



FALL PROGRAM GUIDE 2025





MESSAGE FROM **CASIE NISHI**, CEO

I'm pleased to share our Fall Program Guide featuring programs and services for every member of your family. We're excited to welcome back our signature racquet sport programs, swim lessons, and traditional events, including the President's Lunch and Breakfast with Santa. This season, we're also pleased to introduce a variety of new offerings, including Sunday Fundays, the Amazing Race, expanded figure skating programs, Play hockey, youth pickleball, pickleball tournament, and member health assessments—all designed to enhance your experience at the Club.

I have other exciting club updates to share over the months ahead, and I look forward to seeing you and your families enjoying the club this season.

Casie Nishi, CEO
Winnipeg Winter Club

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Refunds

Programs and Camps

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

Lessons, Personal Training and Clinical Services

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



2025 FALL EVENTS

September 6	Manitoba Provincial Squash Jr. Team Tryouts
October 4	WWC Amazing Race
October 19	WWC Doubles Pickleball Tournament
October 20	Junior Pool Party
October 22	President's Lunch with Mayor Scott Gillingham
October TBD	Spooky Skate
November 13 - 16	WWC Squash Open
November 21	AGM & Holiday Party
November 29	Glow Pickleball Night
December 4	Wreath Making Workshop
December 7	Breakfast with Santa
December 14	Skate with Santa
December 15	Squash Holiday Handicapper
TBD	WWC Badminton Junior Open



Junior Recreation & Babysitting

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



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

AUNTIE B'S BABYSITTING CENTRE

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

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.

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 - 5:30 pm

Sunday

9:00 am - 1:00 pm

Hours are subject to change.

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

FEES

\$6 per hour

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

MONTHLY PASS

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

\$47.50/month single child

\$20 each additional child

The pass does not apply to specialty programming.

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

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JUNIOR LOUNGE

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

HOURS OF OPERATION

Monday-Friday	4:00 pm - 8:00 pm
Saturday	9:00 am - 2:00 pm
Sunday	9:00 am - 1:00 pm

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

FEES

\$ 8.25 per daily visit

MONTHLY PASS

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

\$47.50/ month single child

\$20 each additional child

The pass does not apply to specialty programming.

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

FRIDAY NIGHT FUN

MUNCHKIN MANIA (AGES 5-12)

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

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

Cost: \$15

SUNDAY FUN DAY

Looking for a way to make the most of your Sundays this fall? Join us for Sunday Family Fun Day—a full day of energy-burning, memory-making, screen-free family time at the Club! We've got your day mapped out with something for everyone in the family to enjoy. Come for one activity or stay for the whole lineup! Sunday Fun Day begins October 19. Adult supervision required. No registration required.

Here's what your perfect Sunday could look like:



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

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



10:30–11:15 AM – Family Badminton & Pickleball

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



All Day Open Swim – Family Swim Jump in!

Whether you're splashing around or swimming laps, the pool is open for the whole family.



12:15–12:45 PM – Lunch Break

Consider lunch in the Ice Cafe and play some board games.



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.

Junior Recreation & Babysitting

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204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



JAZZ (AGES 7+)

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

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

Session: 13 Classes

Cost: \$117

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

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

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

Session: September 20 - December 20

Cost: \$55

**Black bodysuit + dance slippers required*

*** No class Friday, December 6*

BATONS, RIBBONS, CHEER & MORE (AGES 6+)

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

Session: September 20 - December 20

Cost: \$83

**Black bodysuit + dance slippers required*

*** No class Friday, December 6*

LYRICAL (AGES 7+)

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

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

Session: 13 Classes

Cost: \$117

SWEAT, STRETCH & SWIM! (AGES 7+)

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

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

Session: 13 Classes

Cost: \$65

Junior Recreation & Babysitting

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



PRIVATE PIANO LESSONS (AGES 5+)

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

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

DRAMA & MUSICAL THEATRE (AGES 6+)

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

Session: September 16– December 16

Cost: \$120

*** No classes on September 30 & November 11*

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 book.

EVENTS

WELCOME BACK POOL PARTY (AGES 5+)

We're making a splash as we kick off a brand-new season of fun! Join us for our Welcome Back Kids Pool Party — a high-energy celebration to reconnect with friends, meet new ones, and dive into all the excitement Junior Rec has to offer this fall.

We'll start things off in the Club Pool, where kids are encouraged to bring their favorite floaty and enjoy some supervised, splashy fun. Then, we'll dry off and head to the Junior Lounge for music, games, and a pizza supper to refuel after all that swimming.

Don't miss this awesome back-to-school bash! Limited spots available.

