

NORTH SHORE WINTER CLUB

Fall 2018 Program Guide



FALL REGISTRATION

Members July 31 @ 10am

Non Members August 14 @ 10am

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



NORTH SHORE
WINTER CLUB

DIAMONDS ARE FOREVER

60TH ANNIVERSARY GALA

SATURDAY, NOVEMBER 3

007[™]



Table of Contents

SENIOR MANAGEMENT TEAM	4
PROGRAM REGISTRATION INFORMATION.....	5
GENERAL CLUB INFORMATION	6
CALENDAR EVENTS.....	8
MEMBER MOMENTS	10
MARLINS AB MEET	12
VOLUNTEER OF THE YEAR.....	13
FOOD & BEVERAGE	14
FEATURED RECIPE	15
BRIDGE	16
BASKETBALL	18
DANCE	20
YOUTH & CHILD MINDING	24
FITNESS	25
HOCKEY	28
MARTIAL ARTS.....	31
SPORTBALL.....	32
SQUASH.....	33
TENNIS	34
BUSINESS DIRECTORY	42

2018/19 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

CAULINDA BARTOK - TREASURER

MANDY GRATTON - SECRETARY

DIRECTORS

CHRIS BENSON

PAUL MCLEAN

MICHAEL KORBIN

GRAHAM WILSON

board@nswc.ca

Senior Management Team



JOANNA HAYES
General Manager
jhayes@nswc.ca



RUSSELL RITCHIE
Controller
rritchie@nswc.ca



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



CHRISTY EVANS
Food & Beverage
Manager
cevans@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



AARON WILBUR
Director of Hockey
awilbur@nswc.ca



BOB MCCUAIG
Manager Hockey
Admin
bmccuaig@nswc.ca



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



JOE WOOD
Assistant Tennis Director
tennis@nswc.ca



BARB HUFSMITH
Member Services
Manager
bhufsmith@nswc.ca



STEFKA DROUMIEVA
Senior Accountant
sdroumeva@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
bhufsmith@nswc.ca

MEMBER SERVICES HOURS OF OPERATION

Monday - Sunday: 6am - 10pm

Program Registration Information

Member Registration opens at

10:00am on July 31st 2018

Non Member Registration opens at

10:00am on August 14th 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

GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness class, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

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

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Minor Hockey Tryouts Begin	5	6 Girls Night Out	7 Friday Fun Night	8 Marlins Banquet
9	10	11	12 Grand Slam US Open Men	13 Grand Slam US Open Women	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 Friday Fun Night	29
30						

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11 Club AGM	12 Friday Fun Night	13 Hockey Spirit Night
14	15	16	17	18	19 Friday Fun Night	20
Paul Shellard Fall Classic Mixed Doubles Tournament Oct 14 - 20						
21	22	23	24	25	26 Friday Fun Night	27
28 Kids Halloween Party	29	30	31			

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Tennis AGM	2 Friday Fun Night	3 NSWC 60th Anniversary Party
4	5	6	7	8	9	10
11	12	13	14	15	16 Triple Threat Team Tennis Auction Night Friday Fun Night	17 Triple Threat Team Tennis Matches
18 Triple Threat Team Tennis Matches	19	20	21	22	23 Friday Fun Night	24
25	26	27	28	29	30 Friday Fun Night	

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Friday Fun Night	8 Santa's Breakfast
9	10	11	12	13	14 Friday Fun Night	15
16 Tennis Christmas Mixer	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Member Moments

SLIDE INTO *Summer Party*



On Friday, June 15th, we partied the night away on the Tiki Deck! The sun was shining as kids swam in the pool, bounced in the bouncy castles, enjoyed arts and crafts activities, played games on the lawn, and ate dinner at the kids buffet. Adults partied on the Tiki Deck and sampled some new wines and beer from our neighbour's at Bridge Brewing Company, while munching on fancy popcorn, sliders, fried pickle spears, and nacho fries. There really is no better place to spend a summer evening than on the Tiki Deck, surrounded by friends, listening to some good music!

Special Events

FRIDAY FUN NIGHTS

Friday Fun Nights are a weekly tradition at the Club. They are back inside this fall, with bouncy castle games, various buffet options, and fun for the entire family in the HTC area! Remember to double check the schedule for cancellations on some holidays.

Stefan Elliott Invitational Road Hockey Tournament and Alumni Game



Saturday, June 16th and Sunday, June 17th marked the first annual Stefan Elliott Invitational Road Hockey Tournament. What a success! Registration was small, but teams were mighty, with fifteen teams of kids and adults participating on two "rinks" in the Member Parking Lot. Congratulations goes out to the winning three road hockey teams: Orange Justice, the '07 Charlestown Chiefs, and the Golden Misfits!

This event was named after Stefan Elliott, a NSWC alumni who 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 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 were so honoured to welcome him back!

Stefan and a number of other NSWC Alumni were around all weekend for the first EVER North Shore Winter Club Alumni Game! Considering the amount of talent that walks through the halls our Club, we hope this can become a yearly occurrence. Huge thanks to Adam Stefishen, Ben Maxwell, Brandon Thompson, Cal Babych, Colton Sissons, Dave Tomlinson, David Jones, Derek Lee, Dexter Dancs, Ethan Cap, Hudson Schandor, Jackson Houck, Jackson Leppard, Jansen Harkins, Jeff Herman, Jessie Makaj, Jonas Harkins, Jordan Weal, Justin Rai, Liam Kindree, Luka Burzan, Luke Kasteel, Malcolm Gould, Martin Jones, Max Grassi, Neil Stevenson-Moore, Shane Harle, Stefan Elliott, and Taylor Stefishen for returning to the Club and entertaining us! We can't forget the Alumni Game Coaches, Billy Coupland, David Beaupre, Sam Huston, and Cole Todd, as well as the Referees, Joe Beaupre and Shawn Ruthvan. Thank you to everyone who was involved in this event. We're looking forward to next year already!



Marlins AB Meet

JUNE 23RD & 24TH, 2018

The weather reports were not promising and with a short notice road closure for construction, the Marlin's committee, swimmers and parents crossed their fingers and hoped for the best...

And the best is what they got. The weather was perfect "swim meet" weather for the Marlin's to host their 47th Annual AB Swim Meet.

With over 400 swimmers competing from various Clubs, the Marlin's volunteers got to work on Friday night to set up the Club to showcase their meet. Saturday morning started before day break with teams setting up their tents and getting ready for a weekend of exciting racing events. An A/B swim meet is one where there are separate events for swimmers who have achieved "A" times in a particular stroke and those that haven't yet reached that milestone, across each age division. Our Marlins team was represented by more than 70 swimmers ranging in age from 5 to 18 participating over the weekend and they did not disappoint! Swimmers with a range of experience levels were able to participate with great success, with some of our younger swimmers earning prized aggregate awards (the most points scored across all their individual events)!

One of the highlights of the weekend, and one that embodies our fantastic Marlin spirit, was Sunday's parent relay. Comprised of 4 eager Dads and 4 'take one for the team' Moms, this year's Marlins parents finished a respectable 3rd out of 7 teams. To these 8 brave souls and the rest of our Marlin parent crew, a large thank you for all the hours to make this event possible. From planning, up until the big weekend - across the pool deck, the volunteers running our hostessing crew, parking crew, facilities and last but not least, the Marlins Cookshack, this meet is a not-to-miss event for our team and our club.



Volunteer OF THE YEAR 2018

The Club is extremely lucky to have so many dedicated individuals that volunteer their time and energy to make the Club such an incredible place. The commitment and passion of our volunteers is the heart and soul of the Club and you can see it within every Committee.

Volunteers work diligently behind the scenes to give life to the programs at NSWC, never expecting anything in return. We commend and appreciate every volunteer and we know that the Club would not be the same without them.

In May, the Members nominations for the Volunteer of the Year were as follows:

JOSEE WILSON is involved in planning and executing many tennis events. Josee sits on the Tennis Committee and is a long time Member at the Club. You can often find Josee tending to the gardens around the Club. We are so thankful for her green thumb!

DEB GILL sits on the Marlins Committee and was the Atom A4 Team Manager this past season. You can find Deb here at the Club most days of the week, helping out wherever needed.

