

NORTH SHORE WINTER CLUB

Spring 2019 Program Guide



SPRING REGISTRATION

Members February 12 @ 10am

Non Members February 26 @ 10am

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



NORTH SHORE
WINTER CLUB

SPREAD THE WORD – JOIN THE CLUB TODAY

www.nswc.ca



Contact sales@nswc.ca for more information or to schedule a tour today!

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2018/19 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

CAULINDA BARTOK - TREASURER

MANDY GRATTON - SECRETARY

DIRECTORS

DOUG BELL

CHRIS BENSON

MICHAEL KORBIN

MALCOLM MACKILLOP

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



WESLEY DENNIS
Executive Chef
wdennis@nswc.ca



SHANE HAYES
Facilities Operations
Manager
shays@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
jwood@nswc.ca



BARB HUFSMITH
Member Services
Manager
bhufsmith@nswc.ca



JENN MCDONALD
Senior Accountant
jmcDonald@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 February 12, 2019

Non Member Registration opens at
10:00am on February 26, 2019

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.

CANCELLATION POLICY

Cancellation requests need to be in writing.

Please email cancellations@nswc.ca and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program

REFUNDS AS FOLLOWS:

- 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.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

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

FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to mindbodyonline.com to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

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

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

Clubhouse Rules

Junior Members - R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre - school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

Guest Rules - R21

1. Adult 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.
2. Adult 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:
 - a) *Swimming*
 - b) *General Skating or Ice Hockey*
 - c) *Tennis, Squash, Racquetball*
 - d) *Sauna, Steam, Whirlpool*
 - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. 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 the behavior of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. 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 eight weeks in any year. Guest cards must be shown when using the Club.
8. 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.



9. 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 two 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.
10. 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.
11. Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
12. Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

Facility Rentals - R59

1. Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.
2. Subject to approval by the General Manager, 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.
3. Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

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

Guests visiting the North Shore Winter Club

Welcome to the North Shore Winter Club!

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

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

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

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

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

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

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

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

Sincerely,

Joanna Hayes | NSWC General Manager
jhayes@nswc.ca

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night	2
3	4	5 LTADP Meeting	6	7	8 Friday Fun Night	9
10	11	12	13	14	15 Friday Fun Night Kick off to Spring Break	16
17	18	19	20	21	22	23
	Spring Break					
24	25	26	27	28	29	30
31	Spring Break					

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Marlins Kick off and Registration	2	3	4	5 Friday Fun Night	6
					Bantam Zone Tryouts	
7 Bantam Zone Tryouts	8	9 Midget Hockey Banquet	10 Female Hockey Banquet	11 Atom Hockey Banquet	12 Friday Fun Night	13
14	15 Peewee Hockey Banquet	16 Bantam Hockey Banquet	17 Initiation Hockey Banquet Easter Egg Hunt	18	19 Good Friday	20
21 Easter Sunday	22	23	24	25	26 Friday Fun Night	27
28 Senior Men's Hockey Banquet	29	30				

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Marlins Practices Begin	2	3 Friday Fun Night	4
					Midget Tryouts	
5 Midget Tryouts	6	7	8	9	10 Friday Fun Night	11 60th Anniversary Gala
12 Mothers Day Tea Party	13	14	15 Grand Slam #2 Tennis Men	16 Grand Slam #2 Tennis Women	17	18
19	20	21 Marlins Red and Blue Meet	22	23	24 Friday Fun Night	25
26	27	28	29	30	31	

JUNE 2019

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

Member Moments

23rd Annual TNT Tournament Recap

Over 5 days the TNT Tournament saw 60 teams, 120 games, 750 players, 120 pizza/cinnamon buns consumed, over 50 officials and 300 volunteers! This tournament was by far one of the best that I have had the pleasure of being a part of. You couldn't walk five steps without seeing a kid smiling and having a good time. At the end of the day our goal is to ensure all players have the best time, playing the sport we all love.

A lot of hard work goes into putting on an event of this scale and this tournament would not have been possible without the continuous support from our TNT Committee, made up of James Bitonti, Jennifer Hanna, Mari Friend and Deb Gill. This was the best TNT Tournament that the NSWC has hosted in the past 23 years and it is in large part due to the enthusiasm and participation of all our volunteers. We could not have done it without all of you!

Thanks to all our sponsors, NSWC staff and initiation/novice parents for all your support, generosity, and enthusiasm at this year's 23rd Annual TNT Tournament. We're looking forward to next year already!

Emily Allen

TNT Tournament Coordinator

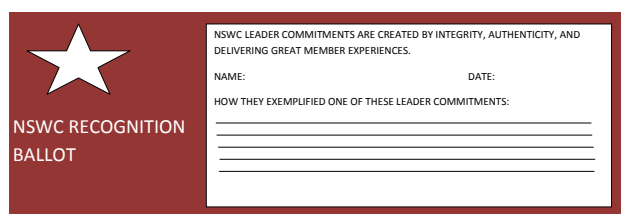


Employee Recognition Program!

NSWC believes in their employees! We believe that an amazing work culture and environment comes from great leadership. When leaders create a work culture that matches what they envision, it starts to become part of the company.

Last year, the Club began to roll out this vision to their employees. We built this program on the following 5 credentials:

1. **The Club and their employees are aligned.**
2. **The Club fosters positive professional relationships.**
3. **The employees feel that they belong.**
4. **The Management and employees recognize accomplishments.**
5. **The employees feel pride for what they do.**



The form is titled "NSWC RECOGNITION BALLOT" and features a white star on a red background. It includes fields for "NAME:", "DATE:", and "HOW THEY EXEMPLIFIED ONE OF THESE LEADER COMMITMENTS:". The leader commitments are listed as "NSWC LEADER COMMITMENTS ARE CREATED BY INTEGRITY, AUTHENTICITY, AND DELIVERING GREAT MEMBER EXPERIENCES.".

Our monthly program allows management, members and employees to recognize each other for going above and beyond their daily roles. In our staff room, the nominations forms are put up on our recognition board for the remainder of the month for all staff to read. Everyone nominated gets a small token of appreciation and one lucky nomination randomly drawn gets a gift each month.

This has been a great introduction into empowering the team through recognition of the things they do to ensure that the Club is a great place to work and a great place to be.

Some special shout outs to some of the staff that have received multiple nominations in the past 12 months.

1. **Emily Allen** Hockey Administration, 5 nominations
2. **Bob McCuaig** Hockey Administration, 4 nominations
3. **Zoga Shkurtaj** Food and Beverage, Kitchen, 4 nominations

We also have had quarterly staff events, from celebrating birthdays, or recognizing individuals or departments for their accomplishments. This is a great way for everyone to socialize outside of their daily work routines. Learning more about those that we work with on a personal level builds trust and embodies the vision that we want the club and employees to be aligned to work towards great member and employee experiences 100% of the time. Soon, we will be acknowledging those that have worked at the Club for longer than 5 years.

Our Longservice awards in 2019 highlight the following individuals for their ongoing commitment and dedication.

- | | | |
|----------------------------|----------------------------|-----------------|
| 1. Russell Ritchie | Controller | 5 years |
| 2. Rosemary Preckel | Member Services | 5 years |
| 3. Fabio Walker | Director of Tennis | 6 years |
| 4. Rolando Bungag | Facilities | 6 years |
| 5. Barb Hufsmith | Member Services | 14 years |
| 6. Kenneth Gerlach | Facilities | 15 years |
| 7. Zoga Shkurtaj | Food & Beverage | 16 years |
| 8. Pennie Keeler | Food & Beverage | 16 years |

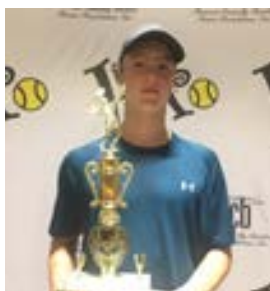
Junior Tennis

Tennis Pro Nicole McLennan and some of the junior tennis team attended the 11th Annual "Little Mo" Internationals in Palm Beach Gardens Florida in December.

The "Little Mo" Internationals in Florida is the 3rd and final leg of the 2017 "Little Mo" Slam! In honor of Maureen "Little Mo" Connolly's 60th anniversary of winning the Grand Slam in 1953, MCB created the ultimate challenge in 2013 for any player to win the "Little Mo" Slam. If a player can win all three "Little Mo" Internationals (yellow ball division only) in the same year, the player will receive the tallest trophy ever given in junior tennis - a 6 foot tall trophy and the title of "Little Mo" Slam Champion! There have been six "Little Mo" players who have accomplished this great achievement in the past four years.

Representing NSWC were Artem Manov, Veronica Duncan, Miguel Lopez and Havana, Aiden and Angus Cameron who all played exceptionally well, playing against some of the best junior tennis players in North America.

