

**THANK YOU FOR YOUR INTEREST IN
PROGRAMMING AT THE
WINNIPEG WINTER CLUB!**

**WE ARE A PRIVATE CLUB AND TO BE ABLE TO TAKE
PROGRAMMING AND LESSONS WITH US, YOU MUST BE
A MEMBER.**

**IF YOU ARE A MEMBER, KEEP SCROLLING FOR ALL OF
OUR FANTASTIC PROGRAMMING.**

**TO FIND OUT MORE ABOUT MEMBERSHIP PLEASE
CONTACT OUR MEMBERSHIPS DIRECTOR BY
PHONE (204)452-3311 OR BY
EMAIL membership@winnipegwinterclub.com**



WINNIPEG WINTER CLUB

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MEMBERSHIP CARDS

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

CONNECT WITH US

Facebook

Follow Winnipeg Winter Club. Are you a parent? Join our Facebook group Winnipeg Winter Club Families

Instagram

@clubwwc @wwc_fitness
@wwc_families @wwc_badminton

Twitter

@clubwwc

YouTube

Find us at Winnipeg Winter Club and enjoy over 100 different workouts from the comfort of your home.

Program Registration

Sport _____

Program Name _____

Day & Time _____

Participant Name _____

Age _____ Date of Birth (d/m/y) _____

Parent Name _____

Day Time Phone _____ Evening Phone _____

Email _____

WWC account number _____

Waiver

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

Registration Policies and Rules

This program guide contains all the details for the Spring 2022 programs at the Club. You will only be contacted if the programs have been cancelled due to lack of participants or if you have been placed on a waiting list. Winnipeg Winter Club does not phone to remind members of league or program start times.

Please Note: All programs subject to GST.

Please read the following carefully:

Program Registration

Registration forms and waivers MUST be filled out and can be dropped off, mailed, or faxed (204)284-2567 to the front desk. Additional registration forms will be available at the front desk, as well as from each department. Please feel free to contact the professional staff for further information.

Cancellation Policy

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

Private Lesson Cancellation Policy

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

JUNIOR LOUNGE, CHILD CARE & FAMILY – Spring

Facilities Coordinator: Jessica Barsky Email: jbarsky@winnipegwinterclub.com

Phone: 204.452.3311 EXT 114

SICK POLICY

Dropping off or requesting care for sick children is not permitted as it puts the rest of the childcare population at risk and we must protect the health of all children and our caregivers. If your child has any symptoms of illness they will not be permitted to visit.

Please visit when you and your child(ren) are feeling well again.



CHILDCARE

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

Hours of Operation

Monday-Thursday 9:00 am-6:00 pm

Friday 9:00 am-9:00 pm

Childcare after 6:00 pm on Friday must be reserved in advance with the front desk no later than 1:00 pm Friday

Saturday 9:00 am-5:00 pm

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

Hours are subject to change

Cost: \$5.25 per child/hour
\$3.00 per child/hour for additional children in the family.

Please note that guests of the Club members may also employ babysitting services for \$5.25 per child/hour.

Babysitting Monthly Passes Available!

The Club offers unlimited childcare with our monthly pass within babysitting hours

Pass Rates: \$40/ month single child
\$50/ month 2 children
\$5 per month for each additional child on the pass

IMPORTANT BABYSITTING CENTRE INFORMATION

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 to avoid disappointment.

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.

IN-HOME CHILDCARE

You can book one of our WWC staff to provide care in your home.

IN-HOME RATES

\$15/hr 1 child

\$20/hr 2 children

+\$5 for every additional child up to 5 children

If care for more than 5 children is needed, be sure to ask for 2 care providers.

Keep in mind our Junior Recreation department is very busy, please provide as much notice as possible.

In-home care is also available through our Babysitters Club by WWC members who have gone through a pre-approval process to ensure level of experience and provides members of the Club continued education and training. See information below!

BABYSITTERS CLUB

JOIN THE BABYSITTERS CLUB

Become one of our recommended babysitters today by contacting Jessica! Are you a WWC member between the ages of 12-18 years old who loves looking after children?

Let us do the legwork of finding you babysitting jobs and ensuring you are only caring for families known to the WWC community making it safe for you. Set your rates and get started babysitting for your WWC community today!

Babysitting Club Membership Includes 2 specialty training/discussion seminars to enhance your skills and make you the most in demand babysitter in your friend group.

PLUS– You'll be part of our WhatsApp group for support and questions.

Just let us know what cell phone number to add whether you have your own or the best way to be in touch is your parents cell phone #.

Seminar Dates: April 28th & May 26th

Contact Jessica to join the Babysitters Club.

*Those who has completed the WWC Babysitting Certification Course will automatically receive membership to the Babysitters Club, contact Jessica with your details.

NEED A BABYSITTER AT HOME?

Look no further! We have a database of amazing babysitters at the WWC and will help you find a sitter.

These sitters have gone through our Babysitter's Course and have varying levels of childcare experience from just starting out to a seasoned veteran like one of the Club's childcare staff members.

Find the right person to care for your family with us by contacting Jessica.

To improve your chance of getting the best caregiver for your child, book early!

YOUTH MENTOR PROGRAM

Be a buddy to a younger member by helping them as they gain more independence and try new things at the Club.

Help them with homework, take them to and from lessons, spend time with them doing fun things in the Junior Lounge and other areas of the club—swimming, badminton, tennis and squash.

Mentors who are successful in this program will get a certificate indicating the number of mentor hours completed and a special celebration prior to summer to show you appreciation for all the great things you do to help build up your junior community.

GET A MENTOR

To sign up to get a mentor for your child(ren) contact Jessica

You will receive a form to fill out for your request. Form is also available on our website!

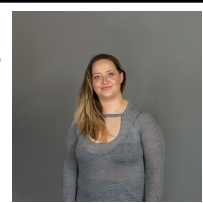
BE A MENTOR

Are you a responsible junior member between the ages of 13-17 looking to get volunteering experience and love working with children? Sign up to by contacting Jessica.

JUNIOR LOUNGE, CHILD CARE & FAMILY– Spring

Facilities Coordinator: Jessica Barsky Email: jbarsky@winnipegwinterclub.com

Phone: 204.452.3311 EXT 114



JUNIOR LOUNGE

The Junior Lounge is an area designed for children too old for babysitting, but too young to be unsupervised while parents are exercising or dining. Fun after-school and weekend activities include games, crafts, sports, homework help and more.

This program is for children 5+ years of age.

Drop In: \$7 per visit
When: Monday-Friday 3:45-7:45 pm
Saturday 9:00 am-1:00 pm

Family Month Passes

Includes unlimited visits per month (excludes Munchkin Mania) or you can still take advantage of the drop-in service at \$7 per child/per visit.

Cost: \$60 for 1 child
\$10 for each additional child

Please request a pass by emailing Jessica.

MUNCHKIN MANIA

Munchkin Mania is our 'Friday Night Party' in the Junior Lounge. We have many fun activities planned throughout the night and watch a movie.

Munchkin Mania is for children 5-12 years of age.

Dinner is served at approximately 6:45 pm. If you will arrive later than this, please let us know your meal order and time you will arrive in advance

When: Friday nights from 6:00-10:00 pm
Cost: \$14

Register for Munchkin Mania by contacting the Front Desk.

MUNCHKIN MANIA SCHEDULE D THEMES

April 8th– Hop
April 22nd– Beautiful Earth
April 29th– Harry Potter
May 6th– Mama I Love You
May 13th– TBA
May 20th– TBA
May 27th– TBA

MOVIE NIGHT

We show a different movie every Friday beginning at 7:15 pm

Suitable for children 10+ years of age.

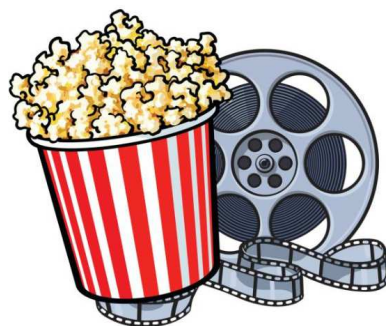
Bring a big squishy pillow and get extra comfy as we watch a different weekly feature in our Creative Movement Studio.

Cost: \$8 (includes popcorn and drink)

Other snacks will be available for member charge or cash.

MOVIE FEATURES

April 29th– Jumanji: Welcome to the Jungle
May 6th– Jumanji: The Next Level
May 13th– The Goonies
May 20th– Ghostbusters: Afterlife
May 27th– Cruella



Jr. LOUNGE IN-SERVICE DAY CAMP

Ages 5+

As a parent it can be difficult finding fun and engaging activities for your children to do when their school has an in-service.

Sometimes it even leads to you having to miss a day of work rather than using your holidays for exactly that... a holiday!

The WWC Junior Lounge is here to help!

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.

In-service days run 9:00 am-4:00 pm.

If you cannot arrive by 4:00 pm to pick up your child, care is available 4:00-7:30 pm for \$7

Spring In-service Dates:

March 18th
April 22nd

Cost: \$35/day

Items your child will need:

Running shoes, bathing suit, athletic/comfortable clothing and water bottle.

If your child has an in-service but you don't see the date on our list, please contact Jessica!

GAMER'S NIGHT

Video games and board games every Tuesday & Thursday in the Junior Lounge!

Visit us as we feature a variety of different board games and video games each week. As long as you are booked in to visit the Junior Lounge you are ready to be part of Gamer's Nights.

When: Every Tuesday & Thursday 5:30-7:30 pm

Session: May 17th-June 30th

Cost: \$7 Junior Lounge Fee, No Additional Charge for Gamer's Night



CHESS CLUB

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. We believe that when a child learns the most complicated game in the world they will build self-confidence, develop self-learning tools and learn how to evaluate their own decision-making process. Our goal is to work towards entering some local Chess Competitions with our Juniors

When: Wednesdays 6:00-7:00 pm

Session: April 6th-June 29th

Cost: \$7 Junior Lounge Fee, No Additional Charge for Chess

JUNIOR LOUNGE, CHILD CARE & FAMILY – Spring

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Phone: 204.452.3311 EXT 114

WWC ARTS

Register for all art programming by contacting Jessica

CRAFTY CORNER (Ages 5-7)

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 4:30-5:30 pm
Session: April 4th-June 20th
Cost: \$12 per class
No class on Monday, May 23rd

CRAFTY CORNER PLUS (7+)

If you already love crafting on your own and you want to do some challenging projects in a sociable environment with other kids, this is the perfect program for you! All supplies included. Many projects are 2 weeks long, be sure you can attend both dates for completion of project. Check out the project images on our website!