When: Saturday, October 18 3:00 pm - 6:00 pm
Cost: \$20

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

BABYSITTER TRAINING COURSE (AGES 11+)

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

What to Expect:

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

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

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

What to Bring:

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

Certification Requirements:

To successfully complete the course, participants must:

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

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

Ages 11+

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

When: Sunday, October 19 9:00 am-4:30 pm

Cost: \$65

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

Junior Recreation & Babysitting

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com



BIRTHDAY PARTIES

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

INSERVICE DAY CAMPS

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

Dates: October 24 & November 28

Please email

jbarsky@winnipegwinterclub.com for information and to register

A promotional graphic for a casino night event. It features a dark background with a warm, golden light source on the left. In the foreground, there are several dice and playing cards (aces and tens) scattered around. A large, glowing '1000' is visible in the background, suggesting a prize or jackpot.

SAVE THE DATE

WINNIPEG WINTER CLUB

HOLIDAY CASINO NIGHT

FRIDAY, NOVEMBER 22ST

AGM - 5:30 PM - 6:30 PM
PARTY - 6:30 PM - 10:00 PM
\$40 PER PERSON.... GUESTS WELCOME

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

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 - 8:30 pm

Tuesday

10:15 am – 1:30 pm

2:00 pm – 4:00 pm

7:45 pm – 8:30 pm

Wednesday

11:00 am – 3:30 pm

7:30 pm – 8:30 pm

Thursday

10:15 am – 3:30 pm

8:00 pm – 8:30 pm

Friday

12:00 pm – 4:00 pm

7:30 pm – 8:30 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.

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 4 participants.

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

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

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

During swimming lessons, the pool is closed. 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

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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.

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

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

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

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

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

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

PARENT & TOT PROGRAM (AGES NEWBORN - 2 YEARS)

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

ADULT 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

Aquatics



Aquatics Supervisor: Sydney Ennis

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

SWIMMING LESSON POLICIES

Lesson Categories

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

Private Lessons for Flexibility

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

Missed Lessons & Holiday Closures

- Lessons that fall on holidays will be prorated and deducted from the total cost.
- There are no swim lessons on September 30, October 13 & November 11.

SUMMER SWIM INTENSIVES

Group swim lessons will be offered from 4:30–7:00 pm during the week of **August 18-22**. Each group lesson will have a capacity of 4 per class and **will run every day for 5 days.**

Schedule for August 18 - 22:

Monday - Friday	Suitable for	Cost
4:30 pm – 5:00 PM	Preschool 4/5	\$50
5:00 pm – 5:45 PM	Swimmer 3	\$70
5:45 pm – 6:15 PM	Preschool 1/2	\$60
6:15 pm – 7:00 PM	Swimmer 4/5	\$70

Aquatics



Aquatics Supervisor: Sydney Ennis

204.452.3311 ext 102 - aquaticssupervisor@winnipegwinterclub.com

MEMBER SWIM TIMES

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

GROUP SWIMMING LESSONS

Group swim lessons will be offered from 4:00–7:00 pm during the Fall term. The Fall term will run from the week of **September 8th to November 24th** (12 weeks). Each group lesson will have a capacity of 4 students per group class.

Monday

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

Tuesday

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

Wednesday

4:00 – 4:30 pm Pre-K 1/2
5:15 – 6:00 pm Swimmer 4/5
7:00 – 8:00 pm Swimmer 6

Thursday

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

Friday

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

Saturday

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

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 (12 WEEKS)

Parent & Tot	\$105.00
Parent & Tot Non-Members	\$135.00
Preschool levels	\$105.00
Swimmer 1 & 2	\$115.00
Swimmer 3 - 5	\$128.00
Swimmer 6	\$138.00
Swim Patrol	\$145.00
Adult lessons	\$145.00
Private 30-minute lesson	\$370.00
Private 45-minute lesson	\$185.00
Semi-Private 30-minute lesson	\$435.00
Semi-Private 45-minute lesson	\$218.00
Junior Lifeguard Club (Bronze levels) + Books	\$290.00

\$75
Register
Now



2025 President's Lunch with **Mayor Scott Gillingham**

REGISTER AT **204-452-3311** OR

WWW.WINNIPEGWINTERCLUB.COM

Join Us Wednesday, October 22, 2025

Join us for lunch and hear Mayor Scott Gillingham's vision for community and economic growth, and his perspective on building the city Winnipeg deserves.

Net proceeds from the event will be donated to KidSport – supporting kids in Manitoba to play sports.

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. (13 classes)

When: Saturdays, 9:00 am - 10:00 am
Session: September 13 - December 13
Cost: \$169

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.

(14 classes)
When: Mondays, 5:30 pm - 7:30 pm
Session: September 8 - December 8
Cost: \$350
or
When: Thursdays, 5:30 pm - 7:30 pm
Session: September 11 - December 11
Cost: \$350

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.)

