

NORTH SHORE WINTER CLUB

Summer Kids Camp Guide 2019



SUMMER CAMP REGISTRATION

Members

April 9th @ 10am

Non Members

April 23rd @ 10am

Register at www.nswc.ca or nsw.gametime.net



Contents & Registration Information

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Registration Information

Member Registration Opens: April 9th at 10am

Non Member Registration Opens: April 23rd at 10am

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

Cancellation Policy

Cancellation requests must be in writing by emailing cancellations@nswc.ca. Please include name of participant, name of the program and the start date and time of the program.

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

Payment

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

Aquatics summer 2019

Pool Rules and Information

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

- Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.
- Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing wrist bands.
- Children are not allowed to wear flotation devices on the diving board.
- When the NO LIFEGUARD ON DUTY sign is up, only adults over the age of 19 are allowed to use the pool.

Red Cross Swimming Lessons

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

Swimming Sets & Dates

Members & Non Members

Set 1: May 21—24 & May 27— 31 (No lesson May 20)

Set 2: Jun 3—7 & Jun 10—14

Set 3: Jun 17—21 & Jun 24—28

Members Only

Set 4: Jul 2—5 & Jul 8—12 (No lesson Jul 1)

Set 5: Jul 15—19 & Jul 22—26

Set 6: Jul 29—Aug 2 & Aug 6—9 (No lesson Aug 5)

Set 7: Aug 12—16 & Aug 19—23

Price Per Set

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

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

Non Member lesson sets available sets 1—3 only (May & June).



Aquatics summer 2019

Red Cross Swim Program (3 yrs—6 yrs)

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

Sea Otter (Ages: 3 yrs to 6 yrs)

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

This is a parent participation class.

Sets 1—3: 3:30pm—4pm

Sets 4—7: 10:30am—11am (Members Only)

Salamander (Ages: 3 yrs to 6 yrs)

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

Sets 1—3: 3:30pm—4pm

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

Sunfish (Ages: 3 yrs to 6 yrs)

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

Sets 1—3: 3:30pm—4pm

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

Crocodile (Ages: 3 yrs to 6 yrs)

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

Sets 1—3: 4pm—4:30pm

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

Whale (Ages: 3 yrs to 6 yrs)

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

Sets 1—3: 4pm—4:30pm

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

Aquatics summer 2019

Red Cross Swim Kids (5 yrs—12 yrs)

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

Red Cross Swim Kids (Level 1)

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

Sets 1—3: 4:30pm—5pm

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

Red Cross Swim Kids (Level 2)

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

Sets 1—3: 4:30pm—5pm

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

Red Cross Swim Kids (Level 3)

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

Sets 1—3: 4:30pm—5pm

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

Red Cross Swim Kids (Level 4)

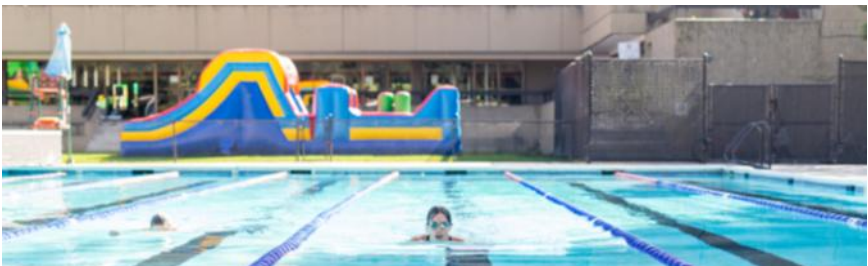
The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits.

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

Red Cross Swim Kids (Level 5)

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

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



Aquatics summer 2019

Red Cross Swim Kids (Level 6)

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

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

Red Cross Swim Kids (Level 7)

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

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

Red Cross Swim Kids (Level 8)

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

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

Red Cross Swim Kids (Level 9)

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

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

Red Cross Swim Kids (Level 10)

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

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



Aquatics summer 2019

Private Swim Lessons

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

To learn more, contact aquatics@nswc.ca

Rates:

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

Package of 5 (30 minutes): Member \$140 | Non Member \$215

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

Package of 5 (45 minutes): Member \$215 | Non Member \$315

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

* Packages expire September 1, 2019

Lifesaving Courses

Bronze Medallion

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

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

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

Bronze Cross

Prerequisites: Bronze Medallion, must show proof of certification

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

Aquatics summer 2019

National Lifeguard Training

NLS Core and Pool Option

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

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

To learn more, contact aquatics@nswc.ca

Adult Swimming (Masters)

