

# NORTH SHORE WINTER CLUB

## Summer Kids Camp Program Guide 2018



### SUMMER CAMP REGISTRATION

Members

April 10th @ 10am

Non Members

April 24th @ 10am

Register at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)



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## Registration Information

**Member Registration Opens:** April 10th at 10am

**Non Member Registration Opens:** April 24th at 10am

1. Online at [www.nswc.ca](http://www.nswc.ca)
  2. By phone **604 985-4135 x 0**
  3. In person at Member Services
- All programs have a minimum and maximum enrollment.
  - A waiting list will be formed after a program is filled.
  - No credits or pro-rating will be provided for missed sessions.

## Cancellation Policy

1. By phone **604 985-4135 x 0**
  2. In person at Member Services
- **100% Refund:** Up to 72 hours before program start time.
  - **50% Refund:** Less than 72 hours and up to 48 hours after the start of a program.
  - **No Refund:** More than 48 hours after program start time.
  - NSWC reserves the right to adjust any incorrect program fees or information due to printing errors and to cancel any classes due to low enrollment.
  - Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of three days prior to the program start date. All participants will be informed by email or by phone.

## Payment

- Payment must be made in full at the time of registration.
- Member accounts will be automatically charged.
- Public registration requires payment by credit card. No other payment is accepted.
- GST will be charged upon payment when applicable.

# Aquatics Summer 2018

## Pool Rules and Information

The safety of our Members and their guests using the pool is of utmost important to the NSWC. Please review these important rules regarding those using our pool area.

- Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.
- Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing their wrist bands.
- Children are not allowed to wear flotation devices on the diving board.
- Lifeguards may close the diving board or areas of the pool based on the number of occupants at any time.

## Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool! Swimming lessons run all summer long, so if you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons. NSWC offers swim sets for those 3 years and over. Contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca) with any questions

## Swimming Sets & Dates

### Members & Non Members

Set 1: May 22—24 & May 28—Jun 1 (no lesson May 21)

Set 2: Jun 4—8 & Jun 11—15

Set 3: Jun 18—22 & Jun 25—29

### Members Only

Set 4: Jul 3—6 & Jul 9—13 (no lesson Jul 2)

Set 5: Jul 16—20 & Jul 23—27

Set 6: Jul 30—Aug 3 & Aug 6—10 (no lesson Aug 6)

Set 7: Aug 13—17 & Aug 20—24

## Price Per Set

Members: \$65 (30 min class) | \$90 (45 min class)

Non Members: \$90 (30 min class) | \$115 (45 min class).



# Aquatics Summer 2018

## Red Cross Swim Program(3 yrs—6 yrs)

Red Cross Swim Preschool & Tiny Tots is a program for 3 to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities.

### Sea Otter (Ages: 3 yrs to 6 yrs)

This is a transitional level that transfers the preschooler from the care of the parent to the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats, glides, and swim 1m.

\*This is a parent participation class.\*

**Sets 1—3: 3pm—3:30pm**

**Sets 4—7: 10:30am—11am (Members Only)**

### Salamander (Ages: 3 yrs to 6 yrs)

Children learn new swimming skills including assisted floats and glides through games and songs. The level includes independent front and back floats, and learning to jump into chest-deep water. This level is primarily an orientation to the water for those who have minimal experience in water.

**Sets 1—3: 3pm—3:30pm**

**Sets 4—7: 10am—10:30am or 2pm—2:30pm (Members Only)**

### Sunfish (Ages: 3 yrs to 6 yrs)

Assisted by an instructor, children work on stroke and skill progression. The students begin independent front and back glides. This class will also focus on good judgment in, on and around the water as well as entries and floats in deep water.

**Sets 1—3: 3:30pm—4pm**

**Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)**

### Crocodile (Ages: 3 yrs to 6 yrs)

Children continue independent glides and kicking in deep water. Endurance is built by increasing the distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

**Sets 1—3: 3:30pm—4pm**

**Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)**

### Whale (Ages: 3 yrs to 6 yrs)

Children will learn to swim independently and participate in team games. They will increase their distance and improve skills in front and back swims.