(13 classes)
When: Tuesdays, 6:00 pm - 8:00 pm
Session: September 9 - December 9
Cost: \$338
(14 classes)
When: Thursdays, 5:30 pm - 7:30 pm
Session: September 11 - December 11
Cost: \$364

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

ADVANCED GROUP

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

When: Tuesdays, 4:30 pm - 6:00 pm
Session: September 9 - December 9
Cost: \$520 (13 classes)

When: Wednesdays, 4:30 pm - 6:00 pm
Session: September 10 - December 10
Cost: \$560 (14 classes)

When: Thursdays, 4:30 pm - 6:00 pm
Session: September 11 - December 11
Cost: \$520 (13 classes)

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. (12 weeks)

When: Fridays, 6:00 pm - 8:00 pm
Session: September 19 - December 12
Cost: \$96

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

Saturday games/fitness sessions are mandatory for the Junior Competitive group enrolled in lessons. (12 weeks)

When: Saturdays, 12:00 pm - 2:00 pm
Session: September 20 - December 13
Cost: \$180

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, 10:30 am - 12:00 pm

Session: September 20 - December 13

Cost: \$420 (12 classes)

ADULT INTRODUCTION GROUP

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

badmintonpro@winnipegwinterclub.com

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

Session: October 16 - December 11

Cost: Free

ADULT TRAINING GROUP

This is for 19+ adult players, from beginner to intermediate level. This session will focus on shots, movement, strategy, and game.

When: Saturdays, 2:00 pm - 4:00 pm

Session: September 27 - December 13

Cost: \$286 (11 classes)

BUSINESS GROUP

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

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

Tuesdays, 4:00 pm - 6:00 pm

Fridays, 4:00 pm - 6:00 pm

Cost: Free

PRIVATE LESSONS

30-minute Private \$40

Private \$60/hour

Semi-private \$40/hour/person

Group of 3 \$35/hour/person

Group of 4 \$30/hour/person

Sparring Sessions \$45.00/hour

(Players must provide shuttles)

NO PROGRAMMING ON

September 30, October 13, November 11 &
WWC Junior Open: Date TBD

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

ADULT PROGRAMS

HOUSE LEAGUE

This is a member favorite and a great way to 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: September 15 (ongoing)
Cost: Free

ADULT DRILL SESSION (B-E LEVEL PLAYERS)

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

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

FRIDAY NIGHT LADIES SQUASH

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

When: Fridays, 6:30 pm - 7:30 pm
Starts: October 3
Cost: \$15/class

STARTER SQUASH

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

When: Once per month, 1:30 pm - 2:30 pm
(Sept. 28, Oct. 19, Nov. 23, Dec. 14)
Starts: September 28th
Cost: Free

SQUASH MANITOBA INTERCLUB

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

When: Fridays, 6:30 pm

Squash



Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com

SQUASH MANITOBA WOMEN'S LEAGUE

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

When: Fridays, 7:30 pm

SQUASH 57

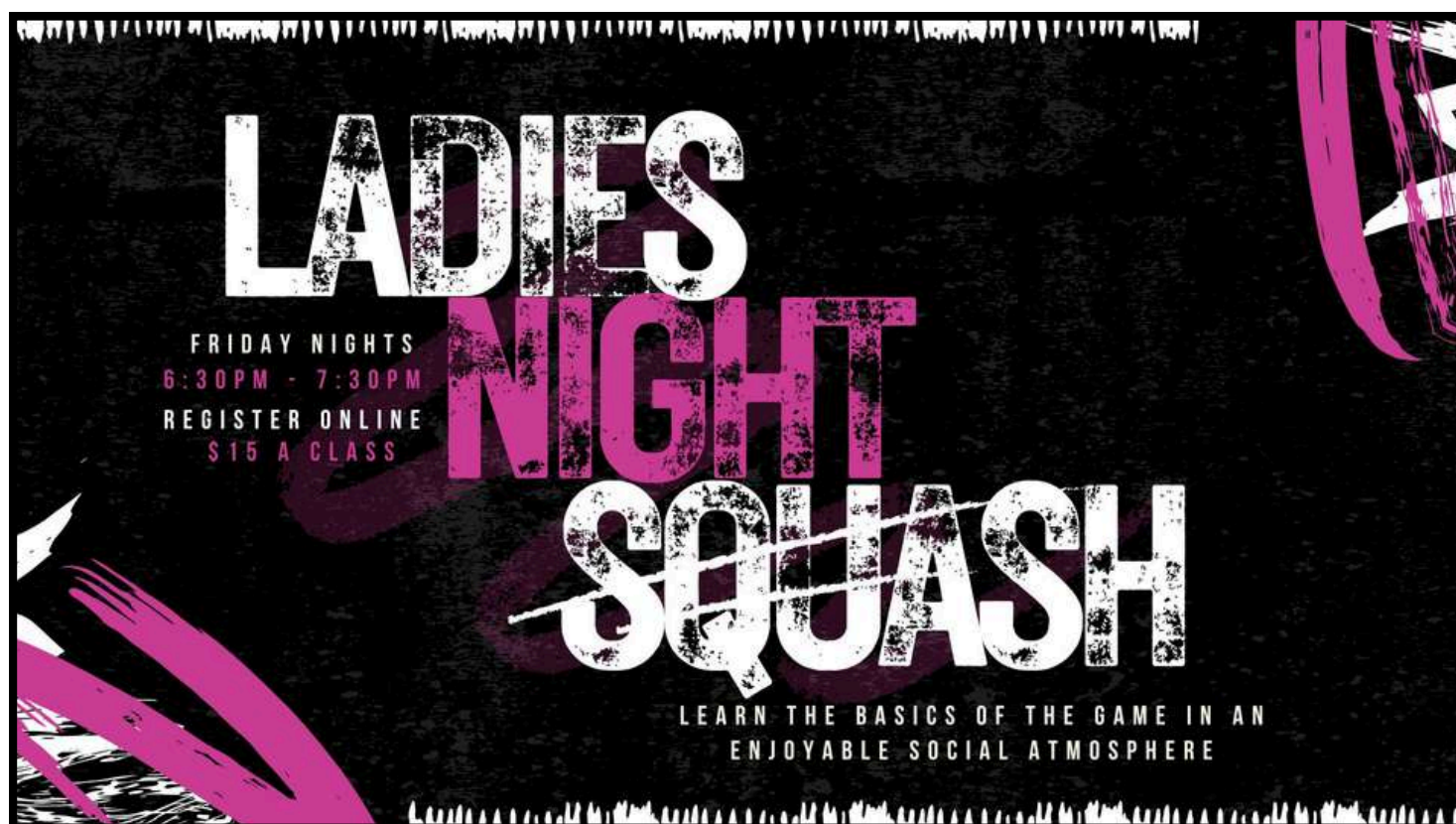
Racquets and balls are available to try out the game in the Squash Centre locker. The official Squash57 rules are posted in the Squash Centre.