The NSWC Tennis Pros are so very proud of all our junior members. To see their hard work and dedication to the sport pay off is a joy to see. Well done!



Artem Manov won 3rd boys 16 singles and was the winner of the boys 16 doubles.



Miguel Lopez



Veronica Duncan, finalist girls 14 singles

Santa's Breakfast

Another successful Santa's breakfast took place on December 8th with over 200 families attending. Chef Wesley and his team put out an incredible spread, the kids wrote their letters to Santa and of course got to visit with him personally too! We can't wait to see what next year has in store for one of the Club's most popular events.

A special thanks goes out to the Atom teams for helping to clear plates in an effort to raise funds in support of BC Children's Hospital.



Year-round hockey a growing dilemma for parents

Wayne Gretzky, arguably the greatest hockey player ever, never played hockey in the spring or summer as a child.

For years, Gretzky told reporters about how when the hockey season was over, he'd put his bag away and enjoyed baseball, lacrosse and tennis. For years he spoke about the importance of a being a multi-sport athlete and the dangers of hockey burnout.

The game has obviously undergone a tremendous evolution since Gretzky was a kid. Just watch the speed and fitness level of the current NHL game.

Gretzky knows the idea of putting away the equipment today is unthinkable. His family even operates a summer hockey camp in six North American cities.

In Canada, the hockey season never ends. There never seems to be safe time to put the bag away. Today, it's not uncommon for kids as young as six and seven to be on the ice 12 months a year.

During the steamy summer months, there is an endless array of camps for parents to choose from.

But the real growth has been in the months in between. The growth of spring hockey continues to explode.

Mark De Ciantas is the owner of Golden Glide Hockey and one of the players on Toronto's crowded spring hockey landscape.

The company, which runs clinics and camps during the regular season, operates seven spring teams at different age levels.

"There are more teams, no question, because anybody can put a spring team together. If you can access 12 players that want to play, you can put together a spring team," De Ciantas says.

"People think this is an elite thing. It's not anymore. Back let's say 15 years when I was playing, spring hockey was an elite thing, now it seems everybody plays spring hockey."

De Ciantas says the growth of spring hockey is simply a response to parental demand. Across the GTA there are hundreds of spring teams that play in 4-on-4 leagues or in various weekend tournaments, many in exotic locations across North America. A typical spring team will pack six practices and three or four tournament into a tight six week window.

"People realize now that it's a 12-month a year sport. You can't really take time off and expect get better," De Ciantas tells CBC Sports. "Every other kid is getting better playing 12 months of the year and if you are taking time off, you kind of fall behind." Research contradicts year-round hockey

Most of the research says that's actually not true, according to University of Toronto professor Katherine Tamminen. For overall long-term development, taking a break and trying another sport is actually a good idea. "I think we have developed a narrative around the need to specialize. That's the message being sold and told, but there isn't much research that supports that approach being

Jeremy Mandell never planned for his eight-year-old to play spring hockey. Now, he is playing on two teams. He says his son made the choice and is happy to be playing with friends.

"The reason we are doing it is you are basically cramming in 15 games into a month which is almost the equivalent of his regular season," Mandell says. "And they get a lot out of it. The kids I know improved a lot out of it."

It doesn't mean he's entirely comfortable with the idea. Mandell, who played high-level hockey growing up in Toronto, never played in the spring or summer.

"When I played there was really a mentality that you don't play in the spring or summer. When your season ends — win or lose — you're done until the [next] season starts," Mandell recalls. "There now seems to be a large portion of the kids playing spring hockey, especially the higher level kids and then a lot of those kids are playing on teams right through the summer. I personally think that's a mistake.

"I don't want my eight-year-old to become a one-sport athlete. I want him to play baseball, go to camp. I want him to take break from hockey and have a rounded social life."

It's a typical dilemma for hockey parents. Things like spring hockey have become part of the development suite that's seemingly necessary to compete at the highest level. Say no and risk your child falling behind. It's something De Ciantas hears all of the time.

"A lot of kids today are manufactured hockey players. They need to become multi-sport athletes. I don't think playing hockey 12 months a year is going to make you that much better."

Jamie Strashin

better than playing other sports," Tamminen says.

"Taking some time off, playing other sport, developing different skills, being coached by different people, interacting with different adults, different groups of friends is all important to a child's development, as both a child and an athlete."

De Ciantas, however, says many parents aren't interested in that message.

"I coach and I always encourage the kids to put the bag away for at least month. But a lot of the parents just don't see it that way and don't want to."

**Research
contradicts
year-round
hockey**

Food & Beverage

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

Café

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

HOURS OF OPERATION

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

**Hours are subject to change.*

Lounge

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

HOURS OF OPERATION

Monday	3:00pm - 1:00am
Tuesday	3:00pm - 1:00am
Wednesday	3:00pm - 1:00am
Thursday	3:00pm - 1:00am
Friday	11:30am - 1:00am
Saturday	11:30am - 1:00am
Sunday	11:30am - 12:00am

**Hours are subject to change.*

Tiki Deck

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

Catering

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

The Jim Graham room holds up to 220 people and includes a built - in digital projector and screen, a sound system, wireless microphones, and much more. The social 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 cevans@nswc.ca

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





Mint Julep

FEATURE RECIPE

Celebrate the Kentucky Derby

May 3rd and 4th

The Kentucky Derby and the Mint Julep: two iconic and inseparable images that tell the story of bourbon and the fastest two minutes in sports entertainment as if they were one. There's just one problem: the horses change every year, so why shouldn't your cocktail of choice? We're not saying the classic Julep (Ice, mint, bourbon, sugar) is boring: it's a signature drink and there's a reason it never goes out of style. But this year why not bet on an underdog — why not try drinking something a little different?

There are still some rules. A good Derby cocktail still must be bright, refreshing, and provide at least an opportunity for hydrating in the Louisville sun. A great one will take something classic like the Julep and bring it to a new level without losing sight of heritage and tradition

Woodford's \$1,000 Mint Julep is the big beverage feature of the Kentucky Derby, and Churchill Downs serves a limited number of them in gilded Julep cups every year. You might not want to drop the cash for the blinged-out cup that accounts for the ridiculous price tag, but here's this year's recipe for your own crafting.

RECIPE

- 1 1/2 oz. Woodford Reserve Kentucky Straight Bourbon
- 1/4 oz. Pimm's Liqueur
- 1/2 oz. Elderflower Cordial
- 1/4 oz. Woodford Reserve Mint Julep Simple Syrup
- Dash Earl Grey bitters
- Handful of mint

DIRECTIONS

Rub mint around the julep cup, expressing the essential oils. Add remaining ingredients and top with crushed ice. Churn ingredients with a bar spoon distributing the flavor. Top with additional crushed ice. Garnish with mint.

CHEF WESLEY'S FEATURE RECIPE

Slow Cooker Tortilla Soup

This Mexican-inspired chicken, tomato, and bean soup practically cooks itself. You can literally just drop the ingredients into a slow cooker and get on with the rest of your daily activities. The result is a hearty, flavourful soup that will satisfy the entire family.



INGREDIENTS

- 3 chicken thighs, skin removed
- 10-ounce can diced tomatoes with green chiles
- 1 1/2 cups cooked black beans
- 1 1/2 cups chicken broth
- 1 1/2 cups water
- 1 yellow onion, finely chopped
- 3 garlic cloves, finely minced
- 1 jalapeno, finely chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Juice of 1/2 lemon
- 20 tortilla chips
- 3 tablespoons finely chopped fresh cilantro
- 1/2 cup shredded Monterey Jack cheese

DIRECTIONS

1. Place the chicken, tomatoes (and juices), beans, broth, water, onion, garlic, jalapeno, cumin, and chili powder in a slow cooker. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours.
2. Uncover the slow cooker and use tongs to remove the chicken from the pot. Once cool enough to handle, remove the meat from the bones and shred, then return the meat to the pot. Stir in the lemon juice. Crumble a few tortilla chips into each bowl and cover with some soup. Serve sprinkled with cilantro and grated cheese.

ATHLETES

What to Eat and When for Top Performance



Hot off the press from three prominent nutrition and exercise associations—the American Dietetic Association, American College of Sports Medicine, and Dietitians of Canada—is the 2018 Joint Position Stand on Nutrition for Athletic Performance.

While there is little earth-shattering news in this comprehensive document, the authors comprehensively reviewed the research to determine which sports nutrition practices effectively enhance performance. Here are a few key points on what and when to eat to perform at your best.

