personal Training Team and to set up your initial consultation. Please check out the WWC website for full trainer profiles.

Fitness, Health & Wellness



Director of Fitness, Health & Wellness: Jeff Mitchell

204.452.3311 ext 123 - jmitchell@winnipegwinterclub.com

MASSAGE & ATHLETIC THERAPY

We are offering Massage & Athletic Therapy on site to our WWC members. Daytime and evening appointments are available.

You can now receive treatment, and be shown techniques and exercises on all of the equipment in the WWC Fitness Center with our Athletic Therapists.

WHAT IS ATHLETIC THERAPY?

Athletic Therapy is a physical treatment of a variety of injuries and body issues. Our certified Athletic Therapists are trained in the treatment of musculoskeletal injuries, including injuries to muscles, bones, ligaments, tendons and joints as well as the assessment of injuries and treatment to aid in rehabilitation.

THERAPIES COVERED BY MANY INSURANCE PLANS

All of our Athletic Therapists are nationally certified through CATA, treatments are covered through many health plans. All our Massage Therapists are fully registered and treatments are also covered through most health plans.

HOW DO I BOOK A SESSION WITH A THERAPIST?

It's as easy as 1, 2, 3 with our online booking system. If you are looking to book with one of our Massage or Athletic Therapists, it's as straightforward as going on the WWC website at www.winnipegwinterclub.com, clicking on the "Massage & Athletic Therapy" drop down option and then clicking the "Book Now" button or scan the below QR code.



FITNESS CENTRE ORIENTATIONS

Be sure you know how to properly and safely use each piece of fitness equipment and what they can do for you. Orientations can be booked at any time, whether you are a new member or a long-time member looking for a refresher. Please contact Jeff Mitchell to book.

FITNESS CENTRE AGE POLICY

Members under age 13 can use the Fitness Centre but must have direct adult supervision at all times. Fitness Orientations are strongly recommended for all members 17 years of age or younger.

If you have any questions regarding the Fitness Centre and Studio, please speak to Director of Fitness, Health and Wellness, Jeff Mitchell.

Ice Skating & Hockey



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: Tuesdays, 6:30 pm - 7:15 pm

Session: April 8 - June 17

Cost: \$132

LEARN TO SKATE

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, Balance 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 Two Feet, Two-Foot Half Turn on the Spot, Two Foot Spin, Two Foot Jump on Spot, Two Foot Jump While Gliding Forward

Level 3:

Backward Skate Across the Width of Rink, Backward Glide on Two Feet, Backward Glide on One Foot, Forward Skate the Perimeter of Rink, Two Foot Turn Forward to Backwards, Two Foot Turn Backwards to Forwards, Two Foot Jump While Gliding Backwards, Forward One Foot Glide on a Curve, Two Foot Jump Forward to Backward on a Curve, Two Foot Jump Forward to Backward on a Curve, Forward Circle Thrusts

When: Tuesdays 6:30 pm - 7:15 pm

Session: April 8 - June 17

Cost: \$132

Ice Skating & Hockey



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: Tuesdays, 6:30 pm - 7:15 pm

Session: April 8 - June 17

Cost: \$132

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 September 2024. 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, 6:30 pm - 7:15 pm

Session: April 8 - June 17

Cost: \$132

POWER TUNE-UP

INTERMEDIATE/ADVANCED

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: Saturday 10:45 am - 11:45 am

Session: April 12 - June 14

Cost: \$15 per class

JUNIOR SKILLS HOCKEY ACADEMY

This program is the perfect blend of building fundamental hockey skills with plenty of play and scrimmage. Full equipment is required. Each session will start with a small area game. Work on the fundamental skills of hockey using stations or live game situations drills. Finish with small area games or a full ice scrimmage.