**Sets 1—3: 3:30pm—4pm**

**Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)**

# Aquatics Summer 2018

## Red Cross Swim Kids (5 yrs—12 yrs)

Red Cross Swim Kids is a 10-level program for children 5-12 years of age. Children learn to swim, be fit, and stay in a safe environment that promotes achieving personal success. The program teaches competitive and survival strokes, and allows for a solid progression of skills and knowledge.

### Red Cross Swim Kids (Level 1)

Entry level for those who did not take the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks.

**Sets 1—3: 4pm—4:30pm**

**Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)**

### Red Cross Swim Kids (Level 2)

A second orientation level which helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD).

**Sets 1—3: 4pm—4:30pm**

**Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)**

### Red Cross Swim Kids (Level 3)

This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction.

**Sets 1—3: 4pm—4:30pm**

**Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)**

### Red Cross Swim Kids (Level 4)

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits.

**Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)**

### Red Cross Swim Kids (Level 5)

Back crawl is introduced, along with sculling skills and whip kick on back. Children try stride dives and receive an introduction to safe boating skills.

**Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)**



# Aquatics Summer 2018

## **Red Cross Swim Kids (Level 6)**

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive.

**Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)**

## **Red Cross Swim Kids (Level 7)**

Continue to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance.

**Sets 4—7: 11:45am—12:30pm (Members Only)**

## **Red Cross Swim Kids (Level 8)**

Introduces the breaststroke, foot first surface dives, and rescue entries.

Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.

**Sets 4—7: 11:45am—12:30pm (Members Only)**

## **Red Cross Swim Kids (Level 9)**

Front Crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on the head-first shallow dives and standing dives and learn about wise choices, peer influences and self-rescue from ice.

**Sets 4—7: 11:45am—12:30pm (Members Only)**

## **Red Cross Swim Kids (Level 10)**

Further refinement of strokes with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice and head-first and feet-first shallow dives.

**Sets 4—7: 11:45am—12:30pm (Members Only)**



# Aquatics Summer 2018

## Private Swim Lessons

Private Swim Lessons are taught by qualified Canadian Red Cross Water Safety instructors. You will increase your comfort level in the water, improve your stroke efficiency, and create a more effective swim workout. Private lessons provide the greatest flexibility and one-on-one attention for swimmers of any age.

**To learn more, contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca)**

### **Rates:**

**30 minutes:** Member \$30 Non Member \$45

**45 minutes:** Member \$45 Non Member \$65

**60 minutes:** Member \$60 Non Member \$85

\* Non member private swim lessons are available May and June only.

## Lifesaving Courses

### **Bronze Medallion**

**Prerequisites: Bronze Star, recommended or / 13 years old by last day of course if candidate does not have Bronze Star.**

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies.

Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPRA certification.

### **Bronze Cross**

**Prerequisites: Bronze Medallion, must show proof of certification**

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs. Bronze Cross is also worth 2 Grade 11 high school credits.

# Aquatics Summer 2018

## National Lifeguard Training

### NLS Core and Pool Option

**Prerequisites: 16 years old, Standard First Aid, issued within 2 years, Bronze Cross and proof of certification**

The primary role of the NLS lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. NLS training is designed to teach the principles and develop the basic lifeguarding skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. The NLS Pool option builds on the fundamental skills, knowledge and values taught in the NLS core course to train lifeguards in safety supervision and rescue in a pool environment.

**To learn more, contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca)**

## Adult Swimming (Masters)

Masters is for people who enjoy swimming for fitness and recreation and who wish to improve their swimming ability. We offer regular, structured training sessions under the watchful eye of a swim coach. Practices emphasize stroke improvement, cardiovascular activity, and progressive fitness training.

**Jun 4—Aug 29**

**Mon and Wed**

**8pm—9pm**

**Member Drop In: \$15 / class**

**Non Member Drop in: \$18 / class**

**Member 5 Pack: \$60**

**Non Member 5 Pack: \$80**

## Aquafit

These one hour classes take you through an aerobic low impact workout using the resistance of the water.