1. Don't weigh yourself daily.

What you weigh and how much body fat you have should not be the sole criterion for judging how well you are able to perform in sports. That is, don't think that if you get to XX percent body fat, you will run faster. For one, all techniques to measure body fat have inherent errors. (Even BodPod can underestimate percent fat by two to three percent.) Two, optimal

body fat levels depend on genetics and what is optimal for your unique body. Pay more attention to how you feel and perform than to a number on the scale.

2. Assess your protein needs.

Protein recommendations for both endurance and strength-trained athletes range from 0.5 to 0.8 grams per pound (1.2-1.7 g/kg) body weight. For a 150-lb. athlete, this comes to about 75 to 120 g protein per day, an amount most athletes easily consume through their standard diet without the use of protein supplements or amino acid supplements. Vegetarian athletes should target ten percent more, because some plant proteins (not soy but legumes) are less well digested than animal proteins. If you are just starting a weight-lifting program, you'll want to target the higher protein amount. Once you have built-up your muscles, the lower end of the range is fine.

3. Assess your carbohydrate needs.

Athletes in power sports need to pay attention to carbohydrates, and not just protein. That's because strength training depletes muscle glycogen stores. You can deplete about 25 percent to 35 percent of total muscle glycogen stores during a single 30-second bout of resistance exercise.

4. Meet your calorie needs.

Athletes who eat enough calories to support their athletic performance are unlikely to need vitamin supplements. But athletes who severely limit their food intake to lose weight (such as wrestlers, lightweight rowers, gymnasts), eliminate a food group (such as dairy, if they are lactose intolerant), or train indoors and get very little sunlight (skaters, gymnasts, swimmers) may require supplements.

5. Watch your iron.

If you are vegetarian, a blood donor, and/or a woman with heavy menstrual periods, you should pay special attention to your iron intake. If you consume too little iron, you can easily become deficient and be unable to exercise energetically due to anemia. Because reversing iron deficiency can take three to six months, your best bet is to prevent anemia by regularly eating iron-rich foods (lean beef, chicken thighs, enriched breakfast cereals such as Wheaties and Total) and including in each meal a source of vitamin C (fruits, vegetables).

6. Eating before hard exercise

As opposed to exercising in a fasted state, has been shown to improve performance. If you choose to not eat before a hard workout, at least consume a sports drink (or some source of energy) during exercise.

Aquatics

SPRING 2019 PROGRAMS



Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool! Swimming lessons run all summer long, so if you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons.

Registration

Registration for NSWC Aquatic programs does not open until April, however below is a list of what the NSWC has to offer for Summer 2019.

Programs

Lesson Sets & Dates

SET 1: May 21 - 24 & May 27 - 31

SET 2: Jun 3 - 7 & Jun 10 - 14

SET 3: Jun 17 - 21 & Jun 24 - 28

Swim Lessons are Reserved for Members Only Sets 4 - 7

SET 4: Jul 2 - 5 & Jul 8 - 12

SET 5: Jul 15 - 19 & Jul 22 - 26

SET 6: Jul 29 - Aug 2 & Aug 6 - 9 (*No lessons Aug 5th*)

SET 7: Aug 12 - 16 & Aug 19 - 23

Price Per Set

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

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

Red Cross Preschool

Ages: 4 mos - 6 yrs

Red Cross Swim Preschool & Tiny Tots is an 8-level program for 4-months to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities.

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

(Chart at end of Aquatics section)

Sea Turtle

Ages: 24 mos to 36 mos

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

Sea Otter

Ages: 3 yrs to 6 yrs

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

This is a parent participation class.

Salamander

Ages: 3 yrs to 6 yrs

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

Sunfish

Ages: 3 yrs to 6 yrs

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

Crocodile

Ages: 3 yrs to 6 yrs

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

Whale

Ages: 3 yrs to 6 yrs

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

Red Cross Swim Kids

Ages: 5 yrs+

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

Red Cross Swim Kids (Level 1)

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

Red Cross Swim Kids (Level 2)

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

Red Cross Swim Kids (Level 3)

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

Red Cross Swim Kids (Level 4)

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

Red Cross Swim Kids (Level 5)

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

Red Cross Swim Kids (Level 6)

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

Red Cross Swim Kids (Level 7)

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

Red Cross Swim Kids (Level 8)

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

Red Cross Swim Kids (Level 9)

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

Red Cross Swim Kids (Level 10)

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

Private Swim Lessons

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

Rates:

30 minutes: Member \$30

45 minutes: Member \$45

60 minutes: Member \$60

Lifesaving Courses

Bronze Medallion

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

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

Bronze Cross

Prerequisites: Bronze Medallion, must show proof of certification

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

National Lifeguard Training

NLS Core and Pool Option

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

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


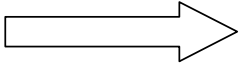

Swimming for Adults




Masters at NSWC

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



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

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

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



Marlins Swim Program

The NSWC's Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May and mid - August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context. Guided

by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two - day swim meets, plus Regional and Provincial.

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

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

Mini Marlins

Ages: 5 yrs +

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



Intro Marlins

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

Juniors, Intermediates & Seniors

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

For swimmers in division 5 and up who have been with the Marlins the previous two seasons, our Returning Marlin option allows the swimmer to participate in up to 20 practices. Certain restrictions apply. Many of our swimmers begin as Minis and continue to the Senior ranks, with many becoming Junior Leaders and even Coaches; a testament to the strength and value of our program. Come and join us for another fantastic season in 2019!

PROGRAM DATES

Program runs from May 1 - Aug 7, 2019 (except for Provincial Qualifiers who practice until August 15). Juniors, Intermediates and Seniors practice Monday through Friday, morning and afternoon. Mini Marlins begin May 13. An optional two - week trial runs from May 13 - 24.

PROGRAM COSTS & MEMBERSHIP OPTIONS

(refer to website for full details)



Dance

SPRING 2019 PROGRAMS

DANCE INSTRUCTORS

Bryn Rasmussen
brynasmussen@shaw.ca

Bryn is extremely excited to be in her sixth 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.

ATTIRE FOR BRYN'S DANCE CLASSES

Tiny Tot, SYTYCD, Stretch: 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.

Tiny Tot Dance 'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Apr 2 - May 7 | Set 2: May 14 - Jun 18

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

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

Juniors (SYTYCD) 'So You Think You Can Dance'

Ages: 8 yrs - 12 yrs

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Apr 2 - May 7 | Set 2: May 14 - Jun 18

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: Apr 2 - May 7

Set 2: May 14 - Jun 18

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: Apr 4 - May 9 | Set 2: May 16 - Jun 20

Thu: 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: Apr 4 - May 9 | Set 2: May 16 - Jun 20

Thu: 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: Apr 4 - May 9 | Set 2: May 16 - Jun 20

Thu: 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

Apr 1 - Apr 15

Mon: 3 sessions | 1pm - 1:45pm

Member: \$32.25 | Non Member: \$38.25

Apr 2 - Apr 23

Tue: 4 sessions | 1pm - 1:45pm

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

Ages: 4 yrs - 6yrs

Apr 1 - Apr 15

Mon: 3 sessions | 3:30pm - 4:15pm

Member: \$32.25 | Non Member: \$38.25



Jazz/Hip Hop Open Level

This class is for all levels beginner to dancers with experience. 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

Apr 1 - Apr 15

Mon: 3 sessions | 4:15pm - 5pm

Member: \$32.25 | Non Member: \$38.25

Ages 6 yrs -12 yrs

Apr 3 - Apr 24

Wed: 4 sessions | 6pm - 6:45pm

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

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

Apr 3 - Apr 24

Wed: 4 sessions | 5:15pm - 6pm

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



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

Apr 3 - Apr 24

Wed: 4 sessions | 4:30pm - 5:15pm

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

Competitive Group

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. This program is no longer available for registration, 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



April Saturday Workshops

Single Sessions

April Saturday workshops are independent workshops, sign up for one or both. A great way to try new styles! All workshops will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. In musical theatre we will work on a scene and play fun drama games. We will take a short snack break and do a small craft. There will be a performance for parents at the end of each workshop.

Saturday Minis

Ages: 3 yrs - 6 yrs

Apr 6 & Apr 27

Sat: 1 session | 10:15am - 11:45 am

Member: \$22 | Non Member: \$25

Saturday Junior/Inter

Ages: 5.5 yrs - 12 yrs

Apr 6 & Apr 27

Sat: 1 session | 1pm - 3pm

Member: \$28 | Non Member: \$32

April Boys Only Hip Hop

April Saturday Boys Hip Hop classes are independent classes, sign up for one or both. 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 short demonstration for parents at the end of each class.

Instructor: Dance with Christie

Ages: 5 yrs - 10 yrs

Apr 6 & Apr 27

Sat: 1 session | 3pm - 3:45pm

Member: \$11 | Non Member: \$13

Master Classes

Coming Soon

Dance with Christie will be holding Master Classes in May with special Guest Teachers. These will be announced soon.