Session: April 8 - June 17

Ages 5-8 years (U9)

When: Tuesdays, 7:30 pm - 8:15 pm

Cost: \$37 per drop in

Ages 9-12 years old (U13)

When: Tuesdays, 8:15 pm - 9:00 pm

Cost: \$37 per drop in

Ages 13-15 years old (U15)

When: Tuesdays, 8:15 pm - 9:00 pm

Cost: \$37 per drop in

Ice Skating & Hockey



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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.

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.

PRIVATE SKATING INSTRUCTORS

Debbie Synkiw: \$25 /30 minute class
Sarah Low-Ying: \$24 /30 minute class
Tenneile Sigfusson: \$24 /30 minute class
Laurissa Christie: \$23 /30 minute class
Robyn Ward: \$23 /30 minute class
Cali Boychuk: \$23 /30 minute class

CANCELLATION POLICIES

Private lessons must be cancelled 24 hours in advance or the client will be charged full session rate. Please contact the coach or front desk to cancel. There will be no make up classes for student's absence at group lessons.

ADULT HOCKEY

MEMBER HOCKEY

Member hockey is for adult members who want to play a great game of pick-up hockey. We schedule your goalies for you. Sundays and days with home Jets games we invite players 16+ and guests to take part. 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 8:10 pm - 9:30 pm
Thursday 8:10 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

Ice Skating & Hockey



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

MEMBER SKATING OPPORTUNITIES

We have many different opportunities for members to come and skate.

The Skating Lounge

The Skating Lounge is reserved for skate tying only. If you require any other gear, please visit the locker rooms. Before you visit, make sure you know the different types of ice and the rules that go along with those slots.

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.

General Skills

General Skills times are set aside for the enjoyment of members. Sticks, pucks and other apparatuses used for training 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 Skills.

This ice is not meant to run a practice session with multiple people, this is for personal recreational use. 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



Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

TENNIS LESSONS

Head Pro Peter Otto

\$74.75/hour Private Lesson
\$42.25/hour each Semi Private
\$37/hour each 3 participants
\$32/hour each 4+ participants

Asst. Pro Olga Berdinskykh, Seif Dhaoui, Robert Kennedy, Anna Buhas

\$64.50/hour Private Lesson
\$37/hour each Semi Private
\$32/hour each 3 participants
\$27/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.

ADULT PROGRAMS

ADULT DROP IN CLINICS

Clinics start the week of April 7
Use the Clubhouse App to register.

MONDAYS

12:00-1:00 pm Men's 3.0-5.0 \$15
Drill and play with a great workout!
1:00-2:00 pm Co-ed 1.5-2.0 & 2.5-3.0 \$15
Technical work and play!
5:30-6:30 pm New Member Clinic Free*
Adult beginner
6:30-7:30 pm New Member Clinic Free*
Adult Intermediate/Advanced

*First 4 visits Free, then \$15 each

TUESDAYS

12:00-1:00 pm Ladies 3.0-4.5 \$15
Drill and play with a great workout!

WEDNESDAYS

11:00-12:00 pm Ladies 3.0-4.5 \$15
Drill and play with a great workout!

12:00-1:00 pm Men's 3.0-5.0 \$15
Drill and play with a great workout!

THURSDAYS

12:00-1:00 pm Co-ed 1.5-2.0 & 2.5-3.0 \$15

FRIDAYS

11:00am-12:00 pm Co-ed Games 2.5-4.0 \$13
Featuring Triple Threat Doubles on 2 courts

12:00-1:00pm Co-ed Games 4.0-5.0 \$13
Featuring Triple Threat Doubles on 2 courts

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

ADULT LEAGUES

Starts April 7 (8 weeks)

You must be rated before starting in any league. Come 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 filled by spares for regular play. New balls included every week as part of the league fee! Contact Peter Otto.

TUESDAYS

Ladies 5.0 Doubles: 10:30 am-12:00 pm
Cost: \$26 each

Men's 5.0 Doubles: 7:30-9:00 pm
Cost: \$31.25 each

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

WEDNESDAYS

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

Cost: \$26 each or \$48/ couple

THURSDAYS

9:00-10:30 am & 10:30am-12:00 pm
(Combined)

Doubles Challenger League

Cost: \$26 each

NOTE: Fees cover administration and scheduling as well as demonstrate player commitment. This results in fewer no shows and therefore leagues run more efficiently.