**Jul 4—Jul 30**

**Mon and Wed**

**12:30pm—1:30pm**

**8 sessions**

**Or 8pm—9pm**

**8 sessions**

**Aug 1—Aug 29**

**Mon and Wed (no session Aug 6)**

**12:30pm—1:30pm**

**8 sessions**

**Or 8pm—9pm**

**8 sessions**

**Member: \$42**

**Non Member: \$64**





# Junior Tennis Camps summer 2018

## Juniors Tennis Programs

From 2012, the ITF (International Tennis Federation) Rules of Tennis state that competition for players aged 10-and-under must be played with slower Red, Orange and Green balls on the appropriately sized courts. The traditional Yellow ball will not be permitted.

All NSWC 10 and under tennis programs will be using this "Progressive Tennis" format.



Progressive Tennis is a recognized international format that teaches tennis in a fun and interactive way by using tennis balls, racquets, nets, and courts that are scaled to match the size and age of the players. This format provides young players with optimal challenge and success: skills can be learned faster, rallies can be enjoyed sooner, tactical practice is well facilitated, and the transition to full court can be made easier!

RED, ORANGE, AND GREEN programs have been split into two pathways: a PERFORMANCE pathway and a HIGH PERFORMANCE pathway.

## Red Ball (Ages: 6 yrs to 7 yrs)

Red Ball Tennis provides a great way to get the younger player started in a "lifetime sport". Develop the ABC's (agility, balance, coordination) of fundamental movement skills and basic tennis skills (technical and tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for 1/2 court (RED court).

<b>Week 1: Jul 3—Jul 6</b>	<b>11am—12:30pm</b>	<b>4 sessions</b>
<b>Week 2: Jul 9—Jul 13</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>
<b>Week 3: Jul 16—Jul 20</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>
<b>Week 4: Jul 23—Jul 27</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>
<b>Week 5: Jul 30—Aug 3</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>
<b>Week 6: Aug 7—Aug 10</b>	<b>11am—12:30pm</b>	<b>4 sessions</b>
<b>Week 7: Aug 13—Aug 17</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>
<b>Week 8: Aug 20—Aug 24</b>	<b>11am—12:30pm</b>	<b>5 sessions</b>

**Members: \$97.50 / week**

**\$78 / weeks 1 & 6**

**Non Members: \$146.25 / week**

**\$117 / weeks 1 & 6**

# Junior Tennis Camps summer 2018

## Orange Ball Tennis and Swimming (Ages: 7 yrs to 9 yrs)

Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified 3/4 court (ORANGE COURT). 2 hours of tennis and 1 hour of swimming each day!

<b>Week 1:</b> Jul 3—Jul 6	<b>9am—12pm</b>	<b>4 sessions</b>
<b>Week 2:</b> Jul 9—Jul 13	<b>9am—12pm</b>	<b>5 sessions</b>
<b>Week 3:</b> Jul 16—Jul 20	<b>9am—12pm</b>	<b>5 sessions</b>
<b>Week 4:</b> Jul 23—Jul 27	<b>9am—12pm</b>	<b>5 sessions</b>
<b>Week 5:</b> Jul 30—Aug 3	<b>9am—12pm</b>	<b>5 sessions</b>
<b>Week 6:</b> Aug 7—Aug 10	<b>9am—12pm</b>	<b>4 sessions</b>
<b>Week 7:</b> Aug 13—Aug 17	<b>9am—12pm</b>	<b>5 sessions</b>
<b>Week 8:</b> Aug 20—Aug 24	<b>9am—12pm</b>	<b>5 sessions</b>

**Members:** \$195 / week                      **\$156 / weeks 1 & 6**  
**Non Members:** \$292.50 / week            **\$234 / weeks 1 & 6**

## Green Ball Tennis and Swimming (Ages: 9 yrs to 11 yrs)

Green Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court. Green dot tennis balls and regular tennis balls will be used depending on skill level of the players in the group. 2 hours of tennis and 1 hour of swimming each day!

