

NORTH SHORE WINTER CLUB

Summer 2018 Program Guide



SUMMER REGISTRATION

Members May 15 @ 10am

Non Members May 29 @ 10am

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



DON'T MISS OUT

SATURDAY, JUNE 16 & SUNDAY, JUNE 17



ALL AGES | MEMBERS & NON-MEMBERS
REGISTER TODAY AT NSW.GAMETIME.NET

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2017/18 Board Members

EXECUTIVE

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JAMES CRONK - VICE PRESIDENT

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MANDY GRATTON - SECRETARY

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MICHAEL KORBIN

PAUL MCLEAN

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Senior Management Team



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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 May 15, 2018.

Non Member Registration opens at

10am on May 29, 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.

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.

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.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit www.gametime.net for details.

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.
- Outside personal trainers, coaches or instructors are not permitted to provide their services in NSWC facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the approved coaching list prepared annually.

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

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night Tiki Deck BBQ	2
3	4	5	6	7 Minor Hockey Atom	8 Friday Fun Night Tiki Deck BBQ	9
10	11	12	13 Marlins Development Meet	14	15 Friday Fun Night Tiki Deck BBQ	16 Stefan Elliott Invitational Road Hockey Tournament & Party
17 Stefan Elliott Invitational Road Hockey Tournament	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 Friday Fun Night Tiki Deck BBQ	30

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Friday Fun Night Tiki Deck BBQ	7
8	9	10	11	12	13 Friday Fun Night Tiki Deck BBQ	14
15	16	17	18 Hell Week Marlins	19	20 Friday Fun Night Tiki Deck BBQ	21
22	23	24	25	26	27 Friday Fun Night Tiki Deck BBQ	28
29 Marlins Internal Fun Meet	30	31				

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Vancouver and District Meet Marlins
5	6 Regional Awards Banquet Marlins	7	8	9	10 Friday Fun Night Tiki Deck BBQ	11
12	13	14	15	16	17 Friday Fun Night Tiki Deck BBQ	18 Summer Smash Dinner Event
Summer Smash Tournament - Tennis						
19	20	21	22	23	24 New Member BBQ	25
26	27	28	29	30	31	

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Minor Hockey Tryouts Start	5	6	7 Friday Fun Night	8
9	10	11	12	13	14 Friday Fun Night	15
16	17	18	19 US OPEN GRAND SLAM Men - Tennis	20 US OPEN GRAND SLAM Ladies - Tennis	21 Friday Fun Night	22
23	24	25	26	27	28	29
30						

Member Moments

STEFAN ELLIOTT INVITATIONAL ROAD HOCKEY TOURNAMENT

The first annual Stefan Elliott Invitational Road Hockey Tournament is taking place this summer on June 16th and 17th. All Members and Non - Members are welcome and encouraged to register; the more the merrier!

You'll note that this tournament takes place over Fathers Day - we figure what better way to celebrate your Dad's than by enjoying a fun - filled weekend of road hockey, music, prizing, and socializing with family and friends! We'll also be hosting a Summer Party on Saturday, June 16th for all Members and their guests!

Stefan Elliott participated in the 2018 PyeongChang Olympic Winter Games as a member of Team Canada's Men's Hockey team. Growing up in North Vancouver, Stefan learned to skate right here at the Club, participating in Cookie Monsters and Minor Hockey, all the way up to Major Midget with the Vancouver Northwest Giants. Representing Team Canada and winning an Olympic medal was a dream come true for Stefan and we are so excited to welcome him back! When his professional hockey season wraps up in Europe, Stefan is excited to return home to celebrate the sport we all love in the sunshine!



Register at nsw.gametime.net today!

All tournament information, roster guidelines, and pricing is available on the www.nswc.ca website. Spread the word!

FRIDAY FUN NIGHTS

Friday Fun Nights are a weekly tradition at the Club. They will continue outside this summer, with bouncy castle fun, games in the pool, various buffet options, happy hour drinks, and fun for the entire family! Remember to double check the schedule for cancellations on some holidays.



ADULT TIKI DECK BBQ

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

TWEEN SWIM

WEATHER DEPENDENT

NEW MEMBER APPRECIATION BBQ

We're hoping that 2018 will be another busy year for Membership, just like last year! Throughout the year, we always try our hardest to welcome new Members into the NSWC community. In an effort to do this, we will be hosting a New Member Appreciation BBQ, in early August for new Members to meet other Members (new and old), members, management, Board Members, and Committee Chairs.

ANDREW MELLOR TACKLES EVEREST

Andrew Mellor is a proud North Shore Winter Club hockey coach, hockey player, and referee. This past season, he coached the Pee wee A4 team, winning Flight 7 and bringing home a championship banner! After wrapping up his third season of coaching at the Club, Andrew booked the trip of a lifetime to Everest Base Camp. He left Canada on March 1st for Katmandu, Nepal and waited for his rest of his G Adventures group to arrive.

