

NORTH SHORE WINTER CLUB

Fall 2019 Program Guide



FALL REGISTRATION

Members July 30th @ 10am

Non Members August 13th @ 10am

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



MINOR HOCKEY SPIRIT NIGHT!



Show your pride and wear your NSWC jerseys in support of the North West Hawks! Helmet stickers, face painting & pizza will be provided!

All Minor Hockey Players are welcome! Date/Time: TBD



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2018/19 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

CAULINDA BARTOK - TREASURER

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



SHANE HAYES
Facilities Operations
Manager
shayes@nswc.ca



GARTH PROUSE
Director of Fitness
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KIM HIRJI
Recreation
& Executive
Coordinator
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AARON WILBUR
Director of Hockey
awilbur@nswc.ca



BOB MCCUAIG
Manager Hockey
Admin
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FABIO WALKER
Director of Tennis
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JOE WOOD
Assistant Tennis Director
jwood@nswc.ca



BARB HUFSMITH
Member Services
Manager
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JENN MCDONALD
Senior Accountant
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MAHER ABIAD
Sales & Marketing
Coordinator
mabiad@nswc.ca



EMILY ALLEN
Hockey Program &
Events Coordinator
eallen@nswc.ca



THOMAS PINKERTON
Executive Chef
tpinkerton@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

Program Registration Information

Member Registration opens at

10:00am on July 30th, 2019

Non Member Registration opens at

10:00am on August 13th, 2019

There are three ways to register for programs:

1. Online registration at www.nswc.ca
2. Phone registration:
3. **604-985-4135 ext 0**
4. 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.
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 bookings@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

SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Minor Hockey Tryouts Start	5	6 Friday Fun Night	7
8	9	10	11 US Open Grand Slam Mens	12 US Open Grand Slam Womens	13 Friday Fun Night	14 Marlins Banquet
15	16	17	18	19	20 Friday Fun Night	21
22	23	24 Fall Hockey Programs Begin	25	26	27 Friday Fun Night Sr Men's Draft Night	28
29	30					

OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Friday Fun Night	5
6	7	8	9	10	11 Martin Jones Pee wee Hockey Tournament OCT 11 - 14	12
13 Martin Jones Pee wee Hockey Tournament OCT 11 - 14	14	15	16	17	18 Friday Fun Night	19 Paul Shellard Fall Classic Tennis OCT 19 - 25
20	21	22 Paul Shellard Fall Classic Tennis OCT 19 - 25	23	24 NSWC Annual General Meeting	25 Friday Fun Night	26
27 Kids Halloween Party	28	29	30	31		

NOVEMBER 2019

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

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Friday Fun Night	7 Santa's Breakfast
8	9	10	11	12	13 Friday Fun Night	14
15 Fall Hockey Programs End Tennis Xmas Mixer	16	17	18	19	20 Friday Fun Night	21
22	23	24	25	26	27 Atom A1 Tournament Dec 27 - 30	28
29 Atom A1 Tournament Dec 27 - 30	30	31				

Member Moments

60th Anniversary Party



The club was packed on Saturday, May 11, 2019, as the NSWC hosted its long awaited 60th Anniversary event. There were lots of amazing outfits, bopping music, and dancing that lasted through the night. Everyone enjoyed the contests with spectacular prizes and music from Johnny & The Walkers, delicious gourmet food stations with lots of great eats, and plenty of cocktails. Thanks to everyone that came out to support the last 60 years, and we look forward to what the exciting upcoming years bring.

Father's Day Beer Festival

On June 16th, the Club hosted their first Father's Day Beer Festival. With 7 vendors sampling their favourite brew, two food trucks, live music, face painters, bouncy castles and swimming. The interior section of our property was transformed into a fun festival for the entire family. The event was a hit and we can't wait to host it again next year.



PCAHA Volunteer of the Year Award

Jennifer Hanna



In the 3+ years I've been working at the NSWC I have met a ton of amazing volunteers that help make our minor hockey program and club a great place for kids of all ages to play. One person in particular has stood out to me from the time I started, and that

amazing volunteer is Jennifer Hanna. She puts in countless hours of her own time into helping support our hockey department and minor hockey committee year round. Of the many jobs Jenn takes on, she has been an integral part of our TNT Tournament, growing the tournament to over 60 teams. Not only does she help during the planning stages of the event, but she also spends countless hours at the club during the tournament. This past TNT she had no children in the tournament and yet she still stepped up to lend her help wherever and whenever we needed it. Jenn has also been on our Minor Hockey Committee for the last two years and has joined many other committees during this time, such as the Ice committee and TNT committee. Her committee jobs have included being the jersey coordinator and initiation coordinator. Her volunteering doesn't just stop there, she also volunteered as the Atom A4 team manager for her son Mason's team and as the Bantam A1 team treasurer for her son Dexter's team.