<b>Week 1:</b> Jul 3—Jul 6	<b>12pm—3pm</b>	<b>4 sessions</b>
<b>Week 2:</b> Jul 9—Jul 13	<b>12pm—3pm</b>	<b>5 sessions</b>
<b>Week 3:</b> Jul 16—Jul 20	<b>12pm—3pm</b>	<b>5 sessions</b>
<b>Week 4:</b> Jul 23—Jul 27	<b>12pm—3pm</b>	<b>5 sessions</b>
<b>Week 5:</b> Jul 30—Aug 3	<b>12pm—3pm</b>	<b>5 sessions</b>
<b>Week 6:</b> Aug 7—Aug 10	<b>12pm—3pm</b>	<b>4 sessions</b>
<b>Week 7:</b> Aug 13—Aug 17	<b>12pm—3pm</b>	<b>5 sessions</b>
<b>Week 8:</b> Aug 20—Aug 24	<b>12pm—3pm</b>	<b>5 sessions</b>

**Members:** \$195 / week  
**\$156 / weeks 1 & 6**  
**Non Members:** \$292.50 / week  
**\$234 / weeks 1 & 6**



# Junior Tennis Camps summer 2018

## Teen Tennis Training (Ages: 12 yrs +)

This group is for the novice/intermediate teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/tactical/physical) to learn the game.

<b>Week 1:</b> Jul 3—Jul 6	<b>12:30pm—2pm</b>	<b>4 sessions</b>
<b>Week 2:</b> Jul 9—Jul 13	<b>12:30pm—2pm</b>	<b>5 sessions</b>
<b>Week 3:</b> Jul 16—Jul 20	<b>12:30pm—2pm</b>	<b>5 sessions</b>
<b>Week 4:</b> Jul 23—Jul 27	<b>12:30pm—2pm</b>	<b>5 sessions</b>
<b>Week 5:</b> Jul 30—Aug 3	<b>12:30pm—2pm</b>	<b>5 sessions</b>
<b>Week 6:</b> Aug 7—Aug 10	<b>12:30pm—2pm</b>	<b>4 sessions</b>
<b>Week 7:</b> Aug 13—Aug 17	<b>12:30pm—2pm</b>	<b>5 sessions</b>
<b>Week 8:</b> Aug 20—Aug 24	<b>12:30pm—2pm</b>	<b>5 sessions</b>

**Members:** \$112.50 / week

**\$90 / weeks 1 & 6**

**Non Members:** \$168.75 / week

**\$135 / weeks 1 & 6**



# Kids Corner Camps summer 2018

## Kids Corner Summer Camps

### Wacky, Wild Art Week

**Ages: 2 yrs to 7 yrs**

Let your artsy, crafty child have a week of wonderful artistic expression as they dive into the world of make believe as they use water colours, tempura paint, clay, pastels and chalk. Snack is included.

**Mon—Fri**

**9am—11am**

**Week 1: Aug 7—10**

**Week 2: Aug 21—25**

**Members: \$90 / week 1**

**\$100 / week 2**

**Non Members: \$100 / week 1**

**\$112 / week 2**



### Culinary No Cook Recipe Week

**Ages: 2 yrs to 7 yrs**

A week filled with fun no bake recipes. The children will learn how to make fresh fruit salad, summer berry cheesecake, trail mix, oatmeal energy bites and more without the use of any heating equipment. The day will finish with an active game or swim in the small pool. *Snack is included.*

**Mon—Fri**

**9am—11am**

**Week 1: Aug 13—17**

**Week 2: Aug 27—Aug 31**

**Members: \$100 / week**

**Non Members: \$112 / week**



### What to pack!

- Swim suit, towel, sunhat, sunscreen, water bottle.

# Kids Corner Information Summer 2018

## Child Minding – Kids Corner

Ages: 1 yr to 9 yrs

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

### Hours of Operation

Mon—Fri     3:30pm—8pm  
Sat            10am—5pm  
Sun            10am—5pm

### Member Package

\$60 mth per child  
(\$20 for each additional child)

### Member Drop In

\$8 hr (\$4 hr for additional child)



### Guest Drop In

\$10 hr (\$6 hr for additional child)

### Restrictions

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.