Classes take place 6:00-7:00 pm

PROJECTS & FEES

April 4th & 11th– Mermaid Papier Mache Letters	Fee \$12
April 18th & 25th Paper Chain Rainbow Wall Hanger	Fee \$12
May 2nd & 9th Fabric Decoupage Collage	Fee \$12
May 16th– Tie Dye Shirts	Fee \$16
May 30th & June 6th– DIY Tutu	Fee \$30
June 13th & 20th– Flower Pot Painting and Planting	Fee \$16

INTRODUCTION TO HAND SEWING

** ALL DETAILS COMING SOON**

MAKERS (Ages 10-16)

These classes will have a wide variety of different DIY projects and are for our more experienced crafters who want to adventure beyond traditional crafting! Check out the project images on our website!

PROJECTS & FEES

April 25th 7:00-8:30 pm	Resin Mosaic Tray	Fee \$15
May 9th 7:00-8:30 pm	Flower Halo Crown	Fee \$15
May 30th 7:00-8:30 pm	Succulent Planter	Fee \$15

PAINT WITH JESSICA

In this 90 minute class your child will learn to connect with their canvas and create beautiful art in many different styles. Pick your dates and projects below, view them online and sign up by contacting the front desk.

PROJECTS & FEES

April 19th 4:30-6:00 pm	Harry Potter
April 30th 1:30-3:00 pm	Hummingbird with Pink Flower
May 17th 4:30-6:00 pm	Galaxy & Planets

Cost: All paint classes are \$12 each including supplies.



WWC DANCE & GYMNASTICS

Register for all dance programming by contacting Jessica

BABYSITTING DANCE PARTY

No need for any special sign up here- If you are booked in the Babysitting Centre during these times, you are automatically part of the party! Miss Pam will be dancing with our visitors to some classic action songs.

When: Wednesdays 10:00am-11:30 am
 Saturdays 10:00 am-12:00 pm
Session: April 6th-June 22nd
Cost: Free (regular childcare charges apply)
Note: No class Saturday May 21st

DANCE WITH ME

Perfect for parents looking for more time to move, connect and have fun with their little ones by exploring dance together. This is also a great class option for your shy child who isn't quite confident on their own yet.

When: Thursdays 2:15-3:15 pm
 Saturdays 9:15-9:45 am
Session: April 6th-June 25th
Cost: Free
Note: No class Saturday May 21st

PRE-SCHOOL BALLET (Ages 3-5)

These classes transform the learning process into a fun filled exciting environment. Children will begin to learn the elements of creative movement and ballet: 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 both their bodies and their minds.

When: Wednesdays 11:45 am-12:15 pm
Session: April 6th-June 22nd (13 classes)
Cost: \$65

When: Thursdays 3:30-4:30 pm
Session: April 7th-June 23rd (13 classes)
Cost: \$65

When: Saturdays 12:15-12:45 pm
Session: April 9th-June 25th (12 classes)
Cost: \$60
Note: No class Saturday May 21st

BEGINNER BALLET (Age 6+ years)

This great class is perfect for the beginner and also continues the teaching of previous classes. Dancers are introduced to a class format that prepares them for a "real" ballet class. The music enables dancers to learn dance exercises that emphasize straight legs and pointed feet, posture, placement, stretches and comportment of classical ballet will be emphasized. Fun and beautiful basic ballet concepts are introduced. Creative elements such as stories, games and other imaginative activities keep the exciting pace of the class lively and engaging.

When: Fridays 4:30-5:00 pm
Session: April 8th-June 24th (12 classes)
Cost: \$60
Note: No class Friday, May 20th

HIP HOP (6+)

Starting in the South Bronx in the late 60s as "breakin," this dance has developed through many phases. Now with the help of music videos, it enjoys popularity throughout the world. Hip hop is a fun and funky dance class where students learn the latest dance moves like locking, funk, krump, house and whacking. Kids can be active and jam out to their favourite music. Hip hop is energetic and inspiring!

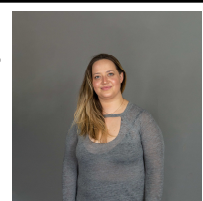
Meet at the Junior Lounge for the start of your class.

When: Fridays 6:15-7:00
Session: April 8th-June 24th (12 classes)
Cost: \$60
Note: No class Friday May 20th

JUNIOR LOUNGE, CHILD CARE & FAMILY– Spring

Facilities Coordinator: Jessica Barsky Email: jbarsky@winnipegwinterclub.com

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EXPRESSIVE DANCE (6+)

Expressive dance is a form of artistic dance in which the individual and artistic presentation (and sometimes also processing) of feelings is an essential part. Children will learn about feelings and emotion and how to portray those feelings through dance.

When: Saturdays 1:30–2:15 pm
Session: April 9th–June 25th (12 classes)
Cost: Free
Note: No class Saturday May 21st

ALL THAT JAZZ (6+)

A high energy beginner jazz dance class. Learn beginner–intermediate jazz dance movements

When: Saturdays 2:30–3:15 pm
Session: April 9th–June 25th (12 classes)
Cost: Free
Note: No class Saturday May 21st

BEGINNER TAP (6+)

Tap dance, the dance form that uses the sounds of tap shoes striking the floor, is one of the most unique and captivating styles of the dance arts. Most dance is set to music, but in tap, performers actually create some of the sounds with their dancing.

When: Saturdays 3:30–4:15 pm
Session: April 9th–June 25th (12 classes)
Cost: Free
Note: No class Saturday May 21st

TINY TUMBLE PARENT & ME (2-4)

Parent & Me class. A class designed for the toddler who is able to follow a fairly structured class with parent involvement. Your child is ready for more than a Parent & Me class but not ready to be on their own. GymKyd's is filled with toys and child-sized equipment perfect for little ones! Children have the opportunity to learn through a mix of structured & free play, socialize with other young children, move & build motor skills, and burn off energy!

When: Wednesdays 12:30–1:00 pm
Session: April 6th–June 29th
Cost: Free

TUMBLE MINI (4-6)

Beginner gymnastics 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!

Meet at the Junior Lounge for the start of your class.

When: Saturdays 12:45–1:15 pm
Session: April 9th–June 25th (12 classes)
Cost: \$60
Note: No class Saturday May 21st

TUMBLE JUNIOR (6+)

Intermediate level program designed to build fundamental gymnastics skills & build on participants existing skills. Children will be grouped according to skill level and age. This class is great exercise, lots of fun, and an activity students will look forward to every week!

When: Fridays 5:15–6:00 pm
Session: April 8th–June 24th (12 classes)
Cost: \$90
Note: No class Friday, May 20th



WWC JUNIOR SPORT

Register for all sport programming by contacting Jessica

MULTISPORT PARENT & CHILD (Ages 2-3)

In our Parent & Child classes children are introduced to the fundamental skills associated with eight different sports. Structured around a play-based curriculum, these classes are a fantastic kick start for an active life. Children can experience a different sport in each and every week!

When: Sundays 8:30–9:00 am
Session: April 16–June 5th
Cost: \$40
Note: No Class on Sunday May 22nd

MINI-SPORT DROP-OFF (Ages 4-6)

In our Drop-Off Indoor Multi-Sport classes, children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Drop Off Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further.

When: Sundays 9:15–10:00 am
Session: April 16th–June 5th
Cost: \$55
Note: No Class on Sunday May 22nd

SOCCER (4+)

In our Drop-Off Indoor Soccer classes children learn Soccer fundamentals in a supportive non-competitive setting.

Your child will get a Club jersey with their registration into this class

When: Sundays 10:15 am–11:15 am
Session: April 16th–June 5th
Cost: \$70
Note: No Class on Sunday May 22nd

DODGEBALL (7+)

In our Drop-Off Indoor Multi-Sport classes, children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Drop Off Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further.

When: Wednesdays 6:30–7:30 pm
Session: April 13th–June 22nd
Cost: \$5 per session

Sign up with the front desk at least 24 hours in advance for each dodgeball session

Depending on # of regular entries we may have a mini tournament near the end of the season so start rounding up your buddies and meet in the doubles squash court!

BALL HOCKEY (7+)

Some of us may remember the days when ball hockey was played fast and free on country roads and neighbourhood driveways, the imagined sound of a commentator calling every goal. We bring that playful sense of wonderment and imagination to our ball hockey classes with creative, fun-first skills development and non-competitive games.

When: Tuesdays 5:30–6:30 pm
Session: April 12th–June 21st
Cost: \$5 per session

Sign up with the front desk at least 24 hours in advance for each ball hockey session

Depending on # of regular entries we may have a mini tournament near the end of the season so start rounding up your buddies and meet in the creative movement studio (the room with the basketball net!).

JUNIOR LOUNGE, CHILD CARE & FAMILY— Spring

Facilities Coordinator: Jessica Barsky Email: jbarsky@winnipegwinterclub.com

Phone: 204.452.3311 EXT 114

SPECIALTY PROGRAMMING & EVENTS

Sign up for all specialty programming and events by contacting Jessica

WWC JUNIOR TALENT (Ages 6+)

Singing, dancing, acting and entertaining!

Once a week come work on your talents with our amazing staff.

We will help you to perfect your performance while we make new friends and share in the fun of preparing for an event including creating our own props. Our friends will be showcasing many different talents and we will fine tune them to prepare a final show for our friends and family members. Final Talent Show takes place on June 16th. Loads of participation prizes to be won! Spectator tickets will be available for purchase.