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

Jun 3—Aug 29

Mon and Wed

8pm—9pm

Member Drop In: \$15 / class

Non Member Drop in: \$18 / class

Member 5 Pack: \$60

Non Member 5 Pack: \$80

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



FRIDAY FUN NIGHTS

EVERY FRIDAY 5:30PM
ALL SUMMER | ALL AGES



ADULT TIKI DECK BBQ

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

TWEEN SWIM

WEATHER DEPENDENT

Dance Camps Summer 2019

Dance with Christie

dancewithchristie.com

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

Boys Only Hip Hop Camp

Ages: 5 yrs to 10 yrs

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

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

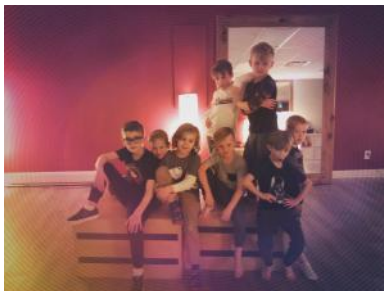
Aug 6—Aug 9

Tues—Fri (4 sessions)

3pm—4pm

Members: \$58

Non Members: \$65



Summer Mini Dance Camp

Ages: 3 yrs to 6 yrs

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

Aug 6—Aug 9

Tues—Fri (4 sessions)

10:15am—11:45am

Members: \$86

Non Members: \$98



Dance Camps Summer 2019

Summer Dance Camp

Ages: 6.5 yrs to 12 yrs

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

Aug 6—Aug 9

Tues—Fri (4 sessions)

1pm—3pm

Members: \$115

Non Members: \$130



Dance Camps Summer 2019

Summer Dance Classes with Bryn

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!

Bryn will be teaching dance classes in our Multi Sport camps throughout the summer. She looks forward to dancing with all the Multisport kids each week! If you have a group of four or more kids looking for a dance camp with Bryn, please contact her directly and she will look into her personal schedule as well as studio availability.

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 at brynasmussen@shaw.ca.





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!

Hockey Camps Summer 2019

Hockey Day Camps

Our NSW Summer Hockey Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 2 on ice sessions including power skating, puck skills and games. Participants will also be introduced to off-ice development and team games. *Lunch is included.*

Initiation

Week 1: Jul 2—Jul 5	8am—3:15pm	4 sessions
Week 2: Jul 8—Jul 12	8am—3:15pm	5 sessions
Week 3: Jul 15—Jul 19	8am—3:15pm	5 sessions
Week 4: Jul 22—Jul 26	8am—3:15pm	5 sessions
Week 5: Jul 29—Aug 2	8am—3:15pm	5 sessions
Week 6: Aug 6—Aug 9	8am—3:15pm	4 sessions
Week 7: Aug 12—Aug 16	8am—3:15pm	5 sessions
Week 8: Aug 19—Aug 23	8am—3:15pm	5 sessions
Week 9: Aug 26—Aug 30	8am—3:15pm	5 sessions

Members: \$350 / week \$280 / weeks 1 & 6
Non Members: \$520 / week \$416 / weeks 1 & 6

Atom

Week 1: Jul 2—Jul 5	9am—4:15pm	4 sessions
Week 2: Jul 8—Jul 12	9am—4:15pm	5 sessions
Week 3: Jul 15—Jul 19	9am—4:15pm	5 sessions
Week 4: Jul 22—Jul 26	9am—4:15pm	5 sessions
Week 5: Jul 29—Aug 2	9am—4:15pm	5 sessions
Week 6: Aug 6—Aug 9	9am—4:15pm	4 sessions
Week 7: Aug 12—Aug 16	9am—4:15pm	5 sessions
Week 8: Aug 19—Aug 23	9am—4:15pm	5 sessions
Week 9: Aug 26—Aug 30	9am—4:15pm	5 sessions

Members: \$350 / week \$280 / weeks 1 & 6
Non Members: \$520 / week \$416 / weeks 1 & 6