# Multi Sport Kids Camps Summer 2018

## Multi Sport Day Camps

**Ages: 6 yrs to 11 yrs**

Each week offers multi sport activities to keep kids active and doing lots of different things. We end the week with a field trip to a local hang out! Day camps are supervised in the safe environment of the Club. *Snacks and lunch are included.*

WEEK	DATES	THEME	FIELD TRIP
1	Jul 3 - Jul 6	Under the Sea & Sportball	Ambleside Park
2	Jul 9 - Jul 13	Choo Choo Train	Stanley Park Train
3	Jul 16 - Jul 20	Mad Science & Sportball	Lynn Canyon Suspension Bridge and Eco Centre
4	Jul 23- July 27	Animal Planet	Maplewood Farms
5	Jul 30 - Aug 3	Pirates of the Club & Sportball	Cates Park Game Day
6	Aug 7 - Aug 10	Jungle Kids	Go Bananas
7	Aug 13- 17	Off to Space	HR MacMillan Space Centre
8	Aug 20 - 24	Sea Life & Sportball	Vancouver Aquarium

### Activities Included:

- Swimming, tennis, dance, Sportball, basketball, hikes to the park, games , arts and crafts and of course an off site field trip every Friday.

### What to Pack Each Day:

- Swim suit and towel, sunhat, sunscreen, runners, water bottle.

### Camp drop off is at 9am & pick up is 4pm

**Members: \$250 / week**

**\$200 / weeks 1 & 6**

**\$52 / drop in**

**Non Members: \$375 / week**

**\$300 / weeks 1 & 6**

**\$85 / drop in**

Camps fill up quick! Please provide a minimum of 24 hours notice for 1 day drop ins so we can ensure there is room available in the camp. No Drop in on Fridays.

# Kids Events summer 2018

## Splash & Dash—Friday Fun Nights!

**Ages: 6 yrs to 11 yrs**

Come join us every Friday night and take advantage of the warm long nights of summer while you can! The children can enjoy swimming in the pool and bouncy castles and games on the grass area, finishing the evening with a movie in the Senior lounge, while the adults can enjoy a drink and bbq's on our outside Tiki deck!

*All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.*

**Fridays: 5:30pm—9pm Starting Friday June 8th**

\*Program is weather dependent

\*Program is open to members and their guests.



# Dance Camps summer 2018

## Classes with Bryn

brynasmussen@shaw.ca

Bryn is extremely excited to be in her fourth year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class! Bryn proudly holds her I.S.T.D. (Imperial Society Of Teachers Of Dancing) certification and looks forward to sharing her love, passion and knowledge of dance with her students!

*Please contact Bryn directly for private lessons, solo/duo/trio choreography, special event choreography, dance birthday parties, or any other special dance requests you may have!*

If you are interested in signing your dancer up for more than one week of Tiny Tot or SYTYCD camps, they WILL be different in order to provide variety and keep all dancers on their toes!

*Age exceptions considered with prior approval by Bryn.*

## So You Think You Can Dance Camps—Mini & Junior Dancers

**Ages: 6 yrs 6 mos to 12 yrs 6 mos**

Back by popular demand, Bryn has been teaching the 'So You Think You Can Dance' themed classes and camps for over four years now, and they are always a blast! Come be a contestant for this week-long dance camp inspired by the show! Your child can look forward to a camp that will encompass a wide variety of dance styles including jazz, hip hop, ballet, musical theatre and more. We will take short breaks to work on goal setting, crafts, and dance inspired games. The week will conclude with a short performance for families to view dances and steps learned. Bryn's 'SYTYCD' camp is an excellent confidence builder for your children, and all contestants will be winners with this fun and upbeat week of dance!

**Set 1: Jul 9—Jul 13**

**Mon—Fri (5 sessions)**

**3pm—5pm**

**Set 2: July 30– Aug 3**

**Mon—Fri (5 sessions)**

**1pm—3pm**

**Members: \$124 / week**

**Non Members: \$150 / week**





# Dance Camps summer 2018

## Tiny Tot—Under The Sea Camp

**Ages: 3 yrs 6 mos to 6 yrs 6 mos**

During this bubbly and bright week of dance, Tiny Tots will be invited to explore different underwater adventures each day! Choreography inspired by The Little Mermaid, Finding Nemo and Finding Dory. The week will conclude with a short performance for families consisting of dances and steps learned. Creative movement with ‘under the sea flare’ will be explored as well as fundamental jazz, ballet, hip-hop, and musical theatre technique and choreography. Young dancers will be taught and encouraged to practice dance class etiquette. We will take breaks with fun crafts, stories and dance games. This camp is an amazing confidence builder for Tiny Tots and big imaginations are welcomed and encouraged!

