

NORTH SHORE WINTER CLUB

Spring 2018 Program Guide



SPRING REGISTRATION

Members February 13 @ 10am

Non Members February 27 @ 10am

Sign up at www.nswc.ca or nsw.gametime.net



NORTH SHORE
WINTER CLUB

FRIDAY FUN NIGHTS

EVERY FRIDAY 5:30PM
ALL AGES



HAPPY HOUR
FOOD & DRINKS

BUBBLE HOCKEY
FOOSBALL
PING PONG
BOUNCY
CASTLE
MOVIE NIGHT

HTC LOUNGE

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2017/18 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

CAULINDA BARTOK - TREASURER

MANDY GRATTON - SECRETARY

DIRECTORS

CHRIS BENSON

MICHAEL KORBIN

PAUL MCLEAN

GRAHAM WILSON

board@nswc.ca

Senior Management Team



JOANNA HAYES
General Manager
jhayes@nswc.ca



RUSSELL RITCHIE
Controller
russellr@nswc.ca



KRISTEEN DEGOBBI
Director of Member
Accounts & Employee
Relations
kdegobbi@nswc.ca



STEVE HARDIN
Facilities Manager
steveh@nswc.ca



CHRISTY EVANS
Food & Beverage
Manager
cevens@nswc.ca



ANDREA MACLEAN
Executive Chef
amaclean@nswc.ca



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca



KIM HIRJI
Recreation
& Executive
Coordinator
khirji@nswc.ca



BOB MCCUAIG
Manager Hockey
Admin
bobm@nswc.ca



FABIO WALKER
Director of Tennis
fabio@nswc.ca



EMILY ALLEN
Hockey Admin
emilya@nswc.ca



BARB HUFSMITH
Member Services
Manager
barb@nswc.ca



STEFKA DROUMEVA
Senior Accountant
stefka@nswc.ca



MAIRI MACDONALD
Sales & Marketing
Coordinator
mmacdonald@nswc.ca

604 - 985 - 4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration



Member Services Manager

Barb Hufsmith
barb@nswc.ca

MEMBER SERVICES HOURS OF OPERATION

Monday - Sunday
6am - 10pm

Program Registration Information

Member Registration opens at

10am on February 13, 2018.

Non Member Registration opens at

10am on February 27, 2018.

There are three ways to register for programs:

1. Online registration at www.nswc.ca
2. Phone registration - **604 - 985 - 4135 ext 0**
3. In person registration at Member Services.

- All programs will have a minimum and maximum enrollment.
- A waiting list will be formed after a particular program is filled.
- No credits or pro - rating will be provided for missed sessions.

Fitness Registration Information

Go to mindbodyonline.com to view Fitness Class schedule and pre - sign up for classes up to 30 days in advance.

CANCELLATION POLICY

There are 2 ways to cancel a PROGRAM registration:

1. Phone registration: **604 - 985 - 4135 ext 0**
 2. In person at Member Services.
- 100% refund: up to 72 hours before program start time
 - 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time

- No Refund: more than 48 hours after program start time
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.
- Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

PAYMENT

- Payment must be made in full at the time of registration
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

SPECIAL EVENT/CAMP/TOURNAMENT

ADDITIONAL REFUND POLICIES

- Refunds will only be issued for extenuating circumstances of illness or injury for tournaments and camps. Written medical documentation must be submitted to NSWC and signed by a physician.
- No refunds will be issued for special events.

LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls, Stick Tape (Black or White), Sock Tape
- Hockey Laces, White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)

SKATE SHARPENING AVAILABLE

- Drop off and pick up your skates at Member Services
- 24 hour turnaround to have your skates sharpened
- Single, 5 pack or 10 pack available

Follow us for info, updates and more!



facebook.com/myNSWC



Instagram.com/myNSWC



twitter.com/myNSWC

General Club Information

Communication Email Weekly Eblast

Are you getting our weekly Wednesday e - Newsletter "Let's Get Connected - The Weekly NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact Mairi at mmacdonald@nswc.ca to have your name added to our list.

Clubhouse Rules Junior Members - R16

- The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. Pre - school (under 6) children must be accompanied by an adult or a responsible Junior Member over the age of sixteen (16) while on the premises, including if that child is participating in a Club program.
- Children between the ages of 6 and 10, other than while participating in a supervised Club program, must be accompanied by an adult or a responsible Junior Member over the age of (16) while on the premises.
- All unaccompanied Junior Members shall be off the premises by 10 pm unless they are attending a special function or Club event sponsored for their benefit.

Guest Rules - R20

- Regular members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
- Regular members may introduce guests to participate in certain activities of the Club upon payment of a guest charge.

The activities for which a charge is levied are as follows:

- Swimming
- General Skating or Ice Hockey
- Tennis, Squash, Racquetball
- Sauna, Steam, Whirlpool
- Fitness Centre
- With the consent of their parents, Junior Members, aged eighteen (18) and under, are permitted to introduce junior guests to participate in the activities outlined for Junior Guest Fees.
- Junior members are permitted a maximum of two social guests at a time. All junior guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for their deportment in the Club.
- All regulations applying to members will apply to guests.
- Guest privileges are available on a daily basis for a family (available through Member Services). Guest cards must be shown when using the Club.
- Guest privileges are available on a weekly basis for out - of - town visitors (available through Member Services). There are per person or per family rates per week up to a maximum period of 8 weeks in any year. Guest cards must be shown when using the Club.



- The names of all guests must be entered in the guest register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their member sponsor who is responsible for their deportment while in the Club. Guests not signed in may lose guest privileges indefinitely.
- Each member is allowed a maximum of four participating guests per month, none of whom may be introduced more frequently than twice per month in total - to clarify, no non - member individual may be granted Guest Privileges more than 2 times in any given 30 day period, whether by a single Member or multiple Members. In cases where a guest has not been registered or a guest fee paid, there will be an unregistered guest charge of \$50.00 (See current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
- Guests of a member will not be permitted to find another member to sign for him/her to prolong the visit. The guest has to leave at the same time as the member who initially accompanied him/her.
- Members who resign from the Club will not be re - admitted to the Club as a participating guest for a period of six (6) months after cancellation.

Facility Rentals - R54

For facility rentals, room bookings and catering inquiries, please contact booking@nswc.ca .

- Members may rent facilities at the Club for personal use.
- Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non - member rental rates would prevail.

Guests visiting the North Shore Winter Club

Welcome to the North Shore Winter Club!

As a visiting guest to our Club, we want you to enjoy your experience during your visit. You have been granted temporary access to the privileges of our Club for playing and spectating purposes. We have plenty of amenities to make your visit enjoyable. The NSWC is a Private Members Club, and the members of this Club have carefully drafted Rules & Regulations that govern the club, for the benefit and the safety of its members, and to protect the privileges that membership brings. We hope that this information will help you and your team during your visit.

We have plenty of underground and street parking at our Club for our guests. The upper parking lot is reserved for member parking only; all vehicles must display a member decal. Once parked on the street or in our underground guest parking, individuals and teams may access the Club through the front entrance doors, and we require that all guests sign in at the front desk. The ice, hockey dressing room, tennis and pool schedule is posted just inside the lobby. If you need any assistance, our front desk staff will be happy to direct you.

We ask all teams, members and guests, to ensure that the hockey dressing room is left in the same condition as it was before the game. In the unfortunate event of abuse or damage to the dressing room or Club property, the team's coach and manager will be held liable for any repair costs.

Teams may warm - up in the Hockey Training Centre (HTC) or outdoors. Visitors/Guests are not permitted to warm - up in hallways or in the Members Only Fitness areas.

As with most Private Clubs, the NSWC does have designated areas that are restricted to members only, and in some cases, Adults Only. We ask that you please respect these limitations. Areas that are accessible to visiting guests for games/matches/events/swim meets include: Café, Bar/Lounge, Tiki Deck, Lower Indoor Arena Viewing gallery, Rink Arena Viewing area, HTC Viewing Lounge, Tennis Viewing areas, Pool Viewing & Child Minding.

Please note the Upper Viewing gallery is designated for Members Only. Guests are not permitted to use the Upper Viewing gallery unless accompanied by an Adult Member.

The following areas permit the consumption of alcohol: Bar/Lounge, Café, Jim Graham Room, Lower Viewing gallery, HTC Viewing Lounge, & Tiki Deck. Visitors/Guests are permitted to dine in the Café, Bar/Lounge and Tiki Deck, as well as purchase items to go to viewing areas. Liquor, for visitors/guests who are 19 years of age and older, may not be consumed or carried through areas that are not under the license. If in doubt, our staff will be more than happy to assist you.

Welcome again, and if you have any questions at anytime before or during your visit please contact the front desk staff at 604 - 985 - 4135.