Hockey Camps Summer 2019

Cammi Granato Hockey Camp



Cammi Granato, was a member of the US Women's hockey team from its first season in 1990 until just before the 2006 Winter Olympics. She is one of the most well known American female hockey players and will bring her knowledge to NSW's summer hockey camp for one week in August. The 5 days will include 2 hrs on ice, 1 hr dryland training, leadership and team building. *Lunch is included.*

Week 7: Aug 12—Aug 16

Times TBD

5 sessions

Age Divisions: Novice, Atom & Pee wee

Members: \$600 / week

Non Members: \$690 / week



Kids Corner summer 2019

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	4pm—8pm
Sat	10am—4pm
Sun	Closed

Member Package

\$68 mth per child
(\$25 for each additional child)

Member Drop In

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



Guest Drop In

\$12 hr (\$8 hr for additional child)

Restrictions

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



Kids Corner Camps Summer 2019

Kids Corner Summer Camps

Wacky, Wild Art Week

Ages: 2 yrs to 7 yrs

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

Week 1: Aug 6—9

Tues—Fri

9am—11am

Week 2: Aug 19—23

Mon—Fri

9am—11am



Members: \$90 / week 1

\$112/ week 2

Non Members: \$100 / week 1

\$125 / week 2

Culinary No Cook Recipe Week

Ages: 2 yrs to 7 yrs

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

Week 1: Aug 12—16

Week 2: Aug 26—Aug 30

Mon—Fri

9am—11am

Members: \$112 / week

Non Members: \$125 / week

What to pack!

- Sunscreen, sunhat and water bottle. Kids should be wearing running shoes and clothes they can move in. Please, no flip flops or sandals.



Multi Sport Camps Summer 2019

Multi Sport Day Camps

Ages: 6 yrs to 11 yrs

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

Additional fees may be required for some field trips.

WEEK	DATES	THEME	FIELD TRIP
1	Jul 2 - Jul 5	Under the Sea & Sportball	Ambleside Park
2	Jul 8 - Jul 12	Choo Choo Train	Stanley Park Train
3	Jul 15 - Jul 19	Mad Science & Sportball	Laser Dome
4	Jul 22- July 26	Animal Planet	Maplewood Farms
5	Jul 29 - Aug 2	Pirates of the Club & Sportball	Science World
6	Aug 6 - Aug 9	Jungle Kids	Go Bananas
7	Aug 12- Aug 16	Off to Space	HR MacMillan Space Centre
8	Aug 19 - Aug 23	Sea Life & Sportball	Vancouver Aquarium

Activities Included:

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

What to Pack Each Day:

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

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

Members: \$265 / week

\$215 / weeks 1 & 6

\$55 / drop in

Non Members: \$375 / week

\$300 / weeks 1 & 6

\$85 / drop in

Camps fill up quick! If the camp is not full, we will allow for 1 day drop ins. Please phone ahead to ensure there is space. No Drop in on Fridays.

Kids Events summer 2019

Splash & Dash—Friday Fun Nights!

Ages: 6 yrs to 11 yrs

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

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

Fridays: 5:30pm—9pm Starting Friday June 7th

*Program is weather dependent

*Program is open to members and their guests.



Sportball Camps Summer 2019



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill-based programs are designed to promote physical

literacy and build self-confidence, so every kid can get in the game, and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the "play" in ball!

Multi – Sport Camps Only

Ages: 3 yrs to 5 yrs

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

Set 1: Jul 2 – Jul 5

Tues—Fri (4 sessions)

10:30am—12pm

Members: \$92 / week

Non Members: \$110 / week

Set 2: Jul 15 – Jul 19

Set 3: Jul 29 – Aug 2

Set 4: Aug 19 – Aug 23

Mon—Fri (5 sessions)

10:30am—12pm

Members: \$115 / week

Non Members: \$135 / week

Multi – Sport Day Camps with Sportball

Ages: 6 yrs to 11 yrs

NSWC offers Day Camps that include a Sportball component.

Turn to page 14 for specific weeks .