When: Thursdays 4:45-5:45 pm

Session: April 6th-June 16th

Cost: \$7 Junior Lounge Fee per class, No Additional Charge for WWC Junior Talent

CAKE DECORATING (Ages 10+)

Learn how to decorate your very own fondant cakes!

Beginner-intermediate levels.

All participants decorate their own cake project and learn

new skills based on their progress at each new class!

Come prepared with a pre-baked square cake in your favourite flavour.

All other supplies included.

When: Thursday, April 21st 5:00-7:00 pm

Cost: \$25

COOKIE DECORATING (Ages 8+)

Learn how to decorate your very own Galaxy Cookies!

All participants decorate their own cake project and learn

new skills based on their progress at each new class!

All supplies included.

When: Saturday May 7th 1:00-2:30 pm

Cost: \$25

BABYSITTING CERTIFICATION COURSE

We offer a 2 day course teaching you all you need to know to become the best caregiver possible and using that information in different role playing scenarios. There is a first aid component covered in this class. You must complete 8 hours of course time which includes a final test that requires a grade of 80% or higher to receive your certificate.

You will receive a manual and other great tools to take home and use in the babysitting field.

Get certified before winter break when people are looking for childcare!

Must be 12 years old or have your 12th birthday before May 30th, 2022

When: Saturday May 14th & Sunday May 15th
10:00 am-2:00 pm

Cost: \$45

*min 4 participants

JUNIOR CHEF (Ages 10+)

Sharpen your skills at our cooking fiesta! You will learn how to make some family favourites like tacos, guacamole and Mexican corn salad!

All supplies and ingredients included.

When: Thursday June 9th 5:00-7:00 pm

Cost: \$25

PRINCESS BALL

Imagine the sparkle in your child's eyes as you watch their dreams come true during one magical evening.

Attend this magical affair filled with fun for the entire family! You'll receive a feast fit for a king, activities and entertainment and don't forget DANCING!

Be sure to expect the iconic princesses and perhaps even a prince or two to dance with, take photos with and even dine with!

WATCH FOR MORE DETAILS
COMING SOON

When: Thursday, June 30th



BINGO SATURDAYS

Join us Saturday mornings in the Junior Lounge for fun weekly Bingo Games! Prizes for all winners!

When: Saturdays 9:30-10:00 am

Session: April 9th-May 14th

Cost: \$7 Junior Lounge Fee per visit, No Additional Charge for Bingo

VIRTUAL PROGRAMS

We will continue to offer a small number of virtual classes on a casual basis for members who want to have some fun from the comfort of their own homes. The majority of these classes are complimentary!

Class information is sent out to our WWC Families email group. Are you on the list? If you aren't, contact Jessica to be added.



AQUATICS– Spring

Aquatics Supervisors: Sydney Ennis

Email: aquaticssupervisor@winnipegwinterclub.com

Phone: 204.452.3311 EXT 102

LANE SWIM

Monday, Wednesday, Friday 6:30 am–12:00 pm

Tuesday & Thursday 6:30–9:15 am

Saturday & Sunday 7:30–9:00 am

OPEN SWIM

Monday, Wednesday, Friday 12:00–9:30 pm

Tuesday & Thursday 10:15 am–9:30 pm

Saturday 12:30–8:30 pm

Sunday 9:00 am–8:30 pm

*During Swimming Lessons there is **NO** Open Swim available from 4:00–7:30 PM.

SWIMMING LESSONS

The Red Cross Swim Program has 2 divisions:

- ▶ Red Cross Swim Pre-School
- ▶ Red Cross Swim Kids

SWIM PRE-SCHOOL

The Red Cross Swim Pre-School program is offered for children aged 12 months – 5 years. It is an 8-level program which allows swimmers to enter various levels based on age and ability.

Recommended ages are in brackets.

- ▶ Starfish (12–18 months)
- ▶ Duck (18–30 months)
- ▶ Sea Turtle (30–36 months)

Ages 3 – 5

- ▶ Sea Otter
- ▶ Salamander
- ▶ Sunfish
- ▶ Crocodile
- ▶ Whale



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

Caregivers may need to be present in the water during Starfish/Duck/Sea Turtle, depending on the child's ability and class size.

SWIM KIDS

Red Cross Swim Kids is a ten-level program for ages 6 and up. This program will help swimmers develop all 5 swim strokes: Front/Back Crawl, Elementary Backstroke, Breaststroke, and Side Stroke.

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

- ▶ Levels 1-5 30 minute lessons
- ▶ Levels 6–10 45 minute classes

Please note, these class lengths are set by the Red Cross Swim Program

CLASS SIZES

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

We also offer a limited number of:

Private lessons 1:1 > 30-minute duration, \$25/lesson

Semi-Private lessons 2:1 > 30-minute duration. \$15/person each class

Due to the difference in requirements and skills, Instructors cannot accommodate 2 different levels in one class if they are more than 1 level apart and cannot accommodate a pre-school/swim kid. Example Sunfish and level 1 are not manageable, but level 1 & 2 would be.

If you are unsure what level your child is, a swimming assessment can be done by any of the lifeguards prior to registration. Please either call Sydney at ext. 102 or email her at aquaticssupervisor@winnipegwinterclub.com to

BRONZE MEDAL AWARDS

The Canadian Lifesaving Program's Bronze Medal Awards provides swimmers with a fun and exciting opportunity to learn valuable lifesaving, first aid, and Water Smart® skills and knowledge. Bronze Star, Bronze Medallion, and Bronze Cross are designed for swimmers ages 8–15, but it's never too late to learn these valuable skills!

Bronze Awards Program

- ▶ Bronze Star
- ▶ Bronze Medallion
- ▶ Bronze Cross

BRONZE STAR

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisites: None.

NOTE: Minimum 5 participants

BRONZE MEDALLION

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Prerequisite: minimum 13 years of age or Bronze Star.

NOTE: Minimum 5 participants

BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. *Prerequisite:* Bronze Medallion.

Bronze Cross is a prerequisite for National Lifeguard and Lifesaving Instructor.

NOTE: Minimum 5 participants

PARENT AND TOT PROGRAM

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. For children aged newborn – 2 years.

One caregiver MUST be present in the water.

ADULT DEVELOPMENT (18+)

Want to learn to swim? Need to overcome your fear of the water and gain water safety knowledge? No previous water experience is necessary. We will start with the basics: breathing, floatation and introductions to the 5 swimming strokes. We have floatation devices available to assist you in the water until you feel comfortable on your own.

ADULT SWIM STROKES/ENDURANCE (18+)

Further development on your strokes. The focus will be your fitness and endurance. Knowledge of the 5 swim strokes is highly recommended as well as the ability to swim 200 meters.

AQUATICS– Spring

Aquatics Supervisors: Sydney Ennis

Email: aquaticssupervisor@winnipegwinterclub.com

Phone: 204.452.3311 EXT 102

TEEN ENDURANCE (10-17)

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

JR. ENDURANCE

This is a mini endurance class designed to help keep your child in their swimming shape. It is for those ages 6 – 12 who have completed their Swim Kids Level 10 and do not wish to start the Lifesaving program.

AQUAFIT (ALL AGES!)

This fun, instructor lead class is a great water workout set to upbeat music. It's a full body workout that will help improve your endurance, strength, flexibility and mobility. Shallow end and deep end workouts are combined. Tuesdays & Thursdays 9:15–10:15 am

\$10 per class (1-4 classes) or \$50 unlimited/month (5+ classes)

SPRING 2022 LESSON SCHEDULE

Starts the week of April 4th (10 weeks)

End dates are as follows: Monday June 6th, Tuesday June 7th, Wednesday June 8th, Thursday June 9th, Friday June 10th, and Saturday June 11th.

***Registration begins on

Tuesday, March 8th 2022***

Monday

4:00 – 4:30 pm	Parent + Tot
4:00 – 4:30 pm	Sea Otter
4:30 – 5:00 pm	Private/Semi Private
4:30 – 5:00 pm	Private/Semi Private
5:00 – 5:30 pm	Level 3
5:15 – 6:00 pm	Level 8
5:30 – 6:00 pm	Level 4
6:00 – 6:30 pm	Parent + Tot
6:00 – 6:30 pm	Level 2
6:30 – 7:00 pm	Private/Semi-Private
6:30 – 7:00 pm	Jr. Development

Tuesday

4:00 – 4:30 pm	Sea Otter
4:00 – 4:30 pm	Level 4
4:30 – 5:00 pm	Level 2
4:30 – 5:15 pm	Sea Otter
5:00 – 5:30 pm	Level 3
5:30 – 6:00 pm	Level 5
5:30 – 6:15 pm	Level 9
6:00 – 6:30 pm	Private/Semi Private
6:15– 7:00 pm	Private/Semi Private
6:30 – 7:00 pm	Private/Semi Private
7:00 – 7:30 pm	Private/Semi Private

Wednesday

4:00 – 4:30 pm	Level 1
4:00 – 4:30 pm	Private/Semi Private
4:30 – 5:00 pm	Sea Otter
4:30 – 5:15 pm	Level 3
5:00 – 5:30 pm	Sea Turtle
5:15 – 6:00 pm	Level 8
5:30 – 6:00 pm	Salamander
6:00 – 6:30 pm	Private/Semi Private
6:00– 6:45 pm	Level 8
6:30 – 7:00 pm	Private/Semi Private

Thursday

4:00 – 4:30 pm	Private/Semi Private
4:00 – 4:30 pm	Private/Semi Private
4:30 – 5:00 pm	Level 1
4:30 – 5:00 pm	Open
5:00 – 5:45 pm	Level 6
5:00 – 5:45 pm	Level 10
5:45 – 6:15 pm	Private/Semi Private
6:00 – 6:30 pm	Private/Semi Private
6:30 – 7:15 pm	Adult Development
6:30 – 7:15 pm	Private/Semi Private

Friday

4:00 – 4:30 pm	Sea Otter
4:00 – 4:30 pm	Open
4:30 – 5:00 pm	Private/Semi Private
4:30 – 5:15 pm	Level 6
5:00 – 5:30 pm	Level 4
5:15 – 5:45 pm	Sea Otter
5:30 – 6:15 pm	Private/Semi Private
5:45 – 6:15 pm	Private/ Semi-Private
6:15 – 7:00 pm	Private/Semi Private
6:15 – 7:00 pm	Level 7

Saturday

9:00 – 9:30 am	Sea Otter
9:30 – 10:15 am	Level 7
10:15 – 10:45 am	Level 2
10:45 – 11:15 am	Parent + Tot
11:15 – 11:45 am	Level 4
11:45 – 12:15 pm	Level 1
12:15 – 12:45 pm	Private/Semi Private

Program Costs:

Pre-School Levels	\$65
Level 1 – Level 5	\$70
Level 6 – Level 10	\$80
Private	\$20 per class
Semi-Private	\$10 per class
Parent & Tot	\$60
Jr. Endurance	\$60
Teen Endurance	\$60
Adult Classes	\$80
Bronze Star	\$110
Bronze Medallion	\$160 (including course book)
Bronze Cross	\$180 (including course book)

General Notes to All Members:

During swimming lessons, the pool is closed.