We really cannot say enough good things about Jenn Hanna and the job she does for our organization and club. It is people like her that make Minor Hockey a special place for so many kids to grow up. On behalf of the NSWC I want to send a huge THANK YOU to Jenn and her family. We are extremely lucky to have you as part of our community and club. -NSWC Hockey Department

Volunteer of the Year 2018 / 2019

The volunteers are truly the heart and soul of our Club. They dedicate their time and energy and help in making the Club the incredible place that it is. The commitment and passion of our volunteers is truly amazing and you can see it within every Committee. In June, the Members nominations for the Volunteer of the year were as follows:

Sue Stock

Sue is chair of the female hockey committee and has done an incredible job of building the program over the last couple of years increasing enrollment as well as building team and parent engagement. She helps execute hockey tournaments and gives tirelessly to the PCAHA, families and Club.

Jennifer Hanna

Jenn sits on the MHC and our ice & TNT committees, managed the Atom A4 team and works with the hockey department to organize and execute hockey tournaments and events at the Club. Her passion for the Club, ensuring all kids have a great experience, and her overall efforts to the Club is beyond generous.

Kevin Driscoll

Kevin sits on the tennis committee, volunteers with senior men's hockey and helps out and is a great asset with many Club events. Kevin donates generously to the Club in all areas. His energy and charismatic personality is always willing to lend a hand and help out and is infectious to those around him.

Given the nominees strengths and dedication to the Club, choosing the 2019 Volunteer of the Year was no easy task!

*Congratulations to our 2019 Volunteer of the Year:
Jennifer Hanna.*

Marlins AB Meet

On June 22nd and 23rd, the Marlins hosted their 48th Annual AB Swim Meet. This meet had the most participants yet with over 450 swimmers competing from various Club's. An A/B swim meet is one where there are separate events for swimmers who have achieved "A" times in a particular stroke and those that haven't yet reached that milestone, across each age division. Our Marlins team was represented by more than 70 swimmers ranging in age from 5 to 18 participating over the weekend and they did not disappoint!

Swimmers with a range of experience levels were able to participate with great success, with meet records being broken by Maxine Sealey and Buzz Mallender. Every competitor came out a true winner and as always made the Club so proud to host this incredible swim meet. To all the Marlins parents who dedicate so much time and hard work to make this event such a flawless success. Congratulations on a weekend full of memories.





TENNIS

Canadian Tennis legend, and Former world ranked #1 doubles player Daniel Nestor visited the North Shore Winter Club this past summer.

The Monday morning ladies league took a break from their training session with Coach Amy for a photo op with the former Wimbledon, French Open, and Australian Open Champion!



French Open Ladies Champions:

Winners: Kelly Lusk and Sandra Riml

Runners Up: Jorcelyn Wang and Karen Bertini



French Open Men's Champions:

Winners: Louie Dapavo and Paul Fenney

Runners Up: Doug Smith and Jim Heppell



Wimbledon Ladies

Winners: Kara Gibson & Laura Smith

Runners Up: Shauna Gould & Karen Bertini



Wimbledon Men

Winners: Rob Cronk & Mike Korbin

Runners Up: Louie Dapavo & Jeff Herman

Featured Athlete

Maxine Sealey

We interviewed Maxine Sealey, a NSW Marlin. Maxine is having an incredible swim season having set multiple records in the 50 fly, 100 fly and 100 back.

Name Maxine Sealey

Age 14

How many years have you been swimming? 7 years

What is your favourite stroke?
Butterfly.

What is your biggest accomplishment in swimming?
Setting a new NSW meet record for Div 5 girls 50 fly this year. My goal is to medal at provincials this year in fly.

Who is your role model in the sport?
Penny Oleksiak. Penny swam in the 2016 Summer Olympics for Canada when she was 16. She won multiple medals and broke both Olympic and World records. To medal in the Olympics at such a young age is incredible accomplishment. She is passionate about swimming and I admire her determination.