Spring Break Camps

Spring Break Mini Camp

Ages: 3 yrs - 6yrs

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

Instructor: Dance with Christie

Mar 19 - Mar 21

Tue, Wed, Thu: 3 sessions | 10am - 11:30am

Member: \$63 | Non Member: \$72

Spring Break Dance Camp

Ages: 5 yrs - 10 yrs

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

Instructor: Dance with Christie

Mar 26 - Mar 29

Tue - Fri: 4 sessions | 10:15am - 12:15pm

Member: \$112 | Non Member: \$128

Spring Break Sound of Music Workshop

Ages: 5 yrs - 12yrs

In this musical theatre workshop we will be singing, dancing and acting to your favourite bits from The Sound of Music. We will be working on a short production for a performance on the last day. The workshop includes a craft we will use as a prop in the production. Songs will include favourites such as: Do-Re- Mi, My Favourite Things, Lonely Goatherd and So Long Farewell.

Instructor: Dance with Christie

Mar 25 - Mar 27

Mon, Tue, Wed: 3 sessions | 1pm - 3pm

Member: \$84 | Non Member: \$96

Boys ONLY Hip Hop - Spring Break

Ages: 5-12yrs

This is a three-session hip hop class for boys ONLY. No girls allowed! There will be a demonstration for parents on the last day.

Instructor: Dance with Christie

Mar 25 - Mar 27

Mon, Tue, Wed: 3 sessions | 3:15pm - 4pm

Member: \$32.50 | Non Member: \$38.50





FRIDAY FUN NIGHTS

EVERY FRIDAY 5:30PM
ALL AGES



HAPPY HOUR
FOOD & DRINKS

BUBBLE HOCKEY
FOOSBALL
PING PONG
BOUNCY
CASTLE
MOVIE NIGHT

HTC LOUNGE

Youth Camps & Child Minding

SPRING 2019 PROGRAMS

Child Minding

Kids Corner

Ages: 1 yr to 9 yrs

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



HOURS OF OPERATION

Mon - Fri 3:30pm - 8pm

Sat & 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 - 11 yrs

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 Easter Egg Hunt!

Hop on down to the Club on April 17th. Bring the children for a fun filled afternoon with an Easter egg hunt, arts and crafts and more. Adult supervision is required for this event.

April 17 | 4pm - 6pm

Member: \$8 | Non Member: \$10



Multi Sport Spring Break Camps

Ages: 6 yrs - 11 yrs

Each week offers multi sport activities like basketball, dance, jiu jitsu and more. Lunch and snacks are included.

Mar 18 - Mar 22 | 9am - 4pm

Mar 25 - Mar 29 | 9am - 4pm

Member: \$250 | Non Member: \$375

Birthday Party Packages

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

HTC Package

2 hour private rental of the HTC
Includes small ice, goalie training ice and dryland area

Bouncy Castle Package

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

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rassmussen
2 hour private rental of one of the NSWC's rooms

Sportball Package

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

Meal Plan Options

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

**All meal plans include 3 jugs of pop.*

Other Add - Ons Available.

Please inform us of any dietary restrictions in advance.

All Parties

Must be booked 2 weeks in advance
Price includes tables, chairs, utensils & 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

SPRING 2019 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: \$75 | Non Member: \$85

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)

STRENGTH OR CARDIO

WARMUP

- 10m of each:
- Walking quad stretch
- Squat turns
- Walking hamstring stretch
- Walking lunges
- Inchworms
- Spider-Man lunges
- Bear crawl

STRENGTH 1

- 5 front squat
- 5 chin up *weighted if able*
- Rest 90-120s
- 3 sets

STRENGTH 2

- 5 & 5 1 arm dumbbell bench press
- 10 & 10 step up *weighted if able*
- Rest 90-120s
- 3 sets

STRENGTH 3

- 10 kettlebell Romanian deadlift
- 20 plank slides
- Rest 90-120s
- 3 sets

CARDIO 1

- 200m Air bike
- 200m Air runner
- 4 sets

CARDIO 2

- Spin bike
- 30s 100+ rpm @ highest gear possible
- 30s rest
- 10 sets

CARDIO 3

- Row 500m
- Rest 120s
- Row 400m
- Rest 90s
- Row 300m
- Rest 60s
- Row 200m
- Rest 30s
- Row 100m

CARDIO 4

- 20 plank slides
- 10 + 10 horizontal cable chop Rest as needed
- 3 sets

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 \$18 | \$22 Non-Member

10 Pass: Member \$160 | \$190 Non-Member

20 Pass: Member \$280 | \$340 Non-Member

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

CLASS DESCRIPTIONS

Strength and Circuit

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.

Stretch

This class is designed to improve your flexibility, mobility as well as decrease some minor aches and pains. Sessions will include a variety of stretching and mobility techniques. Music will be playing and social interaction is encouraged!

Cardio & Core

The cardio section of this class incorporates high intensity, interval training using Treadmills, Rowing Machines, Spin Bikes and Air Bikes. Every session begins with a dynamic warm-up ensuring your body is prepared for the workout ahead. The latter portion of the session we focus on Core Strengthening and Midline Stabilization using TRX, Med Balls, Stability Balls, Bands and Mats. Workouts are constantly varied with the goal of continuous improvement.

Pilates

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

Hatha Yoga

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

Gentle Hatha / Yin Yoga

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

Powerflow Hatha

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



PERSONAL TRAINERS



GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physi-

cal potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high-level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



SAM HUSTON

Sam played Minor hockey here at the Club as the number one goalie on several dominant teams. With playing experience in the WHL and BCHL, Sam understands the hard work, commitment and dedication it takes to make it to the next level. The primary

focus of Sam's training is assessing and addressing his clients strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Sam creates a demanding and engaging training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relate to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, speed, agility, quickness, power, flexibility, and body maintenance.



NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and

smarter. Because of this, Nick focuses on prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!





OISÍN REYNOLDS

Born in Dublin, Ireland, Oisín has followed his passion as a personal trainer and a group exercise leader for over twelve years, specializing in rehabilitation and postural re - alignment.

Wanting to challenge himself both mentally and physically, Oisín joined the Canadian BC Wildfire Service in 2016 and fell in love with Canada. Oisín found his niche on the North Shore and opened two companies 2017 and 2018. Currently, Oisín is collaborating with the BC Dental Association to better educate dentists on correct posture, aiming to minimize work related injuries and provide practical solutions for dental professionals. Oisín is also works with seniors in various senior centers in the Lower Mainland, focusing on minimizing slips, trips, and falls among the elderly demographic.

Oisín believes that through education and awareness, people of all ages and professions can learn to live pain free. His philosophy emphasizes that physical structure will ultimately dictate its function and with corrective strength training in conjunction to light rehabilitation, results can be outstanding.



FITNESS INSTRUCTORS



JOANNE ROG

Joanne is a Certified Stott Pilates Instructor in Matwork, Barrels, Barre, and Reformer. In order to gain more experience, Joanne attained certifications in Yoga (200 hours) and YIN Yoga and has an in -

depth knowledge of equipment, modifications, and props. Joanne is passionate about teaching and helping clients to become strong, balanced, and flexible. She's been teaching since 2006 and has been working with students at YYoga, ICBC, Equinox Integrative Wellness Center, and at the NSWC since she moved to Vancouver eight years ago. She hopes to see you in one of her classes soon!

ALANA TAYLOR

Alana Taylor is a yoga teacher, musician, and ocean lover. She has taught yoga for several years and loves seeing people transform, range of motion increasing and energy becoming more calm, focused, and consistent. Alana is so grateful to be a part of each of her students' journeys.

In addition to yoga, Alana sings because if feels good and paints because she loves to express herself without talking! Long hikes in the forest with her dog and husband or a paddle on the ocean are equally as restorative for her. Alana strives to bring that balance into her life every day in some way. Breathe in, let go, and lean in. Namaste!



Minor Hockey

SPRING 2019 PROGRAMS



AARON WILBUR
Director of Hockey
awilbur@nswc.ca



BOB MCCUAIG
Manager of
Hockey Admin
bmccuaig@nswc.ca



EMILY ALLEN
Hockey Admin
eallen@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

Apr 7 - Jun 23 | Sun: 10 sessions

(No sessions Apr 21 & May 19)

Sun: 10 sessions

3:30pm - 4:15pm | 2012/ 2013 birth yrs | (H2&H3)

4:15pm - 5:00pm | 2007/2008 birth yrs | (Peewee)

5:15pm - 6:00pm | 2011 birth yrs | (H4)

6:00pm - 6:45pm | 2005/2006 birth yrs | (Bantam)

7:00pm - 7:45pm | 2009/2010 birth yrs | (Atom)

7:45pm - 8:30pm | 2004/2003/2002 birth yrs | (Midget)

Member: \$300 | Non Member: \$400

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.