WALLYBALL

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

When: Mondays, 7:00 pm (1st and 3rd Monday of each month) Sept. 15, Oct. 6 + 20, Nov 3 + 17th, Dec. 1 + 8

Cost: Free



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

Squash

Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com



JUNIOR PROGRAMS

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

PEANUT GROUP (AGES 3-5)

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

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

Session: September 11 – December 13

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

MUNCHKIN PROGRAM (AGES 6-8)

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

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

Session: September 11 – December 13

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

SPARKS GROUP (AGES 7-11)

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

When: Thursdays 6:15 pm - 7:15 pm and/ or Saturdays 12:30 pm - 1:30 pm

Session: September 9 – December 9

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

FOUNDATIONS GROUP (AGES 9-14)

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

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

Starts: September 24 - December 17

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

Squash

Squash Professional: Trevor Borland

204.452.3311 ext 108 - tborland@winnipegwinterclub.com



COMPETITIVE PROGRAMS

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

COMPETITIVE A1 PROGRAM (AGES 15+)

This program is designed for those Provincial level juniors ~15 years of age and older who are looking to further develop all aspects of their games as they strive to become competitive players. The athletes will have fun while developing their skills and learning the game. Practices will primarily focus on drills, game play and fitness. This group also includes arranged matches on Saturdays.

When: Tuesdays 5:30 pm - 7:00 pm, Saturdays 1:30 pm - 3:15 pm and/or Sundays 11:00 am - 12:30 pm

Session: September 9 - December 16

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

COMPETITIVE A2 PROGRAM (AGES 11+)

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

When: Tuesdays 5:15 pm - 6:30 pm, Fridays 5:15 pm - 6:30pm and/or Saturdays 1:30 pm - 3:15 pm

Session: September 10 - December 17

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

PRIVATE LESSONS

\$30 per 30 min lesson

\$45 per 45 min lesson

\$60 per 1 hour lesson

SEMI PRIVATE LESSONS

\$30 each per 45 min lesson

\$35 each per 1 hr lesson

Private lessons can be arranged through Trevor for the morning, afternoon or evening. If you are looking for a game with some helpful hints, you can arrange to play Trevor or one of the other staff, weekly or just once in a while.

TOURNAMENTS & SPECIAL EVENTS

- **Manitoba Provincial Team Jr. Tryouts**
September 6
- **WWC Open**
November 13 - 16
- **Holiday Handicapper**
December 15

Pickleball



ORGANIZED DROP IN PLAY

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

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

OPEN PLAYING TIMES

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

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

YOUTH PICKLEBALL GROUP LESSONS

Register your young pickleballer for this fun group for ages 7 - 14. They will learn the basics of the game, strategy, and play some fun matches together!

When - Saturdays, 4:00 pm - 5:00 pm
Session: October 25 - December 13
Cost: \$200

GLOW PICKLEBALL

Join us for an evening of music, drinks, appies, and of course, Glow Pickleball! This is a fun evening for all pickleball skill levels, to come out and play the game in a pressure-free environment. The balls will glow... the lines will glow... and all the lights will be off!

There is no charge for the event, but it is 18+ to play. Guests are welcome but are subject to a guest fee to use the club.