It took the group eight days to acclimatize and reach Everest Base Camp. The dusty air, bazaar dry snow, cold temperatures made for a slow, uncomfortable, difficult trek. One woman from Andrew's group even had to be picked up by helicopter and taken to a hospital in Kathmandu to treat her Acute Mountain Sickness (AMS). The woman was in the hospital for two days and made a full recovery. While acclimatizing, Andrew visited a Sherpa Museum as well as a Buddhist Monastery, where he learned about the religion of Buddhism and how people should be thankful for what they have. This was an enlightening experience for Andrew. The group reached Everest Base Camp, at an altitude of 5,345 meters, on



Monday, March 12th. The temperature was a chilling negative 30 degrees Celsius and it took them four days to descend back to Kathmandu.

Andrew had an amazing experience and took numerous photos. He's certainly been bitten by the travel bug, with the Trans Siberian Railway across Russia or the Annapurna Circuit next on his adventure list! If you see Andrew at the Club, don't hesitate to ask him about his trip, he has many stories to share.

GIRLS AFTERNOON AFFAIR

Last year, we hosted the first Girl's Afternoon Affair event, which was a spinoff of the Girl's Night Out event offered in the past. Aimed to bring all the girls and women of the Club together, this event will take place in early September. Who run the world? GIRLS!



EASTER FUN

Spring Break is always a quiet time around the Club, but we were delighted to see so many smiling faces at our annual Family Easter Egg Hunt. Before the Easter Long Weekend, kids and their parents hunted for chocolate eggs outside, enjoyed Easter treats, and engaged in Easter crafts. What better way to welcome spring!



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.

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.

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.



RISE UP
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 **EOS®**
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Mexican Pulled Chicken

FEATURED RECIPE BY CHEF ANDREA



CHICKEN SAUCE

- 1.5 lb chicken thigh , skinless boneless
- 1/2 cup Chipotles in Adobo Sauce (4 chillies + sauce)
- 14 oz / 400g can crushed tomatoes
- 2 garlic cloves , crushed
- 1 tsp EACH dried oregano , cumin powder and onion powder (or garlic powder)
- 2 tsp sugar
- Salt and Pepper to taste

TO FINISH

- 3 tbsp olive oil
- 2 tbsp lime juice
- 2 tbsp fresh cilantro, chopped

INSTRUCTIONS

Cook Chicken

1. Season the chicken with salt and pepper and sear in a medium pan over medium high heat.
2. Add the remaining ingredients for the sauce Sauce ingredients into the saucepan and add 1 cup water.
3. Simmer covered on medium low for 40 - 50 minutes, turning chicken occasionally, until chicken can be shredded with 2 forks.

Sauce

1. Remove chicken and shred. Set aside.
2. Add lime juice (to taste), 1 tbsp olive oil and the cilantro (optional) to the sauce. Use a stick blender (or transfer to blender) to puree the sauce. Adjust salt and pepper to taste. You should have about 2 cups of sauce.

To Serve

1. Toss chicken in the sauce OR serve it on the side.
2. Use for tacos enchiladas, burritos, on green Mexican rice, quesadillas, sliders, or tostadas.

What's the Difference Between **WINNING & SUCCESS?**

Legendary basketball coach John Wooden grew up on a small farm in Indiana before leading the University of Los Angeles to ten NCAA titles in a 12 year - span. This included seven straight championships, a feat further driven home when you learn that no other team has ever won more than two in a row.

So what can we learn about life from a high school teacher who established his life's mission in South Bend, Indiana in 1934?

This is a man who knows a thing or two about winning, but for coach Wooden, winning and success aren't always related. In a TED Talk he gave prior to his passing in 2010, Wooden talked about his own personal definition of success that he arrived at while teaching in South Bend. As a teacher, he faced plenty of feedback from parents questioning his methods for giving out particular grades. A's, B's, C's - wait, parents in the 30's wanted explanations from the teachers about grades, too? I thought that was a new thing!

The problem was the parents would compare their children to other students. If one student got a C, then theirs damn well be getting B's or higher.

TRYING TO BE THE BEST YOU CAN BE

Wooden's definition of success:

Always learn from others but never cease trying to be the best you can be. That's under your control. Peace of mind attained only through self satisfaction in knowing you made the effort to do the best of which you're capable. Your reputation is what you're perceived to be, your character is what you are.

Wooden's definition brings me to fitness centres, gyms, hockey rinks, tennis courts, classrooms, and offices all over the world. How often are we striving to be the best we can be exclusive from the actions of others? Even when we compete on the ice or on the court - is that competition the culmination of hours of training and practice and dedication to our craft? Are we not then successful before we engage in the game?

Parents worry that opportunities offered to other athletes will steal opportunities from their own children. We worry that spots on teams or in tournaments are finite. We're convinced that there will be no room left for our kids.

Well, this isn't Highlander. There can be more than one. In fact, there can be many. As long as we recognize the difference between success and winning.

I STILL WANT TO WIN

John Wooden's lifelong pursuit of success involved plenty of winning. A streak of championships that stabilized the legacy of a basketball program certainly qualifies for both. I'd call ten championships in 12 years a success!

But it's in the pursuit of those wins that success was achieved. John Wooden and his players were successful before they stepped on the court the day each of their championship rings were earned. In fact, I'd wager Wooden considered his program successful in the years in which the ultimate prize wasn't achieved.