Instructor: Cole Todd & Janelle Iglesias

INTERMEDIATE

Apr 2- Jun 25 (No sessions Apr 20 or May 18)

Tue & Sat: 23 sessions

Tue: 4:45pm - 5:30pm

Sat: 8:45am - 9:30am

Member: \$345 | Non Member: \$430

ADVANCED

Apr 2- Jun 25 (No sessions Apr 20 or May 18)

Tue & Sat: 23 sessions

Tue: 5:30pm - 6:15pm

Sat: 9:30am - 10:15am

Member: \$345 | Non Member: \$430

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

Apr 2- Jun 25 (No sessions Apr 20 or May 18)

Tue & Sat: 23 sessions

Tue: 4pm-4:45pm

Sat: 8am - 8:45am

Member: \$345 | Non Member: \$430

Power Edge Pro (PEP)

Power Edge Pro is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill based practices, leading to faster development of elite skills.

Instructor: Jason Krog & Darcy Zajac

Apr 1- Jun 25 | Mon: 11 sessions

(No sessions Apr 22 or May 20)

4:00pm - 5:00pm | 2011 birth yr

5:15pm - 6:15pm | 2009/2010 birth yrs

6:30pm - 7:30pm | 2007/2008 birth yrs

7:45pm - 8:45pm | 2002-2006 birth yrs

Member: \$440 | Non Member: \$550

Apr 3 - Jun 26 | Wed: 13 sessions

7:00pm - 7:45pm Zone/ Junior Players

Member: \$390 | Non Member: \$487

Defense Skills

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding tool box with a better understanding of the position. Skills and tactics covered include defense at and away from the puck, transitional play, offensive zone play and 1/1's. The North Shore Winter Club's Hockey Director, Aaron Wilbur, runs the program. Aaron has a successful background of working with defenseman from the amateur ranks to the pros.

Instructor: Aaron Wilbur

Apr 2- Jun 25 | Tue: 13 sessions

6:30pm - 7:30pm | 2009/2010 birth yrs

7:45pm - 8:45pm | 2007/2008 birth yrs

Apr 2- Jun 25 | Thu: 13 sessions

6:30pm - 7:30pm | 2011 birth yr

7:45pm - 8:45pm | 2002 - 2006 birth yrs

Member: \$390 | Non Members \$520

Shooting & Scoring

The shooting and scoring camps provides students with a comprehensive understanding of shot selection and mechanics involved with executing each one. Offence comes in various forms and providing players an explanation of where goals come from will enhance their production. Scoring and the ability to create offence is the most valued skill in our game today. Take advantage of this opportunity to isolate the required skills sets and take your game to the next level.

Instructor: Tyson Mulock

Apr 2- Jun 25 | Wed: 13 sessions

4:00pm - 4:45pm | 2011 birth yrs

5:00pm - 5:45pm | 2009/2010 birth yrs

6:00pm - 6:45pm | 2007/2008 birth yrs

Member: \$390 | Non Member: \$520

Hitting Clinic

Body contact will be introduced to many 2006 players when they enter Bantam hockey next winter. Learning to use the proper strategies and techniques is necessary to avoid any injuries or challenges in a full contact league. Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck. Just like skating, puck control, passing and shooting, there are key progressions to the skill of checking when taught effectively, can greatly enhance a player's enjoyment of the great game of hockey. Our NSWC program is designed to give players the ability and confidence to play to their potential while minimizing the risk of injury for the upcoming season.

Instructor: Bob McCuaig

Apr 5 - Apr 26 | Fri: 4 sessions

5:15pm - 6:15pm | 2006/2007 birth yrs

Member: \$120 | Non Member: \$160

NSWC Spring 3on3

The NSWC 3on3 League is proud to return in 2019 for players of all ages and levels! 3on3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game. With registration, your team is guaranteed 10 games. All games will be played in 1 hour time slots.

DIVISIONS:

Register for the division of your player's birth year. Teams wishing to play up an age group may make the request. We will do our best to add individuals to a team or form a separate team based on registration numbers

2013 Birth Yr

2011 & 2012 birth yrs

2009 & 2010 birth yrs

2007 & 2008 birth yrs

ROSTER SIZES:

This number is up to the team itself but we recommend having 9 players + 1 goalie per game.

To be eligible for the Member Rate: 80% of your players must be members.

GAME SLOTS:

Fri, Sat, Sun

REGISTRATION:

Whoever registers an entire team, will then become our point person for gathering the team info, i.e. Names, ages, emails etc.

Apr 1- Jun 25 | 10 games

Member: \$1250 | Non Member: \$1875

Registration Now Open

Female 3on3

The NSWC 3on3 League is proud to return in 2019 for players of all ages and levels! 3on3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game. With registration, you are guaranteed 4 games. All games will be played in 1 hour time slots.

DIVISIONS:

We will be hosting an Atom and Initiation/Novice division this spring season with games on Saturday mornings.

ROSTER SIZES:

We will cap registration at 22 players per division

GAME SLOTS:

Saturdays | Apr 6- Apr 27 | 4 games

Member: \$70 | Non Member: \$105

Female Development

This program is designed to allow Female players the opportunity to develop their overall game through organized and efficient practices with professional coaches. Skill will include Skating, Shooting, Passing and Scoring.

Apr 4 - Jun 27 | Thu: 13 sessions

4:00pm - 4:45pm | 2011/2012 birth yrs

4:45pm - 5:30pm | 2009/2010 birth yrs

5:30pm - 6:15pm | 2007/2008 birth yrs

Member: \$312 | Non Member: \$468

Major/Minor Midget + Junior Development Program

The Major/Minor Midget + Junior Development Program is an intense individual skill and conditioning curriculum designed to keep players in ins-season form while they participate in spring evaluation camps. The program focuses on skating and puck skills; along with battle/ compete drills and small area games.

COACHES:

Major/Junior:

Chris Shaw - Head Coach,

Vancouver North West Hawks Major Midget

Minor Midget:

Guido Lamberti-Charles – Head Coach,

Vancouver North West Hawks Minor Midget

Apr 1 - May 3 | Mon/Wed/Fri: 15 sessions

4:30 - 5:30pm

Major/Junior 2003 - 2001 birth yrs

5:45 - 6:45pm

Minor Midget 2004 birth yr

Member: \$450 | Non Member: \$600

Major/Minor Midget + Junior Strength & Conditioning Program

NSWC has recently opened a High-Performance Training Centre, which is designed to accommodate elite athletes and teams. When planning each session we take into consideration the athlete's age, skill level, position and both short and long-term goals. Workouts are hockey specific and designed to improve on-ice performance.

Lead Instructor: Garth Prouse

3:00pm - 4:00pm | Major/Junior

4:15pm - 5:15pm | Minor Midget

Member: \$300 | Non Member: \$375

**BUNDLE & SAVE

Register for both the on-ice

Development Program + off-ice Strength

& Conditioning Program and SAVE 30%!!

Member: Only \$525 for both programs

Non Member: Only \$682.50

for both programs

Bantam Development Program

The Bantam Development Program is an intense individual skill and conditioning curriculum designed to refine each players individual and position specific skills. The program focuses on skating and puck skills; along with battle/ compete drills and small area games.

Instructor: Tyson Mulock

Apr 2 - May 2 | Tue & Thu: 10 sessions

5:45 - 6:45pm | 2006/2005 birth yrs

Member: \$300 | Non Member: \$400

Bantam Strength & Conditioning Program

NSWC has recently opened a High-Performance Training Centre, which is designed to accommodate elite athletes and teams. When planning each session we take into consideration the athlete's age, skill level, position and both short and long-term goals. Workouts are hockey specific and designed to improve on-ice performance.

Lead Instructor: Garth Prouse

Apr 2-May 2 | Tue & Thu: 10 sessions

4:15pm - 5:15pm | 2006/2005 birth yrs

Member: \$200 | Non Member: \$250

**BUNDLE & SAVE

Register for both the on-ice

Development Program + off-ice Strength

& Conditioning Program and SAVE 30%!!

Member: \$350 for both programs

Non Member: \$455 for both programs

Pee Wee Development Program

The Pee-Wee Development Program is an intense individual skill and conditioning curriculum designed to refine each players individual and position specific skills. The program focuses on skating and puck skills; along with battle/ compete drills and small area games.