Sincerely,

Joanna Hayes | NSWC General Manager
jhayes@nswc.ca

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Friday Fun Night	3
4	5	6	7	8	9 Friday Fun Night	10
11	12	13	14	15 Ladies Night	16 Friday Fun Night Kick off to Spring break	17
18	19	20 Pee wee A2 Provincials March 18 - 22	21	22	23	24
25	26 Spring League Tennis March 26 - June 15	27	28	29 Family Easter Egg Hunt	30	31

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Initiation Hockey Banquet	4 Female Hockey Banquet	5 Atom Hockey Banquet	6 Friday Fun Night	7
8	9 Martins Registration	10 Pee wee Hockey Banquet	11 Bantam Hockey Banquet	12 Midget Hockey Banquet	13 Friday Fun Night	14
15	16	17	18	19	20 Friday Fun Night	21 Senior Men's Hockey Banquet
22	23	24	25	26	27 Friday Fun Night	28
29	30					

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Marlins Practices Begin	2	3	4 Friday Fun Night	5
6	7	8	9	10	11 Friday Fun Night	12
13	14	15	16 Grand Slam #2 French Open - Men	17 Grand Slam #2 French Open - Women	18	19
20	21	22	23 Marlins Red and Blue Meet	24	25 Friday Fun Night	26
27	28	29	30	31		

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night	2
3	4	5	6	7	8 Friday Fun Night	9
10	11	12	13 Marlins Development Meet	14	15 Friday Fun Night Summer Party	16
17	18	19	20 Grand Slam #3 Wimbledon - Men	21 Grand Slam #3 Wimbledon - Women	22 Friday Fun Night Marlins AGM	23 Marlins AB Meet
24 Marlins AB Meet	25	26	27	28	29	30

TNT 2018 *Recap*

800 HOCKEY PLAYERS on **64 TEAMS** played **128 GAMES** over **5 DAYS**

at the North Shore Winter Club as part of the 22nd Annual TNT Tournament. After an extremely successful tournament in 2016, we managed to increase the number of registered teams to 64 while at the same time, execute a more organized event. Wrapping up the tournament was very bittersweet for me. I was so proud of the event and excited to get some rest; however, when I woke up Monday morning, I wanted to do it all over again! This was my second year coordinating the event and everything came together perfectly. A lot of hard work goes into putting on events of this scale and this tournament would not have been possible without the continuous support from our TNT Committee, made up of James Bitonti, Jennifer Hanna, Mari Friend, Connie Green, and Vanessa Miller. This was the best TNT Tournament that the NSWC has hosted in the past 22 years and it is in large part due to the enthusiasm and participation of our volunteers. We could not have done it without all of you!

On a more personal note, this tournament holds a special place in my heart. I fondly remember when I was an initiation hockey player taking part in the TNT Tournament and that it was the highlight of my hockey seasons. Having the opportunity to provide that same fun and exciting atmosphere to the new generation of young hockey players is the reason we spend countless hours organizing and running this massive tournament year after year.

Thank you all for your support, generosity, and enthusiasm at this year's TNT Tournament. We're looking forward to next year already!

Emily Allen

.....
**"Talent wins' games, but
teamwork and intelligence win
championships."**

- MICHAEL JORDAN



Member Moments

GloBALL

The gloBALL Winter Bash was an evening to remember! Hosted on Saturday, November 18th, the theme for the evening was "Around the World." We transformed the Jim Graham Room for the black and white event, with a touch of sparkle or glitter, to celebrate.

Global food and drink stations featured delicacies from Canada, Germany, Japan, Mexico, and France, as well as a selection of desserts. Chef prepared sliders and flatbread; bratwurst with sauerkraut, pretzels with cheese sauce, pickles, and, mustard;

miso soup and sushi; pulled pork tacos with all the fixings; and a cheese and charcuterie selection with mini tortieres. Food and Beverage Manager, Christy Evans, perfectly paired each station with beer, wine, and cocktails.

Pedwell Rock entertained for the evening of mixing, mingling, and dancing. A big thanks goes out to Karen Bertini, Natalie Pelletier, and Teresa Ross for their vision and help with transitioning the Jim Graham Room into a party lounge. Thank you to everyone who attended gloBALL, we're looking forward to next year already!



Santa's Breakfast

Every year in December, North Shore Winter Club Management and Staff host a Santa Breakfast for the Membership. This past year, over 200 Members and guests attended the event, took photos with Santa, and enjoyed a buffet breakfast. Chef prepared bacon, eggs, sausages, breakfast potatoes, waffles, ham and cheese bread pudding, and an assortment of pastries to ensure everyone's tummys were full.

A special thanks goes out to the Atom A3 team for helping to clear plates in an effort to raise funds for the fourth annual Apex Winter Classic Tournament, in support of BC Children's Hospital. Half of all ticket sales were also donated to the cause.

Ladies Night

Did you know that we host a regular Ladies Night once a month? It's true! Ladies Night runs from 5:00pm until 9:00pm on one Thursday each month. There's no need to register and you can expect a variety of specials. Enjoy a cozy night in with your girlfriends, enjoying some food and drinks.





MEXICAN CHOP SALAD

SALAD

- 2 ½ cups romaine, chopped
- 1 small can black beans, rinsed & drained
- 4 roma tomato, large diced
- 1 cucumber, large dice
- 1 red bell pepper, large dice
- 1 avocado, large dice
- ½ cup frozen corn kernels, defrosted
- 4 radishes, thinly sliced
- ¼ cup crumbled feta
- Salt and pepper to taste

HONEY LIME VINAIGRETTE

- ¼ cup fresh lime juice
- ¼ cup olive oil
- 2 tbsp honey
- 2 tbsp fresh cilantro, chopped
- 1 clove garlic, minced
- 1 tsp jalapeno, minced
- Salt and pepper to taste

INSTRUCTIONS

Whisk together all the ingredients for the dressing.

Combine all the vegetables in a bowl and toss with the honey lime vinaigrette. Taste and adjust the seasoning. Serves 6.

Food & Beverage



**FOOD &
BEVERAGE
MANAGER**
Christy Evans
cevens@nswc.ca

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

HOURS OF OPERATION

Monday	7:00am - 9:00pm
Tuesday	7:00am - 9:00pm
Wednesday	7:00am - 9:00pm
Thursday	7:00am - 9:00pm
Friday	7:00am - 9:00pm
Saturday	8:00am - 9:00pm
Sunday	8:00am - 9:00pm

**Hours are subject to change.*

Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

HOURS OF OPERATION

Monday	4:00pm - 1:00am
Tuesday	4:00pm - 1:00am
Wednesday	4:00pm - 1:00am
Thursday	4:00pm - 1:00am
Friday	11:30am - 1:00am
Saturday	11:30am - 1:00am
Sunday	11:30am - 12:00am

**Hours are subject to change.*

***Minors are permitted until 7pm.*

Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. The full Lounge menu is available to order.

Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 220 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The senior lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

For more information and to book your event, contact bookings@nswc.ca.

Members booking catering events will receive 15% off their food and liquor bill by billing to your NSWC account.

What Do Youth Athletes *Actually* Control?

Some months ago I wrote an article on a TED Talk given by the late legendary basketball coach John Wooden, he of the powerhouse UCLA Men's squad that captured ten championships in 12 years back in the 50's.

But for Wooden, the hardware his teams picked up didn't define whether or not they were successful.

No, the true success for coach and player comes in the pursuit of improvement. Every day, in all facets. If one consistently worries solely about what one can control, then that counts as a resounding success.

It got me thinking. What do young athletes control? As I was working on the meat and potatoes of this post and coming up with ideas such as punctuality and preparation, it occurred to me that no matter how much responsibility they take, young athletes still rely on their parents for the bulk of their athletic experience.

Being On Time:

For most athletes across every sport this is the most basic item in their control. In order to be an elite athlete you have to balance your time, organize your schedule, and make sure you get to the rink/court/field on time. If you're late, you're not ready or willing to respect the schedule of the team. But most young athletes don't drive themselves to the rink. That's a problem. There are siblings and other life things that require attention as well.

Rest & Nutrition:

Alright, athletes have this one completely under control, right? It might be tricky for a teenager to realize the correlation between going to bed at a reasonable hour and having the energy to compete the next day, but it's still within their control. No problems there.

But what about nutrition?

Most athletes living with their parents depend on mom and dad for meals. They can push away the chips and the snacks from time to time, but rare is the teenager who can sufficiently sustain him or herself in the kitchen. They can help though! Preparation Details: You're on your own now junior. Preparation is both the most important habit to adopt for young athletes who want to maintain consistent competition, as well as being the most applicable life skill sports can teach.

What sort of details?

Remembering all your equipment (hockey players)
Remembering to warm up properly (tennis players)
Remembering to mentally prepare (swimmers)

Each detail is universal across all sports, but highlighted for the three big NSWC sports.

Mom and dad can't save you here. Every coach has heard excuses for lack of preparation, and I'm sorry to inform you, parents, but you're taking the lion's share of the blame. Sometimes it's fair - you have to drive them to the rink, you have to feed them, you have to buy the equipment - but you don't have to pack the equipment.

“Yeah but if I don't do it then they'll forget something.”

Let them forget!

It won't happen more than once or twice, and if it does then maybe there's a bigger lesson to be learned. It's far easier to learn these lessons when you're young. If a parent is always packing bags or snacks then the athlete is going to grow up believing this is the norm. It might be subconscious, but an athlete who doesn't learn to respect his or her gear, time, and other habits is going to have a difficult time reaching elite levels later on.