**Jul 16—Jul 20**

**Mon—Fri (5 sessions)**

**10:30am—12:30pm**

**Members: \$124 / week**

**Non Members: \$150 / week**



## Tiny Tot—Fairytale Camp

**Ages: 3 yrs 6 mos to 6 yrs 6 mos**

In this fairytale-inspired camp, Tiny Tots will be guided through new magical fairytale lands each day and the week will conclude with a short performance consisting of dances and steps learned. Little ones will work on fundamental jazz, ballet, hip-hop, and musical theatre technique and choreography while being encouraged to practice dance class etiquette. We will take breaks with fun crafts, stories and dance games. Fairytales included: Beauty and the Beast, Cinderella, The Little Mermaid, Goldilocks, Sleeping Beauty, and many more! Big imaginations are welcomed and encouraged!

**Jul 9—Jul 13**

**Mon—Fri (5 sessions)**

**1pm—3pm**

**Members: \$124 / week**

**Non Members: \$150 / week**

**Instructor: Bryn**

### What to Wear and Bring

Dress your little one in comfortable dancing clothes! Costumes welcome as long as they do not restrict movement. Bare feet or ballet slippers are fine however please, no slippery socks or tights. Please send your dancer to class with hair pulled back and out

# Dance Camps Summer 2018

## Tiny Tot—Super Hero Camp

**Ages: 3 yrs 6 mos to 6 yrs 6 mos**

In this super hero inspired camp, Tiny Tots will be invited to express their inner powers! Dances learned will be inspired by the little one's superwomen or supermen, and the week will conclude with a short performance for families consisting of dances and steps learned. Creative movement with 'superhero flare' will be explored as well as fundamental jazz, ballet, hip-hop, and musical theatre technique and choreography. Young dancers will be taught and encouraged to practice dance class etiquette. We will take breaks with fun crafts, stories and dance games. This camp is an amazing confidence builder for Tiny Tots and big imaginations are welcomed and encouraged!

**Jul 30—Aug 3**

**Mon—Fri (5 sessions)**

**10:30am—12:30pm**

**Members: \$124 / week**

**Non Members: \$150 / week**



# FRIDAY FUN NIGHTS

EVERY FRIDAY 5:30PM  
ALL SUMMER | ALL AGES



**ADULT TIKI DECK BBQ**

**KIDS SPLASH & DASH  
POOL GAMES  
LAWN GAMES  
BOUNCY CASTLE  
MOVIE NIGHT**

**TWEEN SWIM**

**WEATHER DEPENDENT**

# Dance Camps summer 2018

## Dance with Christie

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

Dance with Christie is run by international professional dancer and instructor Christie Saunders. Christie has twenty years experience in the dance industry and is a sought after dance instructor, choreographer, and adjudicator. She has taught and choreographed all over the world and is thrilled to be back teaching in her hometown of North Vancouver.

## Boys Only Hip Hop Camp

**Ages: 5 yrs to 9 yrs**

This is a camp for boys ONLY. No girls allowed! Since our moves will be so hot we will be able to cool off one day in the fabulous NSWC pool!

There will be a demonstration for parents on the last day.



**Aug 14—Aug 17**

**Tues—Fri (4 sessions)**

**1pm—2pm**

**Members: \$52**

**Non Members: \$58**

## Summer Mini Dance Camp

**Ages: 3 yrs to 6 yrs**

Summer Camps will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. In musical theatre we will work on a scene and play fun drama games. We will take breaks with fun crafts, projects, and activities. We will even have a session in the fabulous NSWC pool! There will be a performance for parents on the last day of the camp.

**July 9—Jul 13**

**Mon—Fri (5 sessions)**

**10:30am—12pm**

**Members: \$95**

**Non Members: \$110**

**Aug 13—Aug 17**

**Mon—Fri (5 sessions)**

**10:30am—12pm**

**Members: \$95**

**Non Members: \$110**

# Dance Camps summer 2018

## Charlie and the Chocolate Factory Workshop

**Ages: 5 yrs to 12 yrs**

In this musical theatre workshop we will be singing, dancing and acting to your favourite bits from Charlie and the Chocolate Factory. We will be working on a short production for a performance on the last day. The workshop will include a craft we will use as a prop in the production. Get your golden ticket ready because its time to visit the Chocolate Factory!