When - Saturday, November 29
6:00 pm - 9:00 pm

LESSONS

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

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

GROUP LESSONS

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

Dates: TBD

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

Cost:

TOURNAMENTS

WWC Double Pickleball Tournament

Sunday, October 19

Get ready for some friendly competition and fun on the courts! The Winnipeg Winter Club is excited to host a Doubles Pickleball Tournament exclusively for WWC members. This event is open to all skill levels, and teams can be all male, all female, or mixed.


We'll be playing on the badminton courts using badminton lines, so come prepared for a fast-paced and lively day of pickleball. The tournament will follow a bracket format, with prizes awarded to the winning team – but the main goal is to have a great time with fellow members.

Whether you're a seasoned player or just starting out, grab a partner and sign up today! Must be at least 16 years of age to play.

**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.

FOR IOS



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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

September 8 – December 19

NOTE: No Class September 30, October 13 & November 11

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



FITNESS CENTRE AGE POLICY

Members under age 13 require adult supervision in the Fitness Centre. Fitness Orientations are strongly recommended for all members 17 years of age or younger.

FITNESS CENTRE ORIENTATIONS

Our fitness orientation is the perfect starting point for new members or anyone looking to feel more confident in the fitness centre. 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

fitness@winnipegwinterclub.com.

EARLY MORNING CLASSES

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 am - 7:30 am

Instructor: Moein Fasihiyan

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 am - 7:30 am

Instructor: Gabriela Rehak

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 am - 7:30 am

Instructor: Moein Fasihiyan

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 am - 7:30 am

Instructor: Ian Baker

EARLY RISER 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 am - 7:30 am

Instructor: Jackson Miller

Fitness, Health & Wellness

September 8 – December 19

NOTE: No Class September 30, October 13 & November 11

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



MID-MORNING CLASSES

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 am - 11:00 am

Instructor: Aimee Dugal

NEW! CONTEMPORARY PILATES

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

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

Instructor: Ruth Baines

NEW! MOVEMENT AND MOBILITY

This class incorporates a progress build of intensity and body heat while incorporating lots of movements, holds and exercises to improve your mobility. This class will still get your heart rate up, a smile on your face and keep you coming back for more.

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

Instructor: Moein Fasihiyan

VINYASA FLOW YOGA

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

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

Instructor: Gabriela Rehak

CIRCUIT CHAOS

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

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

Instructor: Aimee Dugal

STUDIO FITNESS FRENZY

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

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

Instructor: Aimee Dugal

THE 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: October 18 - December 20

Cost: \$200

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

Fitness, Health & Wellness

September 8 – December 19

NOTE: No Class September 30, October 13 & November 11

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



EVENING CLASSES

BOOTCAMP BLITZ

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

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

Instructor: Cristian Reyes

NEW! THE YOGA LAB

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

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

Instructor: Ian Baker

CIRCUIT CIRCUS CLASS

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

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

Instructor: Vincent Corbin

NEW! CONTEMPORARY 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 pm – 7:00 pm

Instructor: Ruth Baines

PERSONAL TRAINING

- 30 minutes \$37/session
- 1 hour training session \$65/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 partner training session \$43/person
- 1 hour small group training session of 3 or more people \$33/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

\$70 / 1 Hour Session

Partner / Small Group Yoga & Pilates

\$48 / 1 Hour Session per person

PERSONAL TRAINING TEAM

- | | |
|---|-------------------|
| • Meagan Wilson,
<i>Head Trainer</i> | • Cristian Reyes |
| • Vincent Corbin | • Randell Viray |
| • Aimee Dugal | • Moein Fasihiyan |
| • Prash Nigam | • Chris Mikolajek |

Fitness, Health & Wellness

September 8 – December 19

NOTE: No Class September 30, October 13 & November 11

204.452.3311 ext 123 - fitness@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, assisting 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: Wednesdays, 10:45 am – 11:45 am

Session: September 10 - December 17

Cost: \$300

YOUTH HIGH PERFORMANCE ATHLETE TRAINING & DEVELOPMENT PROGRAM

Our Youth High Performance Athlete Training and Development Program is back this year for all our Youth Athletes here at the Winnipeg Winter Club. This programming will help take our Athlete's performance to the next level with a strong focus on everything from functional movements to mobility to plyometrics and everything in between.

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

Session: September 11 – December 18

Cost: \$300

Instructor: Moein Fasihiyan

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

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

Stay strong, steady, and confident with this specially designed class for members aged 50+. 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

Session: September 8 - December 17

Cost: \$15 /Class

Instructor: Aimee Dugal

NEW! CHAIR YOGA

Chair yoga is a modified form of yoga where poses are performed while seated, utilizing a chair for support, making it accessible to individuals with limited mobility or balance issues. It incorporates the same elements of traditional yoga, like physical postures (asanas), breathing exercises (pranayama) and meditation (dhyana). Chair yoga can help improve flexibility, strength, balance and promote relaxation.