By Kelvin Cech

2018 Spring Programs

Ages: - 3 yrs

Sportball Jr.	Tue	9:30am - 10:15am
Sportball Jr.	Sat	9:15am - 10am
Sportball Parent & Child	Tue	10:15am - 11am
Sportball Parent & Child	Sat	10am - 10:45am

Legend

	Sportball		Martial Arts		Basketball
	Hockey		Tennis		Dance
	Squash		Martial Arts		

Ages: 3 - 6 yrs

Sportball Multi Sport	Tue	12pm - 1pm
Sportball Multi Sport	Sat	11am - 12pm
Tiny Tot Dance	Tue	3:30pm - 4:30pm
Tiny Tot Dance	Thur	3:30pm - 4:30pm
So You Think You Can Dance Minis	Thur	4:30pm - 5:30pm
Dance Sampler	Mon	1pm - 1:45pm
Dance Sampler	Fri	1pm - 1:45pm
Dance Sampler	Sat	10:15am - 11am
Dance Sampler	Sat	11:45am - 12:30am
Dance Sampler	Mon	3:30pm - 4:15pm
Jazz Hip Hop Open Level	Mon	4:15pm - 5pm
Jazz Hip Hop Open Level	Wed	5pm - 5:45pm
Jazz Hip Hop Open Level	Sat	11am - 11:45am
Music Theatre Club	Mon	5pm - 5:45pm
Music Theatre Club	Wed	4:15pm - 5pm
Music Theatre Club	Sat	1:45pm - 2:30pm
Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
Boys Only Hip Hop	Sat	1pm - 1:45pm
Le Petit Tennis	Sat	10am - 10:30am
Red Ball Tennis Level 1	Mon	3:30pm - 4:30pm
Red Ball Tennis Level 1	Wed	3:30pm - 4:30pm
Red Ball Tennis Level 1	Sat	12pm - 1pm
Cookie Monsters	Tue & Sat	4:30pm - 5:15pm, 9:15am - 10am
Learn to Skate	Sat	8:30am - 9:15am
Girls Tyke Development	Thur	5:30pm - 6:30pm
Girls Novice Development	Fri	5:45pm - 6:45pm

Ages: 6 - 9 yrs

Jumpshot Basketball	Tue	4:10pm - 5:10pm
Hoosiers Basketball	Thur & Sun	5:35pm - 6:35pm, 12pm - 1pm
Brazilian Jiu Jitsu	Mon & Wed	4:30pm - 5:30pm
So You Think You can Dance Juniors	Tue	4:30pm - 5:30pm
So You Think You Can Dance Minis	Thur	4:30pm - 5:30pm
Hip Hop Open Level	Tue	5:30pm - 6:30pm
Jazz Hip Hop Open Level	Mon	4:15pm - 5pm
Jazz Hip Hop Open Level	Wed	5pm - 5:45pm
Jazz Hip Hop Open Level	Sat	11am - 11:45am
Music Theatre Club	Mon	5pm - 5:45pm
Music Theatre Club	Wed	4:15pm - 5pm
Music Theatre Club	Sat	1:45pm - 2:30pm
Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
Boys Only Hip Hop	Sat	1pm - 1:45pm
Red Ball Tennis Level 1	Mon	3:30pm - 4:30pm
Red Ball Tennis Level 1	Wed	3:30pm - 4:30pm
Red Ball Tennis Level 1	Sat	12pm - 1pm
Orange Ball Tennis Level 1	Tue	3:30pm - 4:30pm
Orange Ball Tennis Level 1	Thur	3:30pm - 4:30pm
Orange Ball Tennis Level 1	Sat	1pm - 2pm
Power Skating H2/H3	Sun	12pm - 12:45pm
Power Skating H4	Sun	12:45pm - 1:30pm
Power Skating Atom	Sun	1:45pm - 2:30pm
Power Skating Atom	Sun	1:45pm - 2:30pm
Edging & Stroking Initiation	Sat	1:30pm - 2:30pm
Girls Atom Development	Mon	4:15pm - 5:15pm

Ages: 9 - 12 yrs

Hoosiers Basketball	Thur & Sun	5:35pm - 6:35pm, 12pm - 1pm
Flight Basketball Boys	Thur & Sun	4:10pm - 5:10pm, 1:10pm - 2:10pm
Flight Basketball Girls	Tue & Sun	5:15pm - 6:15pm, 1:10pm - 2:10pm
Brazilian Jiu Jitsu	Mon & Wed	5:45pm - 6:45pm
So You Think You Can Dance Juniors	Tue	4:30pm - 5:30pm
Hip Hop Open Level	Tue	5:30pm - 6:30pm
Music Theatre Club	Wed	4:15pm - 5pm
Music Theatre Club	Sat	1:45pm - 2:30pm
Ballet Technique for Young Dancers	Wed	3:30pm - 4:15pm
Squash Beginners Junior	Mon	4:30pm - 5:15pm
Green Ball Tennis Level 1	Tue	3:30pm - 4:30pm
Green Ball Tennis Level 1	Thur	3:30pm - 4:30pm
Green Ball Tennis Level 1	Sat	2pm - 3pm
Power Skating Peewee	Sun	3:30pm - 4:15pm
Power Skating Peewee	Sun	4:15pm - 5pm
Edging & Stroking Atom	Sat	2:45pm - 3:45pm
Edging & Stroking Peewee	Sat	4pm - 5pm
Girls Peewee Development	Wed	4:15pm - 5:15pm

Ages: 12+ yrs

Flight Basketball Boys	Thur & Sun	4:10pm - 5:10pm, 1:10pm - 2:10pm
Flight Basketball Girls	Tue & Sun	5:15pm - 6:15pm, 1:10pm - 2:10pm
Squash Beginners Intermediate	Mon	5:15pm - 6pm
Teen Tennis	Sat	10:30am - 12pm
Power Skating Peewee	Sun	3:30pm - 4:15pm
Power Skating Peewee	Sun	4:15pm - 5pm
Power Skating Bantam Midget	Sun	5:15pm - 6pm
Edging & Stroking Bantam/Midget	Sat	5:15pm - 6:15pm
Girls Bantam Midget Development	Fri	4:30pm - 5:30pm

For full program details, please refer to the section of interest in the Spring Program Guide

Aquatics

SPRING 2018 PROGRAMS



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 lessons today.

Registration

Registration for NSWC Aquatic programs does not open until April; however, below is a list of what the NSWC has to offer for Summer 2018.

Programs

Lesson Sets & Dates

SET 1: May 22 - 25 & May 28 - Jun 1 (*No lessons May 21st*)

SET 2: Jun 4 - 8 & Jun 11 - 15

SET 3: Jun 18 - 22 & Jun 25 - 29

Swim Lessons are Reserved for Members Only Sets 4 - 7

SET 4: Jul 3 - 6 & Jul 10 - 14 (*No lessons July 2nd*)

SET 5: Jul 16 - 20 & Jul 23 - 27

SET 6: Jul 30 - Aug 3 & Aug 7 - 10 (*No lessons Aug 6th*)

SET 7: Aug 13 - 17 & Aug 20 - 24

Price Per Set

Member: \$60 (30 min class) \$85 (45 min class)

Non Member: \$75 (30 min class) \$100 (45 min class)

Red Cross Preschool

Ages: 4 mos - 6 yrs

Red Cross Swim Preschool & Tiny Tots is an 8 - level program for 4 - months 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.

Please take a look at these program equivalent charts to see which Red Cross program your child should be in. These apply to North or West Van Rec swim lessons.

(Chart at end of Aquatics section)

Sea Turtle

Ages: 24 mos to 36 mos

A transitional level for preschoolers and their parents designed to gradually transfer the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating while building awareness of the deep water and learning safe entries. *This is a parent participation class.*

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.

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.

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.

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.

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.

Red Cross Swim Kids

Ages: 5 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.

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).

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.

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.

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.

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.

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.

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.

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.

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.

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 find out more or to book your private lesson contact us at: aquatics@nswc.ca

Rates:

30 minutes: Member \$28

45 minutes: Member \$42

60 minutes: Member \$55

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.

National Lifeguard Training

NLS Core and Pool Option

Prerequisites: 16 years old, Standard First Aid, issued within 2 years, Bronze Cross - 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. The NLS award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. 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.


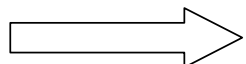

Swimming for Adults

Masters at NSWC





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.



The North Shore swim program, being only three stages in length, serves to cover our entire ten step swim program. With this in mind, once you've found out what stage the child is in, clarify how far along the given stage the child is. Eg. If they are in I CAN SWIM Stage two but only just passed into it and are still not quite able to swim ten meters of front crawl but can kick on their front, back and side for 10m then they would move into Swim Kids 4 as they wouldn't meet the skills required for Swim Kids 5. If the parent truly has no idea but knows the child has been in the stage for a decent amount of time, simply put them into the intermediate level of the Swim Stage there in.