Lessons run Monday – Friday 4:00 – 7:15 PM and Saturdays 9:00 AM – 1:00 PM.

The closure is due to the fact that the lifeguards are acting as instructors at that time and are not able to safely watch other areas of the pool while they are teaching.

So even if we only have 1 or 2 students participating in a class, the lifeguards' attention is on that class, and not on the rest of the pool.

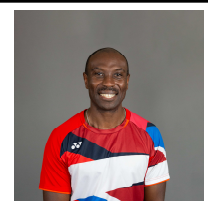
Thank you for your understanding!

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

BADMINTON ACADEMY— Spring

Badminton Professional: Elliott Beals Email: badmintonpro@winnipegwinterclub.com

Phone: 204.452.3311 EXT 118



JUNIOR INTRODUCTION & TRAINING PROGRAMS

PRE-DEVELOPMENT (Ages 5-7)

A good introduction to badminton teaching stroke and eye hand coordination while having lots of fun.

(Shuttles provided, no shuttle fee)

When: Saturdays 10:00-11:00 am

Session: April 9th-June 18th (11 classes)

Cost: \$99

JUNIOR DEVELOPMENT

A good introduction for players looking to learn basic skills, game play and the rules of the game. Preparing these players for the Junior Competitive Group.

(Shuttles provided, no shuttle fee)

When: Mondays 6:00-7:00 pm

Session: April-June 13th (10 classes)

Cost: \$100

When: Tuesdays 5:00-6:00 pm

Session: April-June 14th (11 classes)

Cost: \$110

When: Saturdays 11:00 am-12:00 pm

Session: April-June 18th (11 classes)

Cost: \$110

JUNIOR COMPETITIVE

These sessions are 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)

When: Tuesdays 6:00-7:30 pm

Session: April-June (11 classes)

Cost: \$165

When: Thursdays 5:30-7:00 pm

Session: April-June (11 classes)

Cost: \$165

When: Saturdays (Games) 12:00-1:30 pm

Session: April-June (11 classes)

Cost: Shuttle fee

JUNIOR ADVANCE

Advanced Training is for players at the Provincial level. Training will consist of drills, multi-bird, match play, footwork and game strategy. Players will also be expected to maintain a fitness level.

(Shuttles provided with a minimal shuttle fee)

When: Wednesdays 5:30-7:00 pm

Session: April-June 15th (11 classes)

Cost: \$181.50

When: Fridays 5:30-7:00 pm

Session: April-June 17th (10 classes)

Cost: \$165

When: Saturdays (Games) 12:00-1:30 pm

Session: April-June 18th (11 classes)

Cost: Shuttle fee

Note: Saturday games sessions are mandatory for Junior Competitive, and Junior Advance groups enrolled in lessons

ADULT PROGRAMS

ADULT NOON HOUR CLINIC

Adults looking to improve their skills. The sessions will involve improvement of shot selection, game strategy, and game play. Please sign up with *Badminton Pro*

When: Tuesdays 12:00-1:00 pm

Session: April 5th-June 14th (11 classes)

Cost: \$10 per class

ADULT LESSONS

Adults looking to improve their skills. The sessions will involve improvement of shot selection, game strategy and game play. Please sign up with the *Badminton Pro*.

(Shuttles provided with minimal shuttle fee)

When: Wednesdays 7:00-8:00 pm

Session: April 6th-June 15th (11 classes)

Cost: \$10 per class

Note: All Junior and Adult group lessons are subject to a 4 person minimum enrollment

Assessments may also be required by head professional for Junior lessons

BUSINESS CLUB

Some friendly match play is the perfect way to unwind after a long work day. This group likes to work hard and play hard.

(Shuttles not provided.)

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

Session: April 3rd-June 12th

Cost: Free

When: Tuesdays 4:00-6:00 pm

Session: April 5th-June 14th

Cost: Free

When: Fridays 4:00-6:00 pm

Session: April 8th-June 17th

Cost: Free

LADDERS

DOUBLES LADDER

For all the singles players looking to test out your skills to make it to the top of the ladder. Open to Junior Advance, high performance and adult members

(Shuttles provided)

When: Thursdays 7:00-8:30 pm

Session: April 14th-June 16th (10 classes)

Cost: \$12 per class

PRIVATE LESSONS

Private	\$50/ hour
Semi-Private	\$30/ hour/ person
Group 3 People	\$25/ hour/ person
Group 4 People	\$20/hour/person
Sparring Session	\$40/hour

SHUTTLE MACHINE RENTAL

Sign up to use the Shuttle Machine by contacting the badminton pro. \$10/hour

LESSON CANCELLATION POLICY

Private lessons must be cancelled 24 hours in advance or the client will be charged full session rate.

Please contact the pro or front desk to cancel

SQUASH– Spring

Squash Professional: Trevor Borland

Email: tborland@winnipegwinterclub.com

Phone: 204.452.3311 EXT 105

Assistants: Alix Younger, Mia Kirbyson, Anika Alexander, Andrew Thiessen, Nichole Mailey

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.

Several of our athletes, through squash, have had the opportunity to take both their squash and their schooling abroad being able to play squash at Ivy League Universities. We've had athletes attend a number of Ivy League Universities including Dartmouth, Penn and Cornell as well as other NCAA Universities.

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

Over the past decade we have hosted a Professional Women's squash tournament, The Winnipeg Winter Club Women's Open. This tournament attracts players from all over the world who are playing professionally and gives our members and our own competitive players a chance to see this high level of squash and for some, a chance to compete with them as well. Last year we held an exhibition with three time World Champion Nick Matthew and Daryl Selby.

We offer a once per month complimentary starter program, as well as new member enrollment lessons to help get you started and on your way in squash.

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

ADULT PROGRAMS

HOUSE LEAGUE

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

To sign up for the league please contact Trevor at ext 105 or tborland@winnipegwinterclub.com

Players of all levels are welcome and needed

When: Mondays starting at 5:00 pm
Starts: Continues until 6th
Cost: Free

ADULT DRILL SESSION (All levels)

Start your weekend off with a great squash work out to energize you for the rest of your weekend. Our drills will help work on your consistency and conditioning to improve your game. The sessions include drills, conditional games and play. Pre-register with Trevor

at tborland@winnipegwinterclub.com

When: Saturdays 10:00-11:00 am
Dates: Month of April
Cost: \$15 per session
Min/Max: Min 2 Max 6

STARTER SQUASH SUNDAYS

Our Starter Sundays are designed for players either new to the club, game, or for those playing at the beginner/novice level to get them started in squash. Participants are taught the basics of the game in order to help them prepare for either league or just fun recreational play at the club. This includes, 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 call or email Trevor at ext. 105 or tborland@winnipegwinterclub.com to register. New members don't forget to redeem your enrollment lesson as well.

When: Once per month 1:15-2:15 pm
Dates: April 24th, May 22nd, June 12th
Cost: Free

Squash57

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 also helps to ease players into being able to play right away. The game is easier on the body because the retrieving is not nearly as demanding as squash.

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

JUNIOR PROGRAMS

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

PEANUT/MUNCHKIN PROGRAM

Our Peanut and Munchkin program is designed for those children between the ages of 4-8 who want to learn to play squash. The program will be an introduction to the basics of the game through a variety of hand/eye coordination activities, fun skills and drills and games. Mini (junior) squash racquets and glasses are highly recommended for this program. Junior squash balls are used in this program as well, which is a great way for kids to start.

Focus: Fun, eye/hand coordination, the basics
When: Saturdays 12:00-12:40 pm
Session: April 9th-June 4th
Cost: \$115
Min/Max: Min 3 Max 9

Beginner/Intermediate Group

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. Our age range for this group is 8-14 years old. Please speak to Trevor to find out if this group is right for your child.

Focus: Fun, basic fundamental skills, squash as life-long sport
When: Sundays 2:30-3:30 pm
Session: April 10th-June 4th
Cost: \$125
Min/Max: 3 min 9 max

GIRLS GAMES

This group is run by and exclusively for females. This all-girls group will range in age from 10-16 years old and will focus primarily on fun and games. The girls will play amongst girls their own level but will also interact regularly with those above and below their ability. The group will dabble in squash57 and doubles as well to grow their all-around squash skills.

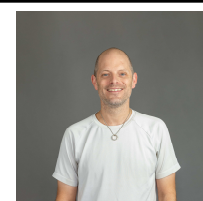
Focus: Fun and Games
When: Sundays 3:30-4:30pm
Session: April 10th-June 4th



SQUASH-Spring

Squash Professional: Trevor Borland Email: tborland@winnipegwinterclub.com

Phone: 204.452.3311 EXT 105



TEEN SQUASH

This group is for our teenage members looking to come out have some fun and exercise while socializing amongst their peers. The group is geared towards fun and games and keeping squash a life-long sport they can play for years to come. We will dabble in all areas of squash including doubles and squash57.