**Aug 13—Aug 15**

**Mon, Tues, Wed (3 sessions)**

**2pm—4pm**

**Members: \$78**

**Non Members: \$90**

## Summer Dance Camp

**Ages: 5 yrs to 10 yrs**

The summer dance camp will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. There will be a focus on musical theatre where we will work on a musical and play fun drama games. We will take breaks with fun crafts, projects and activities. There will be a performance for parents on the last day of the workshop.

**Jul 16—Jul 20**

**Mon—Fri (5 sessions)**

**1pm—3pm**

**Members: \$126**

**Non Members: \$145**



# Sportball Camps Summer 2018



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill-based programs are designed to promote physical literacy and build self-confidence, so every kid can get in the game, and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the "play" in ball!

## Multi– Sport

**Ages: 3 yrs to 5 yrs**

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS arts and crafts, snack time, stories, music, co-operative games and more!

**Set 1: Jul 3—Jul 6**

**Set 2: Jul 16– Jul 20**

**Set 3: Jul 30– Aug 3**

**Set 4: Aug 20– Aug 24**

**Mon—Fri (5 sessions)**

**10:30am—12pm**

**Members: \$112 / week**

**Non Members: \$135/ week**

## Multi– Sport Day Camps

**Ages: 6 yrs to 11 yrs**

NSWC offers Day Camps that include a Sportball component.

Turn to page 14 for specific weeks .

**Set 1: Jul 3—Jul 6**

**Set 2: Jul 16– Jul 20**

**Set 3: Jul 30– Aug 3**

**Set 4: Aug 20– Aug 24**

**Included in Day Camp Pricing (page 14)**



# Hockey Camps Summer 2018

## Hockey Day Camps

Our NSWC Summer Hockey Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 3 hours of ice broken up into 4 different on ice sessions. Kids will work on their skating, puck skills and game skills, as well as play a 45minute 3v3 game to end each day. Participants will be introduced to off-ice development. *Lunch is included.*

### Initiation

Week 1: Jul 3—Jul 6	8am—3:45pm	4 sessions
Week 2: Jul 9—Jul 13	8am—3:45pm	5 sessions
Week 3: Jul 16—Jul 20	8am—3:45pm	5 sessions
Week 4: Jul 23—Jul 27	8am—3:45pm	5 sessions
Week 5: Jul 30—Aug 3	8am—3:45pm	5 sessions
Week 6: Aug 7—Aug 10	8am—3:45pm	4 sessions
Week 7: Aug 13—Aug 17	8am—3:45pm	5 sessions
Week 8: Aug 20—Aug 24	8am—3:45pm	5 sessions
Week 9: Aug 27—Aug 31	8am—3:45pm	5 sessions

Members: \$315 / week                      \$252 / weeks 1 & 6  
Non Members: \$472 / week                \$377 / weeks 1 & 6

### Atom

Week 1: Jul 3—Jul 6	8:45am—4:30pm	4 sessions
Week 2: Jul 9—Jul 13	8:45am—4:30pm	5 sessions
Week 3: Jul 16—Jul 20	8:45am—4:30pm	5 sessions
Week 4: Jul 23—Jul 27	8:45am—4:30pm	5 sessions
Week 5: Jul 30—Aug 3	8:45am—4:30pm	5 sessions
Week 6: Aug 7—Aug 10	8:45am—4:30pm	4 sessions
Week 7: Aug 13—Aug 17	8:45am—4:30pm	5 sessions
Week 8: Aug 20—Aug 24	8:45am—4:30pm	5 sessions
Week 9: Aug 27- Aug 31	8:45am—4:30pm	5 sessions

Members: \$315 / week                      \$252 / weeks 1 & 6  
Non Members: \$472 / week                \$377 / weeks 1 & 6

### Female Initiation / Atom

Week 5: Jul 30 – Aug 3	9:30am – 5:15pm	5 sessions
Week 8: Aug 20-Aug 24	9:30am – 5:15pm	5 sessions

Members: \$315 / week  
Non Members: \$472 / week



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