SHAWN RUTHVEN and **MARILYN MARCHMENT** are involved in hockey, Marlins, and supporting various other events at the Club. Marilyn is also the brains behind the annual Spring Classic Golf Tournament, which raises money for NSWC Minor Hockey.

LORRAINE BURNSIDE has been a NSWC Member for almost thirty years. She sits on the Tennis Committee and helps with the planning and execution of tennis events, including tournaments, galas, and the annual Summer Smash.

DAVID BEAUPRE was the Assistant Coach of the Pee wee A2 team this past season and has put in countless coaching hours over the past eight years. David has been dedicated to the Club over the years in various roles, as a Committee Member, as the Chair of the Minor Hockey Committee, and a mentor and support for the hockey department.

DOUG BELL is the Chair of the Membership Committee and a past Board Member. In 2018, Doug brought leadership and expertise to the revision and finalization of the Club Rules and Regulations, no small feat!

NATALIE PELLETIER is a regular volunteer and sits on both the Food & Beverage and Tennis Committees. Natalie has been instrumental in hosting of most tennis events as well as the gloBALL event in November 2017.

Given the strength of the above nominees, choosing the 2018 Volunteer of the Year was no easy task!

Congratulations to our 2018 Volunteer of the Year.....



DAVID BEAUPRE!

Thank you for your time, efforts and for all that you do at the NSWC.

Food & Beverage



CHRISTY EVANS
Food & Beverage Manager
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.



FALL COCKTAIL RECIPE

French 75 *with a twist*

- In a cocktail shaker filled with ice, shake gin, elderflower liqueur, lemon juice and simple syrup.
- Strain into a chilled coupe or a flute.
- Gently, using back of a spoon, float about 2 oz. of champagne or sparkling wine on the top.
- Garnish with a candied lemon peel or a slice of lemon.

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.

CANDIED LEMON PEEL

1. Cut lemons into slices about 1/4 inch thick and remove the fruit pulp. Cut the rings in half so the peels are in long strips. Bring water and lemon peel to a boil in a small pan. Drain water, and repeat with fresh cold water.
1. Combine 2 cups fresh water with 2 cups sugar. Bring to a boil, stirring to dissolve the sugar. Reduce heat to low and stir in citrus peels; simmer until the white pith is translucent. Store peels in syrup, refrigerated, to keep them soft, or allow them to dry. Toss dry candied peels in additional sugar and store airtight at room temperature.



Zoga's Banana Bread

FEATURED RECIPE

INGREDIENTS

- 2 to 3 very ripe bananas, peeled.
- 1/3 cup melted butter.
- 1 teaspoon baking soda.
- Pinch of salt.
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten.
- 1 teaspoon vanilla extract.
- 1 1/2 cups of all-purpose flour.
- 1 cup chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

Duplicate Bridge

A Bridge to Brainpower?

PLAYING YOUR CARDS RIGHT CAN HELP KEEP YOU SHARP LONG AFTER RETIREMENT

by Jon Saraceno

The game remains a rewarding, if sometimes vexing, *"It is the intellectual challenge, the problem-solving satisfaction"* that makes bridge so attractive, said Melander, 89, who finished runner-up in the Super Senior Pairs at the Fall North American Championships last December in Providence, R.I. *"Let's put it this way: Any activity from which you derive pleasure prevents the onset of classic depression."*

"Bridge," added Melander with an audible sigh, "is the equivalent of a narcotic high."

Benefits of Mental Gymnastics

The game has a similar allure for an estimated 25 million players in the U.S., including such fanatics as Warren Buffett and Bill Gates. The majority of them are over 50. Researchers have discovered that mentally challenging games such as bridge are well suited for older people because the games offer intellectual and social stimulation on a routine basis.

Bridge's intricacies make it particularly appealing for those who want to sharpen acuity with mental gymnastics. A study in 2000 at the University of California, Berkeley, found strong evidence that an area in the brain used in playing bridge stimulates the immune system. Researchers suggest that is because players must use memory, visualization and sequencing.

"When I first started playing in my late teens, I could not remember the cards played," said Burt Saxon, 67, a retired teacher from Milford, Conn. "By my 50s, I pretty much recalled every card. Now that I am older, I have to work at it. I believe bridge helps prevent my short-term memory from completely declining."

Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minn., said, "It is soft data that says, 'Boy, perhaps playing these games and being socially active result in better performance.' Patients are less likely to be depressed; hence they sleep better, tend to exercise more and have a better life in general. They do better from a cognitive standpoint." Josephs stressed there is scant medical evidence that "playing any of these games is going to prevent a degenerative process or the onset of Alzheimer's. Rather, it might delay the onset of symptoms so that the individual can function at a higher level," he said.

Heather Snyder, director of medical and scientific operations at the Alzheimer's Association, said one thing that is lacking in Alzheimer's disease research "is the recipe of what is going to reduce someone's risk or delay the onset."

Last year, the Alzheimer's Association shared the results of a large-scale clinical trial in Finland that demonstrated the benefits of combining cognitive training and social activity — two of bridge's chief benefits — with other lifestyle elements: that multiple changes in lifestyle can improve memory and thinking in those at risk for cognitive decline.

A 2014 study by the University of Wisconsin-Madison found that playing card and board games can help older people retain their mental sharpness. Researchers discovered that the frequency of playing games is associated with greater brain volume in several regions that are affected by Alzheimer's disease. Those who played more frequently also scored higher on cognitive tests.

Staying Socially Engaged

In Melander's case, playing bridge into his golden years appears to have benefited his overall well-being. Through bridge, he keeps socially engaged and cognitively challenged. Of course, he did not have to be concerned about such things when he was a teenager, a time when bridge trumped most leisure activities in America.

"In the '30s, everybody played — badly, but they played," Melander said with a laugh. "Bridge was front-page news. During the Depression, no one had anything to do but play bridge."

A chief reason is the game's rich social component. For decades, friends and family frequently gathered over cocktails, dinner and a spirited game of bridge, which was derived from the 17th-century English card game of whist.

Contract bridge, played by four people and developed during the 1920s, requires players to bid how many cards or "tricks" they believe they can take on a deal. Duplicate bridge is the most popular and competitive variation of the game. It reduces the element of luck because identical deals are replayed by multiple sets of players, who compare scores.

Getting Started

Regardless of a beginning bridge player's age, education or physical condition, tools are available to help learn the game. "There's no doubt anyone can learn," said Robert Hartman, CEO of the American Contract Bridge League. "We have a number of programs developed to make it simple."

"You can feel comfortable and aspirational no matter whom you are," said bridge fanatic Steve Emerson, M.D., 61, head of the Herbert Irving Comprehensive Cancer Center at New York-Presbyterian Hospital/Columbia University Medical Center.

For more information on how you can join the Tuesday evening Duplicate Bridge group at the NSWC or if you're interested in taking lessons, please contact info@nswc.ca



3 Lifelong Values Your Kids Should be Learning from their Coaches *by Kelvin Cech*



Every time I walk through a restaurant I have the same sinking feeling. Who neglected to teach their kids the value of manners? It's easy to see everywhere - chairs not pushed in, tables left in complete disarray, people 'forgetting' to hold the door open for someone else.

Sure, maybe it's just me - I tend to be a bit high strung in situations like that. But if we all pushed our chairs in, tidied up after ourselves, and offered a little kindness to the other human beings with whom we share the planet, then wouldn't the world be a better place?

Too thick? Well too bad. Whether you're playing hockey, tennis, soccer, cricket, or ultimate frisbee, the true value of youth sports is the life lessons they teach us. And the leader of that charge should be the coach. Or the parent.

1. GOING THE EXTRA MILE

"Well I didn't leave it there."

"That's not mine."

"Why should I pick it up?"

How many parents have heard this line of reasoning from their kids? You ask them to pick something up, they claim innocence and expect to be exempt from the task.

It drives me nuts.

Seeing the value in doing a little extra on the ice or on the court will go a long way as your kids get older and transform into terrifying teenagers.

2. ACCEPTING RESPONSIBILITY

As parents and coaches investigating one situation or another, I think one thing we want more than anything is honesty. For coaches it's more common in young kids who argue or get into conflicts, but it translates onto the field of play when they get older, too.