If They Were in This Program In North Vancouver 		Then They Can Register In This Program In Red Cross (NSWC/West Vancouver) 
I CAN SWIM – Stage One	Beginner stage One: still not comfortable in the water, trouble submerging head or going horizontal in the water (eg. floating on their front or back)	Swim Kids 1
I CAN SWIM – Stage One	Intermediate Stage One: Able to submerge head, can do horizontal glides through the water	Swim Kids 2
I CAN SWIM – Stage One	Advanced Stage: Able to kick for five meters or more without stopping on front or back glides	Swim Kids 3
I CAN SWIM- Stage Two	Beginner Stage Two: Able to kick on front, back and side without stopping for up to 10 meters	Swim Kids 4
I CAN SWIM – Stage Two	Intermediate Stage Two: Able to swim front crawl for 10m and kick on their back for 15m	Swim Kids 5
I CAN SWIM –Stage Two	Advanced Stage Two: Able to do front and back crawl for 15m at a time, comfortable in deep water (our level 6 occurs in the deep end of the main pool)	Swim Kids 6
I CAN SWIM – Stage Three	Beginner Stage Two: Able to do front and back crawl for 25m, knows whip kick and how to do Elementary back crawl	Swim Kids 7
I CAN SWIM- Stage Three	Intermediate Stage Two: Able to do proficient front and back crawl for 50m. Capable of doing whip kick on their front and back	Swim Kids 8
I CAN SWIM – Stage Three	Advanced Stage Three: Able to swim front and back crawl well for 100m. Knows how to do Breast Stroke and Elementary Back stroke	Swim Kids 9
I CAN SWIM – Stage Three	Advanced Stage Three: A very good swimmer, able to do front, back, elementary backstroke, and breaststroke very well and can swim 500m at a time.	Swim Kids 10

NORTH SHORE WINTER CLUB | SPRING PROGRAM GUIDE

<div> northvanrec North Vancouver Recreation Commission Sears I Can Swim Program *If in this program at NVRC</div>	<div> NSWC Red Cross Swim Kids Preschool *They can register in this program</div>	<div> NORTH SHORE WINTER CLUB</div>	<div> West Vancouver Aquatic Centre Preschool Learn to Swim Program *If in this program at WVAC</div>	
Tiny Tot 1- Turtles (2 years old)	→	Starfish (2-6 years old)	←	Ducks (2 years old)
Tiny Tot 1- Tadpoles (3-6 years old)	→	Duck (2-6 years old)	←	Jellyfish (2 years old)
	→	Sea Turtle (3-6 years old)	←	Minnows (3 years old)
Tiny Tot 2- Jellyfish (3-6 years old)	→	Sea Otter (3-6 years old)	←	Guppies (3 years old)
	→		←	Seahorses (3 years old)
Tiny Tot 3 - Seahorses (3-6 years old)	→	Salamander (3-6 years old)	←	Seals (4-5 years old)
	→		←	Dolphins (4-5 years old)
Tiny Tot 4 - Seals (3-6 years old)	→	Sunfish (3-6 years old)	←	Killer Whales (4-5 years old)
	→		←	Sharks (4-5 years old)
Tiny Tot 5 - Sting Rays (3-6 years old)	→	Crocodile (3-6 years old)	←	Ogopogos (4-5 years old)
	→		←	Barracudas (4-5 years old)
Tiny Tot 6 - Orcas (3-6 years old)	→	Whale (3-6 years old)	←	Marlins (4-5 years old)



Marlins Swim Program

The NSWC's Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May and mid - August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two - day swim meets, plus Regional and Provincial Championships, over the course of our short season.

While Marlins provides high intensity cross - training for athletes, many quickly get the bug to race. Competition allows a swimmer to showcase their progress, and to contribute to the team's points (collected at meets), but most importantly, to create memories of a lifetime alongside their teammates in Marlinville.

Marlins offers five divisions for swimmers aligned to age and/or skill:

Mini Marlins

Ages: 5 yrs +

This division is geared to our youngest swimmers and those new to swimming. Must be able to completely submerge their body under water and be able to push off from the wall without assistance.



These swimmers can swim the length of a pool without assistance and will begin to learn proper swimming techniques.

Juniors, Intermediates & Seniors

In these divisions, swimmers build - on and refine skills and techniques already developed. **Coaching staff will assess Marlins for group placement.*

For swimmers in division 5 and up who have been with the Marlins the previous two seasons, our Returning Marlin option allows the swimmer to participate in up to 20 practices. Certain restrictions apply. Many of our swimmers begin as Minis and continue to the Senior ranks, with many becoming Junior Leaders and even Coaches; a testament to the strength and value of our program. Come and join us for another fantastic season in 2018!

REGISTRATION NIGHT

Monday, April 9, 2018

PROGRAM DATES

Program runs from May 1 - Aug 6, 2018 (except for Provincial Qualifiers who practice until August 16). Juniors, Intermediates and Seniors practice practice Monday through Friday, morning and afternoon. Mini Marlins begin May 14. An optional two - week trial runs from May 14 - 25.

PROGRAM COSTS & MEMBERSHIP OPTIONS

(refer to website for full details)



Basketball

SPRING 2018 PROGRAMS



PURPOSE

To introduce basketball fundamentals at an early age while cultivating a culture that empowers athletes to thrive in a team atmosphere. Our value is placed firmly on LEADERSHIP through supportive coaches, DEVELOPMENT of athletic literacy, and COMMUNITY awareness. Through our 3 pillars we believe the sport will have a positive impact on all young athletes given the opportunity to play.

COACHING

Our team of trained coaches are well seasoned as they come with much experience developing young athletes. Each coach is qualified and has strong roots within the community.

ABOUT US

Established in 2013, 3PointBasketball is operated by Mark Curtin (Founder) and Ransford Brempong (Director of Operations), as an after - school basketball program for the primary grades at local elementary schools. 3PB was created to give our own children an opportunity to play and learn the sport of basketball at a young age. Our focus is providing physical activity to children, providing value, giving back to the community, developing leaders, and promoting athletic physical literacy by introducing basic basketball fundamentals.

Jumpshot

Ages: 7 yrs - 8 yrs Coed

Grassroots based coed program that is rooted in the development of fundamentals. Introduction of ball handling, shot mechanics, passing, and athletic movement. Coaches will constantly be cultivating love for the game. Each session will focus on developing a different skill and competitive drill. Includes: basketball, T - shirt, and wrap - up party.

Apr 3 - Jun 5

Tues: (10 sessions)

4:10pm - 5:10pm

Member: \$149 | Non Member: \$179

Hoosiers

Ages: 9 yrs - 10 yrs Coed

Fundamental build up will be highly encouraged by our coaches through drill progressions. Emphasis will be placed on body language, accountability as an athlete, coachability, goal setting, as well as core strength exercises. Primary focus is to develop basketball IQ. Athletes will be competing in weekly 3 on 3 games.

Apr 5 - Jun 7 (Thurs, 10 sessions) AND

Apr 8 - Jun 10 (Sun, 10, 3 on 3 games)

Thurs: 5:35pm - 6:35pm (10 sessions)

Sun: 12pm - 1pm (10 sessions)

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

Flight

Ages: 11 yrs - 12 yrs

High performance competitive environment that promotes growth. Physically and mentally challenging drills. Fundamentals, team play, agility, quick feet, core strength building, and sportsmanship will be emphasized throughout the sessions. Detailed skill development, and competitive 3 on 3 games will be offered.

Boys

Apr 5 - Jun 7 (Thurs, 10 sessions) AND

Apr 8 - Jun 10 (Sun, 10, 3 on 3 games)

Thurs: 4:10pm - 5:10pm (10 sessions)

Sun: 1:10pm - 2:10pm (10 sessions)

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

Girls

Apr 3 - Jun 5 (Tues, 10 sessions) AND

Apr 8 - Jun 10 (Sun, 10, 3 on 3 games)

Tues: 5:15pm - 6:15pm (10 sessions)

Sun: 1:10pm - 2:10pm (10 sessions)

Members : \$240 | Non Members: \$299

***\$25 additional charge for jersey**

ANY QUESTIONS PLEASE CONTACT US AT:

admin@3pointbasketball.com

www.3pointbasketball.com

JUST PLAY. HAVE FUN. ENJOY THE GAME.

Michael Jordan



Dance

SPRING 2018 PROGRAMS

ATTIRE FOR JUNIOR DANCE CLASSES

Tiny Tot + Ballet Junior Dance:

Non - restrictive, and easy to move in clothing. Ballet slippers or bare feet are fine however please, no slippery socks/ tights. Tiny tots are welcome to dress in costumes as long as they do not restrict movement.

Jazz / Hip Hop (Girls + Boys):

Loose and easy to move in clothing of choice, and clean non - marking runners.

DANCE INSTRUCTORS

Bryn Rasmussen

brynasmussen@shaw.ca

Bryn is extremely excited to be entering 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 is an Internationally certified dance teacher and looks forward to sharing her knowledge with her students!

Christie Saunders

dancewithchristie@gmail.com
www.dancewithchristie.com

Dance with Christie is run by International professional dancer and instructor Christie Saunders. Christie's has twenty years experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Instructor: Bryn Rasmussen

Set #1: Apr 3 - May 8

Set #2: May 15 - Jun 19

Tues: 6 sessions | 3:30pm - 4:30pm

Member: \$80 | Non Member: \$96

Juniors (SYTYCD)

'So You Think You Can Dance'

Ages: 7 yrs - 12 yrs

(Age exceptions considered with prior approval by Bryn)

This class is two steps up from Tiny Tot and is designed for dancers who have completed two or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Junior dancers will be introduced to jazz, ballet, musical theatre, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Set #1: Apr 3 - May 8

Set #2: May 15 - Jun 19

Tues: 6 sessions

4:30pm - 5:30pm

Member: \$80

Non Member: \$96





Tiny Tot Dance 'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Instructor: Bryn Rasmussen

Set #1: Apr 5 - May 10

Set #2: May 17 - Jun 21

Thurs: 6 sessions | 3:30pm - 4:30pm

Member: \$80 | Non Member: \$96

Minis (SYTYCD)

'So You Think You Can Dance'

Ages: 5 yrs 6 mos - 9 yrs

(Age exceptions considered with prior approval by Bryn)

This class is one step up from Tiny Tot and is designed for dancers who have completed one or more dance sessions with Bryn or any other dance teacher. Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Mini dancers will be introduced to jazz, ballet, musical theatre, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Set #1: Apr 5 - May 10

Set #2: May 17 - Jun 21

Thurs: 6 sessions | 4:30pm - 5:30pm

Member: \$80 | Non Member: \$96



Dance with Christie

Sampler

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

Instructor: Dance with Christie

Ages 3 yrs - 5 yrs

Apr 9 - Jun 4

Mon: 8 sessions

(No session May 21)

1pm - 1:45pm

Member: \$86 | Non Member: \$102

Mar 9 - May 11

Fri: 8 sessions

(No session Mar 23, Mar 30)

1pm - 1:45pm

Member: \$86 | Non Member: \$102

Apr 7 - Jun 2

Sat: 8 sessions

(No session May 19)

10:15am - 11am

Member: \$86 | Non Member: \$102

Apr 7 - Jun 2

Sat: 8 sessions

(No session May 19)

11:45am - 12:30pm

Member: \$86 | Non Member: \$102

Ages: 4 yrs - 6 yrs

Apr 9 - Jun 4

Mon: 8 sessions

(No session May 21)

3:30pm - 4:15pm

Member: \$86 | Non Member: \$102

Jazz/Hip Hop

Ages: 5 yrs - 9 yrs

Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music.