Focus: Fun and Games and being active
When: Wednesdays 7:15-8:15 pm
Session: April 6th-June 1st
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 B1

The focus is on fun and squash as a life-long sport. Fun and learning the fundamental basic skills are a priority. The program also is intended as a stepping stone for those looking to go or continue on in the competitive stream. Age range of this group will be 10-15 years old.

Session: April 5th-June 9th
When: Tuesdays 6:00-7:00pm and/or
Thursdays 5:00-6:00pm
Cost: \$125 1x per week \$190 2x per week
Min/Max: Min 4 Max 9

COMPETITIVE B2

The focus is on fun and squash as a life-long sport. Fun and learning the fundamental basic skills are a priority. The program also is intended as a stepping stone for those looking to go or continue on in the competitive stream. Age range of this group will be 10-15 years old.

Session: April 14th - June 11th
When: Thursdays 6:00-7:00 pm
Saturdays 11:00am-12:00pm
Cost: \$125 1x per week \$190 2x per week
Min/Max: Min 4 Max 9

COMPETITIVE A PROGRAM

This program is designed for those Provincial level juniors ~13 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, fitness and game play.

Focus: Fundamental technical skills, conditioning, footwork/movements, games/tactics.
Session: April 13th-June 17th
When: Wednesdays 5:00-6:30pm
Fridays 5:00-6:30pm
Cost: \$150 1x per week \$240 2x per week

PRIVATE LESSONS

\$30 per half hour lesson
\$40 per 45 min lesson
\$50 per 1 hour lesson

SEMI PRIVATE LESSONS

\$25 each per 45 min lesson
\$30 each per 1 hr lesson

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

If you are looking for just a game with some helpful hints, you can play the pro for \$30 for a 35 min match. Whether you want it to be a weekly game or just a once in a while, contact Trevor to play him or one of the other staff.

LESSON CANCELLATION POLICY

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

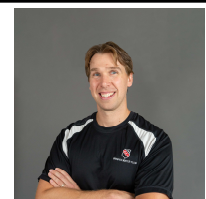
TOURNAMENTS AND SPECIAL EVENTS

March 21st-April 25th	WWC Club Championships
March 28th- April 1st	Spring Break Tri Racquet Camp
April 7th-10th	Winnipeg City Open/ Mb Junior Open



FITNESS– Spring

Fitness Director: Jeff Mitchell Email: jmitchell@winnipegwinterclub.com Phone: 204.452.3311 EXT 123



FITNESS PROGRAMS

Registration for paid classes to be ideally done prior to the start of the Spring programming.

Some programs listed, require special registration instructions with specific Instructors.

Registration is requested for all fitness programming at this time.

MOBILITY CLASS– Build a flexible, strong and healthy body!

Saturdays 11:15 am-12:15 pm Starting April 9th (6 weeks)

Are you an active man or woman who's tired of moving your body in a way that doesn't feel supportive or sustainable? Who constantly feels stiff and sore, but doesn't make the time for mobility training? This mobility class was designed to give you a weekly time-efficient and effective done-for-you mobility workout (No more feeling overwhelmed pecking through the internet for the right mobility exercise for you). Instead, feel flexible, strong and confident doing made-for-you mobility routines designed by our expert mobility specialist Meagan Wilson. You'll learn mobility exercises that will not only help you feel more connected to your body, but will build physical and mental resilience through exposing you to diverse movements. Sign up now and start feeling better today!

Investment: \$108.00 plus gst

To register: contact Meagan Wilson @ mwilson@winnipegwinterclub.com

Mobility For Golfers

Wednesdays 6:00-7:15pm, starting April 6th (7 weeks)

In this class not only will you level up your movement possibilities and eliminate aches and pains. This mobility class includes golf specific and done-for-you time efficient mobility workouts. You'll build a flexible, strong and resilient body so you can feel healthy and confident playing golf all season long.

In this class you'll learn:

- How to develop flexibility and convert those new ranges to active USABLE ranges for golf.
- How to improve the range of motion of your hips, shoulders and spine.
- Daily joint mobility practices
- Proper technique and training methods to get the most out of your flexibility/mobility training
- Mobility exercises for a healthy, pain-free back

This class is a MUST ATTEND if.....

- You want to feel more freedom in your body
- You want to play golf more, but find yourself limited by body pain
- You want to learn how to leverage your body to generate a more powerful and consistent golf swing
- You want to learn how to maximize your time with exercises that get results
- You're ready to put your health and fitness first and want to feel strong and confident doing the activities you love.

Investment: \$175 plus gst

To register: contact Meagan Wilson @ mwilson@winnipegwinterclub.com

Testimonial

"I didn't think I needed to train mobility and didn't realize I had mobility limitations until I was challenged to perform CARs (Controlled Articular Rotations). I was inspired to work on it but knew I couldn't solve it on my own. I needed the discipline and expertise of a mobility coach who could give me a progressive plan. Meagan's approach and way of explaining things made sense to me. I now have a better understanding of my body and can control my movements. Her mobility membership has weaved in nicely with my other exercise and I'm doing things I didn't think I could do." –Scott Penman (Golfer)



YOUTH HIGH PERFORMANCE ATHLETE TRAINING AND DEVELOPMENT PROGRAM

We are thrilled to be offering a new approach for all our Youth Athletes here at the Winnipeg Winter Club.

Led by WWC Head Youth High Performance Trainer and Instructor Richard Sylvester, this programming will help take our Athlete's performance to the next level. This programming will focus on everything from functional movements to mobility to plyometrics and everything in between.

Richard is a fun, creative and incredibly positive Trainer who brings with him a great deal of experience working with Youth Athletes around Canada and the world. Richard is a Certified Strength and Conditioning Specialist from Winnipeg, Manitoba and a former high level athlete having competed at a University Varsity Level for the University of Manitoba in both Football and Track and Field.

Richard has spent his entire 14-year Fitness career working with youth athletes ages 5-18 involved in, but not limited to, Racquet Sports, Track and Field, Football, Basketball, Volleyball, and many more. This programming will be open to all our Youth Athletes from all areas of The Club and is set to start this winter.

Schedule will be based around when programming is running in all other areas of The Club to optimize participation.

For more information or to register, please contact Fitness Director, Jeff Mitchell

FITNESS TRAINING

STRENGTH AND CONDITIONING CLASS

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

When: Wednesdays 6:15-7:15 am

Session: April 6th-June 29th

Cost: \$162.50

Instructor: Richard Sylvester

WWC SPRING CYCLING GROUP SESSIONS

Running this Spring until the snow melts and the weather improves, the WWC will be offering group Studio time each week on Sunday mornings for our avid Cyclists. This 2 hour time slot typically starts back up once the snow hits the ground. This time slot is designed to give our members the opportunity to bring in their road bikes and stands / bike trainers and train for their gains in a fun group environment. Members will be guided through their workouts each week with our digital screen and class guidance system to help keep you on track and working hard your whole ride!

Start Date: April 10th

When: Sundays 9:00-11:00 am

FOREVER 21: ACTIVE LIVING FOR OLDER ADULTS

For: All members over 50 years of age.

When: Tuesdays & Thursdays 10:45-11:45 am

Session: April 5th-June 23rd

Where: All classes will be based out of the Fitness Studio.

Cost: \$12.50/class

Instructor: Laura Boulton

Group Max: 10

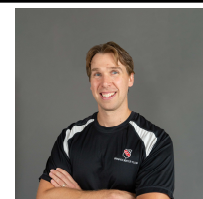
Registration: To be done through the front desk by 9:00 pm the day before class.

Main Focus Areas:

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

FITNESS— Spring

Fitness Director: Jeff Mitchell Email: jmitchell@winnipegwinterclub.com Phone: 204.452.3311 EXT 123



COMPLIMENTARY SPRING 2022 MORNING CLASSES

April 4th-June 24th
NOTE: No Classes on April 15th & May 23rd

CARDIO, CORE AND MORE (MONDAY)

Movement to music, meets cardio and strength training. This class offers a new twist on an old favourite for our members.

Change up your aerobic training in this action packed class complete with a variety of resistance training exercises!

When: 9:30-10:30 am

Instructor: Aimee Dugal

NOTE: No Class Monday, May 23rd

PILATES MEETS FASCIAL FITNESS (TUESDAY)

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. Get the most out of an hour of Pilates with our amazing Pilates Instructor. This class blends the latest Fascial fitness exercises with classic Pilates and what comes out is a stronger, less stiff, more balanced you.

When: 9:30-10:30 am

Instructor: Ruth Baines

THE STUDIO SHAKE UP (WEDNESDAY)

Join us for this hour of cardio and resistance training which we vary week to week and month to month to keep you on your toes literally and metaphorically. This high energy class will get your heart rate up, a smile on your face and keep you coming back for more.

When: 9:30-10:30 am

Instructor: Caitlin Williams

VINYASA FLOW YOGA (THURSDAY)

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

When: 9:30-10:30 am

Instructor: Meagan Wilson

RISE AND SHINE BOOTCAMP BLITZ (FRIDAY)

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

When: 6:30-7:30 am

Instructor: Parker Bowles

NOTE: No class Friday, April 15th

CIRCUIT CHAOS (FRIDAY)

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: 9:30-10:30 am

Instructor: Caitlin Williams

NOTE: No class Friday, April 15th

STUDIO FITNESS FRENZY (SATURDAY)

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

When: 10:00-11:00 am

Instructor: Aimee Dugal

NOTE: Last class for spring session will take place on May 14th

COMPLIMENTARY SPRING 2022 EVENING CLASS

April 4th-June 24th
NOTE: No Classes on April 15th & May 23rd

TRX BOOTCAMP (MONDAY)

One hour packed full of suspension training, circuits, super sets and so much more. Come ready to tone those muscles in a fun supportive atmosphere, followed by a stretch and cool down.

When: 6:00-7:00 pm

Instructor: Richard Sylvester

NOTE: No Class Monday, May 23rd

VINYASA FLOW YOGA (TUESDAY)

This class is a great opportunity to 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: 6:00-7:00pm

Instructor: Philip Rosario

CIRCUIT CIRCUS CLASS (WEDNESDAY)

Train like never before as you work on strength, power, agility, speed, and so much more in this modified circuit class. Prepare to work hard in this moderate to high intensity station by station circuit class.