I often tell the story about Coach Mike Sullivan and his first Stanley Cup with the Pittsburgh Penguins a couple years back. Sullivan had taken over a sinking Penguins squad which had high hopes for a second Stanley Cup part way through the 2015/16 season. Something wasn't working in Pittsburgh. They'd won a championship with coach Dan Bylsma in 2009, but something needed to change.

Two seasons and back to back championships later Mike Sullivan was being showered with confetti on the ice as the cup was passed around amongst his players. He was asked if he talked to his players about the possibility of winning the Stanley Cup again when he took over the team in 2015.

"Actually," Sullivan said matter of factly. "We didn't even talk about winning the Stanley Cup this morning."

By Kelvin Cech

Aquatics

SUMMER 2018 PROGRAMS

Pool Rules and Information

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

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

Red Cross Swimming Lessons

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

Swimming Sets & Dates

MEMBERS & NON MEMBERS

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

MEMBERS ONLY

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

Non Member: \$90 (30 min class) \$115 (45 min class)

Non Member lesson sets available sets 1 - 3 only.

Red Cross Swim Program

Ages: 3 yrs to 6 yrs

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

Sea Otter

Ages: 3 yrs to 6 yrs

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

This is a parent participation class.

SETS 1 - 3: 3pm - 3:30pm

SETS 4 - 7: 10:30am - 11am (Members Only)

Salamander

Ages: 3 yrs to 6 yrs

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

SETS 1 - 3: 3pm - 3:30pm

SETS 4 - 7: 10:00am - 10:30am or 2pm - 2:30pm*

*(Members Only)

Sunfish

Ages: 3 yrs to 6 yrs

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

SETS 1 - 3: 3:30pm - 4pm

SETS 4 - 7: 10:30am - 11am or 2pm - 2:30pm*

*(Members Only)

Crocodile

Ages: 3 yrs to 6 yrs

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

SETS 1 - 3: 3:30pm - 4pm

SETS 4 - 7: 10:30am - 11am or 2pm - 2:30pm*

*(Members Only)

Whale

Ages: 3 yrs to 6 yrs

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

SETS 1 - 3: 3:30pm - 4pm

SETS 4 - 7: 10:30am - 11am or 2pm - 2:30pm*

***(Members Only)**

Red Cross Swim Kids

Ages: 5 yrs to 12 yrs

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

Red Cross Swim Kids (Level 1)

Red Cross Swim Kids (Level 1)

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

SETS 1 - 3: 4pm - 4:30pm

SETS 4 - 7: 10am - 10:30am or 2:30pm - 3pm*

***(Members Only)**

Red Cross Swim Kids (Level 2)

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

SETS 1 - 3: 4pm - 4:30pm

SETS 4 - 7: 10am - 10:30am or 2:30pm - 3pm*

***(Members Only)**

Red Cross Swim Kids (Level 3)

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

SETS 1 - 3: 4pm - 4:30pm

SETS 4 - 7: 10am - 10:30am or 2:30pm - 3pm*

***(Members Only)**

Red Cross Swim Kids (Level 4)

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

SETS 4 - 7: 11am - 11:45am or 3pm - 3:45pm*

***(Members Only)**

Red Cross Swim Kids (Level 5)

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

SETS 4 - 7: 11am - 11:45am or 3pm - 3:45pm*

***(Members Only)**

Red Cross Swim Kids (Level 6)

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

SETS 4 - 7: 11am - 11:45am or 3pm - 3:45pm*

***(Members Only)**

Red Cross Swim Kids (Level 7)

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

SETS 4 - 7: 11:45am - 12:30pm (Members Only)

Red Cross Swim Kids (Level 8)

Introduces the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.

SETS 4 - 7: 11:45am - 12:30pm (Members Only)

Red Cross Swim Kids (Level 9)

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

SETS 4 - 7: 11:45am - 12:30pm (Members Only)

Red Cross Swim Kids (Level 10)

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

SETS 4 - 7: 11:45am - 12:30pm (Members Only)

Private Swim Lessons

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

Rates:

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

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

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

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

Lifesaving Courses

Bronze Medallion

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

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self - rescue techniques, defence 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. NLS training is designed to teach the principles and develop the basic lifeguarding skills and decision - making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. The NLS Pool option builds on the fundamental skills, knowledge and values taught in the NLS core course to train lifeguards in safety supervision and rescue in a pool environment. To learn more, contact aquatics@nswc.ca

Adult Swimming (Masters)

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

Jun 4 - Aug 29

Mon and Wed | 8pm - 9pm

Member Drop In: \$15 / class

Non Member Drop in: \$18 / class

Member 5 Pack: \$60

Non Member 5 Pack: \$80

AquaFit

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

Jul 4 - Jul 30 | Mon and Wed

12:30pm - 1:30pm 8 sessions OR

8pm - 9pm 8 sessions

Aug 1 - Aug 29

Mon and Wed (no session Aug 6)

12:30pm - 1:30pm 8 sessions OR

8pm - 9pm 8 sessions

Member: \$42 | Non Member: \$64

**Classes must have a minimum number of participants to run.*

Basketball

SUMMER 2018 PROGRAMS



Mark Curtin



Ransford Brempong

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.

Jul 3 - Aug 28

Tues: 9 sessions

4:10pm - 5:10pm

Member: \$135 | Non Member: \$165

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

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.