Do you have any good luck rituals or superstitions before meets?

Before each race I close my eyes and visualize my start, my race, my turn and finish. I focus on the techniques that I am working on in my practice with my coaches. My superstition is that I must do 3 jumps behind the blocks before I race.

What is your favourite pre swim food?
Pasta, pasta, pasta - any kind and lots of it.

Besides swimming, what other activities do you enjoy?
I play on the NSW Midget Girls hockey team, attend Windsor hockey academy and I play on the Handsworth girls rugby team.



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 bookings@nswc.ca

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



FEATURE RECIPE

Layered Caramel Pumpkin Pie

Prep Time: 15min

Total Time: 1hr 15min

Servings: 10 servings, 1 piece (126 g) each

Rich caramel and crunchy pecans complement this beautiful no-bake pumpkin pie.

INGREDIENTS

- 1-1/4 cups graham crumbs
- 1/4 cup non-hydrogenated margarine, melted
- 1/4 cup plus 2 Tbsp. caramel ice cream topping, divided
- 1/2 cup plus 2 Tbsp. coarsely chopped pecans, divided
- 2 pkg. (4-serving size each) Jell-O Vanilla Instant Pudding
- 1 cup canned pumpkin
- 1 cup cold milk
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 2 cups thawed Cool Whip Whipped Topping, divided

DIRECTIONS

- Mix graham crumbs and margarine; press onto bottom and up side of 9-inch pie plate. Pour 1/4 cup caramel topping into crust; sprinkle with 1/2 cup nuts.
- Beat dry pudding mixes, pumpkin, milk and spices in medium bowl with whisk 2 min. Stir in 1 cup Cool Whip. Spoon into crust.
- Refrigerate 1 hour. Top with remaining Cool Whip, caramel topping and nuts just before serving.



Dance

FALL 2019 PROGRAMS

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.

DANCE INSTRUCTOR

Bryn Rasmussen
brynasmussen@shaw.ca

Bryn is extremely excited to be in her 7th 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!

Tiny Tot Dance

'Dance To The Music'

Ages: 3 yrs 6 mos - 6 yrs

(Age exceptions considered with prior approval by Bryn)

This class is open to beginner dancers- no experience necessary.

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

Instructor: Bryn Rasmussen

Set 1: Sep 10 - Oct 8

Set 2: Oct 29 - Nov 26

Tue: 5 sessions | 3:45pm - 4:45pm

Member: \$68 | Non Member: \$80

Juniors (SYTYCD)

'So You Think You Can Dance'

Ages: 9 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Sep 10 - Oct 8

Set 2: Oct 29 - Nov 26

Tue: 5 sessions | 4:45pm - 5:45pm

Member: \$68 | Non Member: \$80



Ballet Technique + Stretch

Ages: 6 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Sep 10 - Oct 8 Set 2: Oct 29 - Nov 26

Tue: 5 sessions | 5:45pm - 6:45pm

Member: \$68 | Non Member: \$80

NEW CLASS

Dance Turns & Jumps Tech Class

Ages: 8 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

This class is designed for dancers with some experience, who have completed three or more dance sessions with Bryn or any other dance teacher. Turns and Jumps Tech Class is a new class designed specifically for dancers looking to improve their jazz, lyrical, and ballet turns and jumps. This class is a perfect addition for dancers already in other classes, and is sure to boost confidence needed when executing various turns and jumps in any dance class. Emphasis will be placed on proper positioning and conditioning in order to provide your dancer with the ability to turn and jump the way they have always dreamed of!

Instructor: Bryn Rasmussen

Set 1: Sep 12 - Oct 10 Set 2: Oct 31 - Nov 28

Thu: 5 sessions | 4:45pm - 5:45pm

Member: \$68 | Non Member: \$80



Minis (SYTYCD)

'So You Think You Can Dance'

Ages: 6 yrs 6 mos - 8 yrs

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Sep 12 - Oct 10 Set 2: Oct 31 - Nov 28

Thu: 5 sessions | 3:45pm - 4:45pm

Member: \$68 | Non Member: \$80

Hip Hop /Jazz Funk 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/Jazz Funk is a one-hour long upbeat class focused on hip-hop fundamentals, grooving, and funky jazz technique with style. Participants can look forward to a fun, high-energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Set 1: Sep 12-Oct 10 Set 2: Oct 31- Nov 28

Thu: 5 sessions | 5:45pm - 6:45pm

Member: \$68 | Non Member: \$80



Dance with Christie

DANCE INSTRUCTOR

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.