When: 6:00-7:00 pm

Instructor: Vincent Corbin

BEGINNER/INTERMEDIATE PILATES WITH EQUIPMENT (THURSDAY)

Pilates in the evening is now available at the WWC! This class is great for all experience levels with Pilates. Our amazing Instructor will be sure you get the most out of each class and have the body feeling the differences in core support and postural alignment over time. Get into Pilates and what experience a stronger, more aligned and balanced you.

When: 6:00-7:00 pm

Instructor: Ruth Baines

NOTE: Last class for spring session will take place on May 19th





FITNESS– Spring

Fitness Director: Jeff Mitchell Email: jmitchell@winnipegwinterclub.com Phone: 204.452.3311 EXT 123

FITNESS FACILITY ORIENTATIONS

Be sure you know how to properly and safely use each piece of fitness equipment and know what a certain machine can do for you. Orientations can be booked at any time regardless if you are a new member to the club or a long time member just looking for a refresher. Please contact *Jeff Mitchell* at: jmitchell@winnipegwinterclub.com or (204)452-3311 ext. 123

FITNESS CENTRE AGE POLICY

Children ages 12-14: Must have a fitness orientation or approval from the Fitness Director before using the gym. They must also have a parent/guardian, 18 or older, with them and supervising them at all times. The fitness orientation or approval must be completed before they can be booked into the gym/studio.

Children ages 15-17: Must have a fitness orientation or approval from Fitness Director before they can be booked into the gym/studio.

Children under the age of 12: Are not allowed to enter the gym/studio for any reason, unless they are training with a WWC employee. If you have any other questions regarding the gym/studio regulations, please speak to Jeff Mitchell.

ATHLETIC THERAPY

GET BACK TO YOUR BEST WITH ATHLETIC THERAPY AT THE WWC!

We are offering Athletic Therapy exclusively to our WWC members with a unique approach you will not find at other clubs. You now have the ability to receive treatment, be shown techniques, and exercises on all of the equipment found in the WWC Fitness Center.

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.

WHEN CAN I SEE A THERAPIST?

With our team of Athletic Therapists we will be able to meet a wide variety of times as may be needed. Rather than having set ours, we will be structuring our Athletic Therapy on a per request basis. You let us know when you are free and we will do our best to work around your schedule.

ATHLETIC THERAPY COVERED BY MANY INSURANCE PLANS

All of the Athletic Therapists we have are nationally certified through CATA, treatments are covered through many health plans. Be sure to look into your coverage.

HOW DO I BOOK A SESSION WITH AN ATHLETIC THERAPIST?

For further information and to book a time, please contact Fitness Director, Jeff Mitchell
Email: jmitchell@winnipegwinterclub.com
Phone: (204)452.3311 ext 123





PERSONAL TRAINING– Spring

Fitness Director: Jeff Mitchell Email:jmitchell@winnipegwinterclub.com Phone: 204.452.3311 EXT 123

PERSONAL TRAINING

Q: Would I benefit from Personal Training?

A: All levels can benefit from working with a Personal Trainer regardless of your goals. Our training team here at the WWC has literally thousands of hours of personal training experience with a wide variety of members. Regardless if you are a beginner or an Olympic level athlete, you can benefit from working with our Trainers.

Q: I have a very busy schedule and don't think I could make a fitness routine work with my already busy schedule. How can I make working with a Trainer work with my busy schedule?

A: Your time is incredibly valuable and we want to make sure you are getting the most out of your time in the Gym. Here at the WWC we do our very best to work around your schedule to make things work for the short term and the long term. A Personal Trainer will help keep you accountable and you will have a set time if your schedule. It has been found this approach works much better than just planning to get your workout in whenever you can find the time and don't end up making it in.

Goals, Goals, Goals!

Setting goals, then structuring a plan and setting a timeline are ways that many people find make reaching their goals far more attainable. Our Personal Trainers will work with you to help see where you are at and then design a program and approach taking into account your goals and what your body needs to get you to your very best.

Starter Pack

with Full Fitness Assessment \$300

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

Private Training Sessions

Single Session / Month 30 minutes \$35/session
Single Session / Month 1 hour \$62.50/session
2-5 Sessions / Month 1 hour \$57.50/session
6+ Sessions / Month 1 hour \$52.50/session

Partner Training

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

Partner Training Sessions

Single Session / Month 1 hour \$42/person
2-5 Sessions / Month 1 hour \$37/person
6+ Sessions / Month 1 hour \$32/person

PRIVATE AND SEMI-PRIVATE YOGA & PILATES

We are pleased to now offer Private Pilates and Yoga sessions. It is highly recommended that if you are looking to get into Pilates or Yoga that you start with a few private or small group classes to ensure that you are getting the most out of every class and every workout.

Private Training Sessions

Per Session 1 hour \$65/session

Partner Training Sessions

Per Session 1 hour \$44/session per person

Small Group Training Sessions (3 people)

Per Session 1 hour \$115/ per session per group

PERSONAL TRAINERS

The Winnipeg Winter Club is pleased to present the following personal training team to the WWC Members!

Jeff Mitchell - Fitness Director

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

Ext. 123

Meagan Wilson—Head Trainer

Meagan hopes to educate, empower and inspire people to engage in life through movement – helping them build a strong and functional body so they can engage in activities that feed their spirit.

Aimee Dugal

Bringing a high energy, up tempo approach to her training Aimee is a great fit for those who are new to the Gym and looking for strong support and great results.

Caitlin Williams

With a strong Athletic Therapy and Fitness Training education behind her, Caitlin brings a fun, vibrant energy to all her training sessions.

Parker Bowles

Great with groups or one on one Training, Parker will help get you to your goals and will test what your body is capable of in his challenging workouts!

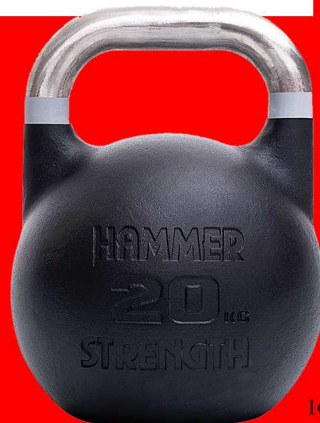
Sosa Agbonlahor

With a strong knowledge base and an experienced body builder, Sosa is able to give you a perspective of what your body needs to get to the next level from lots of first hand experience.

Vincent Corbin

A warm welcoming personality combined with a focused detailed approach with his training programs is what you will get from Vincent.

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



SKATING & HOCKEY– Spring

Facilities Coordinator: Jessica Barsky Email: jbarsky@winnipegwinterclub.com

Phone: 204.452.3311 EXT 114

PRIVATE AND SEMI-PRIVATE LESSONS

Our coaches will work on any of your goals, whether you are beginner or a veteran skater, kids or adults or even figure skaters or hockey players looking to improve their power skating skills. Interested skaters should contact Jessica to check availability and to arrange lessons. Group lessons can be organized when there are 3 or more skaters at similar skill levels. Skaters must wear proper skating attire and some skaters will be required to wear a helmet.

Ice Times:
Tuesdays 3:00–6:30 pm
Thursdays 4:45–6:15 pm
Saturdays 7:00–9:45 am

Availability is based on instructor availability. Contact Jessica to book private lessons.

STARSKATE

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

Please Note: Some times may vary.

PRIVATE SKATING INSTRUCTORS:

Debbie Synkiw Jolene Yun
Kevin Dawe Sarah Low-Ving
Tenneile Sigfusson

LESSON CANCELLATION POLICY

Private lessons must be cancelled 24 hours in advance or the client will be charged full session rate.

Please contact the pro or front desk to cancel. There will be no make up classes for student's own absence of group lessons

MEMBER HOCKEY

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

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

**Final weekend Member Hockey May 15th

Contact the Front Desk to book in your spot. Members can book up to one week in advance. Goalies contact Jessica to get scheduling opportunities.

Full equipment is required.

We schedule your goalies for you! Have a goalie who would like to be a non-member sub? Send their contact information to Jessica.

Cost: FREE

NOTE: Due to special events dates subject to change.

Member Hockey Email:

Notices for member hockey are sent the day of, if you would like a Member Hockey reminder and to stay up to date with important hockey information, please let Jessica know and you will be added to the email list.

MEMBER HOCKEY SKILLS & DRILLS

Hosted by Evolution Hockey

When: Wednesdays 6:45–7:45 am
Cost: FREE

Evolution Hockey coaches take our members through a variety of functional and innovative hockey drills such as passing, puck handling, skating and shooting. It is a great workout that is not only improving our members skills but also their conditioning.

Come on out in full equipment for this free invigorating skate!

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

MEMBER SKATING

We have many different opportunities for members to come and skate. These times can be booked 2 days in advance with the front desk.

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.

Cost: Free

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.

General Hockey

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 affect at these times.

We schedule General Skating & General Hockey on Saturdays and Sundays regularly but watch the ice schedule for changes and additional member skating opportunities!

WWC Junior Skills Academy with Evolution Hockey

The Winnipeg Winter Club has an awesome member exclusive WWC Junior Skills Academy program hosted by Evolution Hockey. This program is the perfect blend of the fundamental hockey skills with plenty of play and scrimmage. Full equipment is required.

When: Monday 6:15–7:00 pm

Ages: 5–12 years old

Session Date: April 4th–May 30th

No session on Monday May 23rd

What can you expect from Evolution Play?

- Each session will always 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

CHECK OUT MORE PROGRAMMING FROM EVOLUTION HOCKEY ON THEIR WEBSITE WWW.EVOLUTIONHOCKEY.CA

THE ARENA WILL BE CLOSED JUNE 6TH-JULY 3RD FOR MAINTENANCE. WE REOPEN ON MONDAY, JULY 4TH.