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

Cost: \$15 /Class

Instructor: Gabriela Rehak

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: Tuesday - Friday 9:15 am - 10:15 am

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

Instructor: Tuesday & Thursday Moein Fasihiyan, Wednesday & Friday Jackson Miller

Fitness, Health & Wellness



204.452.3311 ext 123 - fitness@winnipegwinterclub.com

MASSAGE & ATHLETIC THERAPY

Whether you're looking to relieve stress, recover from an injury, or improve your athletic performance, the Winnipeg Winter Club offers professional Massage Therapy and Athletic Therapy services tailored to your unique needs. Our Massage and Athletic Therapists are fully registered and certified and treatments are covered through most health insurance plans.



Scan to book an appointment

HEALTH & WELLNESS ASSESSMENT

HELPING YOU MAKE INFORMED CHOICES ABOUT YOUR HEALTH

The Winnipeg Winter Club is proud to partner with Rusk Medical to bring members a proactive, on-site health and wellness experience. Support your long-term health and well-being through **early insight, personalized recommendations, and proactive care.**

This one-hour appointment includes:

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

\$299
MEMBERS
\$349 GUESTS



IN PARTNERSHIP WITH

RuskMedical
Corporation

To book your appointment visit: WWW.WINNIPEGWINTERCLUB.COM

Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

WWC GROUP SKATING

PARENT AND TOT LEARN TO SKATE

This program is designed for young skaters not ready to skate alone. Parents assist the child in the orientation to the ice surface and the introduction of basic skating skills through fun activities including toys, songs and games. Parents must have a competent skating ability and be on the ice to assist their child for the duration of class. Please, only one parent or guardian per child. Parents must wear skates and a helmet while on the ice. If you forget these items, you will not be able to attend. No exceptions can be made.

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

Saturdays, 9:45 am - 10:30 am

Session: September 8 - December 20

Cost: \$182

**No classes on October 13 & December 6*

***Parents must wear skates & helmet*

LEARN TO SKATE (LEVELS 1-4)

Learn to skate is designed for beginners of all ages to focus on fun, participation and basic skill development. Lessons are given in a group format. Skaters are assessed the first session and placed into their appropriate group. As skaters progress they will move into the next level group. To attend Learn to Skate without a parent, all children must be able to stand, take steps and be able to get up from falling on their own or be at least 6 years old.

Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning.

Skaters must wear proper skating attire and a helmet.

Learn to Skate levels consist of the following Skills:

Level 1:

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

Level 2:

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

Level 3:

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

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

Saturdays, 9:45 am - 10:30 am

Session: September 8 - December 20

Cost: \$182

**No classes on October 13 & December 6*

Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

INTRO TO FIGURE SKATING

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

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

Session: September 8 - December 20

Cost: \$182

**No classes on October 13 & December 6*

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

Session: September 8 - December 20

Cost: \$182

**No classes on October 13 & December 6*

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

POWER TUNE-UP

INTERMEDIATE/ADVANCED (AGES 8+)

To become a better skater or a more complete hockey player, power skating is the name of the game! Speed, balance, lateral movements, agility, quick turns, backward skills, proper cross-cuts, explosive starts, fast stops, and deeks will have you playing like a pro in no time or speeding past your friends. This is for a skater who is already an experienced power skater looking to continue to challenge themselves. Although this is a power skating session there are opportunities for scrimmages on occasion so bring your stick with you!

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

Session: September 20 - December 20

Cost: \$15 per class

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.