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

Set 1: Sep 9 - Nov 4 (No session Oct 14)

Set 2: Nov 11 - Dec 16 * (6 sessions)

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

Member: Set 1 \$96/Set 2 \$72

Non Member: Set 1 \$112/Set 2 \$84

Ages: 4 yrs - 6yrs

Set 1: Sep 9 - Nov 4 (No session Oct 14)

Set 2: Nov 11 - Dec 16 * (6 sessions)

Mon: 8 sessions | 3:30pm - 4:15pm

Member: Set 1 \$96/Set 2 \$72

Non Member: Set 1 \$112/Set 2 \$84

Set 1: Sep 11 - Oct 30

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

Wed: 8 sessions | 3:30pm - 4:15pm

Member: Set 1 \$96/Set 2 \$84

Non Member: Set 1 \$112/Set 2 \$98

Ages: 3 yrs - 6 yrs

Set 1: Sep 14 - Nov 9 (No session Oct 12)

Set 2: Nov 16 - Dec 14 * (5 sessions)

Sat: 8 sessions | 10:15am - 11am

Member: Set 1 \$96/Set 2 \$60

Non Member: Set 1 \$112/Set 2 \$70

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

Set 1: Sept 9- Nov 4 (No session Oct 14)

Set 2: Nov 11 - Dec 16 * (6 sessions)

Mon: 8 sessions | 4:15pm - 5pm

Member: Set 1 \$96/Set 2 \$72

Non Member: Set 1 \$112/Set 2 \$84

Ages: 6 yrs - 12 yrs

Set 1: Sep 14- Nov 9 (No session Oct 12)

Set 2: Nov 16 - Dec 14 * (5 sessions)

Sat: 8 sessions | 11am - 11:45am

Member: Set 1 \$96/Set 2 \$60

Non Member: Set 1 \$112/Set 2 \$70

Musical Theatre Club (MTC)

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

Instructor: Dance with Christie

Ages: 5 yrs - 12 yrs

Set 1: Sep 9 - Nov 4 (No session Oct 14)

Set 2: Nov 11 - Dec 16 * (6 sessions)

Mon: 8 sessions | 5pm - 5:45pm

Member: Set 1 \$96/Set 2 \$72

Non Member: Set 1 \$112/Set 2 \$84

Set 1: Sept 14 - Nov 9 (No session Oct 12)

Set 2: Nov 16 - Dec 14 * (5 sessions)

Sat: 8 sessions | 11:45am - 12:30pm

Member: Set 1 \$96/Set 2 \$60

Non Member: Set 1 \$112/Set 2 \$70



Ballet Technique For Young Dancers

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, lyrical, 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. This class is based on RAD training and is good preparation or addition to RAD classes.

Instructor: Dance with Christie

Ages: 6 yrs - 13 yrs

Set 1: Sep 11 - Oct 30

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

Wed: 8 sessions | 5:15pm - 6:00pm

Member: Set 1 \$96/Set 2 \$84

Non Member: Set 1 \$112/Set 2 \$98

Ages: 5 yrs - 9 yrs

Set 1: Sep 14 - Nov 9 (No session Oct 12)

Set 2: Nov 16 - Dec 14 * (5 sessions)

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

Member: Set 1 \$96/Set 2 \$60

Non Member: Set 1 \$112/Set 2 \$70

Boys Only Hip Hop

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

Instructor: Dance with Christie

Ages: 5 yrs - 11 yrs

Set 1: Sep 14- Nov 9

Set 2: Nov 16 - Dec 14 * (5 sessions)

Sat: 8 sessions

(No session Oct 12)