When you ask a child or a young athlete about a situation or a play and they respond with honesty, it shows they're willing to accept responsibility. After that? It's a lot easier to teach a kid how to move forward if they accept responsibility for their actions.

Here's some examples, this time from the coach's perspective:

Why did you miss that shot?

Who's man was that?

Why didn't you finish your homework?

What's going to happen if you don't pay your mortgage?

See? Your kids understand this stuff, right?

3. EMPATHY

Nothing is more important than empathy. A young athlete who can put themselves in the shoes of not only their teammates, but their opponents, is a child who's going to have a much easier time working with their peers in the future.

Here's why.

Teammates: a teammate who feels empathy for those around him or her will do more to support and help that group. We all want to raise a family of solid citizens who contribute to society, and there's no better motivation for contribution than understanding the plight of others.

Opponents: sure, it's a little weird to advocate for empathy towards one's opponents, but it's still crucial. When an athlete feels empathy for an opponent, it means they understand that the opponent is also trying to win. When we empathize with and respect an opponent, it prevents blame when the opponent succeeds.

Because of course the opponent is going to have some success, they're trying to win, too! So in the longrun, empathy for an opponent gives us a small taste of losing, which makes the win all the more sweeter.

Basketball

FALL 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

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.

Sep 25 - Dec 11

Tue: 12 sessions

4pm - 5pm

Member: \$180 | Non Member: \$222

Hoosiers

Ages: 9 yrs - 10 yrs

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. Includes: basketball, T-shirt, and wrap-up party.

Sep 27 - Dec 13

Thur: 12 sessions

5:30pm - 6:30pm

Member: \$180 | Non Member: \$222

ANY QUESTIONS PLEASE CONTACT US AT:

admin@3pointbasketball.com

www.3pointbasketball.com



**"Just play. Have fun.
Enjoy the game."**

Michael Jordan



Dance

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

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

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: Sep 11 - Oct 16

Set 2: Oct 23 - Nov 27

Tue: 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: Sep 11 - Oct 16

Set 2: Oct 23 - Nov 27

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

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



Ballet Technique + Stretch

Ages: 6 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Ballet Technique + Stretch is a one-hour long class focused on ballet technique, as well as teaching young ones how to stretch safely and effectively. This class is sure to expand knowledge of ballet technique (fundamental to all styles of dance), proper posture, execution of safe stretches, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Set 1: Sep 11 - Oct 16

Set 2: Oct 23 - Nov 27

Tue: (6 sessions) | 5:30pm - 6:30pm

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

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs

(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: Sep 13 - Oct 18

Set 2: Oct 25 - Nov 29

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

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



Minis (SYTYCD)

'So You Think You Can Dance'

Ages: 6 yrs 6 mos - 8 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: Sep 13 - Oct 18

Set 2: Oct 25 - Nov 29

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

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

Hip Hop Open Level

Ages: 6 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

This class is designed for all levels, and Bryn will adjust material accordingly. Everyone welcome, from beginners to dancers with experience! Hip Hop is a one-hour long upbeat class focused on hip-hop fundamentals, grooving, and style. Participants can look forward to a fun, high-energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Set 1: Sep 13 - Oct 18

Set 2: Oct 25 - Nov 29

Thur: 6 sessions | 5:30pm - 6:30pm

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

Sep 10 - Nov 5

Mon: 8 sessions

(No session Oct 8)

1pm - 1:45pm

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

Fitness Class Option

Add in a 45min Fitness Class while your child attends Dance. This program will be located in the gym right next door to the Dance studio and will run 7 sessions as the last dance class is a presentation to the parents. Suitable for all fitness levels, each 45 min session incorporates, strength training, circuit training, core strengthening and mobility. Every session is different from the one before but programmed with the intent on overall improvement.

Dance & Fitness Combined:

Member: \$170 | Non Member: \$207

Set 1: Sep 11 - Oct 30

Set 2: Nov 6 - Dec 18* (7 sessions)

Tue: 8 sessions

1pm - 1:45pm

Member: \$86/Set 2 \$75.25* | Non Member: \$102/Set 2 \$89.25*

Ages: 3 yrs - 6 yrs

Sep 15 - Nov 10

Sat: 8 sessions

(No session Oct 6)

10:15am - 11am

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

Ages: 4 yrs - 6yrs

Sep 10 - Nov 5

Mon: 8 sessions

(No session Oct 8)

3:30pm - 4:15pm

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

Jazz/Hip Hop Open Level

This class is open to all levels.

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

Ages: 5 yrs - 10yrs

Sep 10 - Nov 5

Mon: 8 sessions

(No session Oct 8)

4:15pm - 5pm

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

Ages 6 yrs -12 yrs

Set 1: Sep 12 - Nov 7 (8 sessions)

Set 2: Nov 14 - Dec 19 (6 sessions*)

Wed (No session Oct 31)

6pm - 6:45pm

Member: Set 1 \$86/ Set 2 \$64.50

Non Member: Set 1 \$102/ Set 2 \$76.50

Age 5 yrs - 9 yrs

Sep 15 - Nov 10

Sat: 8 sessions

(No session Oct 6)

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 - 12 yrs

Set 1: Sep 12 - Nov 7 (8 sessions)

Set 2: Nov 14 - Dec 19 (6 sessions*)

Wed (No session Oct 31)

5:15pm - 6:00pm

Member: Set 1 \$86/ Set 2 \$64.50

Non Member: Set 1 \$102/Set 2 \$76.50

Ages: 5 yrs - 9 yrs

Sep 15 - Nov 10

Sat: 8 sessions

(No session Oct 6)

11:45pm - 12:30pm

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

Ballet Technique For Young Dancers

Ages: 6 yrs - 12 yrs

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for all 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

Set 1: Sep 12 - Nov 7 (8 sessions)

Set 2: Nov 14 - Dec 19 (6 sessions)

Wed: (No session Oct 31)

4:30pm - 5:15pm

Member: Set 1 \$86/Set 2 \$64.50

Non Member: Set 1 \$102/Set 2 \$76.50

Boys Only Hip Hop

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

Ages: 5 yrs - 10 yrs

Sep 15 - Nov 10

Sat: 8 sessions | 1pm - 1:45pm

(No session Oct 6)

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

Boys Only Ballet and Jazz

Ages: 6 yrs - 10 yrs

This class is for Boys ONLY. We will be working on both Ballet and Jazz technique with a focus on: jumps, gallops, body positioning and changes of weight. Because dance isn't just for girls. There will be a performance for parents on the last day of the session.

Instructor: Dance with Christie

Sep 15 - Nov 10

Sat: 8 sessions

(No session Oct 6)

1:45pm - 2:30pm

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

Competitive Group

Jazz & Hip Hop

Ages: 6 yrs - 12 yrs

Pre-requisites required. This group will be entering one dance competition in the spring. Classes will run from September to mid May. Dancers are required to attend both classes and must have previously completed at least 3x 8 week session of Jazz/Hip Hop with Christie. It is also strongly recommended that dancers also take a ballet class once a week. For more information please email dancewithchristie@gmail.com

Instructor: Dance with Christie

Sep - May

Mon: 5pm - 6pm

Wed: 3:30pm - 4:30pm

Member: \$780 | Non Member: \$840

Wednesday Ballet add on for competitive Sep - May:

Member: \$298 | Non Member: \$325



Youth Camps & Child Minding

FALL 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.

Programs & Events

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. Dates to be determined.

9:00am - 4:30pm | Member: \$65 | Non Member: \$85

Family Halloween Party!

Halloween decorating starts here! Come and join us in your costume for some tricks and treats! Pumpkin carving will be available as well as arts & crafts for the kids.

October 28th | 2pm - 4pm

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



Birthday Party Packages

We can help plan a party to remember!

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

FALL 2018 PROGRAMS



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca

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

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: \$50 | Non Member: \$60

3 - Member: \$40 | Non Member: \$50

4 - Member: \$35 | Non Member: \$45

5 - Member: \$30 | 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.



Garth's WOD

(Work out of the Day)

We are often asked, how can I burn the most calories? How do I get stronger? Why am I always in pain? For the vast majority of us our goals are fairly simple, we'd like to shed some fat, improve our strength and get rid of some aches and pains. Generally we want to look and feel better! A General Fitness Program designed correctly should tick all of those boxes for you. Below is an example workout balanced correctly to fit the needs of the general public.

