



— WINNIPEG —  
**WINTER CLUB**

Find strength in connection.

SUMMER  
**20  
26**

**SUMMER 2026**

200 River Ave. Winnipeg, Manitoba

# FIND CLUB PROGRAMS

We are pleased to present our summer guide with programs and services for every member of your family.

## SUMMER CLUB HOURS

**MONDAY – FRIDAY**      **SATURDAY & SUNDAY**  
**6am-10pm**                      **8am-4pm**

Fall hours resume September 8. *Closed Canada Day and Terry Fox Day.*

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### **3**      **FOOD & BEVERAGE**

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### **5**      **CAMPS**

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### **8**      **JUNIOR RECREATION & BABYSITTING**

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### **10**      **FITNESS, HEALTH & WELLNESS**

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### **12**      **AQUATICS**

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### **13**      **BADMINTON**

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### **14**      **TENNIS**

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### **15**      **SQUASH**

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### **16**      **ICE SKATING & HOCKEY**

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#### **Lesson and Program Billing and Cancellation Policy**

Seasonal group programs are billed in full following the first month of the program.

Private lessons are billed monthly, at the end of each month.

A minimum of 24 hours' notice is required to cancel a private lesson without charge. Cancellations made with less than 24 hours' notice may be subject to the full lesson fee.

Absences from group lessons and programs are not eligible for refunds and credits.

# Food & Beverage Service

URBAN *prairie*  
CUISINE

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



## ICE CAFE

until June 14

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

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

June 15 - September 7

**Monday - Friday** 8:00am - 5:00pm

**Saturday - Sunday** Closed

**Holiday Hours**

**Victoria Day (May 18)** Closed

*Full Café hours resume September 8.*

*Beverages and snacks are available for purchase in the locker room.*

## BISTRO

Re-opening in the fall.

## CATERING

The Winnipeg Winter Club is the place to host an event. Every event is enhanced by excellent food, expertly prepared, presented and served. Chef Dan puts careful consideration into creating the perfect menu to suit your event. Contact [catering@winnipegwinterclub.com](mailto:catering@winnipegwinterclub.com)





# TAKE ME TO THE LAKE!

To order: 204-452-3311 ext 143 or email [catering@winnipegwinterclub.com](mailto:catering@winnipegwinterclub.com)

## ENJOY THE TASTE OF THE CLUB ALL SUMMER

### **UPC Famous Maple BBQ Salmon Filets**

\$40 per pound

### **4 oz Marinated Chicken Breast**

6 pcs \$27

### **Marinated Pork Tomahawks**

2 pcs \$35

### **Marinated New York Steaks**

2 pcs \$40

### **Dan's Smoked Brisket**

\$25 per pound

### **Prime Rib Burger Patties**

4 pcs \$32

### **Swedish Meatballs**

\$20 per dozen

### **Lasagna, Beef with Tomato Sauce**

Cut in 9 pieces \$50

### **Vegetarian Lasagna**

Cut in 9 pieces \$50

***Pick-Up in the Ice Cafe:***

***9 am to 3 pm***

URBAN *prairie*  
CUISINE



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WINTER CLUB

# SUMMER CAMPS



**LUNCH &  
SNACKS  
INCLUDED!**

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

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

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

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

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

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

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

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

**Members:** \$275/week

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

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

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

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

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

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

### **CAMP DATES:**

July 6 - 10

July 13 - 17

July 20 - 24

July 27 - 31\*

Aug 4 - 7 \*\*

Aug 10 - 14

Aug 18 - 22

Aug 24 - 28

Aug 31 - Sep 4

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

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



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TENNIS

SQUASH

BADMINTON

# TRI-RACQUET CAMP

Ages 8-14

July 6-10

July 13-17

Aug 24-28

Aug 31 - Sept 4



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

Non-members welcome.

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

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



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

# BADMINTON CAMP

Ages 10-17

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

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

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



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# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

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

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

## AUNTIE B'S BABYSITTING CENTRE

Named after Bernice, a staff member who worked in the Babysitting Centre for over 40 years, the centre provides child minding for children aged 6 weeks - 6 years old. As per the Manitoba Child Day Care Standards Act, the maximum visit length is 3 hours, and there must be at least one hour between visits.