Instructor: Dance with Christie

Apr 9 - Jun 4

Mon: 8 sessions

(No session May 21)

4:15pm - 5pm

Member: \$86 | Non Member: \$102

Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

5pm - 5:45pm

Member: \$86 | Non Member: \$102

Apr 7 - Jun 2

Sat: 8 sessions

(No session May 19)

11am - 11:45am

Member: \$86 | Non Member: \$102

Musical Theatre Club (MTC)

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Peter Pan, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances.

Instructor: Dance with Christie

Ages: 5 yrs - 9 yrs

Apr 9 - Jun 4

Mon: 8 sessions

(No session May 21)

5pm - 5:45pm

Member: \$86 | Non Member: \$102

Ages: 6 yrs - 11 yrs

Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

4:15pm - 5pm

Member: \$86 | Non Member: \$102

Ages: 5 yrs - 10yrs

Apr 7 - Jun 2

Sat: 8 sessions

(No session May 19)

1:45pm - 2:30pm

Member: \$86 | Non Member: \$102

Ballet Technique For Young Dancers

Ages: 5 yrs - 11 yrs

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for training and focus on developing a solid technique for ballet, jazz, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. There will be an introduction to barre work to build strength and coordination. This class is based on RAD training and is good preparation or addition to RAD classes.

Instructor: Dance with Christie

Mar 7 - May 9

Wed: 8 sessions

(No session Mar 21, Mar 28)

3:30pm - 4:15pm

Member: \$86 | Non Member: \$102

Boys Only Hip Hop

Ages: 5 yrs - 9 yrs

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. We will have a demonstration for parents on the last day!

Instructor: Dance with Christie

Apr 7 - Jun 2

Sat: 8 sessions

(No session May 19)

1pm - 1:45pm

Member: \$86 | Non Member: \$102

**All above classes will be available in the month of June as 4 sessions only.*

** Member: \$43 | Non Member: \$51*



Spring Dance Camp - Spring Break

Ages: 4 yrs - 8 yrs

The Spring Dance Camp 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. There will be a performance for parents on the last day of the camp.

Instructor: Dance with Christie

Mar 21 - Mar 23

Wed, Thurs, Fri: 3 sessions

10:15am - 12:15pm

Member: \$78 | Non Member: \$90

Little Mermaid Workshop - Spring Break

Ages: 5 yrs - 12 yrs

In this musical theatre workshop we will be singing, dancing and acting to your favourite bits from The Little Mermaid. We will be working on a short production for a performance on the last day. The workshop includes a craft we will use as a prop in the production. Songs will include favourites such as: Under the Sea, Les Poissons, and Part of your world. Ready to cook up a feast and go under the sea?

Instructor: Dance with Christie

Mar 26 - Mar 28

Mon, Tues, Wed: 3 sessions

1pm - 3pm

Member: \$78 | Non Member: \$90

Boys ONLY Hip Hop - Spring Break

Ages: 5 yrs - 12 yrs

This is a three - session hip hop class for boys ONLY.

No girls allowed! There will be a demonstration for parents on the last day.

Instructor: Dance with Christie

Mar 26 - Mar 28

Mon, Tues, Wed: 3 sessions

3:15pm - 4pm

Member: \$32 | Non Member: \$38

Spring Mini Camp - Spring Break

Ages: 3 yrs - 6 yrs

Spring Camps will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. In musical theatre we will also work on a scene 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 camp.

Instructor: Dance with Christie

Mar 27 - Mar 29

Tues, Wed, Thurs: 3 sessions

10am - 11:30am

Member: \$60 | Non Member: \$69



Fitness

SPRING 2018 PROGRAMS

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes, the Fitness Centre facilitates the ultimate personalized training program.

Personal Training Services

Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: \$70 | Non Member: \$80

Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

2 - Member: \$55 | Non Member: \$60

3 - Member: \$45 | Non Member: \$50

4 - Member: \$40 | Non Member: \$45

5 - Member: \$35 | Non Member: \$40

Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

Member Team: \$150 | Non Member Team: \$200

Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: 3 sessions + program \$350

Non Member: 3 sessions + program \$400

Fitness Centre Hours

Monday - Sunday 6am - 10pm

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under - age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.

Fitness Classes

Fitness enthusiasts have the flexibility of attending a variety of fitness classes throughout the week. Drop - in or 10 - 20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

Prices

Drop - in: Member \$17 | \$20 Non Member

10 Pass: Member \$150 | \$180 Non Member

20 Pass: Member \$260 | \$320 Non Member

Intro Pack: 3 classes Member \$35 | Non Member \$42



CLASS DESCRIPTIONS

Winter - Fit

This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

Baby Fit

This Baby Friendly class allows mom to get a great workout AND attend to the baby's needs at any time. Each class provides a full body workout including: cardio, strength, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in the Club and community. Women should be 4+ weeks postpartum. All fitness levels are welcome. This class is designed for pre - mobile babies.

Yoga

YOGA always has something to offer you no matter what age, health or disposition, whether you want to increase flexibility, maintain a healthy weight, reduce stress, receive peace of mind and well - being or so many other reasons yoga is here for you.

Power Flow Yoga

The first part of the class is a powerful style of yoga designed to link movement and breath together, but to make you sweat while exhilarating the body and mind. While the second half will focus on Flow/Hatha style of yoga to wind you back down.

Hatha Flow Yoga

This class includes a variety of movements (Asanas) which involve stretching various parts of the body, eliminating tension from mental and physical levels and giving the body vitality and strength. Breathing exercises have a calming effect on nervous system, helps oxygen absorption, increases the lung capacity and reduces stress. Practicing Asana and breathing stabilizes and pacifies body and mind, and develops self awareness on a physical, mental and emotional level.

Pilates

This class will improve flexibility, balance, coordination and agility. Pilates makes the body stronger and leaner through targeting specific muscle groups through body weight and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind - body connection, as breath work is an integral part of this training - not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.

NSWC Spring Break Fitness Camp

At our NSWC Fitness Camp the athlete will learn and perform a variety of movements, skills and techniques including, dynamic warm - up, mobility, strength, speed and power training, Olympic weightlifting, agility and coordination. Every session is 75 minutes and each day will have a different focus and goal. By the end of the week the Athlete will understand the fundamentals of a basic Strength and Conditioning program which will further their development in any and every sport they participate in.