Jul 5 - Aug 30

Thurs: 9 sessions

5:35pm - 6:35pm

Member: \$135 | Non Member: \$165

***\$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

Youth Camps & Child Minding

SPRING 2018 PROGRAMS

Youth Camps

Multi Sport Day Camps

Ages: 6 yrs to 11 yrs

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

WEEK 1 Jul 3 - Jul 6

THEME: Under the Sea & Sportball
FIELD TRIP: Ambleside Park

WEEK 2 Jul 9 - Jul 13

THEME: Choo Choo Train
FIELD TRIP: Stanley Park Train

WEEK 3 Jul 16 - Jul 20

THEME: Mad Science & Sportball
FIELD TRIP: Lynn Canyon Suspension Bridge and Eco Centre

WEEK 4 Jul 23 - July 27

THEME: Animal Planet
FIELD TRIP: Maplewood Farms

WEEK 5 Jul 30 - Aug 3

THEME: Pirates of the Club & Sportball
FIELD TRIP: Cates Park Game Day

WEEK 6 Aug 7 - Aug 10

THEME: Jungle Kids
FIELD TRIP: Go Bananas

WEEK 7 Aug 13 - Aug 17

THEME: Off to Space
FIELD TRIP: HR MacMillan Space Centre

WEEK 8 Aug 20 - Aug 24

THEME: Sea Life & Sportball
FIELD TRIP: Vancouver Aquarium

ACTIVITIES INCLUDED

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

WHAT TO PACK EACH DAY

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

DROP OFF & PICK UP

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

COST

Members: \$250 / week
\$200 / weeks 1 & 6
\$52 / drop in

Non Members: \$375 / week
\$300 / weeks 1 & 6
\$85 / drop in

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



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 Rassmusen

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

Martial Arts Package

Our North Vancouver Kids Karate and Martial Arts Birthday Parties are loved not only by kids... but by parents, too. Why? Because we do a lot of work to ensure your child has an AMAZING time - while you get to relax!

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



Fitness

SUMMER 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.

One session & Program

Member: \$100

Non Member: \$125

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

Fitness is coming!! 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.

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.

Hatha Yoga

Focusing on alignment and the basic shapes of yoga asana, this class integrates the importance of breathing and movement to create balance. Ideal for those just starting a yoga practice as there is time and space to receive personal attention and clarification on the postures. There is also opportunity to deepen your existing practice and as such, each class is structured around the needs of those students. If you are looking to open your hips, strengthen your arms/shoulders and stretch out that lower back, this class is for you.

Gentle Hatha / Yin Yoga

A midweek break to restore and relax. Join us for an evening of heart opening and hip/back stretching. Sitting at a desk, walking/hiking/skating/running - all tighten up the fronts of your legs and round you through the back. After this class you will feel taller and more open; more supple and calm - relaxed from the inside - out. essential oils, blankets...ahhh.

Powerflow Hatha

Get a jump on your weekend with this energizing, yet balancing class. Based in alignment and contingent on student's levels we begin with a full body stretch and warm up. Poses deepen, quicken and build both in intensity as well as pace as we approach the vinyasa series. Sun Salutations often represent the peak of the class ensuring increased heart rate and the sense of accomplishment. The class winds down with poses geared to continue the process of opening/lengthening but also to connect and slow down. Based on who attends, time will be allotted for "Play" so that those interested can practice more challenging balance poses if desired. A fun, social class open to all, geared to those willing to "try". As always time and space allows for hands on assists and all the touches - oils, savasanah with blankets.. mmmm you earned them!



TENNIS *Strength Training*



Your strength training routine should be designed with one goal in mind: improve your tennis performance. If your sport was power lifting, your workout would emphasize heavy weights. But your sport is tennis and that means your workout should include exercises that prevent injury, improve your agility and increase your power. Follow these 13 strength training tips to ensure your program suits your needs and helps you develop your tennis game.

Bodyweight First

If you can't stabilize, control and move efficiently with only your body weight, you have no business using heavy external loads. And yet, many tennis players, despite their inability to move their body weight, still are eager to power lift.

Remember, some of the strongest athletes are gymnasts who spend most of their time manipulating their own bodies around the gym. Before you turn to the bench press, work on stabilizing your shoulder girdle and core by completing push - ups. A strength program in the beginning stages will likely involve no weights. Don't fret. A body weight - focused program will work better and faster than one that relies primarily on weights and machines because muscle recruitment and control are far more important than maximal strength.

Train in a Standing Position

The majority of your training should take place on your feet because you spend most of your time playing in that position. While there are exceptions to this rule, we always lose something when we go from a standing position to seated or lying down.

Train with Free Weights

I still see programs out there that include leg extensions and leg curls. Machines limit your range of motion and control the movement. Machines can have some limited benefits for beginners, but you need to learn to stabilize and control your body in all three planes of motion simultaneously.

Use Multiple Joints

Single joint strength (e.g. leg extension machine, bicep curls) develops strength in the wrong areas. If your strength doesn't transfer to the court, then what's the point of having it? Machines that isolate have a limited place in the preparation of a tennis player.