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

## HOURS OF OPERATION

### Monday-Friday

9:00 am - 1:00 pm

*NOTE: Babysitting and Junior Lounge weekend hours resume September 7.*

## FEES

\$6 per hour

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

## MONTHLY PASS

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

\$47.50/month single child

\$20 each additional child

*The pass does not apply to specialty programming.*

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

## JUNIOR LOUNGE

The Junior Lounge provides child minding for children aged 5-12 years old during the school year. We close in the summer for regular care and instead offer Summer Camps all season to enjoy!

# Junior Recreation & Babysitting



**Facilities Coordinator: Jessica Barsky**

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

## ADDITIONAL SERVICES

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

Times available on evenings, weekends or can even be set up during your child's day at our camps.

Contact [jbarsky@winnipegwinterclub.com](mailto:jbarsky@winnipegwinterclub.com) to book a lesson.

## TUTORING

1 on 1 tutoring | All grade levels

**Subjects:** Reading, English, French, Math, Science (Biology Physics Chemistry)

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

## BIRTHDAY PARTIES

Members can book Birthdays, Wind-Ups or other special events for kids at the Club.

When having your special celebration, we provide your party host, use of the club areas for you and your guests, as well as many of your party supplies.

Visit our website to [check out our party packages.](#)

# Fitness, Health & Performance

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

204.452.3311 ext 123 - fitness@winnipegwinterclub.com



The spring fitness schedule will continue through to June 26. No fitness classes June 27 - July 5. Summer fitness schedule starts July 6.

## FITNESS SCHEDULE JULY 6 - SEPTEMBER 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Strength &amp; Conditioning</b> Moein 6:30am		<b>Strength Booster</b> Moein 6:30am	
	<b>Aquafit*</b> Kristen 9:15am		<b>Aquafit*</b> Kristen 9:15am	<b>Aquafit*</b> Moein 9:15am	
<b>Cardio Core &amp; More</b> Aimee 10:00am		<b>Spin-Strength Mobility Fusion</b> Moein 9:30am	<b>Vinyasa Flow Yoga</b> Gabriella 9:30am		
<b>Bootcamp Blitz</b> Christian 6:00pm		<b>Circuit Circus</b> Vince 6:00pm			

**Pool closed July 25 - August 9. | No class on Terry Fox Day — Monday, August 3rd.**

\*\* Additional fees apply.

Class schedule subject to change. See real time schedules online or in app. The class will be cancelled by 7 PM the evening prior if fewer than three members are registered.

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

# Fitness, Health & Performance

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

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



## MASSAGE THERAPY

Massage therapy services are available at the Club. [Book online.](#)



Registered Massage  
Therapists

Massage Therapy

# Aquatics



**Aquatics Supervisor: Sydney Ennis**

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

## POOL HOURS

Spring swimming lessons will wrap up the week of June 8.

See the pool schedule by [clicking here](#).

**Effective May 16 - September 7**

<b>Monday-Friday</b>	<b>Saturday &amp; Sunday</b>
6:30 am - 7:30 pm	8:00 am - 3:00 pm

Please see the [online Pool Schedule](#) for open swim times. As camp season is underway, the pool will be closed at various times throughout the day.

## PRIVATE SWIMMING LESSONS

Private swim lessons are available through the summer. Contact Sydney at [aquaticssupervisor@winnipegwinterclub.com](mailto:aquaticssupervisor@winnipegwinterclub.com)

## SWIMMING POOL RULES

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



**POOL WILL BE CLOSED FOR MAINTENANCE JULY 25 - AUGUST 9**

**VIEW THE POOL SCHEDULE**



# Badminton



## Badminton Professional: Elliott Beals

204.452.3311 ext 118 - [badmintonpro@winnipegwinterclub.com](mailto:badmintonpro@winnipegwinterclub.com)

Summer programming primarily consists of summer camps, with **private and semi-private lessons also available.**

## BADMINTON CAMP

For beginner to high-performance athletes ages 10-17 years. Camp runs 9:00am-3:30pm.

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

Prizes awarded to each player. Players entered in draw for YONEX racket.

- Lunch provided
- Camp t-shirt included

**Members:** \$300 full day, \$240 half day

**Non-Members:** \$350 full day, \$290 half day

## NEW - HIGH PERFORMANCE SUMMER CAMP WITH COACH KEVIN BARKMAN

July 7 - 30 (Register by the week)

Tuesday & Thursday: 5:00-7:30pm

## TO REGISTER FOR A CAMP:

### Email:

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

**SEE PAGES 5-7 FOR MORE CLUB CAMPS**



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

# Tennis



## Tennis Professional: Peter Otto

204.452.3311 ext 108 - potto@winnipegwinterclub.com

## TENNIS LESSONS

### Head Pro Peter Otto

\$80/hour Private Lesson

\$45/hour each Semi Private

\$40/hour each 3 participants

\$35/hour each 4+ participants

### Asst. Pro Olga Berdinskykh, Anna Buhas, Robert Kennedy, Jacob Yee

\$70/hour Private Lesson

\$40/hour each Semi Private

\$35/hour each 3 participants

\$30/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 reception to cancel.