**Skate
Canada**

SKATE CANADA

STARSKATE PROGRAM

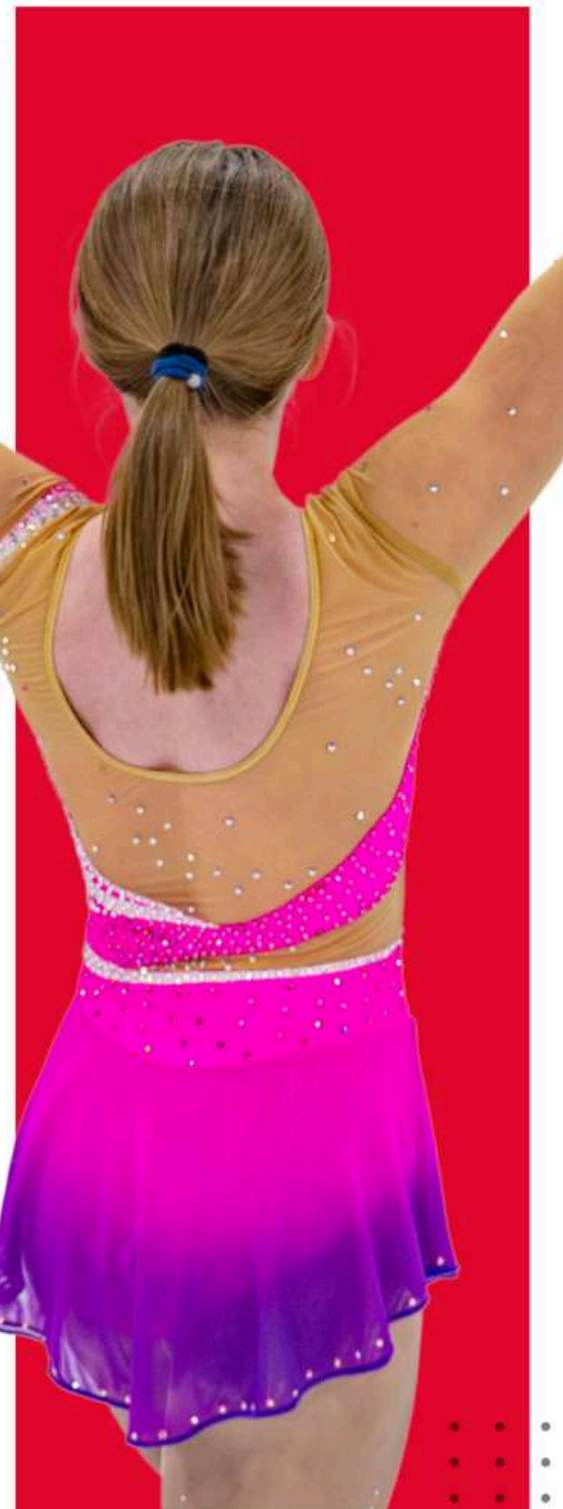
We proudly offer Skate Canada's STARSkate Program—a nationally recognized training system that helps skaters progress in all disciplines, complete assessments and participate in performance opportunities including competitions. Led by experienced, nationally trained coaches, our programs give skaters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

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

 204-452-3311 ext.114
 jbarsky@winnipegwinterclub.com



Scan for full details



Ice Skating



Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

MEMBER SKATING OPPORTUNITIES

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

General Skating

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

Stick and Puck

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

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

Open Ice

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

Ice Schedule

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



Hockey



Zach Watson
Club Hockey Pro

Facilities Coordinator: Jessica Barsky

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

WELCOME ZACH!

Zach will help grow the game at our Club by ensuring our programming reflects the highest standards in athlete development, safe gameplay, and overall member enjoyment. Jessica will continue in her role as Administrative Coordinator, managing ice bookings, scheduling goalies, and keeping members informed with program details.

ADULT HOCKEY

CLUB HOCKEY - SAME GAME, NEW NAME

Club hockey is for adult members who want to play a great game of pick-up hockey. We schedule your goalies for you. Players can book online, on the Clubhouse app or with the front desk. Games are cancelled without a minimum of at least 10 participants registered 4 hours before game time. Full equipment is required.

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

Cost: Free

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

SKILLS & DRILLS 16+

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

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

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

Session: September 3 - December 17

Cost: Free

PRIVATE HOCKEY TRAINING

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

CLUB HOCKEY TOURNAMENT

Date: February 2026

YOUTH HOCKEY

EVOLUTION PLAY

This Evolution Hockey program features small-area games and competition for all athletes to get the reps needed to continue their development. Using a play-based approach, Evolution Hockey keeps athletes engaged with skills including skating, shooting, puck control, and more. Athletes will be able to put these skills to use in live gameplay situations.

Watch the weekly Club emails for full details and dates.

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

ADULT LEAGUES

September 22 - December 12

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: \$40

Men's 5.0 Doubles - 7:30 pm - 9:00 pm

Cost: \$40

WEDNESDAYS

Couples Competitive Doubles - 6:30 am - 8:30 pm

Cost: \$40 each or \$72 per couple

THURSDAYS

Doubles Challenger League - 9:00 am - 10:30 pm
AND 10:30 am - 12:00 pm (Combined)

Cost: \$40 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 September 22 until December 12.**

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

- 11:00 am - 12:00 pm - **Ladies 3.0 - 4.5**
- 12:00 pm - 1:00 pm ***Co-Ed Triple Threat 4.0 - 5.0**

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- 11:00 am - 12:00 pm **Co-Ed Triple Threat 2.5 - 4.0**
- 12:00 pm - 1:00 pm **Co-Ed Triple Threat 4.0 - 5.0**

COST

Clinics - \$15 each

No classes or clinics on September 30, October 13 or November 11

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 September 22 (12 weeks)

HALF COURT - RED (AGES 4 - 6)

Learning Fundamentals - Max 4

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

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

Learning to Play - Max 6

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

GREEN BALL (AGES 9 - 11+)

Developing Skills & Tactics - Max 6

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

YELLOW BALL (AGES 11+)

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

COST FOR PROGRAMS

1 day a week = \$300
2 days a week = \$525
3 days a week = \$700

*Previous session registrants will get priority registration

TENNIS LESSONS

Head Pro Peter Otto

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

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

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

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

Lesson cancellation policy

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

BALL MACHINE

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

Cost: \$12/hr

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

Tennis



Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

OTTO ACADEMY

Start week: September 22nd

PROVINCIAL GROUP (AGES 9+)

Continues learning to compete locally

Fitness program strongly encouraged.