Instructor: TBA

Apr 2-May 2 | Tue & Thu: 10 sessions

4:30pm - 5:30pm | 2008/2007 birth yrs

Member: \$300 | Non Member: \$400

Peewee Strength & Conditioning Program

NSWC has recently opened a High-Performance Training Centre, which is designed to accommodate elite athletes and teams. When planning each session we take into consideration the athlete's age, skill level, position and both short and long-term goals. Workouts are hockey specific and designed to improve on-ice performance.

Lead Instructor: Garth Prouse

Apr 2 - May 2

Tue & Thu: 10 sessions | 6pm - 7pm

Member: \$200 | Non Member: \$250

**BUNDLE & SAVE

Register for both the on-ice Development

Program + off-ice Strength &

Conditioning Program and SAVE 30%!!

Member: Only \$350 for both programs

Non Member: Only \$455

for both programs



Spring Break Hockey Camps

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

Week #1: Mar 18 - Mar 22

Week #2: Mar 25 - Mar 29

Location: Small/HTC

Member: \$300/ 5 day week

Non Member: \$450/ 5 day week

ATOM

9:00am	Drop Off
9:15am - 10:00am	On Ice Power Skating
10:30am - 11:15am	Off Ice Development
11:15am - 11:45am	Team Games
12:15pm - 1:00pm	Puck Skills
1:15pm - 2:00pm	Lunch
2:00pm - 2:45pm	Dryland Games
3:15pm - 4:00pm	Hockey Skills
4:00pm - 4:45pm	3on3
5:00pm	Sign Out at Dressing Room

INITIATION

8:15am	Drop Off
8:30am - 9:15am	On Ice Power Skating
9:45am - 10:30am	Off Ice Development
10:30am - 11:00am	Team Games
11:30am - 12:15pm	Puck Skills
12:30pm - 1:15pm	Lunch
1:15pm - 2:00pm	Dryland Games
2:30pm - 3:15pm	Hockey Skills
3:15pm - 4:00pm	3on3
4:15pm	Sign out at Dressing Room

PEP Spring Break Camp

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.

Instructor: Darcy Zajac/Jason Krog

Week #1: Mar 18 - Mar 22

8:30am - 9:30am	Initiation
9:45am - 10:45am	Atom
11:00am - 12pm	Peewee
12:15pm - 1:15pm	Bantam
1:30pm - 2:30pm	Midget

Member: \$200/5 day week

Non Member: \$250/5 day week



North West Hawks Schedule

	MAJOR MIDGET GAMES			MINOR MIDGET GAMES		
DATE	TEAM	LOCATION	TIME	TEAM	LOCATION	TIME
08-Feb-19				vs Thompson	Harry Jerome	1:00 PM
09-Feb-19				vs Thompson	NSWC	7:30PM
10-Feb-19				vs Thompson	NSWC	10:45AM
16-Feb-19	At T-Birds	TBD				
17-Feb-19	vs T-Birds	NSWC	10:45 AM			
23-Feb-19	At North Island	TBD	TBD			
24-Feb-19	At North Island	Frank Crane Arena	8:00 AM			
01-Mar-19				Playoffs (QFs)	TBD	TBD
02-Mar-19	vs Okanagan	NSWC	7:30 PM	Playoffs (QFs)	TBD	TBD
03-Mar-19	vs Okanagan	NSWC	10:45 AM	Playoffs (QFs)	TBD	TBD
08-Mar-19				Playoffs (SFs)	TBD	TBD
09-Mar-19	vs Cariboo	NSWC	7:30 PM	Playoffs (SFs)	TBD	TBD
10-Mar-19	vs Cariboo	NSWC	10:45 AM	Playoffs (SFs)	TBD	TBD
15-Mar-19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
16-Mar-19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
17-Mar-19	Playoffs (QFs)	TBD	TBD	Playoffs (Finals)	TBD	TBD
23-Mar-19	Playoffs (SFs)	TBD	TBD			
24-Mar-19	Playoffs (SFs)	TBD	TBD			
25-Mar-19	Playoffs (SFs)	TBD	TBD			
30-Mar-19	Playoffs (Finals)	TBD	TBD			
31-Mar-19	Playoffs (Finals)	TBD	TBD			
01-Apr-19	Playoffs (Finals)	TBD	TBD			

Sportball

SPRING 2019 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: Apr 2 - May 7

Set 2: May 14 - Jun 18

Tue: 6 sessions | 10am - 10:45am

Member: \$90 | Non Member: \$111

Set 1: Apr 6 - May 11 (No session Apr 20)

Set 2: May 25 - Jun 28

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

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

Sportball Parent & Child

Ages: 2 yrs - 3 yrs

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

Set 1: Apr 2 - May 7

Set 2: May 14 - Jun 18

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

Member: \$90 | Non Member: \$111

Set 1: Apr 6 - May 11 (No session Apr 20)

Set 2: May 25 - Jun 28

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

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

Indoor Soccer

Ages: 3 yrs - 5 yrs

Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Set 1: Apr 2 - May 7

Set 2: May 14 - Jun 18

Tue: 6 sessions | 11am - 12pm

Member: \$90 | Non Member: \$111

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: Apr 2 - May 7

Set 2: May 14 - Jun 18

Tue: 6 sessions | 12pm - 1pm

Member: \$90 | Non Member: \$111

Set 1: Apr 6 - May 11 (No session Apr 20)

Set 2: May 25 - Jun 28

Sat: 5 sessions | 10:45am - 11:45am

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



Squash

SPRING 2019 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: Apr 3 - May 8

Set 2: May 15 - Jun 19

Wed: 6 sessions | 4:30pm - 5:15pm

Member: \$100 | Non Member: \$120

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: Apr 3 - May 8

Set 2: May 15 - Jun 19

Wed: 6 sessions | 5:15pm - 6:00pm

Member: \$100 | Non Member: \$120



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: Apr 3 - May 8

Set 2: May 15 - Jun 19

6pm - 6:45pm

Member: \$100 | Non Member: \$120

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: Apr 3 - May 8

Set 2: May 15 - Jun 19

Wed: 12 sessions | 6:45pm - 7:30pm

Member: \$100 | Non Member: \$120



NSWC TENNIS PROFESSIONALS



FABIO WALKER

DIRECTOR OF TENNIS

Fabio Walker was born and raised in North Vancouver. In the years 1984 to 1988, Fabio reached seven Canadian National Championship finals, winning four times - three singles and one doubles. From 1986 to 1988, Fabio was the number one ranked junior in the country and represented Canada in many international tennis events including Jr.

Wimbledon, the US Open, and the French Open. He also won a gold medal for British Columbia at the 1989 Canada Games. In 1988, Fabio received a full tennis scholarship to Texas Tech University, a NCAA Division 1 school located in Lubbock, Texas where he played position one in singles and doubles. After graduating in 1993, Fabio decided on a career coaching tennis and competed in the local Tennis BC Men's Open tennis circuit. Again, he achieved a number one ranking in both singles and doubles. Fabio worked as an assistant tennis pro at the Nautilus Racket and Fitness Club in Lubbock, Texas (1992 - 1993), at the New Westminster Tennis Club (1994 - 1995), and at the West Vancouver Tennis Club (1996). Fabio was the Head Tennis Professional at the Richmond Country Club from 1997 to 2012 and has been the NSWC Tennis Director since 2012.

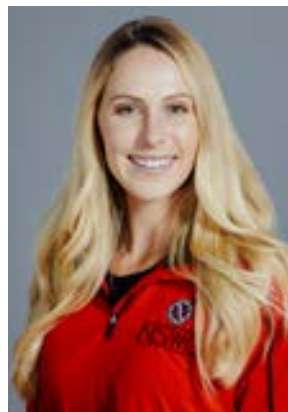


JOE WOOD

ASSISTANT DIRECTOR OF TENNIS

Growing up in the UK, Joe won the U14, U16, and U18 Yorkshire Championships and competed in the U15 and 18 National Championships. He ended his junior career as the number eight player in the UK. At 16 years old, Joe moved to Somerset to play at Milfield School where his team won the

National Schools Title in both his years. In 2007, Joe achieved a junior world ranking in both singles and doubles, earning a scholarship to play at the University of New Mexico. There, he made two NCAA appearances and won two Mountain West Conference Championships. Upon graduating, Joe started coaching at the Lob Performance Tennis Academy in Albuquerque, New Mexico, where he focused on high performance players between the age of 12 and 18. After coaching, he moved back to London to work for the tennis department at IMG and eventually to Canada. Joe has been with the NSWC since 2014.



ALEXA ANTON-OHLMAYER

Originally from Palm Desert, California, Alexa was the captain of the Georgia Tech University women's tennis team and is a former top 15 player in the United States. She is USPTA certified and has coached at clubs in Atlanta, Georgia and Southern California. Alexa "loves tennis and loves giving back to the sport that has given her everything."