## ADULT CLINICS

Clinics run June 1<sup>st</sup> to mid September. Register online, in-app or at reception.

### MONDAYS

11:00am - 12:00pm **Ladies (All levels)** \$15 each

12:00 - 1:00pm **Men's 3.0 - 5.0** \$15 each

5:30 - 6:30pm - **New Member Clinic** \$15 each  
(first 4 visits free)

No clinics on Canada Day July 1, Terry Fox Day August 3, and Labour Day September 7.

### WEDNESDAYS

11:00 am-12:00 pm **Men's 3.0 - 5.0** \$15 each

12:00-1:00 pm **Ladies (All levels)** \$15 each

**No clinics on Canada Day July 1, Terry Fox Day August 3, and Labour Day September 7.**

## SEE PAGE 6 FOR OUR TRI RACQUET CAMP

## 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

## JUNIORS

There is no Junior programming over the summer, with the exception of summer camps. See page 6 for Tri-Racquet Camp.

Fall programming will begin in September.

# Squash



## Squash Professional: Trevor Borland

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

## ADULT PROGRAMS

### STARTER SQUASH

Our Starter Squash class is 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.

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

**When:** Monday, July 6 & August 24  
6:45-7:45pm

**Cost:** Free

## JUNIOR PROGRAMS

### 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

**When:** Mondays 4:00-5:30pm  
Thursdays 5:30-7:00pm

**Session:** July 6 - August 27

**Cost:** \$160 1 x/week | \$265 2x per week

## PRIVATE LESSONS

\$30 per 30 min lesson

\$45 per 45 min lesson

\$60 per 1 hour lesson

### SEMI PRIVATE LESSONS

\$25 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 just a game with some helpful hints, you can play the pro for \$30 for a best of five 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.

# Ice Skating & Hockey



Facilities Coordinator: Jessica Barsky

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

## PRIVATE & SEMI-PRIVATE SKATING LESSONS

Our coaches will work on any of your goals, whether you are beginner or veteran skater, child or adult, figure skater or hockey player looking to improve your power skating skills.

Skaters must wear proper skating attire. Some skaters will be required to wear a helmet.


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 arrange lessons.



# SKATE CANADA STARSKATE PROGRAM

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

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

 204-452-3311 ext.114

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



Scan for full details



# Ice Skating & Hockey



**Facilities Coordinator: Jessica Barsky**

204.452.3311 ext 114 - jbarsky@winnipegwinterclub.com

## ADULT HOCKEY

### CLUB HOCKEY

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

Players can book online, in app or at reception. Games are cancelled without a minimum of at least 10 participants registered 4 hours before game time. Full equipment is required.

Effective July 6th:

**When:** Mondays 8:15-9:30pm  
Thursday 8:15-9:30pm

**Cost:** Free

### SKILLS & DRILLS 16+

Our coaches take you through a variety of functional and innovative drills such as passing, puck handling, skating and shooting. These skates will not only improve your skills but also your conditioning. Full equipment is required.

Register online, in app or at reception. Members book up to one week in advance. Goalies contact Jessica to get scheduling opportunities.

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

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

**Date:** Designated Wednesdays thru the summer - See app or online.

**Cost:** Free

## WELCOME EVOLUTION HOCKEY CAMPS!

As Club members, Evolution Hockey athletes have access to courts, open ice, and the fitness centre (age 12+) all summer. Off-ice training and multi-sport participation is an important aspect of athlete development.

## MEMBER SKATING OPPORTUNITIES

### GENERAL SKATING

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

### STICK AND PUCK

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

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

### OPEN ICE

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

RBC Dominion Securities Arena will be closed for maintenance June 8 - July 5.

**Open ice is limited during July & August.**  
Please see the Ice Schedule and be respectful of others sharing the ice.





## SUMMER CLUB HOURS

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

**SATURDAY & SUNDAY**  
8:00 AM - 4:00 PM

*Effective May long weekend; Fall hours resume September 8*

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## HOLIDAY HOURS

July 1 - Canada Day - CLOSED

August 3 - Terry Fox Day - CLOSED

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



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