DYNAMIC WARMUP

- 5 & 5 quad stretch
- 10 air squat
- 10 RDL
- 5 & 5 reverse lunges
- 5 push up + inchworm
- 3 sets

STEP 1

- 10 & 10 single arm dumbbell floor press
- 12 & 12 single arm dumbbell row
- 15 dumbbell goblet squat
- 3 sets

STEP 2

- 20 calorie row
- 1k spin bike
- 3 sets

STEP 3

- 10 minute plank
- Every break perform:*
- 10 Trx row
 - 20 glute bridge

STATIC STRETCH (HOLD 60S EACH)

- Banded hamstring
- Couch stretch (quad & hip flexor)
- Pigeon (glute)
- Banded lat stretch
- Banded chest & shoulder stretch

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.

Commit to 6 sessions of Hatha Yoga with Alana on Monday nights through the fall. We will have 2 sets of 6 sessions each on Mondays at 6pm. Sign up on nsw.gametime.net.

Set 1: Sep 10 - Oct 22 *(No session Oct 8)*

Set 2: Oct 29 - Dec 10 *(No session Nov 12)*

Mon: 6 sessions | 6pm - 7pm

Member: \$84 | Non Member: \$102

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..mhmh you earned them!



FEATURED ATHLETE

Garrett Valk

We interviewed Garrett Valk, a NSWC member who plays on the Major Midget Hawks.

Age: 16

Sport: Hockey

How many years have you played?

I have played hockey for around 13 years.

What position do you play?

My position in hockey is defence.

What is your biggest accomplishment in your sport?

I would say my biggest accomplishment would be when I was listed with the Red Deer Rebels.

Who is your role model in the sport?

I would say that my role model would probably be my dad. My dad played 13 years in the N.H.L and one day I hope to be as accomplished in hockey as he is.

Do you have any good luck rituals or superstitions before games/tournaments?

Before every game I listen to music and I stick handle with a golf ball. I also tape my stick before every game and practice.

What is your favourite pre game food?

I would say my favourite pregame food would be pasta and chicken but if I am in a tournament I usually have California rolls because it is not that heavy.

Besides hockey, what other activities do you enjoy?

Besides hockey I love to play golf. I love golf because I find it relieves stress and it relaxes me. I also love playing tennis and going fishing.



Minor Hockey

FALL 2018 PROGRAMS



AARON WILBUR
Director of Hockey
awilbur@nswc.ca

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

Sep 23 - Dec 16

Sun: 11 sessions

(No sessions Oct 7 & Nov 11)

1:30pm - 2:15pm Atom
2:15pm - 3pm H2/H3
3:30pm - 4:15pm Peewee
4:15pm - 5pm H4
5:15pm - 6pm Atom
6pm - 6:45pm Peewee
7pm - 7:45pm Bantam/Midget

Members: \$253 | Non Members: \$374

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 equipment is required.

Instructor: Victor Kraatz

Sep 22 - Dec 15

Sat: 11 sessions

(No sessions Oct 6 & Nov 10)

1:30pm - 2:30pm Peewee
2:45pm - 3:45pm Initiation
4:00pm - 5:00pm Atom
5:15pm - 6:15pm Bantam
6:30pm - 7:30pm Midget

Members: \$253 | Non Members: \$374



BOB MCCUAIG
Manager of
Hockey Admin
bmccuaig@nswc.ca

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 & skates.

Instructor: Cole Todd

Sep 22 - Dec 15

Sat: 11 sessions

(No sessions Oct 6 & Nov 10)

8am - 8:45am

Members: \$110 | Non Members: \$165

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

Sep 22 - Dec 15

Tue & Sat: 23 sessions

(No sessions Oct 6 & Nov 10)

Tue: 4pm - 4:45pm

Sat: 8:45am - 9:30am

Members: \$276 | Non Members: \$414



EMILY ALLEN
Hockey Admin
eallen@nswc.ca

INTERMEDIATE

Sep 22 - Dec 15

Tue & Sat: 23 sessions

(No sessions Oct 6 & Nov 10)

Tue: 4:45pm - 5:30pm

Sat: 9:30am - 10:15am

Members: \$276 | Non Members: \$414

ADVANCED

Sep 22 - Dec 15

Tue & Sat: 23 sessions

(No sessions Oct 7 & Nov 11)

Tue: 5:30pm - 6:15pm

Sat: 10:15am - 11:00am

Members: \$276 | Non Members: \$414

PEP

Power Edge Pro's innovative training produces results by bringing key elements together, of technical skating, reactive agility, weak side training, puck placement/ recovery and hand/ eye/ foot co-ordination. These are all bi-products of reactive countering training.

Sep 23 - Dec 16

Sun: 11 sessions

(No sessions Oct 7 & Nov 11)

5pm - 6pm - Initiation

6:15pm - 7:15pm - Atom

7:30pm - 8:30pm - Peewee/Bantam

Members: \$242 | Non Members: \$363



Defense Skills

The Defense Skills class is targeted for players who want to perform at a high performance level. Players will develop tools to increase mobility, positional play, shooting and defending. Players will be challenged at a High Performance level in a fun, competitive environment. This class is focused to push your skill set to improve your defensive play so you are ready to make the jump to the next level in your hockey career. Full hockey equipment is required.



Atom

Sep 23 - Dec 16

Sun: 11 sessions

(No sessions Oct 7 & Nov 11)

3:45pm - 4:45pm

Members: \$242

Non Members: \$363

Adult Female Hockey Skills

Sep 27 - Dec 13

Thur: 12 sessions

9:45pm - 10:45pm

Members: \$220

Non Members: \$330



HOCKEY MOM'S GUIDE TO INJURIES

By Kelvin Cech

I normally like to start articles like these with a disclaimer: I am not, and never will be, a hockey mom. I don't know what it feels like to see your son plowed head first into the boards by an opponent. I can understand a little bit of Dad's perspective when he sees his child receiving less ice time than a teammate even though I'm not a Dad - but what I'll never fully comprehend is the matronly instinct that kicks in when potential harm befalls one's offspring.

So I'm just going to talk about what I do know and hope that it lines up somehow.

The Realities of Contact Sports

I can definitely empathize with parents worried for their child's safety. Hockey players in atom, pee-wee, and bantam are still learning how to control their own bodies, let alone trying to self-preserve with nine other players flying around with sticks in their hands.

Contact is going to happen. Players are going to get knocked around at every level of hockey.

That's why hockey gear is better than ever. Ask your husband, he of the 1980's vintage hockey "sticks" that weighed as much as the bag used to carry the rest of his gear into the rink. And hey, he turned out alright, right? Right?

Ok bad example. The truth is that your little guy is protected out there by a veritable suit of armour.

And yet, it's still important to learn to protect yourself.

Injuries Are Going to Happen

Alright smart guy, how do we prevent injuries?

No matter how good your son or daughter is at avoiding injury, it's still going to strike, often when you least expect it.

So what's the answer? Stop worrying about it. Hockey players constantly playing in fear of being hurt are tentative, second-guess themselves, and develop bad habits. So instead of thinking about the possibility of being hurt, help them focus on competition, getting involved, and playing the game with courage.



Of course this is easier when your child is playing at any appropriate level, surrounded by players with skillsets in the right range.

That said, here are some of the ways I can remember being injured as a minor hockey player.

- *Tripping and flying into the boards and tearing shoulder ligaments*
- *Tripping and flying into the boards and ruining the other shoulder*
- *Missing a hit, smashing into the boards and getting a hip pointer*
- *The best one: punching a wall after a loss and breaking my hand*
- *I regret to report all those actually happened. All true.*

What To Do When Injuries Occur

The scary part of watching your young child play higher levels of hockey as they get older is that you have less and less control over what happens on the ice. Aggressive young men playing a contact sport are going to get hurt and they're going to hurt each other. It's one of the game's foundational principles.

If your son gets hurt, stay calm and define the situation. Is it serious? It could be. Will the situation improve if you try to help? In most occasions, probably not.

We often talk about resilience in hockey with regards to ice time, tryouts, making teams, and so on - but dealing with injuries and pain is a big part of the game, too.

For both mother and son.

Martial Arts

FALL 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.