Mar 19 - Mar 23

9 yrs - 12 yrs (Atom & Peewee) | 10:30am - 11:45am

13 yrs - 17 yrs (Bantam & Midget) | 12pm - 1:15pm

Member: \$80 / Non Member: \$100

Mar 26 - Mar 29

9 yrs - 12 yrs (Atom & Peewee) | 10:30am - 11:45am

13 yrs - 17 yrs (Bantam & Midget) | 12pm - 1:15pm

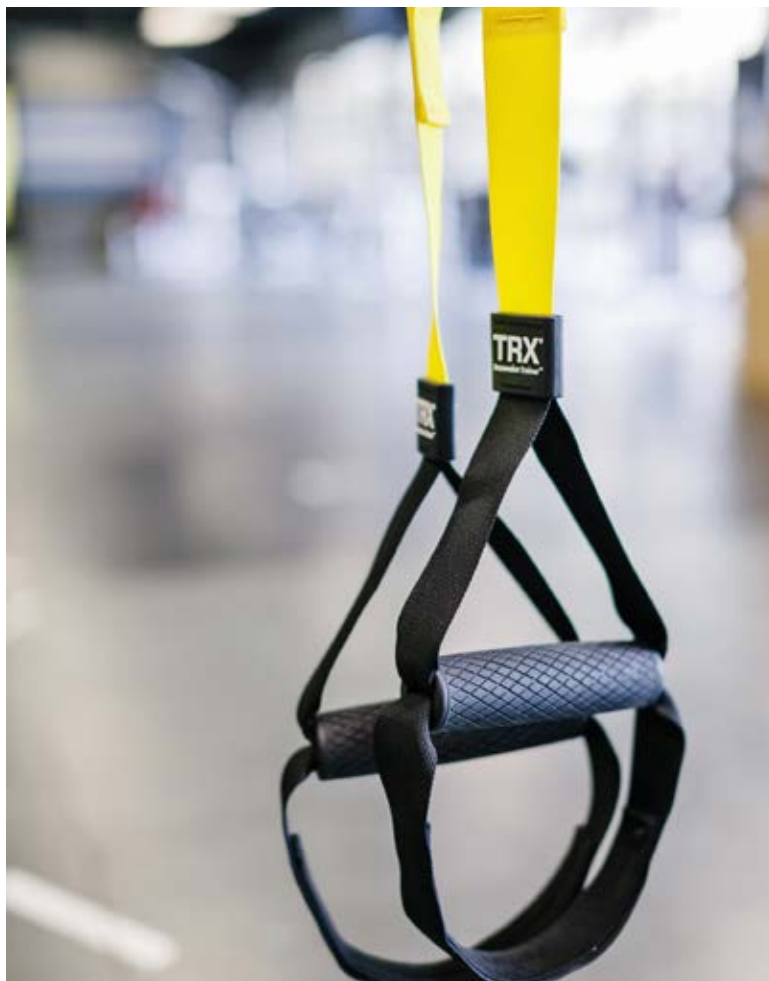
Member: \$65 / Non Member: \$80

Mar 19 - Mar 23 and Mar 26 - Mar 29

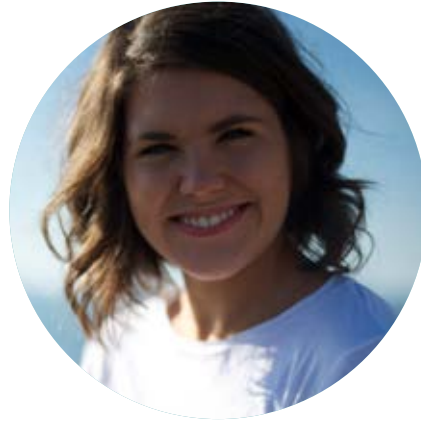
9 yrs - 12 yrs (Atom & Peewee) | 10:30am - 11:45am

13 yrs - 17 yrs (Bantam & Midget) | 12pm - 1:15pm

Member: \$125 / Non Member: \$160



North Shore Winter Club
is excited to introduce to you,
**Jordan
Christianson.**



Introduction

Jordan graduated from the University of the Fraser Valley in April 2016 with a Bachelor's degree in Kinesiology. Being involved in dance all of her life sparked her interest in this career path. She personally experienced the benefit of taking care of her body while being active and wanted to facilitate the same opportunity for others. It brings her great joy to see when her treatments are effective in making people move better without pain, improve an individual's performance in their chosen sport, and increase the quality of people's lives. Jordan's main focus is Fascial Stretch Therapy (FST), but also has a background in Fascial Movement Taping (FMS) - Rock Tape, Active Isolated Stretching (AIS), and Voila Structural Joint Balancing. When she is not working, she likes to spend as much time outdoors as possible doing activities such as hiking, paddle boarding, swimming and many more.

What is Fascial Stretch Therapy?

Fascial stretch therapy is a table based assisted stretching technique that works the entire fascial network instead of focusing on one particular area in the body. The goal of FST is to balance the body's tissues by lengthening the tight fascial tissue while taking considerations of muscular balances that could potentially be restricting one's overall range of motion.

What is Fascia?

Fascia is a connective tissue that surrounds our muscles, bones, tendons, and ligaments. It is therefore the most influential structure in the body that affects our flexibility and how we move.

Some Benefits of Fascial Stretch Therapy

Increases flexibility

- *Increases stability*
- *Increases range of motion*
- *Increases circulation*
- *Improves posture*
- *Decreases pain*
- *Decreases joint restrictions*
- *Reduces or eliminates tight muscles*

Contact Information:

jordanchristianson@icloud.com

604.374.8914





NORTH SHORE
WINTER CLUB



SAVE THE DATE

SUMMER PARTY

FRIDAY, JUNE 15TH, 2018 | TIKI DECK

EVENT DETAILS COMING SOON

Minor Hockey

SPRING 2018 PROGRAMS

Power Skating

High performance explosive speed and power training, power skating with NSWC's Karen Kos. Quick feet, dynamic agility and stride perfection in and up - tempo, educational environment. Full hockey equipment required.

Instructor: Karen Kos

Apr 8 - May 27 | Sun: 7 sessions (No session May 20)

Member: \$161 | Non Member: \$238

12pm - 12:45pm	H2/H3	(2011/2012)
12:45pm - 1:30pm	H4	(2010)
1:45pm - 2:30pm	Atom	(2008/2009)
2:30pm - 3:15pm	Atom	(2008/2009)
3:30pm - 4:15pm	Peewee	(2006/2007)
4:15pm - 5pm	Peewee	(2006/2007)
5:15pm - 6pm	Bantam/Midget	(2001 - 2005)

Edging & Stroking

Precise edge control and understanding, specific high performance stroking and stride techniques with the North Shore Winter Club's Victor Kraatz. Balance, agility and changes in direction taught in an enthusiastic and welcoming atmosphere. Full hockey equipment required.

Instructor: Victor Kraatz

Apr 7 - May 26 | Sat: 7 sessions (No session May 19)

Member: \$161 | Non Member: \$238

1:30pm - 2:30pm	Initiation	(2010 - 2012)
2:45pm - 3:45pm	Atom	(2008/2009)
4pm - 5pm	Peewee	(2006/2007)
5:15pm - 6:15pm	Bantam/Midget	(2001 - 2005)

Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host two skill levels over the spring to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required. .

Apr 3 - May 29 | Tues & Sat: 16 sessions (No session May 19)

Member: \$208 | Non Member: \$304

BEGINNER

Tues: 4:30pm - 5:15pm | Sat: 9:15am - 10am

INTERMEDIATE

Tues: 5:15pm - 6pm | Sat: 10am - 10:45am

Learn to Skate (For Hockey)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: helmet with cage, hockey gloves and skates.

Apr 7 - May 26 | Sat: 7 sessions (No session May 19)

8:30am - 9:15am

Member: \$77 | Non Member: \$112

Adult Women's Skills program

Women's Skills will teach basic skills such as skating, puck handling, passing and shooting. This program will focus on technical aspects of all areas of hockey and end each session with game type play such as 3 on 3 or other competitive games. Full hockey equipment is required.

Apr 5 - May 31

Thurs: 9 sessions

9:15pm - 10:30pm

Member: \$135 | Non Member: \$180

Spring Break Hockey Camp

NSWC Spring Break Hockey Camps give players the ultimate opportunity to stay active, improve their skills and have a great experience. Each day players will receive 3 hours of ice broken up into 4 on ice sessions where they will work on their Skating, Puck Skills and Game Skills as well as a 45minute 3v3 game to end each day. Off the ice players will be challenged with a variety of games and activities using many of the resources around the Club. Each day players will be provided a hot lunch.

Mar 19 - Mar 23

8am - 2:15pm Initiation

8:45am - 3pm Atom

9:30am - 3:45pm Female Novice/Atom

Member: \$300/ week | Non Member: \$450 / week

Mar 26 - Mar 29

8am - 2:15pm Initiation

8:45am - 3pm Atom

9:30am - 3:45pm Female Novice/Atom

Member: \$240/ week | Non Member: \$360 / week

3on3 Spring Hockey

3on3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game. The NSWC 3on3 League is proud to return in 2018 for players at all levels.

With registration your team is guaranteed 8 games (no playoffs). Extended games: 1 hour game slots. Divisions Register for the division of your players birth year. Teams wishing to play up an age group may make the request. We will do our best to add individuals to a team or form a separate team based on registration numbers.

Apr 3 - May 31

2012 - 2004 Born Players

Single Age Divisions

Member Teams:	\$1018
Member Individual:	\$122
Non Member Teams:	\$1490
Non Member Individual:	\$177.50

Girls Spring Hockey

TYKE: 2013 & YOUNGER

Development

Apr 5 - May 31

Thursdays: 9 sessions

4:30pm - 5:30pm

Member: \$153 | Non Member: \$225

NOVICE: 2011 - 2010

Development

Apr 6 - May 25

Fridays: 8 sessions

5:45pm - 6:45pm

Member: \$136 | Non Member: \$200

ATOM: 2008 - 2009

Development

Apr 9 - May 28

Mondays: 7 sessions

4:15pm - 5:15pm

(No session May 21)

Member: \$119 | Non Member: \$175

PEEWEE: 2006 - 2007

Development

Apr 4 - May 30

Wed: 9 sessions

4:15pm - 5:15pm

Member: \$153 | Non Member: \$225

BANTAM/MIDGET: 2001 - 2005

Development

Apr 6 - May 25

Fridays: 8 sessions

4:30pm - 5:30pm

Member: \$136 | Non Member: \$200

GIRLS 3ON3

2013 - 2001 Born Players

Register by birth year

Apr 7 - May 26

(No session May 19)

Saturdays: 7 sessions

Saturday Mornings - times to be specified once registration numbers are finalized.

Member: \$91

Non Member: \$136.50





BC Spartans

Spring Hockey

2018

- Spartans Elite AAA and BC Spartans AA Level Teams
- Structured Environment
 - Premium Coaching
 - Professional Skills Development
- Our Motto: Perfect Practice

Program Information

- 3-4 ice times per week
- 2 team practices per week, lead by a professional head coach
- 1 skills practice or exhibition game on non-tournament weeks
- Professional outside skills providers used regularly (not every week)
- Professional goalie coaching for all teams
- 3 tournaments for all teams (except for 2010 and 2011, which have 2)
- Professional head coach for all teams
- Typical roster size of 15 skaters + 2 Goalies



**North Shore
Winter Club**

Season Runs:
March 26th - June 4th

www.BCSpartans.com

Phone: **604-298-1808** or Email: **info@bcspartans.com**

How to Say the Right Things After Your Child Has a Brutal Game

It's the eyes that tell the tale.