3:30pm - 4:15pm

Member: Set 1 \$96/Set 2 \$60

Non Member: Set 1 \$112/Set 2 \$70



Competitive Groups

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

Instructor: Dance with Christie

Junior Ages: 5.5 yrs - 8 yrs

Jazz/Hip Hop Competitive Junior

Sep - Jun

Wed: 4:15pm - 5:15pm

Sat: 1:45pm - 2:45pm

Member: \$985 | Non Member: \$1043

Lyrical Competitive Junior

Sep - Jun

Sat: 2:45pm - 3:30pm

Member: \$376 | Non Member: \$432

Intermediate Ages: 8yrs - 13yrs

Jazz/Hip Hop Competitive Intermediate

Sep - Jun

Mon: 5:45pm - 6:45pm

Wed: 6:00pm - 7:00pm

Member: \$1015 | Non Member: \$1075

WEDNESDAY BALLET ADD ON

for all Competitive dancers

Sep- Jun

Member: \$385 | Non Member: \$420

SATURDAY BALLET ADD ON

for all Competitive dancers

Sep- Jun

Member: \$330 | Non Member: \$360



Youth Camps & Child Minding

FALL 2019 PROGRAMS



Child Minding

Kids Corner

Ages: 1 yr - 7 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 mos per child

(\$25 for each additional child)

MEMBERS 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.

Professional Day Camps

Ages: 6 yrs - 11yrs

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

9:00am - 4:30pm

Member: \$65

Non Member: \$85

Birthday Party Packages

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

HTC Package

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

Bouncy Castle Package

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

Dance Party Package

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

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.

Pool Party Package

1 hour of fun in NSWC's outdoor pool and reserved area of our grass tiki deck for lunch.

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





TNT JANUARY 2 - 5, 2020

We are entering our 24th year of hosting the TNT (Tyke n Novice) Tournament! This is the largest initiation hockey tournament in all of British Columbia. Every year we (NSWC & its amazing volunteers) work to make it an even better event than the last! We have been able to grow this tournament to over 60+ teams for the past few years.

The goal of TNT is to provide a fun and exciting atmosphere for the next generation of young hockey players, year after year. All funds raised are directed back to our youngest players to enhance their individual and team development. In the past, funds have been used to purchase all new goalie gear, practice jerseys, and game jerseys, as well as to provide all our Initiation/Novice players with weekly development sessions.

If you're interested in sponsoring this amazing event, take a look at some of our sponsorship options listed below and feel free to reach out to Emily Allen at eallen@nswc.ca

Let the countdown to January 2nd begin!

SPONSORSHIP PACKAGES	PLATINUM SPONSOR \$4,000 (1 Available)	GOLD SPONSOR \$2,500 (2 Available)	SILVER SPONSOR \$1,500 (4 Available)
Logo on player t-shirts	✓		
Logo on player cinch bags	✓		
Logo on player toques	✓		
Back page (full colour) ad in TNT program guide	✓		
On-site promotional booth	✓	✓	✓
Rink board advertising for a year (2020)	✓	✓	
Logo on TNT Tournament signage throughout facility	✓	✓	
Logo on NSWC's Tournament website	✓	✓	✓
Logo included in social media campaign through Twitter and Instagram	✓	✓	
Full page ad in TNT program Guide		✓	✓

OTHER SPONSORSHIP OPPORTUNITIES:

- Full Page Ad (\$1,000)
- Half Page Ad (\$500)
- Quarter Page Ad (\$250)
- Silent Auction donation (Gift cards, Tickets, etc)
- Player Swag donation (Snacks, clothing, H2O bottles)
- On-Site Promotional Booth (\$100 for the four-day tournament)

CONTACT EMILY ALLEN eallen@nswc.ca FOR MORE INFORMATION



Sportball

FALL 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: Sept 14 - Oct 26 *(No session Oct 12)*

Set 2: Nov 2 - Dec 14 *(No session Nov 9)*

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

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



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: Sept 10 - Oct 22

Set 2: Oct 29 - Dec 10

Tues: 7 sessions | 11:15am - 12:00pm

Member: \$105 | Non Member: \$133

Set 1: Sept 14 - Oct 26 *(No session Oct 12)*

Set 2: Nov 2 - Dec 14 *(No session Nov 9)*

Sat: 6 sessions | 10:00am - 10:45am

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

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: Sept 10 - Oct 22

Set 2: Oct 29 - Dec 10

Tues: 7 sessions | 12pm - 1pm

Member: \$105 | Non Member: \$133



Fitness

FALL 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.



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.

Indoor Cycling

This class combines endurance, cardio and increasing strength through high intensity drills and recovery as you simulate an outdoor ride on our Keiser stationary bikes. Using gears to maximize hill climbs and RPM's to build speed, this class will challenge your heart, lungs and legs.