Train with Explosiveness

Some people feel that explosive moves are dangerous. If you want quick racquet speed and to hit with power, then training explosively is a must because it mimics what happens on court.

Train Movements, Not Muscle Groups

Isolated muscle group training (outside of rehabilitation) has no place in your routine. Focus on strengthening specific movements by using your body to work in an integrated fashion.

Train Unilaterally and Multi - planar

Most strength training programs train you in one plane (sagittal) with bilateral, or two, movements. However, the majority of tennis takes place in all three planes simultaneously with many movements. Some 85 percent of the gait cycle (walking, running) is spent with one leg in the air. Most of the shots you play rely on the dominance of one leg.

All your leg training should include exercises such as split squats, step - ups and lunge variations. A well - balanced workout should include dynamic effort, max strength and repeated effort exercises. Traditional strength training programs have wrongly borrowed from outdated body building concepts and focused overwhelmingly on building max strength.

However, you need to remember that the most important factor is the rate of force production. In the world of sport, speed is king. This method, known as dynamic effort, uses relatively lighter weights moved at max speed. Your workout routine should also employ max strength exercises, which involves lifting heavy loads, and the so - called repeated efforts method, exercises that use multiple sets and reps.

Variation

Conventional wisdom tells us a training routine should progressively increase. But many folks don't realize that a training program should also be progressively and periodically varied. If you spend too much time on one program you'll habituate to the positive aspects while accumulating the negative aspects. This creates performance plateaus and injury situations. Keep things varied to keep your body guessing.

Avoid Mimicking Skills

Make sure the roles of strength and conditioning and skill training are separate. Overloading a technique affects the mechanics of the technique negatively. If there is any danger that the training you are doing forces you to change your technique then stop immediately. Remember, the role of conditioning training is not skill training.

Balance Your Training

Make sure you address pushing and pulling on both horizontal and vertical planes and attempt to balance the loading. If you're bench - pressing 400 pounds, but can only do a chest - supported row with 50 pounds, your shoulder girdle is going to suffer. If you can't handle the same loads for two opposing movements, then increase the volume of the weaker movement by doing an extra exercise or an extra set or two.

Get Out of the Weight Room

Try some other forms of training such as sled dragging, uphill sprints or running stadium stairs. The more varied and interesting the workout, the better chance you'll stick with the program.

Train the Antagonists

The speed of a serve or a forehand is determined largely by the ability of the antagonist (opposing muscle to main muscle) to eccentrically decelerate your joint action and prevent joint injury. If you can't safely and effectively slow down an action, then it will not allow you to achieve full acceleration.

If you're not training the antagonists, you're not training deceleration. And if you are not training deceleration, you can't be training acceleration. Try catching and slowing down a medicine ball from your partner, just like you would you take it back into a forehand or backhand. Remember, don't get caught up in the numbers game and don't confuse gym improvements with on - court improvements.

The greatest players in the world don't have the greatest bench presses in the world. They do have an ability to produce impressive force on the court.

Minor Hockey

SUMMER 2018 PROGRAMS

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 summer 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. Players must be able to fall and get up without assistance to be eligible for the program.

BEGINNER

Tues: 4:30pm - 5:15pm
Thurs: 4:30pm - 5:15pm

INTERMEDIATE

Tues: 5:15pm - 6pm
Thurs: 5:15pm - 6pm

Jul 3 - Aug 16

Tue & Thurs: 14 sessions

Member: \$182 | Non Member: \$266

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.

Week 3: July 16/18/20

Week 4: July 23/25/27

Week 5: July 30/Aug 1/3

Week 7: Aug 13/15/17

Mon/Wed/Fri : 3 sessions

8:30am - 9:15am Pee wee

9:30am - 10:15am Bantam/Midget

10:30am - 11:15am Initiation

11:30am - 12:15pm Atom

Instructor: Karen Kos

Member: \$69

Non Member: \$102

Week 6: Aug 8/ 10

Wed/Fri: 2 sessions

8:30am - 9:15am Pee wee

9:30am - 10:15am Bantam/Midget

10:30am - 11:15am Initiation

11:30am - 12:15pm Atom

Instructor: Karen Kos

Member: \$46 | Non Member: \$68

Edging & Stroking

This class will focus on skating movements including balance, edge control and specific precision skating techniques. World Figure Skating Champion Victor Kraatz has work with all levels of hockey players and will help teach and develop players skating structure to push your skill sets to the next level. This dynamic skating class will help you achieve your goals in a fun interactive environment. Full hockey equipment is required.

Week 3: Jul 17/19

Week 4: Jul 24/26

Week 5: Jul 31/Aug 2

Week 6: Aug 7/9

Tues/Thurs: 2 sessions

8:30am - 9:15am Initiation

9:30am - 10:15am Atom

10:45am - 11:30am Pee wee

11:45am - 12:30pm Bantam/Midget

Instructor: Victor Kraatz

Member: \$46 | Non Member: \$68

Hitting Clinic

Body Contact will be introduced to many 2005 players when they enter Bantam hockey next winter. Learning to use the proper strategies and techniques is necessary to avoid any injuries or challenges in a full contact league.

Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain

control of the puck. Just like skating, puck control, passing and shooting there are key progressions to the skill of checking when taught effectively, can greatly enhance a player's enjoyment of the great game of hockey.