The game is over and you're waiting in the lobby of the rink with all the other parents. Some of them are engaged in conversation that enrages you even more than the contest you just witnessed, so you do that awkward shuffle and find a quieter spot to wait. That's when you see your child, fire in their eyes, frustration in their posture. "Well that was terrible," you say.

Instant regret.

The causes of a bad hockey game are too numerous to count, but it's important to fit these causes into categories. Your kid playing bad is one cause, a loss for the team is another. Perhaps the little go-getter didn't get the amount of ice time you've determined is appropriate, so in that case, the cause of the bad game is the coach. That's cool, we know it happens. But this isn't about the reasons for a bad game. This is about the tact you require to deal with your child in the aftermath.

HOW WAS THE GAME?

I still turn my phone on after games to messages from my Dad asking this question. It's the best way to get the conversation started. When we lose, I usually clam up. When we win he can't shut me up. This is what hockey players are - emotional rollercoasters that live and breathe with the success of the team's results. When you ask about the game, you demonstrate compassion and support. That's what they need at those first difficult moments following the letdown.

HOW DID THE TEAM PLAY?

If you'll allow me a moment atop my soapbox, I'm about to commit to a shocking statement: kids these days take things for granted. So much focus is put on their academic aptitude, their sport of choice, and other activities meant to foster a young mind that their belief in the world revolving exclusively around them makes sense. It's sure an awesome time to be a kid.

But all that attention comes with a price. After a brutal game, it's natural for today's young hockey player to selfishly consider only their own performance. When you ask about the game and they immediately launch into a tirade about their lack of offense or lack of ice time, it's the perfect teaching moment to remind them they're part of a team, and it's the team's success that counts the most. Sure, everyone wants to contribute their strengths to the cause, but it's precisely that common cause that ought to triumph over any personal attempts at glory.

Woo, heavy stuff, I know. The bottom line is that if your child plays poorly and the team wins, that's still better than your child playing well in a losing cause. Individual performance will line up with wins and losses in the longrun, so use those moments to remind your child of the bigger picture.

WHAT'S NEXT?

Whether you're a player, coach, or a referee (hopefully), the sting of a poor performance hurts. There's usually no consoling a distraught hockey personality.

But to this point, the sun has risen with every dawn and it's probably not going to stop tomorrow.

If you don't know how to talk with your child after a brutal game, just get comfortable asking questions. Don't dictate the conversation - guide it. Show support for the process.

Losing sucks. Playing bad and losing sucks worse. The last thing a young hockey player needs is reminder of this general sucktitude from the one person in the rink whose opinion matters most.

By Kelvin Cech



Martial Arts

SPRING 2018 PROGRAMS

Brazilian Jiu Jitsu

Looking for a way to complement your athletic practice by developing your core strength and flexibility? Brazilian Jiu Jitsu (BJJ) is a martial art that not only develops but has been shown to greatly improve speed, power, strength, explosiveness, body mechanics, timing, sensitivity, awareness, accuracy, footwork, distancing, agility, line familiarization, flexibility, balance, coordination and endurance.

BJJ not only develops your physical strength but your body awareness and mental agility. It is an art of movement and strategy that will challenge your body in ways that other sports cannot. Jiu Jitsu requires that you know what is happening at all times and be two steps ahead of your partner while at the same time being aware of what parts of the body have to be engaged in any given situation. This attribute is extremely important on the ice; to know where your teammates are at all times and how not to get hit by your opponents.

Roll Jiu Jitsu has a carefully designed curriculum that will work alongside your hockey, tennis or swimming practice to help build physical and mental strength. We believe the two have to work together for an athlete to be at their best.

Apr 9 - May 14 | Mon & Wed: 11 sessions

6 - 8 yrs: 4:30pm - 5:30pm | 9 - 12 yrs: 5:45pm - 6:45pm

Member: \$121 | Non Member: \$176

May 28 - Jun 25 | Mon & Wed: 11 sessions

6 - 8 yrs: 4:30pm - 5:30pm | 9 - 12 yrs: 5:45pm - 6:45pm

Member: \$121 | Non Member: \$176



Sportball

SPRING 2018 PROGRAMS



Sportball Jr.

Ages: 16 mos - 2 yrs

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Apr 3 - May 8 | May 15 - Jun 19

Tue: 6 sessions | 9:30am - 10:15am

Member: \$90 | Non Member: \$115

Apr 14 - May 12 | May 26 - Jun 23

Sat: 5 sessions | 9:15am - 10am

Member: \$75 | Non Member: \$95

Sportball Parent & Child

Ages: 2 yrs - 3 yrs

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one - parent - per - child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Apr 3 - May 8 | May 15 - Jun 19

Tue: 6 sessions | 10:15am - 11am

Member: \$90 | Non Member: \$115

Apr 14 - May 12 | May 26 - Jun 23

Sat: 5 sessions | 10am - 10:45am

Member: \$75 | Non Member: \$95

Sportball Multi - Sport

Ages: 3 yrs - 5 yrs

Refine, rehearse, repeat. Multi - Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non - competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Apr 3 - May 8 | May 15 - Jun 19

Tue: 6 sessions | 12pm - 1pm

Member: \$90 | Non Member: \$115

Apr 14 - May 12 | May 26 - Jun 23

Sat: 5 sessions | 11am - 12pm

Member: \$75 | Non Member: \$95



Squash

SPRING 2018 PROGRAMS



Beginners - JUNIORS

Ages: 9 yrs - 13 yrs

This program is designed for new squash players. It will build skills from basic squash skills, footwork and fitness fundamentals. The first priority is to build squash skills in a fun environment so kids enjoy the game and make friends. Squash equipment will be provided, but buying protective goggles are strongly recommended as a personal piece of equipment.

Apr 9 - May 28 | 4:30pm - 5:15pm

Mon: 7 sessions (No session May 21)

Member: \$105 | Non Member: \$125

Intermediate Beginners - JUNIORS

Ages: 13 yrs - 18 yrs

This program is designed for kids with previous racquet sport experience or that are 13+. Fundamentals of squash skills will be given and technicalities that differentiate squash from other racquet sports. The sessions will have progressive drills to introduce squash skills, game basics. Footwork and court coverage will be emphasized to become more efficient in the court; everything will be done in a fun game set up.

Apr 9 - May 28 | 5:15pm - 6:00pm

Mon: 7 sessions (No session May 21)

Member: \$105 | Non Member: \$125



Squash Adult Beginners

Ages: 18 yrs +

This program is for players that have little experience in racquet sports, to learn fundamentals and basic starter shots. It is a very fun program where you are guaranteed to have a good work out in less time than going to the gym!

Apr 9 - May 28

Mon: 7 sessions (No session May 21)

6:45pm - 7:30pm

Member: \$105 | Non Member: \$125

Squash Adult Intermediate

Ages: 18 yrs +

This program is for players with previous experience playing racquet sports that will benefit learning more advanced tactics to set up strategies. Fitness drills and court ghosting will improve efficiency and ball control, while having a great work out.

Apr 9 - May 28

Mon: 7 sessions (No session May 21)

6pm - 6:45pm

Member: \$105 | Non Member: \$125



Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

Tennis Policies and Procedures

General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 - September 30). Tennis Court operating hours are 6am - 11pm, Monday through Sunday.

PRIME TIME HOURS

6pm - 9pm Monday - Thursday

NON PRIME TIME HOURS

6am - 6pm Monday - Thursday
9pm - 11pm Monday - Thursday
6am - 11pm Friday, Saturday & Sunday

JUNIOR COURT TIMES

3, 4, & 5pm Monday - Friday

Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: (nsw.gametime.net) or at www.nswc.ca, made in person or at the Front Desk Reception. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

Reservations - Adult Tennis Members

- May book courts 1-4 and the outdoor courts 8 - 11 after 9:30 p.m. up to 6 days in advance with the exception of Junior Court Time hours
- May book courts 5 & 6 after 12:00p.m. (noon), up to 5 days in advance, with the exception of Junior Court Time hours.
- May have a maximum of two (2) court bookings within a 6 - day period during Prime Time.
- May also book available courts within a 24-hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and all playing partners at the Front Desk Reception.

RESERVATIONS - Junior Tennis Members

- May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. May play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24-hour advance booking).
- Junior Members may also book available courts within a 24-hour period.

CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

WALK - ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

NO SHOWS

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.

GUESTS PRIVILEGES

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 - each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + GST for adults must be paid before the guest is permitted to enter the Club to play.

BALL MACHINE

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking, no pro - rates.
- The Ball Machine may be used ONLY between 7am - 9pm. Ball machines cannot be used during Prime Time.
- It is the user's responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use
- Use of the Club's (or privately owned) ball machine, is restricted to the upstairs Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

PLAYSIGHT

NSWC offers a state - of - the - art tennis analytics technology system equipped with six fully automated cameras and an interactive touch - screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in - depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on - court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

COURT RENTAL

Requests for court rentals must be approved by the Tennis Director.