Set 1: Sep 10 - Oct 17 (No session Oct 8)

Set 2: Oct 22 - Dec 3 (No session Oct 31 & Nov 12)

Mon & Wed : 11 sessions

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

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

Member: \$165

Non Member: \$198



Sportball

FALL 2018 PROGRAMS



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

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.

Set 1: Sep 15 - Oct 27 *(No session Oct 6)*

Set 2: Nov 3 - Dec 15 *(No session Nov 10)*

Sat: 6 sessions

9:15am - 10am

Member: \$90 | Non Member: \$135



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.

Set 1: Sep 18 - Oct 30

Set 2: Nov 6 - Dec 18

Tue: 7 sessions

10:30am - 11:15am

Member: \$105 | Non Member: \$155

Set 1: Sep 15 - Oct 27 *(No session Oct 6)*

Set 2: Nov 3 - Dec 15 *(No session Nov 10)*

Sat: 6 sessions

11:15am - 12

Member: \$90 | Non Member: \$135

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.

Set 1: Sep 18 - Oct 30

Set 2: Nov 6 - Dec 18

Tue: 7 sessions

12pm - 1pm

Member: \$105 | Non Member: \$155



Squash

FALL 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.

Set 1: Sep 12 - Oct 24

Wed: 7 sessions

4:30pm - 5:15pm

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

Set 2: Nov 7 - Dec 12

Wed: 6 sessions

4:30pm - 5:15pm

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

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.

Set 1: Sep 12 - Oct 24

Wed: 7 sessions

5:15pm - 6:00pm

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

Set 2: Nov 7 - Dec 12

Wed: 6 sessions

5:15pm - 6:00pm

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!

Set 1: Sep 12 - Oct 24

Wed: 7 sessions

6pm - 6:45pm

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

Set 2: Nov 7 - Dec 12

Wed: 6 sessions

6pm - 6:45pm

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.

Set 1: Sep 12 - Oct 24

Wed: 7 sessions

6:45pm - 7:30pm

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

Set 2: Nov 7 - Dec 12

Wed: 6 sessions

6:45pm - 7:30pm

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



Adult Tennis

FALL 2018 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



JOE WOOD
Assistant Tennis Director
tennis@nswc.ca



Laura Wong, Amy Walker, Willow Sharp, Alexa Anton - Ohlmeyer, Jennifer Donnelly, Deretta Bowles, Jean Forest, Anne Marsh, Kristy Tafel, Delane Knight, Teresa Ross, Lying on the floor.....the coach XD

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. Get ready to sweat and train hard!

Sep 11 - Dec 18

Tue: 14 sessions (No session Oct 16)

8pm - 9pm

Member: \$322

Non Member: \$476

Sep 12 - Dec 19

Wed: 15 sessions

12pm - 1pm

Member: \$345

Non Member: \$510

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. Get ready to sweat and train hard!

Sep 11 - Dec 18

Tue: 15 sessions

10am - 11am

Member: \$345

Non Member: \$510

Sep 13 - Dec 20

Thur: 15 sessions

10am - 11am

Member: \$345

Non Member - \$510

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. Get ready to sweat and train hard!

Sep 13 - Dec 20
Thur: 15 sessions
11am - 12pm
Member: \$345
Non Member: \$510

Sep 13 - Dec 20
Thur: 14 sessions *(No session Oct 18)*
7pm - 8pm
Member: \$322
Non Member: \$476

SET 1
Sep 14 - Oct 12
Fri: 5 sessions
10am - 11am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2
Oct 19 - Dec 21
Fri: 10 sessions
10am - 11am
Member: \$230
Non Member: \$340
Coach: TBD

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. Get ready to sweat and train hard!

SET 1
Sep 10 - Oct 1
Mon: 4 sessions
9am - 10am
Member: \$92
Non Member: \$136
Coach: Amy Walker
(No session Nov 12)

SET 2
Oct 15 - Dec 17
Mon: 9 sessions
9am - 10am
Member: \$207
Non Member: \$306

SET 1
Sep 11 - Oct 9
Tue: 5 sessions
11am - 12pm
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2
Oct 16 - Dec 18
Tue: 10 sessions
11am - 12pm
Member: \$230
Non Member: \$340

Sep 11 - Dec 18
Tue: 14 sessions *(No session Oct 16)* | **7pm - 8pm**
Member: \$322
Non Member: \$476

Sep 13 - Dec 20
Thur: 15 sessions | **9am - 10am**
Member: \$345 | **Non Member: \$510**

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.

SET 1
Sep 10 - Oct 1
Mon: 4 sessions
10am - 11am
Member: \$92
Non Member: \$136
Coach: Amy Walker
(No session Nov 12)

SET 2
Oct 15 - Dec 17
Mon: 9 sessions
10am - 11am
Member: \$207
Non Member: \$306

SET 1
Sep 11 - Oct 9
Tue: 5 sessions
9am - 10am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2
Oct 16 - Dec 18
Tue: 10 sessions
9am - 10am
Member: \$230
Non Member: \$340

SET 1
Sep 12 - Oct 10
Wed: 5 sessions
9am - 10am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2
Oct 17 - Dec 19
Wed: 10 sessions
9am - 10am
Member: \$230
Non Member: \$340

SET 1
Sep 13 - Oct 11
Thu: 5 sessions
9am - 10am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2
Oct 18 - Dec 20
Thu: 10 sessions
9am - 10am
Member: \$230
Non Member: \$340

Sep 13 - Dec 20
Thur: 15 classes *(No session Oct 18)* | **6pm - 7pm**
Member: \$322 | **Non Member: \$476**

Adult Drills

Intermediate - Level 2.0 - 2.5

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead 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.

SET 1

Sep 10 - Oct 1
Mon: 4 sessions
11am - 12pm
Member: \$92
Non Member: \$136
Coach: Amy Walker
(No session Nov 12)

SET 2

Oct 15 - Dec 17
Mon: 9 sessions
11am - 12pm
Member: \$207
Non Member: \$306

Sep 10 - Dec 17

Mon: 13 sessions (No session Oct 8 & Nov 12)
6pm - 7pm
Member: \$299
Non member: \$442

SET 1

Sep 12 - Oct 10
Wed: 5 sessions
10am - 11am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2

Oct 17 - Dec 19
Wed: 10 sessions
10am - 11am
Member: \$230
Non Member: \$340

SET 1

Sep 13 - Oct 11
Thur: 5 sessions
10am - 11am
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2

Oct 18 - Dec 20
Thur: 10 sessions
10am - 11am
Member: \$230
Non Member: \$340

Sep 13 - Dec 20

Thur: 14 sessions (No session Oct 18)
8pm - 9pm
Member: \$322
Non Member: \$476

SET 1

Sep 14 - Oct 12
Fri: 5 sessions
11am - 12pm
Member: \$115
Non Member: \$170
Coach: Amy Walker

SET 2

Oct 19 - Dec 21
Fri: 10 sessions
11am - 12pm
Member: \$230
Non Member: \$340

Men's Tennis Training

Come on out guys! This class offers the perfect combination of physical and technical aspects of the game. A great workout is guaranteed!

Sep 10 - Dec 17

Mon: 13 sessions
(No session Oct 8 & Nov 12)
9am - 10am
Member: \$299
Non member: \$442

Sep 11 - Dec 18

Tue: 15 sessions
9am - 10am
Member: \$345
Non Member: \$510

Sep 11 - Dec 18

Tue: 14 sessions (No session Oct 16)
6pm - 7pm
Member: \$322
Non Member: \$476

Sep 13 - Dec 20

Thur: 15 sessions
9am - 10am
Member: \$345
Non Member: \$510

Sep 14 - Dec 21

Fri: 15 sessions
9am - 10am
Member: \$345
Non Member: \$510

Ladies Doubles Day League

Advanced - 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.

Sep 10 - Dec 15

Mon: 13 sessions
(No session Oct 8 & Nov 12)
10:30am - 12pm
Member: \$208

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!

Sep 10 - Dec 15

Mon: 13 sessions
(No session Oct 8 & Nov 12)
12pm - 1:30pm
Member: \$208
Non Member: \$312

Ladies Doubles Day League

Advanced - 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.

Sep 13 - Dec 20

Thur: 15 sessions
12pm - 1:30pm
Member: \$240.00



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



Junior Tennis

FALL 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.