MIXED DUBS FUN ON FRIDAY NIGHTS

2-3 different levels! Register by the Wednesday prior on the Clubhouse Online App. No partner? No problem! Sign up as an individual.

When: 1st & 3rd Friday of each month

Starts: May 2

ADULT TENNIS NIGHT

Begins April 7th (8 weeks)

For all first-year members or those new to the Tennis Area. Play some fun doubles and singles games. Receive some tips from the Pros! Get a Tennis Rating! Meet other new members and potential future hitting partners! Great way to get your feet wet on the courts! Register every week by Saturday for the upcoming Monday.

MONDAYS

Beginners (or relatively new to Tennis):

5:30-6:30 pm

Intermediate & Advanced: 6:30-7:30pm

Cost: First 4 visits Free, \$15/additional visit

COURT BOOKING USING YOUR MEMBER ID!

Book up to 72 hours in advance online or using the Clubhouse App or 1-2 days in advance through Front Desk.

Court Cancellation & Rules of the Court

All members must agree to follow the rules as set out on the booking website.

JUNIOR PROGRAMS

This program is for those new to tennis and learning to be competitive. All programs 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 requiring additional skill development will stay in their current level. Juniors displaying exceptional skills, despite age, may move to the next level more quickly. Juniors must sign up for one of the programs below prior to adding private, semi-private or small group training. The Head Professional has the final say if separate training programming is available.

We use the Team and Mentoring approach at the WWC. 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.

Starts: Week of April 7th (8 weeks)

PROGRAM 1: HALF COURT- RED FUNDAMENTALS (AGES 4-6)

Wednesdays, 5:30-6:30 pm	Max 4
Fridays, 5:30-6:30 pm	Max 4
Saturdays, 10:30-11:30 am	Max 4

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

PROGRAM 2: 3/4 COURT - ORANGE (AGES 6-9)

Learning to play

Wednesdays 5:30-6:30 pm Max 6

Fridays 5:30-6:30 pm Max 6

Saturdays 10:30-11:30 am Max 6

PROGRAM 3: GREEN BALL (AGES 9-11+)

Developing skills & tactics

Wednesdays 5:30-6:30 pm Max 6

Fridays 5:30-6:30 pm Max 6

Saturdays 10:30-11:30 am Max 6

PROGRAM 4: YELLOW BALL

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

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

Saturdays 10:30-11:30 am Max 6 Entrants

Costs for programs 1, 2, 3 & 4:

1 day/week \$188, 2 days/week \$336,

3 days/week \$420

*PREVIOUS SESSION REGISTRANTS GET PRIORITY REGISTRATION *

OTTO ACADEMY

TOURNAMENT JUNIORS

Start week: April 7 (until the end of June)

PROGRAM 5: PROVINCIAL GROUP (AGES 9+)

Continue learning to compete locally. Fitness program strongly encouraged. Days and times mix with National Group times but groups may train on separate courts.

PROGRAM 6: NATIONAL GROUP (AGES 9-18)

*Competes 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 continue in their regularly scheduled slots.

Weekdays (before school)

Monday/Wednesday/Friday 6:30-8:30 am

Weekdays (after school)

Monday/Wednesday/Friday 4:00-6:00 pm

Tuesday 5:30-7:30 pm

Thursdays 6:00-8:00 pm

Weekends

Saturdays 8:30-10:30 am, 4:00-6:00 pm, 5:30-7:30 pm

Sundays 2:00-4:00 pm

*Fitness program required

Actual days & times TBD.