Set 1: Jul 2 – Jul 5

Set 2: Jul 15 – Jul 19

Set 3: Jul 29 – Aug 2

Set 4: Aug 19 – Aug 23



Tennis Camps Summer 2019

Juniors Tennis Programs

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

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

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

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

Red Ball (Ages: 6 yrs to 7 yrs)

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

Week 1: Jul 2—Jul 5	11am—12:30pm	4 sessions
Week 2: Jul 8—Jul 12	11am—12:30pm	5 sessions
Week 3: Jul 15—Jul 19	11am—12:30pm	5 sessions
Week 4: Jul 22—Jul 26	11am—12:30pm	5 sessions
Week 5: Jul 29—Aug 2	11am—12:30pm	5 sessions
Week 6: Aug 6—Aug 9	11am—12:30pm	4 sessions
Week 7: Aug 12—Aug 16	11am—12:30pm	5 sessions
Week 8: Aug 19—Aug 23	11am—12:30pm	5 sessions

Members: \$97.50 / week	\$78 / weeks 1 & 6
Non Members: \$146.25 / week	\$117 / weeks 1 & 6



Tennis Camps Summer 2019

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

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

2 hours of tennis and 1 hour of swimming each day!

Week 1: Jul 2—Jul 5	9am—12pm	4 sessions
Week 2: Jul 8—Jul 12	9am—12pm	5 sessions
Week 3: Jul 15—Jul 19	9am—12pm	5 sessions
Week 4: Jul 22—Jul 26	9am—12pm	5 sessions
Week 5: Jul 29—Aug 2	9am—12pm	5 sessions
Week 6: Aug 6—Aug 9	9am—12pm	4 sessions
Week 7: Aug 12—Aug 16	9am—12pm	5 sessions
Week 8: Aug 19—Aug 23	9am—12pm	5 sessions

Members: \$195 / week

\$156 / weeks 1 & 6

Non Members: \$292.50 / week

\$234 / weeks 1 & 6

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

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

Week 1: Jul 2—Jul 5	12pm—3pm	4 sessions
Week 2: Jul 8—Jul 12	12pm—3pm	5 sessions
Week 3: Jul 15—Jul 19	12pm—3pm	5 sessions
Week 4: Jul 22—Jul 26	12pm—3pm	5 sessions
Week 5: Jul 29—Aug 2	12pm—3pm	5 sessions
Week 6: Aug 6—Aug 9	12pm—3pm	4 sessions
Week 7: Aug 12—Aug 16	12pm—3pm	5 sessions
Week 8: Aug 19—Aug 23	12pm—3pm	5 sessions

Members: \$195 / week

\$156 / weeks 1 & 6

Non Members: \$292.50 / week

\$234 / weeks 1 & 6

Tennis Camps Summer 2019

Teen Tennis Training (Ages: 12 yrs +)

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

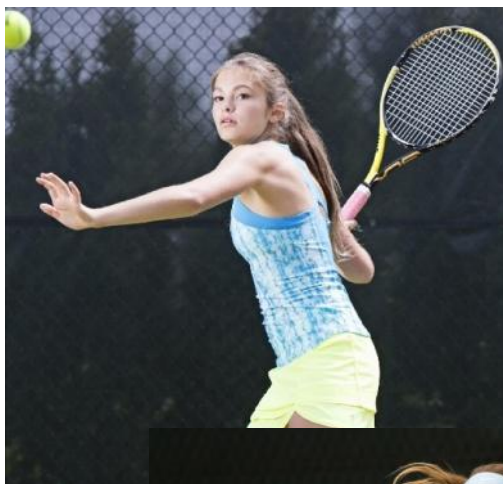
Week 1: Jul 2—Jul 5	12:30pm—2pm	4 sessions
Week 2: Jul 8—Jul 12	12:30pm—2pm	5 sessions
Week 3: Jul 15—Jul 19	12:30pm—2pm	5 sessions
Week 4: Jul 22—Jul 26	12:30pm—2pm	5 sessions
Week 5: Jul 29—Aug 2	12:30pm—2pm	5 sessions
Week 6: Aug 6—Aug 9	12:30pm—2pm	4 sessions
Week 7: Aug 12—Aug 16	12:30pm—2pm	5 sessions
Week 8: Aug 19—Aug 23	12:30pm—2pm	5 sessions

Members: \$112.50 / week

\$90 / weeks 1 & 6

Non Members: \$168.75 / week

\$135 / weeks 1 & 6





NORTH SHORE
WINTER CLUB

NORTH SHORE WINTER CLUB

1325 East Keith Road
North Vancouver, BC, V7J 1J3

www.nswc.ca

604-985-4135