Sep 8 – Dec 15

Sat: 13 sessions

(No sessions Oct 6 & Nov 10)

10am – 10:30am

Member: \$149.50

Non Member: \$221

RED 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).

Sep 8 – Dec 15

Sat: 13 sessions

(No sessions Oct 6 & Nov 10)

12pm – 1pm

Member: \$260

Non Member: \$325

Sep 10 – Dec 17

Mon: 13 sessions

(No sessions Oct 6 & Nov 10)

3:30pm – 4:30pm

Member: \$260

Non Member: \$325

Sep 12 – Dec 19

Wed: 15 sessions

3:30pm – 4:30pm

Member: \$300

Non Member: \$375

ORANGE 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).

Sep 8 – Dec 15

Sat: 13 sessions

(No sessions Oct 6 & Nov 10)

1pm – 2pm

Member: \$260

Non Member: \$325

Sep 11 – Dec 18

Tue: 15 sessions

3:30pm – 4:30pm

Member: \$300

Non Member: \$375

Sep 13 – Dec 20

Thur: 15 sessions

3:30pm – 4:30pm

Member: \$300

Non Member: \$375

GREEN 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.

Sep 8 – Dec 15

Sat: 13 sessions

(No sessions Oct 6 & Nov 10)

2pm – 3pm

Member: \$260

Non Member: \$325

Sep 11 – Dec 18

Tue: 15 sessions

3:30pm – 4:30pm

Member: \$300

Non Member: \$375

Sep 13 – Dec 20

Thur: 15 sessions

3:30pm – 4:30pm

Member: \$300

Non Member: \$375

TEEN TENNIS

Ages: 12 yrs +

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.

Sep 8 – Dec 15

Sat: 13 sessions

(No sessions Oct 6 & Nov 10)

10:30am – 12pm

Member: \$390

Non Member: \$487.50



4 Tricky Tennis Tips

TO MENTALLY UNRAVEL YOUR OPPONENT

By Kelvin Cech

I could see it in their eyes. These two friendly, welcoming, generous hockey moms who would quickly become so much more (real people with real feelings!), my friends during a season in which I coached their two children, possessed a switch behind the scenes. When that switch was flipped, the friendly smiles became something ... else. And you could tell the switch was flipped by looking in their eyes.

As you may or may not have guessed, I'm talking about tennis, and the two athletes in question were Shelley Hoodspith and Yulia Manova. It was the very first article I wrote for the North Shore Winter Club, and it's still one of my favourites.

For players like Shelley and Yulia, tennis is an outlet, an opportunity to focus on oneself if only for a few hours each week. With that focus comes determination and competition, two traits to employ if you want to strike fear into the heart of your opponent. Shelley and Yulia told me this was important - the intimidation side of the game. There's only so much training you can do to get better, after all, and if your opponent has a tough match then your chances of victory greatly increase.

The tricks I'm going to list here didn't come from Shelley or Yulia, so employing them against the two ladies is a waste of time. Everybody else? Fair game.

1. WARM UP. HARD.

Every hockey player in history glances over at the other team in warmup, and tennis is no different. If you see your opponent casually jogging along or wincing as they stretch for what looks like the first time in months, then your confidence will automatically receive a boost. Take your warmup seriously and make sure your opponent sees you do it.

2. LOOK 'EM IN THE EYES

Now that they know they're in for it, further your opponent's angst by staring them down just prior to the first serve. Before that works too - as your warmup finishes and you get ready to start, stroll by and give them a good stare-down. Don't say anything. Don't respond if they say hello. It's friends-off at this point.



3. DON'T REACT

At this point your opponent still might not take your vigour seriously, and truth be told you might not either. It makes sense, tennis is supposed to be fun, and it's hard to focus so intently when you have so many other things going on in your life.

But soon the match will begin and your intensity will have a direct impact on its outcome. Stay even. Keep your emotions in check. If your opponent experiences some early success and you don't react whatsoever, you'll naturally create a seed of doubt. A seed of doubt you can later exploit.

4. EVERY POINT COUNTS

Finally, chip away at your opponent's now frail psyche by working your tennis-obsessed behind off every point. Every shot. Every lunge for a loose ball. The warmup, the stare-down, and the cold, dead eyes mean nothing if you don't have the game to back it all up. Tennis matches can't be won with the first point, but they can sure be lost. Take care and give everything you've got from the first serve until the last.

And watch your opponent squirm.

NSWC Business Directory

ACCOUNTING, ASSURANCE, AND TAX

CAULINDA BARTOK, CPA, CA
McLean Bartok Edwards
Phone: 604-683-4533
Fax: 604-683-2585
caulinda@mcleanbartok.ca
www.mcleanbartok.ca
840 - 475 West Georgia Street,
Vancouver, BC, V6B 4M9
Chartered Professional Accountants

AUTOMOTIVE

WADE BARTOK, PRESIDENT
CSN Elite Body Shop
142 Fell Avenue,
North Vancouver BC, V7P 2J9
604-987-4408
wade@elitebodyshop.ca
www.elitebodyshop.ca
Collision repair

DEREK GAGNÉ, OWNER/OPERATOR
NOTE: MARLINS MEMBERS
911 AUTOWORKS
125 Bowser Avenue,
North Vancouver BC
604-802-8384
derek@911autoworks.com
www.911autoworks.com
*Auto Detailing, Paint Correction
and Ceramic Pro Paint Protection*

CLARK LAWSON, OWNER
First Street Garage
834 West 1st Street,
North Vancouver, BC, V7P 1A1
Phone 604-984-0077
firststreetgarage@hotmail.com
Automotive repair facility

BUSINESS EQUIPMENT AND TECHNOLOGIES

MARTY HALL,
MANAGING DIRECTOR
Purely CRM
200-1290 Homer Street,
Vancouver BC
778-668-3969
mhall@purelycrm.com
www.purelycrm.com
IT Consulting Services

JOE RUSSO, PRESIDENT/CEO
PrimeImage Technologies
3784 Napier Street,
Burnaby BC, V5C 3E5
Phone: 604-299-1040
Fax: 604-299-1043
joe.russo@primeimagegroup.com
www.primeimagegroup.com
*Photocopier dealership sales and
service & managed IT network services*

BRYCE ZUROWSKI,
PRESIDENT – FINANCE & OPERATIONS
JASON KEAN,
PRESIDENT – SALES & DISTRIBUTION
Les Hall Filter
Location 1: 338 East Esplanade
Avenue, North Vancouver BC, V7L 1A4
Location 2: 1C – 30321 Fraser
Highway, Abbotsford BC, V4X 1T3
Phone: 604-986-5366
Fax: 604-986-1438
bryce@leshallfilter.com & jason@
leshallfilter.com
www.leshallfilter.com
HVAC, Water, Engine, Hydraulics

COMMUNICATIONS

MARILYN MARCHMENT,
PRINCIPAL
big think communications inc.
Main Floor, 2516 Oxford Street,
Vancouver BC, V5K 1N1
604-215-7882
marilyn@bigthink.ca
www.bigthink.ca

CONSTRUCTION

ROB BOYD, OWNER/OPERATOR
Endless Summer Landscapes
1277 Evelyn Street, North Vancouver
BC, V7K 3A7 | 604-710-8613
esummer@shaw.ca
*Gardening, Hedging, Lawn care,
Fencing, Paver Installation, Retaining
Walls, and Power Washing.*

IAIN DAVIDSON, OWNER
Westcoast Drywall
604-319-4920
westcoastdrywall@hotmail.com

GRAHAM GIBBENS, PRESIDENT
**Northern Touch
Landscaping Ltd.**
1111 14th Street West, North
Vancouver BC, V7P 1J9
Phone: 604-987-6742
Fax: 778-802-1215
info@northern-touch.com
www.northern-touch.com
Slab Prep Services Ltd.