AMY WALKER

As a junior, Amy Walker was a top ranked player in Texas and was ranked nationally in the US, her highest national ranking being number four in doubles. Amy earned a full tennis scholarship to Texas Tech University and played on the women's tennis team for four years. After graduating with a BBA and MBA, she moved to British Columbia. Amy played

in the local Tennis BC Women's Open tennis circuit for 10 years, won the Senior BC Doubles Provincials in 2005, and was undefeated in the Division 1 league in 2017. Amy was the assistant tennis pro at the Nautilus Racquet and Fitness Club in Lubbock, Texas (1993 - 1994), the New Westminster Tennis Club (1994 - 1995), and the Richmond Country Club from (1997 - 2012). She has been with the NSWC since 2012.



CHRIS STEAD

Before joining the NSWC as the High Performance Coach, Chris was the Director of Tennis at the West Vancouver Tennis Club for twenty years. He served as a Tennis BC Provincial Team Coach for more than twenty years and as a Tennis Canada Touring Coach working and travelling with some of Canada's top junior teams and players. In 2016, Chris was the

recipient of the Tennis Canada Coaching Excellence Award. He has coached numerous National and Provincial Champions, Jr. ITF Champions, and players on the ATP Challenger and Futures Tours. Chris is Tennis Canada Coach 3 Certified and the highlight of his career was coaching Fabio Walker to the Gold Medal in the 1989 Canada Games!



ALEX CHERMAN

Alex Cherman is the former captain of the University of Missouri St. Louis NCAA men's tennis team. He has extensive coaching experience working in country clubs and high performance junior academies in his native Australia, as well as in Canada and the United States. Alex is USPTA and Tennis Canada certified and

has personally coached many top players, including ATP tour players Marinko Matosevic and Vasko Mladenov.



NICOLE MCLENNAN

Nicole McLennan is Tennis Canada High Performance Coach 3 Certified and was selected to enter the Tennis Canada High Performance Mentorship Program, which she completed in 2017. Along with NSWC Coach Sarah Kadi, Nicole created a girl's group initiative that aims to provide an environ-

ment that matches the needs of young girls in sport. Nicole has also spent time working with the CAC/CAAWS Female Coach Mentorship Program. Currently, Nicole is working in U14 development at the NSWC and travelling with players as a Tennis Canada U12 National Tour Coach and Tennis BC Provincial Coach. Nicole was the 2014 Tennis BC High Performance Coach of the Year and has a BA in Psychology from the University of British Columbia.



DAVID ANDERTON

David Anderton was born in Cambridge Ontario. David's love for tennis started early in life and he played College tennis at Bowling Green State University until 1998. Between 1999 and 2007, David was the assistant coach at the University of Alabama and University of Miami, winning National Coach of the Year in 2007.

From 2007 through 2009, David was the Head Men's Tennis Coach at the University of San Diego and went on to become the Director of Junior Development at the Jack Kramer Club in Palos Verdes, California from 2009 through 2016.

TENNIS EVENTS 2019

FEBRUARY

Club Championships Doubles	Feb 4 - 8
Club Championships Mixed Doubles	Feb 18 - 22
Winter Bash	Feb 23

APRIL

Spring League	April 1 - June 21
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MAY

Grand Slam #2 - French Open - Men	May 15
Grand Slam #2 - French Open - Women	May 16

JUNE

Grand Slam #3 - Wimbledon - Men	June 19
Grand Slam #3 - Wimbledon - Women	June 20

JULY

Friday Night Socials	July 5, 12, 19, & 26
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AUGUST

Summer Smash	August 11 - 17
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SEPTEMBER

Grand Slam #4 - US Open - Men	Sept 11
Grand Slam #4 - US Open - Women	Sept 12

OCTOBER

Paul Shellard Fall Classic Mixed Doubles	Oct 13 - 19
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NOVEMBER

Triple Threat Team Tennis Auction Night	Nov 15
Triple Threat Team Tennis Matches	Nov 16 - 17 (9 - 6pm)

DECEMBER

Christmas Mixer	Dec 8
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Adult Tennis

SPRING 2019 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



JOE WOOD
Assistant Tennis Director
jwood@nswc.ca



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!

April 2 - Jun 18

Tue: 12 sessions | 8pm - 9pm

Member: \$276 | Non Member: \$408

Apr 3 - Jun 19

Wed: 12 sessions | 12pm - 1pm

Member: \$276 | Non Member: \$408

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!

Apr 4 - Jun 20

Thu: 12 sessions | 10am - 11am

Member: \$276 | Non Member: \$408

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!

Apr 4 - Jun 20

Thu: 12 sessions | 11am - 12pm

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 7pm - 8pm

Member: \$276 | Non Member: \$408

Apr 5 - Jun 21 (No session Apr 19)

Fri: 11 sessions | 10am - 11am

Member: \$253 | Non Member: \$374



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!

Apr 1 - Jun 17 *(No session Apr 22 & May 20)*

Mon: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Apr 2 - Jun 18

Tue: 12 sessions | 11am - 12pm

Member: \$276 | Non Member: \$408

Apr 2 - Jun 18

Tue: 12 sessions | 7pm - 8pm

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408



Adult Drills

Beginner - Level 1.0 - 1.5

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

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 10am - 11am

Member - \$230 | Non Member - \$340

Apr 2 - Jun 18

Tue: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408

Apr 3 - Jun 19

Wed: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 6pm - 7pm

Member: \$276 | Non Member: \$408

Apr 3 - Jun 19

Wed: 12 sessions | 8pm - 9pm

Member: \$276 | Non Member: \$408



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.

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 11am - 12pm

Member - \$230 | Non Member - \$340

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 6pm - 7pm

Member - \$230 | Non Member - \$340

Apr 3 - Jun 19

Wed: 12 sessions | 10am - 11am

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 10am - 11am

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thu: 12 sessions | 8pm - 9pm

Member: \$276 | Non Member: \$408

Apr 5 - Jun 21 *(No session Apr 19)*

Fri: 11 sessions

11am - 12pm

Member: \$253 | Non Member: \$374

Apr 3 - Jun 19

Wed: 12 sessions | 7pm - 8pm

Member: \$276 | Non Member: \$408

Men's Tennis Training

Level 3.5 & up

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

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 9am - 10am

Member: \$230 | Non Member: \$340

Apr 2 - Jun 18

Tue: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408

Apr 2 - Jun 18

Tue: 12 sessions | 6pm - 7pm

Member: \$276 | Non Member: \$408

Apr 4 - Jun 20

Thur: 12 sessions | 9am - 10am

Member: \$276 | Non Member: \$408

Apr 5 - Jun 21 *(No session Apr 19)*

Fri: 11 sessions | 9am - 10am

Member - \$253 | Non Member - \$374

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.

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 12pm - 1:30pm

Member: \$160

Ladies Doubles Day League

Intermediate - Level 1.5 - 2.5

For the intermediate level tennis player, including doubles, strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 12pm - 1:30pm

Member - \$160 | Non Member: \$240

Ladies Doubles Night League

Novice - Level 1.5 - 2.5

For the novice to intermediate level tennis player. This program is designed to increase your knowledge of doubles and to have fun!

Apr 1 - Jun 17 *(No sessions Apr 22 & May 20)*

Mon: 10 sessions | 8:30pm - 9:30pm

Member: \$200 | Non Member: \$300

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 NSWCA 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

SPRING 2019 PROGRAMS

Le Petit Tennis

Ages: 4 yrs - 5 yrs

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

Apr 6 – Jun 22 (No sessions Apr 20 & May 18)

Sat: 10 sessions | 10am – 10:30am
Member: \$120 | Non Member: \$170

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).

Apr 6 – Jun 22
 (No sessions Apr 20 & May 18)

Sat: 10 sessions | 12pm – 1pm
Member: \$200 | Non Member: \$250

Apr 1 – Jun 17
 (No sessions Apr 22 & May 20)
Mon: 10 sessions | 3:30pm – 4:30pm
Member: \$200 | Non Member: \$250

Apr 3 – Jun 19
Wed: 12 sessions | 3:30pm – 4:30pm
Member: \$240 | Non Member: \$300

Orange Level 1

Ages: 7 yrs - 9 yrs

Orange Level 1 Tennis is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

Apr 6 – Jun 22
 (No sessions Apr 20 & May 18)
Sat: 10 sessions | 1pm – 2pm
Member: \$200 | Non Member: \$250

Apr 1 – Jun 17
 (No sessions Apr 22 & May 20)
Mon: 10 sessions | 3:30pm – 4:30pm
Member: \$200 | Non Member: \$250

Apr 3 – Jun 19
Wed: 12 sessions | 3:30pm – 4:30pm
Member: \$240 | Non Member: \$300

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.