Our NSWC program is designed to give players the ability and confidence to play to their potential while minimizing the risk of injury for the upcoming season. The clinic is open to 2003, 2004, 2005 & 2006 birth years. Full hockey equipment is required.

Week 9

Aug 27 - Aug 30

Mon/Tues/Wed/ Thurs: 4 sessions

11am - 12pm

Member: \$88 | Non Member: \$132

Prep Camps

These camps will be run by our High Performance instructors and run as a high tempo skate to help athletes get back in shape, improve timing and be better prepared for the start of tryouts and the regular season. Full hockey equipment is required.

H4 PREP

Aug 20 - Aug 24

Mon - Fri: 5 sessions

5:15pm - 6:15pm

Member: \$135

Non Member: \$202.50

Aug 27 - Aug 31

Mon - Fri: 5 sessions

5:15pm - 6:15pm

Member: \$135

Non Member: \$202.50

FEMALE NOVICE PREP

Aug 20 - Aug 24

Mon - Fri: 5 sessions

4:15pm - 5:15pm

Member: \$135

Non Member: \$202.50

FEMALE ATOM PREP

Aug 27 - Aug 31
Mon - Fri: 5 sessions
4:30pm - 5:30pm
Member: \$135
Non Member: \$202.50

FEMALE BANTAM/ MIDGET PREP

Aug 20 - Aug 24
Mon - Fri: 5 sessions
7:45pm - 8:45pm
Member: \$135
Non Member: \$202.50

FEMALE PEEWEE PREP

Aug 27 - Aug 31
Mon - Fri: 5 sessions
7:00pm - 8:00pm
Member: \$135
Non Member: \$202.50

ATOM PREP

Aug 20 - Aug 24
Mon - Fri: 5 sessions
9:15am - 10:15am
Member: \$135
Non Member: \$202.50

Aug 20 - Aug 24
Mon - Fri: 5 sessions
10:30am - 11:30am
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
11:15am - 12:15pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
12:30pm - 1:30pm
Member: \$135
Non Member: \$202.50

PEEWEE PREP

Aug 20 - Aug 24
Mon - Fri: 5 sessions
11:45am - 12:45pm
Member: \$135
Non Member: \$202.50

Aug 20 - Aug 24
Mon - Fri: 5 sessions
1pm - 2pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
1:45pm - 2:45pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
3:00pm - 4:00pm
Member: \$135
Non Member: \$202.50

BANTAM PREP

Aug 20 - Aug 24
Mon - Fri: 5 sessions
2:30pm - 3:30pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
4:15pm - 5:15pm
Member: \$135
Non Member: \$202.50

MIDGET PREP

Aug 20 - Aug 24
Mon - Fri: 5 sessions
5pm - 6pm
Member: \$135
Non Member: \$202.50

Aug 20 - Aug 24
Mon - Fri: 5 sessions
6:15pm - 7:15pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
6:45pm - 7:45pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
8:00pm - 9:00pm
Member: \$135
Non Member: \$202.50

Battle Camps

This class will focus on the compete part of the game. Bringing back that competitive edge before the tryouts and will focus on checking skills, body positioning, angling and different game type scenarios (1v1, 2v2...). We will focus on both the offensive and defensive side on the puck with competitive drills and small area games Full hockey equipment is required.

ATOM

Aug 20 - Aug 24
Mon - Fri: 5 sessions
6:30pm - 7:30pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
6:30pm - 7:30pm
Member: \$135
Non Member: \$202.50

PEEWEE

Aug 20 - Aug 24
Mon - Fri: 5 sessions
5:30pm - 6:30pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
5:45pm - 6:45pm
Member: \$135
Non Member: \$202.50

BANTAM

Aug 20 - Aug 24
Mon - Fri: 5 sessions
6:45pm - 7:45pm
Member: \$135
Non Member: \$202.50

Aug 27 - Aug 31
Mon - Fri: 5 sessions
7:45pm - 8:45pm
Member: \$135
Non Member: \$202.50

Goalie Development Camps

ATOM/PEEWEE GOALIE DEVELOPMENT

Aug 20 - Aug 24
Mon - Fri: 5 sessions
12:15pm - 1pm
Member: \$150
Non Member: \$225

Aug 27 - Aug 31
Mon - Fri: 5 sessions
12:30pm - 1:15pm
Member: \$150
Non Member: \$225

BANTAM/MIDGET GOALIE DEVELOPMENT

Aug 20 - Aug 24
Mon - Fri: 5 sessions
1:15pm - 2pm
Member: \$150
Non Member: \$225

Aug 27 - Aug 31
Mon - Fri: 5 sessions
1:30pm - 2:15pm
Member: \$150
Non Member: \$225



NSWC Shooters & Scorers

This program is designed for players who are looking to fill the net like never before. Players will be introduced to the technical aspects of shooting as well as the individual tactics and situations which will allow them to truly become better offensive players. These sessions are run by the NSWC Development Team and its professional coaching roster and as such players will be exposed to some of the top skill coaches in the industry. Full hockey equipment is required.