Costs for programs 5 and 6:

1 day/week \$38/week

2 days/week \$70/week

3 days/week = \$90/week

4 days/week = \$110/week

5 days/week = \$125/ week

*30 minute agility/fitness training included in fees

*All slots include 30 minute agility training

OTTO SENIOR ACADEMY

Details TBA

SPORT PSYCHOLOGY

Details TBA

Adult Recreation



Membership Director: Brent Bernas

204.452.3311 ext 141 - membership@winnipegwinterclub.com

BRIDGE CLUB

Join National championship players John Hilton & Jeff Gosman, who teach the game's intricacies while you play with fellow members!

When: Fridays from 1:00 pm – 3:00 pm

Cost: Free

Email membership@winnipegwinterclub.com for details.

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.

When - Beginning in April

Cost - Free

Email membership@winnipegwinterclub.com for details.

SUMMER CLUB

Are you an outdoor enthusiast interested in beautifying the club? Join our Winnipeg Summer Club and be part of a group to dream up ideas on making the club's surroundings gorgeous!

Whether it is planting flowers & trees, brainstorming ideas for paint & décor or just lending a hand in landscaping... you are perfect for the club! You don't need any previous experience, all are welcome!

Email membership@winnipegwinterclub.com for details.

DIY DESIGN

The WWC is very excited to host DIY Delight series hosted by Maureen & Sydney.

Throughout the year, Maureen & Sydney will host a different DIY party where you will learn to create something fun and personal to you!

Wreath making, bouquet arrangements, creative crafts and so much more! Stay tuned for all the exciting classes!

Club Dining



204.452.3311 ext 143 - catering@winnipegwinterclub.com



ICE CAFE

Ice Café is open 7 days a week to serve you!

Hours

Monday-Friday: 7:00 am - 8:00 pm

Saturday and Sundays 8:00 am - 6:00 pm

BISTRO

Bistro is open 4 evenings a week for your dining pleasure!

Hours

Tuesday-Friday: 5:00 - 10:00 pm

Watch for Summer hours

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 14-120 with optional A/V rentals and team-building sports, such as Pickleball!

We can make your event a memorable one, whatever the budget. Catering is available both at the Club or your choice of other venue. View the catering menus below for details. Members enjoy free room booking.

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

Contact Lyne for anything regarding the club at catering@winnipegwinterclub.com or (204) 452-3311 ext.143

Contact Danielle for any catering for outside of the club at danielle@urbanprairiecuisine.com

PRIME RIB BUFFET

Join us for our delicious Prime Rib Buffet in The Bistro, every 1st Friday of the month

- March 7th
- April 4th
- May 2nd

Reservations are encouraged, through the front desk.

BREW HAHA (18+)

Join us on Saturday, April 12th for a dinner like no other! Start off with Passed Hors D'oeuvres and Beer Samples and then sit down for a 4-course meal.

Each course paired with a Local Craft Beer. Only \$80 per person. 6pm arrival, 6:45pm dinner. Please reserve at the front desk wwc@winnipegwinterclub.com

WWC EASTER BRUNCH

Join us Sunday April 20th for our Easter Brunch featuring a Beef Strip Loin Carvery. \$36.95/adult, \$18.50/child, kids under 3 eat free.

Reservation times 9:30am-12pm. Please reserve at the front desk wwc@winnipegwinterclub.com

WWC MOTHER'S DAY BRUNCH

Treat Mom to an amazing brunch! Join us Sunday May 11th for our Mother's Day Brunch featuring a Beef Strip Loin Carvery. \$36.95/adult, \$18.50/child, kids under 3 eat free.

Reservation times 9:30am-12:30pm. Please reserve at the front desk wwc@winnipegwinterclub.com

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 WWC, 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 WWC 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 the WWC 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 atmembership@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

Good Friday - 8am - 4pm

Victoria Day - 8am - 4pm

Canada Day - Closed

Terry Fox Day - Closed

Labour Day - 8am - 4pm

WWC Summer Hours are in effect from May 17 - August 31

SATURDAY & SUNDAY

8:00 AM-4:00 PM

SOCIAL MEDIA

Connect with the WWC on these channels



Winnipeg Winter Club



@clubwwc



Winnipeg Winter Club