DAVE HANNA,
MANAGING PARTNER
MINIMAL Glass and Door Ltd
200 - 1675 West 2nd Avenue,
Vancouver BC, V6J 1H3
Phone: 778-327-8319
Fax: 604-336-2245
dave@mglass.ca
www.mglass.ca
*Supplies and installs architectural
aluminum windows and doors into
high end home and multi-family
developments.*

CONSULTING

**RENEE RUSSO, EOS IMPLEMENTER
AND OWNER**
Rise Up Business Coaching
604-724-2096
reneerusso@shaw.ca
www.riseupbc.com
*An Entrepreneurial Business Coach,
empowering entrepreneurs and their
leadership teams to rise up to their full
business potential. Teaching leaders the EOS
model and tools enabling them to get Vision,
Traction, Healthy.*

EMPLOYMENT, STAFFING, & RECRUITING

ANDREA REID,
PRESIDENT/RECRUITER

Career Contacts

Phone: 604-606-1831

Fax: 604-606-1638

andrea@careercontacts.ca

www.careercontacts.ca

211 - 470 Granville Street,
Vancouver BC, V5C 1V5

*Boutique recruiting agency based in
Vancouver, Whistler and Squamish
that assists companies to search and
hire staff. We offer assistance with
permanent, temporary recruitment
and HR consulting.*

FINANCIAL

SCOTT CARLSON,
WEALTH MANAGER

Carlson Financial Group

2200 - 609 Granville Street,
Vancouver BC, V7Y 1H2

Phone: 604-643-7036

Fax: 604-643-1836

scott.carlson@canaccord.com

www.carlsonfinancialgroup.com

*Trust | Plan | Succeed. The North
Shore's Wealth Advisor.*

NEIL & ROXANA COLQUHOUN
HNW Services Inc.

604-562-5198

roxanac@hnwservices.ca

& neilc@hnwservices.ca

www.hnwservices.ca

701 - 1155 Robson Street,
Vancouver, BC, V6E 1B5

Multi Family Office

PAUL FENNEY,
MORTGAGE BROKER

Verico The Mortgage Advantage

604-838-0009

paulfenney@telus.net

www.paulfenney.com

560 - 171 West Esplanade,
North Vancouver BC, V7M 3J9

*Residential and Commercial
mortgage brokerage*

SHELDON GRAY,
SENIOR INVESTMENT ADVISOR
HollisWealth,
a division of Scotia Capital Inc.

700 - 609 Granville Street,

Vancouver BC, V7Y 1G5

604-895-3459

sheldon.gray@holliswealth.com

www.sheldongray.ca

GABE HOFFART,
MORTGAGE BROKER
Metro Financial Group

Phone: 604-328-6924

Fax: 604-608-9639

gabe@metrofinancialgroup.ca

www.gabehoffart.com

695 East Queens Road,

North Vancouver

SCOTT MURRAY, VICE PRESIDENT,
PORTFOLIO MANAGER,
& WEALTH ADVISOR

RBC Dominion Securities Inc.
The Murray Group

32nd Floor - Royal Centre, 1055 West
Georgia Street, Vancouver BC, V6E 3P3

scott.c.murray@rbc.com

www.scottcmurray@rbc.com

*Portfolio Management, Investment
Advice, Wealth Management Strategie*

PETER PEARSON, PRESIDENT
Vocari Financial Solutions Inc.

Phone: 1-866-878-6093

Fax: 604-898-1632

vocari.financial@sunlife.com

www.vocarifinancial.com

105 - 40775 Tantalus Road,
Squamish BC, V8B 0N2

Financial Planning Firm

FITNESS

NATALIE KADI, OWNER
30 Minute Hit Dollarton

103 - 185 Forester Street,

North Vancouver BC, V7H 0A6

604-990-9921

dollarton@30minutehit.com

www.30minutehit.com

Women's Kickboxing

FOOD

BRUNO BENEDET

Bosa Foods

Phone: 604-253-5578

Fax: 604-253-5656

sales@bosafoods.com

www.bosafoods.com

1465 Kootenay Street,

Vancouver BC, V5K 4Y3

Specialty Foods Importers

SUSANNE & MALCOLM
MACKILLOP

Blue Marble Fundraising

778-389-7626

infobmf@shaw.ca

www.bluemarblefundraising.ca

2310 Kilmarnock Crescent,

North Vancouver BC, V7J 2Z2

*Assisting sports teams, school groups,
and other groups with their fundraising
by offering seafood, meats, and poultry
at competitive prices.*

FURNITURE

ROBERT WILLIAMS, PRESIDENT

Chairlines

Phone: 604-736-7623

Fax: 604-736-7620

robw@chairlines.com

www.chairlines.com

102 - 256 West 7th Ave,

Vancouver BC, V5Y 1M1

Ergonomic Workplace Solutions

HOME IMPROVEMENT

KEVIN MCCOMB & JUDI ROE
**McComb's Fine Finishing
and Cabinets**

Phone: 604-278-7792

Fax: 604-278-7792

kevinmccomb@shaw.ca

& jodi123@shaw.ca

mccombsfinishingandcabinets.com

180 - 2088 No. 5 Road,

Richmond BC, V6X 1Z6

*Cabinets and cabinet/furniture
refinishing, full design services
available*

LEGAL

WARD BRANCH, Q.C.

Branch MacMaster LLP

Phone: 604-654-2966

Fax: 604-684-3429

wbranch@branmac.com

www.branchmacmaster.com

1410 - 777 Hornby Street,

Vancouver, B.C. V6Z 1S4

Litigation boutique focusing on class actions, health law and insurance

ALLISON CRANE,

PARTNER AND LEGAL COUNSEL

Intermark Law

960-1111 Melville Street,

Vancouver BC, V6E 3V6

Phone: 604-683-1941 x 210

Cell: 604-362-2040

Fax: 604-677-5812

Email: acrane@intermarklaw.com

NIKKI CHARLTON,

STEPHANIE DANIELS,

AND MICHAEL KORBIN, PARTNERS

SHARAN SANGHA,

DIRECTOR OF PROFESSIONAL

DEVELOPMENT & MARKETING

Farris Vaughan Wills & Murphy LLP

2500-700 West Georgia Street,

Vancouver, BC, V7Y 1B3

Phone: 604-684-9151

Fax: 604-661-9349

www.farris.com

ncharlton@farris.com

sdaniels@farris.com

mkorbin@farris.com

ssangha@farris.com

STEPHANIE FABBRO

Hamilton Fabbro Lawyers

Phone: 604-687-1133 (Main),

604-687-8284 (Direct)

Fax: 604-687-1125

stephanie@hamiltonfabbro.com

www.hamiltonfabbro.com

1400 - 1030 West Georgia Street,

Vancouver BC, V6E 2Y3

Boutique family law firm, mediation, arbitration, parenting coordination

FRANCINE RATTRAY,

ASSOCIATE LEGAL COUNSEL

Arbutus Law Group, LLP

250-940-1881

francine@arbutuslaw.ca

www.arbutuslaw.ca/francine-ratray/

Boutique law firm specializing in Indigenous Law

KERRY SOMERVILLE

Somerville Family Law

Phone: 604-281-1480

Fax: 604-281-1481

kerry@somervillefamilylaw.ca

www.somervillefamilylaw.ca

201 - 2438 Marine Drive,

West Vancouver BC, V7V 1L2

30 years of experience in all aspects of family law, divorce, asset division, parenting plans/custody, support, collaborative family lawyer and mediator

MEDICAL & DENTAL

DR. HARMAN MANGAT, DENTIST

Seycove Dental

4319 Gallant Avenue,

North Vancouver BC

Phone: 604-929-5022

Fax: 604-929-5035

info@seycovedental.com

www.seycovedental.com

Boutique family dental office located in the heart of deep cove village

DR. BRIAN ROSS

Boundary Dental Clinic

604-438-2464

boundarydental@telus.net

#208 - 3815 Sunset Street,

Burnaby BC, V5G 1T4

Notary Public

NON-PROFIT

NOAH MORANTZ, DIRECTOR

Canucks Autism Network

101 - 2020 Yukon Street,

Vancouver BC, V5Y 3N8

Phone: 604 685-4049

Fax: 604 685-4018

noah.morantz@canucksautism.ca

www.canucksautism.ca

Sports, recreational and social programs for individuals with ASD, including swimming, skating and hockey.

PEST CONTROL

CHRIS FREDERICK, PRESIDENT

North Shore Pest Detective Ltd.