Tennis Private Lessons

Lesson Type	Members
Adult Private	\$75
Jr. Private	\$65
Adult Semi Private	\$45 each
Jr. Semi Private	\$40 each
Adult Group of 3	\$35 each
Jr. Group of 3	\$30 each
Adult Group of 4	\$30 each
Jr. Group of 4	\$25 each



Adult Tennis

SPRING 2018 PROGRAMS

Adult Drills

Division 1 & 2

For Division 1 & 2 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Apr 3 - Jun 19

Tue: 12 sessions | 8pm - 9pm

Member: \$264 | Non Member: \$396

Apr 4 - Jun 20

Wed: 12 sessions | 11am - 12pm

Member: \$264 | Non Member: \$396

Adult Drills

Division 2 & 3

For Division 2 & 3 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Apr 3 - Jun 19

Tue: 12 sessions | 10am - 11am

Member: \$264 | Non Member: \$396

Apr 5 - Jun 21

Thur: 12 sessions | 10am - 11am

Member: \$264 | Non Member: \$396

Adult Drills

Division 3 & 4

For Division 3 & 4 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Apr 5 - Jun 21

Thur: 12 sessions | 11am - 12pm

Member: \$264 | Non Member: \$396

Apr 5 - Jun 21

Thur: 12 sessions | 7pm - 8pm

Member: \$264 | Non Member: \$396

Apr 6 - Jun 22

Fri: 12 sessions | 10am - 11am

Member: \$264 | Non Member: \$396

Adult Drills

Division 4 & 5

For Division 4 & 5 Players Only

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard!

Apr 9 - Jun 18 (No session May 21)

Mon: 10 sessions | 9am - 10am

Member: \$220 | Non Member: \$330

Apr 3 - Jun 19

Tue: 12 sessions | 11am - 12pm

Member: \$264 | Non Member: \$396

Apr 3 - Jun 19

Tue: 12 sessions | 7pm - 8pm

Member: \$264 | Non Member: \$396

Apr 5 - Jun 21

Thur: 12 sessions | 9am - 10am

Member: \$264 | Non Member: \$396

Apr 6 - Jun 22

Fri: 12 sessions | 9am - 10am

Member: \$264 | Non Member: \$396

Adult Drills

Beginner - Level 1.0 - 1.5

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

Apr 9 - Jun 18 (No session May 21)

Mon: 10 sessions | 10am - 11am

Member: \$220 | Non Member: \$330

Apr 3 - Jun 19

Tue: 12 sessions | 9am - 10am

Member: \$264 | Non Member: \$396

Apr 4 - Jun 20
Wed : 12 sessions | 9am - 10am
Member: \$264 | Non Member: \$396

Apr 5 - Jun 21
Thur: 12 sessions | 6pm - 7pm
Member: \$264 | Non Member: \$396

Adult Drills

Intermediate Level 2.0 - 2.5

For students who have had formal tennis training in the past. Your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Apr 9 - Jun 18 *(No session May 21)*
Mon : 10 sessions | 11am - 12pm
Member: \$220 | Non Member: \$330

Apr 9 - Jun 18 *(No session May 21)*
Mon: 10 sessions | 6pm - 7pm
Member: \$220 | Non Member: \$330

Apr 4 - Jun 20
Wed: 12 sessions | 10am - 11am
Member: \$264 | Non Member: \$396

Apr 5 - Jun 21
Thur: 12 sessions | 8pm - 9pm
Member: \$264 | Non Member: \$396

Apr 6 - Jun 22
Fri : 12 sessions | 11am - 12pm
Member: \$264 | Non Member: \$396

Men's Tennis Training

COME ON OUT GUYS! This class offers the perfect combination of physical and technical aspects of the game. A hard workout is guaranteed!

Apr 9 - Jun 18 *(no session May 21)*
Mon: 10 sessions | 9am - 10am
Member: \$220 | Non Member: \$330

Apr 3 - Jun 19
Tue: 12 sessions | 9am - 10am
Member: \$264 | Non Member: \$396

Apr 3 - Jun 19
Tue: 12 sessions | 6pm - 7pm
Member: \$264 | Non Member: \$396

Apr 5 - Jun 21
Thur: 12 sessions | 9am - 10am
Member: \$264 | Non Member: \$396

Apr 6 - Jun 22
Fri: 12 sessions | 9am - 10am
Member: \$264 | Non Member: \$396

Ladies Doubles Day League

Advanced Level 2.5 - 3.5

This league is a competitive format. For ladies league doubles players only. You must have previously competed on a ladies league team in order to register for this group. Players will be keeping track of their points over the session and each week the courts are re - set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be emailed out each week and kept up to date by Fabio.

Apr 9 - Jun 18 *(No session May 21)*
Mon: 10 sessions | 9:00am - 10:30am
Member: \$160

Ladies Doubles Day League

Intermediate Level 1.5 - 2.5

For the Intermediate level tennis player. Coach Amy will provide doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Apr 9 - Jun 18 *(No session May 21)*
Mon: 10 sessions | 12pm - 1:30pm
Member: \$160 | Non Member: \$240

Ladies Singles Day League

Level 2.5 - 3.5

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re - set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Apr 5 - Jun 21
Thurs: 12 sessions | 12pm - 130pm
Member - \$192

Junior Tennis

SPRING 2018 PROGRAMS

Le Petit Tennis

Ages: 4 yrs - 5 yrs

Le Petit Tennis is designed to introduce kids to tennis using the appropriate modified progressive tennis equipment. This stage of development is to promote the love of physical activity while laying the foundation for future enjoyment of tennis. Participants learn moving patterns, balance and co-ordination while having fun doing a variety of physical tennis activities.

Apr 7 - Jun 23 *(No session May 19)*

Sat: 11 sessions | 10am - 10:30am

Member: \$126.50 | Non Member: \$187

Red Ball Level 1

Ages: 5 yrs - 7 yrs

RED LEVEL 1 Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

Apr 9 - Jun 18 *(No session May 21)*

Mon: 10 sessions | 3:30pm - 4:30pm

Member: \$190 | Non Member: \$240

Apr 4 - Jun 20

Wed: 12 sessions | 3:30pm - 4:30pm

Member: \$228 | Non Member: \$288

Apr 7 - Jun 23 *(No session May 19)*

Sat: 11 sessions | 12pm - 1pm

Member: \$209 | Non Member: \$264

Orange Ball Level 1

Ages: 7 yrs - 9 yrs

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ 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 ¾ court (ORANGE COURT).

Apr 3 - Jun 19

Tue: 12 sessions | 3:30pm - 4:30pm

Member: \$228 | Non Member: \$288

Apr 5 - Jun 21

Thur: 12 sessions | 3:30pm - 4:30pm

Member: \$228 | Non Member: \$288

Apr 7 - Jun 23 *(No session May 19)*

Sat: 11 sessions | 1pm - 2pm

Member: \$209 | Non Member: \$264

Green Ball Level 1

Ages: 9 yrs - 11 yrs

Green Level 1 is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court.

Apr 3 - Jun 19

Tue: 12 sessions | 3:30pm - 4:30pm

Member: \$228 | Non Member: \$288

Apr 5 - Jun 21

Thur: 12 sessions | 3:30pm - 4:30pm

Member: \$228 | Non Member: \$288

Apr 7 - Jun 23 *(No session May 19)*

Sat: 11 sessions | 2pm - 3pm

Member: \$209 | Non Member: \$264

Teen Tennis

Ages: 12 +

This group is for the beginner/novice 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.

Apr 7 - Jun 23 *(No session May 19)*

Sat: 11 sessions | ww10:30am - 12pm

Member: \$313.50 | Non Member: \$396



Youth & Child Minding

SPRING 2018 PROGRAMS

Child Minding

Kids Corner

Ages: 12 mos - 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)

MEMBERS 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.



Birthday Party Packages

Up to 16 guests / extra charges for additional guests
/ MAX 30 children

HTC Package

2 hour private rental of the HTC

Includes small ice, goalie training ice and dryland area

Bouncy Castle Package

2 hour private rental of the HTC

Includes dryland area with Bouncy Castle, 1 Party Host
for 2 hours, 2 hour private rental of the HTC Lounge

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen

2 hour private rental of one of the NSWC's rooms

Sportball Package

Sportball will customize your child's birthday party to the sports you desire in an action packed party. This one - hour, coach - led active and fun celebration is sure to be a hit. Coaches provide all equipment, and parents assist. 2 - hour NSWC party room rental is also included (food is not included). Saturdays: 1 - 3pm.

Meal Plan Options

- 2 slices of pizza per person and veggie platter with dip
- Chicken strips and fries
- Mac & Cheese and veggie platter with dip

**All meal plans include 3 jugs of pop. Other Add - Ons Available.
Please inform us of any dietary restrictions in advance.*

All Parties

Must be booked 2 weeks in advance

Price includes tables, chairs, utensil & plates

No outside food or drink is permitted in the Club with the exception of Birthday Cake.

For Party bookings and inquiries, contact bookings@nswc.ca

Kids Corner Open Mornings

Spring Break Multi Sport Camps

Ages: 6 yrs - 11 yrs

Each week offers Multi Sport Activities including basketball, dance, tennis and more. Day camps are supervised in the safe environment of the Club. Lunch and snacks provided.

Mar 19 - Mar 23 | 9am - 4:30pm

Member: \$245/week | \$52 day drop in

Non Member: \$350/week | \$80 day drop in

Mar 26 - Mar 29 | 9am - 4:30pm

Member: \$196/week | \$52 day drop in

Non Member: \$280/week | \$80 day drop in

Family Easter Egg Hunt

Ages: 2 yrs - 9 yrs

Accompanied by an adult

Hop on down to the club on March 29th .Bring the children for a fun filled night, jump on the bouncy castles, get your face painted and of course, hunt for Easter Eggs.

6:30pm - 8pm

Member: \$5 | Non Member: \$8

Professional Day Camps

Ages: 6 yrs - 11yrs

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities.

9am - 4:30pm

Member: \$65 | Non Member: \$85



NSWC Business Directory

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