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

NATIONAL GROUP (AGES 9 - 18)

Competing provincially and nationally

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

Players from Fall will continue in their regularly scheduled slots.

Weekdays (before school)

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

Weekdays (after school)

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

Weekends

- Saturdays 8:30 am - 10:30 am, 4:00 pm - 6:00 pm or 5:30pm - 7:30 pm
- Sundays from 2:00 pm - 4:00 pm

**Fitness program is required*

Actual days & times TBD

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

COST FOR PROVINCIAL & NATIONAL GROUPS

1 day a week = \$40 a week

2 days a week = \$75 a week

3 days a week = \$100 a week

4 days a week = \$125 a week

5 days a week = \$150 a week

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

Tennis Self Rating Guide

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

Adult Recreation/ Club Events

Membership Director: Brent Bernas

204.452.3311 ext 141 - membership@winnipegwinterclub.com



ADULT RECREATION

BOOK CLUB

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

Cost - Free

Email
membership@winnipegwinterclub.com for details.

BRIDGE CLUB

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

Email
membership@winnipegwinterclub.com for details.

Cost - Free

CLUB EVENTS

AGM/HOLIDAY PARTY

Celebrate the season with other WWC members at the WWC Holiday Party!

There will be a holiday ornament DIY station for you to take part in, and of course, amazing food and drink options from our friends at UPC.

The WWC Annual General Meeting will take place right before the party, beginning at 5:30 pm We would love for you to join us for that as well.

When - Friday, November 21

Cost - \$40 per person if registered by November 15th. \$50 for registration after that date, and walk-ins.

BREAKFAST WITH SANTA

An amazing brunch with a very special guest. Register the entire family and get your photos taken with Santa while enjoying a delicious spread of food & drink options that will please everyone!

When - Sunday, December 7

Time: Reservations between 9:00 am - 12:30 pm

Cost - Adults - \$44.95

Child between ages 4-13 - \$25.95

Child 3 and under - No Charge

SAVE THE DATE

THE AMAZING

RACE

WINTER CLUB

Saturday, October 4th
1:00 pm - 3:00 pm

Team of 4 people
\$50 per person

It's just like the TV show!

Gather your 3 best friends and join us for our first annual Winter Club Amazing Race! Teams will gather at the club and set off on an adventure-packed race, with challenge stations throughout the neighbourhood. The entire race is 3km in length and appropriate for all ages.

The first team to arrive back at the club after conquering all challenges will be the winner!

Email membership@winnipegwinterclub.com for details.

Cost - \$50/person or \$200/team

[CLICK HERE](#) to register or visit the front desk

Club Dining



204.452.3311 ext 143 - catering@winnipegwinterclub.com



ICE CAFE

New extended hours!

Monday - Friday 7:00 am - 10:00 pm.

Saturday - Sunday 8:00 am - 6:00 pm.

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

BISTRO

The Bistro will be open every Friday from 4:00 pm - 9:00 pm with a themed buffet each week, including a Prime Rib buffet, the first Friday of each month. Appetizer specials and full bar and menu of draughts are available.

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

[CATERING MENU](#)

SAVE THE DATE

**BREAKFAST WITH SANTA
SUNDAY, DECEMBER 7**

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

With Your Membership



204.452.3311 ext 141 - membership@winnipegwinterclub.com

ADVERTISE WITH US!

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

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

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

Advertising Platforms

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

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

Let's Work Together: Join us in building a stronger community while promoting your business. To discuss advertising opportunities, please contact Brent Bernas at

membership@winnipegwinterclub.com or 204-452-3311 ext. 141. Make your mark with the Winnipeg Winter Club—where your brand supports community!

WWC BUSINESS DIRECTORY

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

To register, contact membership@winnipegwinterclub.com

Scan the QR code to check out the WWC Business Directory



AFFILIATE CLUBS

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



WWC REFERRAL PROGRAM

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

CLUB HOURS

EFFECTIVE SEPTEMBER 4

MONDAY - FRIDAY
6:00 AM - 10:00 PM

SATURDAY & SUNDAY
7:00 AM - 9:00 PM



HOLIDAY HOURS

National Day for Truth & Reconciliation, September 30 - 8:00 am - 4:00 pm
Thanksgiving Day, October 13- 8:00 am - 4:00 pm
Remembrance Day, November 11 - 1:00 pm - 9:00 pm
Christmas Eve, December 24 - 6:00 am - 2:00 pm
Christmas Day, December 25 - Closed
Boxing Day, December 26 - 8:00 am - 4:00 pm
New Year's Eve, December 31 - 6:00 am - 2:00 pm
New Year's Day, January 1 - Closed

SOCIAL MEDIA

Connect with the club on these channels



@CLUBWWC



WINNIPEG
WINTER
CLUB



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