860 West 1st Street,

North Vancouver, BC, V7P 1A2

604-988-3330

pestdetective@shaw.ca

www.pestdetective.com

Pest Control and Exterminations

BRYAN MARKERT, PRESIDENT

Pest Detective - Victoria

250-383-7378

bryan.markert@pestdetective.com

www.pestdetective.com

Pest Control - Residential, Commercial, and Industrial

KELLY WRIGHT, PRESIDENT

Pest Detective - Vancouver

604-685-3377

kelly@pestdetective.com

www.pestdetective.com

Professional Pest Management Services

PHYSIOTHERAPY

ZENYA KASUBUCHI,

MANAGING DIRECTOR

Allan McGavin Sports Medicine Centre Physiotherapy

Cell: 604-537-4004

www.allanmcgavinphysio.com

NORTH VANCOUVER

12 - 1225 East Keith Road, North

Vancouver, BC, V7J 1J3

Phone: 604-904-6556

Fax: 604-904-6558

twist@allanmcgavinphysio.com

PLAZA OF NATIONS (DOWNTOWN)

B103 - 750 Pacific Boulevard,

Vancouver, BC, V6B 5E7

Phone : 604-642-6761

Fax : 604-642-6762

plaza@allanmcgavinphysio.com

DJAVAD MOWAFAGHIAN CENTRE (UBC)

Suite 3500 - 2215 Wesbrook Mall,

Vancouver, BC, V6T 1Z3

Phone: 604-822-6833

Fax: 604-822-9058

info@allanmcgavinphysio.com

**DAWN SIEGEL (SAUNDERS),
Physiotherapist
Hollyburn Physiotherapy**

Phone: 604-926-6868
Fax: 604-926-8206
office@hollyburnphysio.com
www.hollyburnphysio.com
301-1549 Marine Drive
West Vancouver BC
*Physiotherapy, Hand Specialist
Therapy, Massage Therapy*

**PRINTING &
APPAREL**

**STEVE BOLTON
SpeedBolt Printing Solutions**

101-50 Fell Avenue,
North Vancouver BC, V7P 3S2
Phone: 604-986-9633
Fax: 604-986-4733
steve@speedbolt.ca
speedbolt.ca
*Quality custom printing
products and services*

**ROB CRONK, PRINCIPAL
RCD Solutions Inc**

Phone: 604-453-0222
Fax: 604-227-4394
info@rcdsolutions.ca
www.rcdsolutions.ca
1057 23rd St West,
North Vancouver, V7P 2H1
*Complete Print, Apparel, and
Promotion Solutions*

REAL ESTATE

**PAUL BOENISCH, OWNER
Paul Boenisch, Personal Real
Estate Corporation - Sotheby's**

3164 Edgemont Boulevard,
North Vancouver BC
604-908-2685
pboenisch@sothebysrealty.ca
www.clivestevpaul.com
Residential Real Estate Sales

**ROBIN CAMERON
CHARLIE CAMERON
GARRY VALK
Sutton Group West Coast Realty**

robincameron13@gmail.com
charlie@charliecameron.com
garry@garryvalk.com
www.realestatenorthvancouver.com

**JOE CAMPBELL, OWNER
Joe Campbell, a Personal
Real Estate Corporation**

Phone: 604-657-1480
Fax: 604-985-3612
joe@joecampbell.ca
www.joecampbell.ca
101 - 2609 Westview Drive,
North Vancouver, BC, V7N-4M2
*Successfully selling the
North Shore since 1990*

**JASON MAH, PRINCIPAL
Avison Young**

Suite 2900, 1055 West Georgia Street,
Vancouver BC
604-603-9060
jason.mah@avisonyoung.com
www.avisonyoung.com
Commercial Leasing and Investment Sales

**VANESSA MILLER, OWNER
MillerWark Real Estate**

#355 - 1385 West 8th Avenue,
Vancouver BC
778-558-6377
vanessa@millerwark.com
www.millerwark.com
*Realtors specializing in resale and
projects sales on the Lower Mainland*

**MIKE PARMINTER, REALTOR
Royal LePage Sussex**

2996 Lonsdale Avenue, North
Vancouver BC, V7N 3J4
Phone: 604-984-9711
Mobile: 604-626-5028
Fax: 604-984-3350
mparminter@gmail.com
www.parminter.ca

**JOY RUSSELL-BURR
Russells, Notaries Public**

#204 - 2403 Marine Drive, Dundarave
Village, West Vancouver BC, V7V 1L3
Phone: 604-926-4450
Fax: 604-926-3450
joy@russellsnotary.com
www.dundaravevillage.ca/russells-
notaries-undarave
*Notary Public specializing in Real
Estate Conveyancing and Mortgages*

**LEANNE WOODWARD
Royal LePage Sussex**

604-506-3455
leanne@leannewoodward.com
laraleanne.com
2996 Lonsdale Ave, North Vancouver
*Helping with re-location within the
North Shore*

**SALES &
MARKETING,
INTERIOR DESIGN**

**DAVID MOULTON, PARTNER
Moulton Toft Inc.**

902 - 209 Carnarvon Street, New
Westminster, BC, V3L 1B7
604-522-8182
dmoulton@telus.net
Bringing Opportunities Together

SERVICES

**OMAR DHARAMSI,
OWNER/ OPERATOR
Valetor Cleaners Ambleside**

202 16th Street, West Vancouver BC
604-922-2535
info@valetorcleaners.com
www.valetorcleaners.com
*Dry Cleaning services for virtually all
items of clothing, whether everyday
wear or special garments such as
wedding dresses or formal wear.*

**OTIS PERRICK, CO-FOUNDER
Ripe Rides**

604-971-6200
yasmin@riperides.ca
www.riperides.ca
215 - 1080 Mainland Street,
Vancouver, V6B 2T4
*Ripe Rides is an on-demand luxury
transportation service that offers
convenience, comfort and reliability
through cash-less transportation. Ripe
Rides utilizes the latest smartphone
technology, allowing customers to
get luxury black car service with
professional and safe drivers and an
experience like no other offered in
Vancouver, all from the convenience of
your mobile device.*

SPORTING GOODS

STEVE SZENTVERI, OWNER

Time Out Source for Sports

Phone: 604-980-9211

Fax: 604-980-1851

sales@timeoutsports.ca

www.timeoutsports.ca

235 Mountain Highway, North

Vancouver BC, V7J 3P2

Retailer of hockey, baseball, and soccer equipment; full service pro shop; team and association sales.

TROPHIES & ENGRAVING

YOVAN MILOJEVIC, PRESIDENT

Lapidus Trophies & Engraving

Phone: 604-983-2513

Fax: 604-983-2513

yovan@telus.net

www.lapidustrophies.com

114 West Esplanade,

North Vancouver, V7M 1A2

Awards and recognition products for every occasion, engraving, and custom orders. On the North Shore for 28 years.

VIDEO PRODUCTION

NICHOLAS SHEPARD, OWNER

Blue Chip Productions Inc.

604-263-2434

343 Railway St, Vancouver, BC V6A 1A4

nick@bluechipproductions.ca

www.bluechipproductions.ca

A leading Vancouver video production agency with a team of experts with extensive experience in video production, digital marketing, SEO, and advertising combined with a cost effective production methodology.

WHOLESALE DISTRIBUTION & SALES

RJ PARRY, PRESIDENT/OWNER

J Beverly Hills Canada

104-3855 Henning Drive,

Burnaby BC, V5C 6R3

Phone: 604-569-0404

Fax: 604-569-1141

rj@jbeverlyhills.ca

www.jbeverlyhills.com

Locally owned and operated.

Distribution and sales of professional haircare

To add your business to the NSWC directory, please contact Mairi MacDonald at mmacdonald@nswc.ca

604 983 2513



Lapidus Trophies & Engraving

Div. of Europe Lock & Key Ltd.

Yovan Milojevic

114 West Esplanade North Vancouver, B.C. V7M 1A2 Canada
yovan@lapidustrophies.com www.lapidustrophies.com

Bertini Events

Make your Event Sparkle!

www.bertinievents.com



604.813.2574

karen@bertinievents.com





NORTH SHORE WINTER
CLUB PRESENTS

GIRLS NIGHT OUT

THURSDAY, SEPTEMBER 6
TIKI DECK



NORTH SHORE
WINTER CLUB



Follow us on Instagram, Twitter & Facebook