Week 3: Jul 16 - Jul 20

Mon - Fri: 5 sessions

8:30am - 9:30am H3 & H4

9:45am - 10:45am Atom

11:00am - 12:00pm Pee wee

12:15pm - 1:15pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 5: Jul 30 - Aug 3

Mon - Fri: 5 sessions

8:00am - 9:00am H3 & H4

9:15am - 10:15am Atom

10:30am - 11:30am Pee wee

11:45am - 12:45pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 7: Aug 13 - Aug 17

Mon - Fri: 5 sessions

8:00am - 9:00am H3 & H4

9:15am - 10:15am Atom

10:30am - 11:30am Pee wee

11:45am - 12:45pm Bantam/Midget

Member: \$125

Non Member: \$175

NSWC Battle and Compete Camp

These sessions will focus on one of the most overlooked skills in hockey, the compete part of the game. The ability to get win pucks and positioning will be enhanced through checking skills, body positioning, angling and different game type scenarios (1v1, 2v2...). We will focus on both the offensive and defensive side on the puck with competitive drills and small area games. These sessions are run by the NSWC Development Team and its professional coaching roster and as such players will be exposed to some of the top skill coaches in the industry. Full hockey equipment is required.

Week 4: Jul 23 - Jul 27

Mon - Fri: 5 sessions

8:30am - 9:30am H3 & H4

9:45am - 10:45am Atom

11:00am - 12:00pm Pee wee

12:15pm - 1:15pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 6: Aug 7 - Aug 10

Tues - Fri: 4 sessions

8:00am - 9:00am H3 & H4

9:15am - 10:15am Atom

10:30am - 11:30am Pee wee

11:45am - 12:45pm Bantam/Midget

Member: \$100

Non Member: \$140

NSWC Defenseman Skills

This position specific program will allow Defensemen to refine their game by focusing on the skills that separate top players from the rest of the pack. Players will focus on both offensive and defensive skills and tactics such as defenseman specific skating, gap control, stick positioning, zone coverage, body contact and game play positioning. Full hockey equipment is required.

Week 3: Jul 16 - Jul 20

Mon - Fri: 5 sessions

1:30pm - 2:30pm H3 & H4

2:45pm - 3:45pm Atom

4:00pm - 5:00pm Pee wee

5:15pm - 6:15pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 5: Jul 30 - Aug 3

Mon - Fri: 5 sessions

1:00pm - 2:00pm H3 & H4

2:15pm - 3:15pm Atom

3:30pm - 4:30pm Pee wee

4:45pm - 5:45pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 7: Aug 13 - Aug 17

Mon - Fri: 5 sessions

1:00pm - 2:00pm H3 & H4

2:15pm - 3:15pm Atom

3:30pm - 4:30pm Pee wee

4:45pm - 5:45pm Bantam/Midget

Member: \$125

Non Member: \$175

NSWC Puck Skills

The ability to handle the puck in games and make good plays is what separates players and these sessions will give participants the opportunity to vastly improve their skill set. From puck protection to handling the puck along the wall under pressure to the ever important passing and receiving players will see the payoff in their everyday games. Building the proper habits taught by the professional coaching staff will really give players the confidence with the puck to take their development to the next level. Full hockey equipment is required.

Week 4: Jul 23 - Jul 27

Mon - Fri: 5 sessions

1:30pm - 2:30pm H3 & H4

2:45pm - 3:45pm Atom

4:00pm - 5:00pm Pee wee

5:15pm - 6:15pm Bantam/Midget

Member: \$125

Non Member: \$175

Week 6: Aug 7 - Aug 10

Tues - Fri: 4 sessions

1:00pm - 2:00pm H3 & H4

2:15pm - 3:15pm Atom

3:30pm - 4:30pm Pee wee

4:45pm - 5:45pm Bantam/Midget

Member: \$100

Non Member: \$140



2018 BC HOCKEY PROVINCIALS

Hosted by North Shore Winter Club

Some of the best 11 and 12-year-old players in the province met at the NSWC for the Pee wee Tier 2 Provincial Hockey Championships.

9 teams, including the NSWC Pee wee A2's, were involved in the tournament that ran March 18-21. These Provincial Playoffs were a true reflection of the love of hockey across BC at the Pee wee level. The atmosphere was unlike any tournament we had ever hosted before with 9 teams battling it out every minute of ice time to hopefully be crowned the top Pee wee Tier 2 team in BC. It was the Greater Vernon team who came out on top with 5 wins, 0 losses and 1 tie to bring home the Championship title.

Our players had a once in a lifetime experience of playing in a provincial tournament on home ice. We hope this is a memory they will never forget. The NSWC wants to thank all the parents, coaches, managers, volunteers, friends and family who helped make this such a rewarding experience for all the young athletes involved. Congrats to our NSWC Pee wee A2's on an unforgettable 2017-2018 minor hockey season.

Sincerely,
The NSWC Hockey Department



Senior Men's Hockey

SUMMER 2018 PROGRAMS

Philosophy

The North Shore Winter Club takes great pride in providing a world - class hockey experience at all ages. The Senior Men's Hockey League is designed to provide a safe, fun, social and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's as rewarding on and off the ice.

Senior Men's is governed by the Hockey Committee, who's mission it is to maintain a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members and to welcome new members into a friendly and enjoyable hockey focused organization.