TENNIS— Spring

Tennis Professional: Peter Otto Email: potto@winnipegwinterclub.com

Phone: 204.452.3311 EXT 108



TENNIS LESSONS

Head Pro Peter Otto

\$70/hour Private Lesson
\$40/hour each Semi Private
\$35/hour each 3 participants
\$30/hour each 4+ participants

Asst. Pro Olga Berdinskykh/Angela Earl/Robert Kennedy/ Ekaterina Zhupanova

\$60/hour Private Lesson
\$40/hour each Semi Private
\$30/hour each 3 participants
\$25/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 DROP IN CLINICS

Clinics run from April 4th to the end of May

Register with the front desk in advance for all clinics

MONDAYS

12:00-1:00 pm	Men's 3.0-5.0 <i>Drill and play with a great workout!</i>	\$15 Each
1:00-2:00 pm	Co Ed Tennis 3.0+ <i>Technical work and play!</i>	\$15 Each
5:30-6:30 pm	*New Member Clinic <i>Adult beginner</i>	Free
6:30-7:30 pm	*New Member Clinic <i>Adult Intermediate/Advanced</i>	Free

*First 4 visits free, then \$15 each

TUESDAY

12:00-1:00 pm	Ladies 2.5-4.5 <i>Drill and play with a great workout!</i>	\$15 Each
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WEDNESDAYS

12:00-1:00 pm	Men's 3.0-5.0 <i>Drill and play with a great workout!</i>	\$15 Each
1:00-2:00 pm	Ladies 2.5-4.5 <i>Drill and play with a great workout!</i>	\$15 Each

THURSDAYS

12:00-1:00 pm	CO-ED 2.0-3.0	\$15 Each
8:30-9:30 pm	CO-ED 3.0+	\$15 Each

FRIDAYS

12:00-1:00pm	CO-ED Games 4.0-5.0 <i>Featuring Triple Threat Doubles on 2 courts</i>	\$13 Each
1:00-2:00 pm	CO-ED Games 2.5-4.0 <i>Featuring Triple Threat Doubles on 2 courts</i>	\$13 Each

BALL MACHINE CLUB

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

Buy a one hour session for \$12 or a Package of 5 1 hour sessions!

Cost: \$50 Individual and \$70 for 2 or more people!

ENDS APRIL 30TH

Ball machine returns again in fall.

ADULT LEAGUES

Starts April 4th (8 weeks)

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

Contact Peter Otto

MONDAYS

9:00-10:30 am & 10:30 am-12:00 pm (combined)	Doubles Challenger League	Cost: \$25 each
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TUESDAYS

10:30am-12:00pm	Ladies 5.0 Doubles	Cost: \$25 each
8:00-9:30 pm	Men's 5.0 Doubles	Cost: \$25 each

WEDNESDAYS

6:30pm-8:00 pm	Couples Doubles (Competitive)	Cost: \$25 each or \$45/ couple
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THURSDAYS

9:00-10:30 am & 10:30am-12:00 pm (Combined)	Doubles Challenger League	Cost: \$25 each
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NOTE: Fees also 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

1st & 3rd Friday of each month

When: May 6th & May 20th 6:30-8:00 pm
2-3 different levels!

Register by the Wednesdays prior with reception

No partner? No problem! Sign up as an individual

ADULT TENNIS NIGHT IS MONDAY!

Open to all New first year members or for those new to the Tennis Area. Play some fun doubles and singles games. Receive some tips from the Pro's! Get a Tennis Rating! Meet other new members and potential future hitting partners! Great way to get your feet wet on the courts!

Begins April 4th

Mondays (First 4 VISITS are FREE) \$15 for additional visits!

5:30-6:30 pm Beginners (Or relatively new to Tennis)

6:30-7:30pm Intermediate and Advanced players (Final date at the 6:30 time slot id May 11th)

Register every week by Saturday for the upcoming Monday with the Front Desk!

BOOK A COURT USING YOUR MEMBER ID!

- www.winnipegwinterclub.com and log in at the top of the page!

-Book up to 3 days in advance on your own or 1-2 days in advance through Front reception at (204)452-3311

*Court cancellation policy and Rules of the court

See the booking website. All members must agree to follow them.





TENNIS-Spring

Tennis Professional: Peter Otto Email:potto@winnipegwinterclub.com Phone: 204.452.3311 EXT 108

JUNIOR PROGRAMS

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.
Starts: April 4th (8 weeks)

Program 1: HALF COURT- Red Ages 4-6

FUNDamentals

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

Program 2: 3/4 COURT - Orange Ages 6-9

Learning to play

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

Program 3: GREEN BALL Ages 9-11+

Developing skills & tactics

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

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 for 8 weeks:

1 day/week \$150, 2 days/week \$240, 3 days/week \$330

**PREVIOUS SESSION REGISTRANTS GET PRIORITY REGISTRATION **

OTTO ACADEMY JUNIOR PROGRAMS

Start week: April 4th-Mid June

Program 5: PROVINCIAL GROUP -Continue;

Learning to compete locally Ages 9+

- *Fitness program strongly encouraged.

Actual days & times mixed with National Group times below!

Program 6: NATIONAL GROUP

*Competing provincially and nationally

High performance and exceptionally skilled junior players from ages 9-18! One must be accepted into this program. See Peter Otto. You must be playing Junior Open Tournaments and have required skills to be eligible.

These players to choose number of days and times to train. Flexibility in choosing required. Coaches will have final say to placement based on age and level of other players selection.

Monday 7:00-8:30 pm

Wednesday/Friday 4:00-5:30 pm

Tuesday and or Thursday 6:30-8:00 am

Tuesdays and or Thursdays 5:00-6:30 pm

Tuesday and or Thursday 6:30-8:00 pm

Saturdays 7:30-9:00 am

Saturdays 9:00-10:30am

Saturdays 4:30-6:00 pm

Sundays 4:00-5:30 pm Junior league

Sundays 4:00-5:30 & 5:30-7:00 pm (slots alternate weekly or monthly)

*Fitness program required

Actual days & times TBD.

Program 5 and 6 Costs:

1 day/week = \$30/week

3 days/week = \$67/week

5 days/week = \$95/ week

2 days/week = \$51/week

4 days/week = \$85/week

6 days/week = \$105/week

*Fitness costs to be extra



YOUTH MENTOR PROGRAM

Be a buddy to a younger member by helping them as they gain more independence and try new things at the Club.

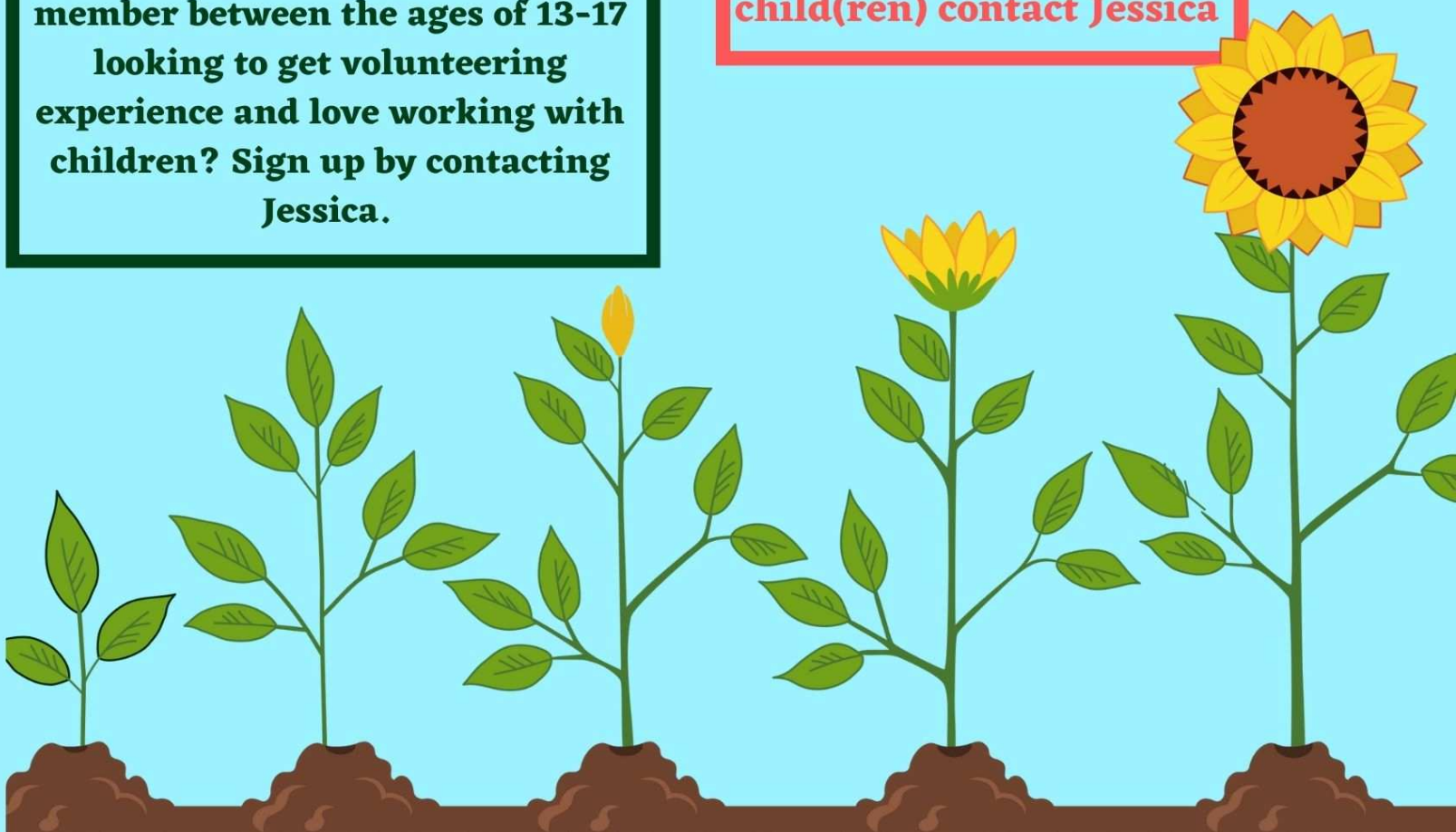
Help them with homework, take them to and from lessons, spend time with them doing fun things in the Junior Lounge and other areas of the club.