Apr 6 – Jun 22
 (No sessions Apr 20 & May 18)
Sat: 10 sessions | 2pm – 3pm
Member: \$200 | Non Member: \$250

Apr 1 – Jun 17
 (No sessions Apr 22 & May 20)
Mon: 10 sessions | 3:30pm – 4:30pm
Member: \$200 | Non Member: \$250

Apr 3 – Jun 19
Wed: 12 sessions | 3:30pm – 4:30pm
Member: \$240 | Non Member: \$300

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.

Apr 6 – Jun 22
 (No sessions Apr 20 & May 18)
Sat: 10 sessions | 10:30am – 12pm
Member: \$300 | Non Member: \$375



Why Playing Multiple Sports is Beneficial to Kids



In this day and age when trophies and scholarships dominate youth athletics, kids are being pushed to specialize in a single sport as early as their pre-teen years. Driven by the professionalization of youth sports, coaches and parents alike have turned their focus to making kids young experts in their sport of choice.

"It'll help prevent injury," some explain. Others caution that without specialization, kids will "fall behind" or be unable to "play at the next level."

But these claims are nothing more than myths that are often at odds with the well-being of our children. In reality, countless benefits of playing multiple sports are being forgotten in the midst of the specialization craze. For starters, improving fitness, motivation, confidence and creativity. But perhaps more importantly: playing for the sake of the game itself and in doing so, having some plain and simple, old-fashioned fun.

It's time to put the myths to bed. In reality, kids only stand to gain from playing multiple sports. Here's why:

Specializing actually leads to greater chance of injuries.

Instead of sharpening their overall athleticism in a well-rounded way, specialized athletes are repeating the same movements with the same sets of muscles every day of the week. This has led to a dramatic rise in the need for Tommy John surgery and reconstructive surgery of elbow ligaments—to cite just two examples.

Sports skills and athletic movements transfer.

Jumping for a basketball works the same muscles swimmers use to push off the starting blocks and develop a strong kick. A full 87 percent of 2015 NFL draft picks were multi-sport athletes, and the average number of multi-sport athletes in the NFL hovers around 70 percent. It's not surprising when you consider that quickness, running, jumping, agility, throwing and countless other moves are all transferable skills.

Multi-sport athletes learn to compete.

Each sport requires its own unique levels of focus and resiliency. Some games, like baseball, are more drawn out and require long-term attention punctuated with quick action. Other sports are all about pacing and endurance. The broader the exposure young athletes get to these different conditions, the better. Resiliency and focus, too, are transferable skills.

Multi-sport athletes have a greater sports I.Q.

They develop a feel for any game they are playing. Ever heard about football players taking ballet classes? This helps not just to transfer athletic movements, but also to enhance their appreciation for different types of movements. Thanks to cross-training, multi-sport athletes are overall more creative and less mechanical in their approach.

multi-sport athletes.

It doesn't take long for kids to fizzle from going to five must-do showcase events and traveling every weekend in the summer. Ultimately, they stop enjoying the process. The balance and variety that comes from playing multiple sports offers keeps young athletes alert, engaged and, literally, on their toes.

Multi-sport athletes are better teammates.

They've got lots of experience at it! They're used to interacting with a variety of teammates and coaches within different contexts. This is priceless training for athletics of all sorts and life.

Remember, too: grit, tenacity and the will to compete are traits that transfer across all sports. In applying the essential lessons from one sport to others, kids are better athletes overall. Cultivating these while building character is the true purpose of youth sports, which above all serves as a metaphor for life.

Rob Bell, Ph.D., is a sport psychology coach and owner of DRB & Associates, where he works with athletes, coaches and teams, including at Notre Dame University, on achieving peak performance. He is the author of "Don't 'Should' On Your Kids: Build Their Mental Toughness," co-authored with Bill Parisi.





ABOUT

The North Shore Winter Club (NSWC) is a celebrated family athletic club serving the Greater Vancouver Area. Home to a rich history of hockey, swimming, racquet sports, and fitness, members have enjoyed the benefits of a friendly social environment since 1958. Ideally located at the bottom of Mountain Highway on the north side of the Second Narrows Bridge, the NSWC has become a prominent symbol of British Columbia's proud tradition of inclusive athletics and overall family fitness.

BENEFITS OF MEMBERSHIP

The Club is a home away from home providing great family experiences including sport, dining, entertainment, socialization, and business. Membership grants access to the Club and participation in any programs and activities at preferred member rates, including:

- Exceptional Minor Hockey program (Initiation, Rep, & House), year-round access to development from Learn to Skate and Cookie Monsters all the way to Midget, world-class coaching staff, premier Men's Hockey League, and plenty of open ice time on four sheets of ice.
- Free goalie development including six private lessons and weekly group development sessions, subject to final approval by the Minor Hockey Committee.
- Talented tennis coaching staff with four outdoor courts and seven indoor courts, as well as two squash and two racquetball courts. Access to tennis leagues, ladders, socials, and tournaments.
- Free access to the fitness center and the opportunity to register for value-added personal and group training programs and fitness classes.
- Free access to the inviting outdoor pool, which includes a dive tank and wading pool, as well as summer activities, swimming lessons, and the Marlins Swim Team.
- Youth camps and programs to keep your children engaged, including basketball, dance, hockey, jui jitsu, multi-sport, tennis, and SportBall. Even host your child's birthday parties at the Club!
- Child minding for children age 18 months to 7 years in the fun, educational Kids Corner.
- Weekly Friday Fun Nights, seasonal social events, barbeques, and parties to celebrate various holidays and occasions.
- Food and beverage options in the Lounge and the Club Café. No minimum spend required.
- Reciprocal club options around the world, many of which offer accommodation.
- 60 years of tradition and community. Memories to last a lifetime!
- Membership for generations. We will waive the entrance fees for your children and they'll pay reduced monthly fees on an Intermediate Membership until the age of 36.

MEMBERSHIP OPTIONS

We offer a variety of Memberships for Singles, Couples, and Families. Please note that the Trial Goalie and Marlins Memberships are only available for Families and that the Intermediate Membership is only available for Singles and Couples.

- **Full Membership** – Life long. Entitled to one vote.
- **Trial Membership** – Year long opportunity to see what life at the Club is all about. Children cannot play Rep Minor Hockey. Full entrance fees are credited towards Full Membership upon conversion. Non-voting.
- **Trial Goalie Membership** – 8 months long from August 1st through March 31st with the option to extend to 1 year. Availability subject to the need for goalies at a particular age group (Atom, Peewee, Bantam, and Midget only). Siblings cannot play Rep Minor Hockey. Full entrance fees are credited towards Full Membership upon conversion. Non-voting.
- **Marlins Membership** – 4 months long from May 1st through August 31st and includes the registration fee for one child to participate on the Marlins Swim Team. Availability subject to the need for swimmers at a particular age group. \$900 of entrance fees credited towards Full Membership upon conversion. Non-voting.
- **Intermediate Membership** – Membership for children of Full Members ages 19 through 35. Entrance fees waived and monthly dues discounted until age 36. Entitled to one vote.
- **Corporate Membership** – Lifelong tool for recruiting, retaining, and rewarding your key personnel. Corporation can choose to up to three designees and is entitled to one vote.

ENTRANCE FEES

FULL	TRIAL	TRIAL GOALIE	MARLINS	INTERMEDIATE	CORPORATE
Family \$10,000	Family \$2,000	Family \$1,200	Family \$1,500		\$14,000
Couple \$10,000	Couple \$2,000			Couple \$0	
Single \$5,000	Single \$1,200			Single \$0	

MONTHLY DUES

FULL	TRIAL	TRIAL GOALIE	MARLINS	INTERMEDIATE	CORPORATE
Family \$374	Family \$374	Family \$374	Family \$374		Family \$374
Couple \$316	Couple \$316			Couple \$237	Couple \$316
Single \$231	Single \$231			Single \$139	Single \$231

All fees and dues are subject to 5% GST. The NSWC reserves the right to change its prices and program fees without prior notice. Additional activity fees may be applicable for each sport.

CONTACT

For more information, please visit our website at www.nswc.ca and follow us on social media (@myNSWC). To book a tour or to apply for Membership please contact:

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*To add your business to the
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A photograph of the North Shore Winter Club building. A large tree with green and yellowing leaves stands in the foreground, partially obscuring the building. A thick pile of fallen autumn leaves is at the base of the tree. The building is made of light brown brick and has several windows. A small sign is visible near the entrance on the right.

NORTH SHORE WINTER CLUB

PLEASE
PICK UP
A DROP OFF
ONLY



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