Division 1

Sr Men's Div 1 is a fast competitive league with lots of young players. They enjoy the quick competition with a friendly rivalry between teams. There is a draft for new teams each year to try and mix up the players and it creates a more social atmosphere.

Division 2

Sr men's Div 2 is the same format as division one with the same friendly rivalries and a draft each year, but the pace is a little slower. So if you do not want to chase

players fresh out of minor hockey, this is where you want to be! Div 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

The chance to spare allows you to play when you don't have a game scheduled or if you can't make your ice time. There is an Allstar game the Friday night of Super Bowl weekend every year where there's an opportunity to showcase some of the top players, and it is a fun night for all involved.

Playoffs begin right after spring break, and the competition ramps up while teams try and go on a run to win the championship! (your name is on the trophy for all to see.) The year finishes in April with the Championship games with both Div 1 & 2 followed by a wrap up banquet.

REGISTRATION & FEES

All registrations are done online at: mens.nswchockey.com
Register early for early bird discount!

Before July 31: Early Bird (TBD)

August 1: Regular Price (TBD)

After August 15: you will be put on a waiting list.

Final pricing will be determined June 2018.



Martial Arts

SUMMER 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.

Jul 4 - Aug 13

Mon & Wed: 11 sessions (no session Aug 6)

6 yrs - 8 yrs: 4:30pm - 5:30pm

9 yrs - 12 yrs: 5:45pm - 6:45pm

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



Sportball

SUMMER 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.

Jul 7 - Aug 25

Sat: 7 sessions (No session Aug 4)

9:15am - 10am

Member: \$105 | Non Member: \$130

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.

Jul 7 - Aug 25

Sat: 7 sessions (No session Aug 4)

10am - 10:45am

Member: \$105 | Non Member: \$130



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.

Jul 7 - Aug 25

Sat: 7 sessions (No session Aug 4)

11am - 12pm

Member: \$105 | Non Member: \$130



Squash

SUMMER 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.

Jul 4 - Aug 22

Wed: 8 sessions

4:30pm - 5:15pm

Member: \$120 | Non Member: \$145

Intermediate Beginners

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.

Jul 4 - Aug 22

Wed: 8 sessions

5:15pm - 6:00pm

Member: \$120 | Non Member: \$145



Adult Tennis

SUMMER 2018 PROGRAMS

Hell Week

Advanced (Level 3.5+)

BACK FOR SUMMER 2018!

Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! Weather permitting, outdoor courts only. (there will be refunds for rainouts)

WEEK 1

Jul 3 – Jul 6

Mon – Fri: 4 sessions

9am – 10:30am

Member: \$95 | Non Member: \$145

WEEK 2

Jul 9 – Jul 13

Mon – Fri: 5 sessions

9am – 10:30am

Member: \$120 | Non Member: \$180

WEEK 3

Jul 16 – Jul 20

Mon – Fri: 5 sessions

9am – 10:30am

Member: \$120 | Non Member: \$180

WEEK 4

Jul 23 – Jul 27

Mon – Fri: 5 sessions

9am – 10:30am

Member: \$120 | Non Member: \$180

WEEK 5

Jul 30 – Aug 3

Mon – Fri: 5 sessions

9:00am – 10:30am

9am – 10:30am

Member: \$120 | Non Member: \$180

WEEK 6

Aug 7 – Aug 10

Tue – Fri: 4 sessions

9am – 10:30am

Member: \$95 | Non Member: \$145

WEEK 7

Aug 13 – Aug 17

Mon – Fri: 5 sessions

9am – 10:30am

Member: \$120 | Non Member: \$180

WEEK 8

Aug 20 – Aug 24

Mon – Fri: 5 sessions

9am – 10:30am

Member: \$120 | Non Member: \$180

Hell Week

Intermediate (Level 2.0 – 3.0)

BACK FOR SUMMER 2018!

Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! Weather permitting, outdoor courts only. (there will be refunds for rainouts)

WEEK 1

Jul 3 – Jul 6

Mon – Fri: 4 sessions

10:30am – 12pm

Member: \$95 | Non Member: \$145

WEEK 2

Jul 9 – Jul 13

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

WEEK 3

Jul 16 – Jul 20

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

WEEK 4

Jul 23 – Jul 27

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

WEEK 5

July 30 – Aug 3

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

WEEK 6

Aug 7 – Aug 10

Tue – Fri: 4 sessions

10:30am – 12pm

Member: \$95 | Non Member: \$145

WEEK 7

Aug 13 – Aug 17

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

WEEK 8

Aug 20 – Aug 24

Mon – Fri: 5 sessions

10:30am – 12pm

Member: \$120 | Non Member: \$180

Hell Week

Advanced Evening Sessions (Level 3.5+)

SESSION 1 - JULY

Jul - 9, 16, 23, 30

Mondays – 4 sessions

6pm – 7:30pm

Member: \$96 | Non Member: \$144

SESSION 2 - AUGUST

Aug - 13, 20, 27

Mondays – 3 sessions

6pm – 7:30pm

Member: \$72 | Non Member: \$108

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





NORTH SHORE
WINTER CLUB



Follow us on Instagram, Twitter & Facebook