Mentors also get to attend a special celebration prior to summer to show you appreciation for all the great things you do to help build up your junior community.

BE A MENTOR

Are you a responsible junior member between the ages of 13-17 looking to get volunteering experience and love working with children? Sign up by contacting Jessica.

GET A MENTOR
To sign up to get a mentor for your child(ren) contact Jessica



BABYSITTERS CLUB

NEED A BABYSITTER AT HOME?

Look no further! We have a database of amazing babysitters at the WWC and will help you find a sitter.

Find the right person to care for your family by
contacting Jessica

LOOKING FOR MORE BABYSITTING JOB OPPORTUNITIES?

Become one of our recommended babysitters today by **contacting Jessica**

Let us do the legwork of finding you babysitting jobs and ensuring you are only caring for families known to the WWC community making it safe for you! Set your rates and get started babysitting for your WWC community today!

**Check out the Winnipeg Winter Club Website
for more information**





MEMBERSHIP PERKS PROGRAM



WWC MEMBERS RECEIVE DISCOUNTS ON HOME AND PERSONAL SERVICES

interior  illusions

**20% DISCOUNT ON
REGULAR PRICED MERCHANDISE**

INTERIORILLUSIONS.CA
100 Princess St. Unit 100

* Cannot be combined with any other offers. See store for details

RON PAUL
GARDEN CENTRE
we're Got it all

**10% DISCOUNT ON
ALL PURCHASES**

RONPAULGARDENCENTRE.COM
2641 St. Mary's Rd

F
EPHAPPAREL

**FREE DRESS SHIRT AND TIE
WITH ANY SUIT PURCHASE**

EPHAPPAREL.COM
190 Smith St.

Loka

**15% DISCOUNT ON ALL
PURCHASES**

LOKABOUTIQUE.CA
1444 Corydon Ave

*Some restrictions apply. See store for details. Cannot be combined with any other offer.

body measure
measure • empower • achieve

**FREE FIT 3D SCAN WITH
PURCHASE OF DEXA SCAN**

BODYMEASURE.CA
1086 St. Mary's Rd.

* Cannot be combined with any other offers.
See store for details

cityplace orthodontics

**\$400 OFF YOUR OR YOUR
CHILD'S 1ST ORTHODONTIC
TREATMENT**

ORTHOMANITOBA.CA
333 St. Mary's Rd



**FREE PICK UP AND DELIVERY
OF DRY CLEANING FROM THE
WWC***

**BESTCAREDRYCLEANERS.COM
988 Main St.**

* Free Garment bag. Account must be set up with Best Care in advance. See Front Desk for more information.



**15% OFF RETAIL PRICING OF
FLOORING AND DECOR**

PRAIRIECONCEPTS.CA



**DISCOUNTS ON DAILY AND
WEEKLY PARKING:
\$17.99/DAY AND \$82.99/WEEK**

**PARKNFLY.CA
820 A Berry St.**

Use the discount code provided by the Front Desk when paying and show your WWC member card.

*Ask the Front Desk for the discount code.



**10% OFF THE PURCHASE OF
NEW WINDOWS**

ACCURATEDDORWIN.COM

*Contact: sales@accurateddorwin.com



**20% OFF YOUR 1st FLOAT
AND 10% OFF FUTURE
FLOATS**

**JELLYFISHFLOATSPA.COM
894 St. Mary's Rd**



**SIMPLY PRESENT YOUR WWC
MEMBER CARD TO RECEIVE ANY OF
THESE DISCOUNTS. PLEASE SPEAK TO
BRENT BERNAS, MEMBERSHIP
DIRECTOR FOR MORE INFORMATION
ON THESE PARTICIPATING
ORGANIZATIONS.**



10 % OFF ALL SERVICES

**WWW.33WALLY.CA
43 Burnett Ave**

Spring & Summer 2022 Calendar of Events

WWC Club Squash Championship	March 14th-April 25th
Junior Recreation In-Service Day	March 18th
Tri-Racquet In-Service Day	March 18th
Junior Recreation Spring Break Camp (PRIVATE SCHOOLS)	March 21st-25th
Junior Recreation Spring Break Camp	March 28th-April 1st
Badminton Spring Break Camp	March 28th-April 1st
Tri Racquet Spring Break Camp	March 28-April 1st
Wpg Squash City A Champs/MB Jr Squash Open	April 7th-10th
The CryptoCoin Company Badminton Open	April 7th-10th
Easter Brunch	April 17th
Teen Cake Decorating	April 21st
Junior Recreation In-Service Day	April 22nd
Tri Racquet In-Service Day	April 22nd
Brew Ha Ha	April 22nd
Teen Movie Night	April 22nd
Babysitter's Club	April 28th
Teen Movie Night	April 29th
Junior Recreation In-Service Day	May 6th
Tri Racquet In-Service Day	May 6th
Teen Movie Night	May 6th
Mother's Day Brunch	May 8th
Teen Movie Night	May 13th
Teen Movie Night	May 20th
Babysitters Club	May 26th
Princess Ball	June 30th

Affiliated Clubs

CANADIAN AFFILIATES

ALBERTA

Calgary Winter Club
Glencoe Club
Royal Glenora Club
The Derrick Golf & Winter Club

4611-14th Street N.W. Calgary, AB T2K 1J7, Tel: 403.289.5511
636-29th Avenue, S.W. Calgary, AB T2S 0P1, Tel: 403.243.2506
11160 River Valley Road, Edmonton, AB T3J 2G7, Tel: 780.482.2371
3500 119 St NW, Edmonton, AB T6J 5P5, Tel: 780.437.1833

BRITISH COLUMBIA

Hollyburn Country Club
North Shore Winter Club
Terminal City Club
The Arbutus Club
The Union Club of British Columbia
Vancouver Lawn and Tennis Club

950 Crosscreek Road, West Vancouver, BC V7S 2S5, Tel: 604.922.0161
1325 East Keith Road, North Vancouver, BC V7J 1J3, Tel: 604.985.4135
837 West Hastings Street, Vancouver, BC V6C 1B6, Tel: 604.681.4121
2001 Nanton Avenue, Vancouver, BC V6J 4A1, Tel: 604.266.7166
805 Gordon Street, Victoria, BC, V8W 1Z6 Tel: 250.384.1151
1630 West 15th Avenue, Vancouver, BC V6J 2K7 Tel: 604.731.2191

NOVA SCOTIA

The Waegwoltic Club of Halifax

6549 Coburg Road, Halifax, Nova Scotia B3H 2A6, Tel: 902.429.2822

ONTARIO

Donalda Club
Granite Club
Oakville Golf Club Ltd.
Royal Canadian Yacht Club
The Adelaide Club
The Boulevard Club
The London Club
The Oakville Club
The Cambridge Club

12 Bushbury Drive, Don Mills ON M3A 2Z7, Tel: 416.447.5575
2350 Bayview Avenue, Toronto, ON M2L 1E4, Tel: 416.449.8713
1154 Sixth Line Road, Oakville, ON L6J 4L5, Tel: 905.845.8321
141 St. George Street, Toronto, ON M5R 2L8, Tel: 416.967.7245
1 First Canadian Place, P.O. Box 228, Toronto, ON, M5X 108, Tel: 416.367.9957
1491 Lakeshore Blvd, Toronto, ON M6K 3C2, Tel: 416.532.3341
177 Queens Ave, London, ON, N6A 1J1, Tel: 519.434.6889
56 Water Street, Oakville, ON L6J 2Y3, Tel: 905.845.0231
100 Richmond Street West, 11th Floor, Richmond Tower, Toronto, ON M5H 3K6,
Tel: 416.862.1077
141 Wilson Avenue, Toronto, ON M3M 3A3, Tel: 416.487.4581

Toronto Cricket,
Skating & Curling Club
Toronto Lawn & Tennis Club

44 Price Street, Toronto, ON M4W 1Z4, Tel: 416.922.1105

QUEBEC

Club Atwater
Maa Club Sportif, Montreal

3505 Atwater Avenue, Montreal, QC H3H1Y2, Tel: 514.935.2431
2070 Peel Street, Montreal, QC H2A 1W6, Tel: 514.845.2233

SASKATCHEWAN

The Saskatoon Club

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

UNITED STATES AFFILIATES

Bellevue Athletic Club
Epping Forest Yacht Club
Multonomah Athletic Club
New York Athletic Club
The Denver Athletic Club
The Georgian Club
The Racquet Club of Memphis
The Racquet Club of Philadelphia

11200 South East 6th Street, Bellevue, Washington 98004 Tel: 425.454.4424
1830 Epping Forest Drive, Jacksonville, FL, 32217, Tel: 904.421.2236
1840 S.W. Salmon Street, Portland, Oregon 97207 Tel: 503.233.6251
180 Central Park South, New York, New York 10019-1562 Tel: 212.267.7026
1325 Glenarm Place, Denver, CO 80204, Tel: 303.534.1211
100 Galleria Parkway, Suite 1700, Atlanta, GA, 30339, Tel: 770.952.6000
5111 Sanderlin Ave, Memphis, TN, 38117, Tel: 901.765.4400
215 16th St., Philadelphia, PA, 19102, Tel: 267.702.6485

ASIA AFFILIATES

Ambassy Club
Beijing American Club
British Club of Bangkok
The Refinery Hong Kong
Shanghai Town & Country Club
The American Club

1500 Central Hai Road, Shanghai Tel: 86-21-6237-0018*826
28/F, China Resources Building, 8 Jianguomen Beidajie Tel: 8610.85192888
189 Sunawang Road, Bangkok, Bangkok 10500 Thailand Tel: +66.2234.0247
4th Floor, Dorset House, Taikoo Place, Quarry Bay, Hong Kong, Tel: 852.2216.5700
No. 46 Luding Road Shanghai, China 200062 Tel 86.21.8025.8666
10 Claymore Hill, Singapore 229573 Tel: 65.6737.3411

INDIA AFFILIATES

Nani's Nook

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