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

FALL 2019 PROGRAMS



AARON WILBUR
Director of Hockey
awilbur@nswc.ca



BOB MCCUAIG
Manager of
Hockey Admin
bmccuaig@nswc.ca



EMILY ALLEN
Hockey Program &
Events Coordinator
eallen@nswc.ca

Learn to Skate

(For Hockey)

Ages: 3 yrs - 5 yrs

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.

Sep 28 - Dec 14

Sat: 10 sessions

(No sessions Oct 12 & Nov 9)

8am - 8:45am

Member: \$150

Non Members \$180

Cookie Monsters

Ages: 5 yrs - 7 yrs

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host three skill levels over the fall 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.



BEGINNER

Sep 24 - Dec 14

Tue & Sat: 22 sessions

(No sessions Oct 12 & Nov 9)

Tues: 4pm - 4:45pm

Sat: 8:45am - 9:30am

INTERMEDIATE

Sep 24 - Dec 14

Tue & Sat: 22 sessions

(No sessions Oct 12 & Nov 9)

Tue: 4:45pm - 5:30pm

Sat: 9:30am - 10:15am

ADVANCED

Sep 24 - Dec 14

Tue & Sat: 22 sessions

(No sessions Oct 12 & Nov 9)

Tue: 5:30pm - 6:15pm

Sat: 10:15am - 11am

Member: \$330

Non Member: \$396

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. Full hockey equipment is required.

Coach: Aaron Wilbur

Sep 28 - Dec 14

Sat: 10 sessions

(No sessions Oct 12 & Nov 9)

12:15pm - 1:15pm: Initiation

1:30pm - 2:30pm: Pee wee

2:45pm - 3:45pm: Atom

Member: \$300

Non Member: \$400



Power Edge Pro

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. Full hockey equipment is required.

Sep 29 - Dec 15

Sun: 10 sessions

(No sessions Oct 13 & Nov 10)

4:15pm - 5:15pm Initiation

5:30pm - 6:30pm Atom

6:45pm - 7:45pm Pee wee/Bantam

Member: \$400

Non Member: \$500

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.

Coach: Karen Kos

Sep 29 - Dec 15

Sun: 10 sessions

(No sessions Oct 13 & Nov 10)

2:15pm - 3:00pm Atom

3:00pm - 3:45pm H2/H3

4:00pm - 4:45pm Pee wee

4:45pm - 5:30pm Pee wee

5:45pm - 6:30pm H4

6:30pm - 7:15pm Atom

7:45pm - 8:30pm Bantam/Midget

Member: \$300

Non Member: \$400



Edges & Puck Protection

Whether a player is working off the boards, out of the corner, or off the rush, maintaining strong possession requires a combination of edge-work, puck skills and hockey IQ. This offensive-skills program equips players with the tools to maintain puck possession through a progressive curriculum that has been developed by Luke Kasteel and Jon Woodyard. Coaches value players who are highly skilled in the areas of deception, puck control, puck protection, edge-work and agility. These are the skills that allow players to be elusive and stable, enabling them to generate more time and space and ultimately create more offensive opportunities.

Coaches: Luke Kasteel & Jon Woodyard

Sep 27 - Dec 13 | Fri: 10 sessions

(No sessions Oct 11 & Nov 8)

5:15pm - 6:15pm H3/H4

6:30pm - 7:30pm Atom

7:45pm - 8:45pm Pee wee/Bantam

Member: \$300

Non Member: \$400



4 North Shore Winter Club Grads Selected in 2019 NHL Entry Draft



All of a sudden the 6am private lessons all seem worth it. The North Shore Winter Club is proud to recognize four hockey players chosen in the 2019 NHL Entry Draft that occurred in Vancouver on June 21-22. While the NHL draft isn't the be-all end-all for young players hoping for a crack at the best league in the world, that's a discussion for another day. Today we're celebrating the awesome accomplishment of four young men who once proudly wore the Winterhawks logo at the club.

(LD) Carter Berger, 4th Round to the Florida Panthers

The game is trending towards the offensive d-man, and Carter Berger is ahead of the curve. Carter was selected after posting an impressive season with the Victoria Grizzlies of the BCHL, scoring 27 goals and adding 36 assists. Committed to the University of Connecticut for next season, Carter's incredible skating ability and willingness to get in on the offense gives him an excellent shot at cracking the Panthers squad in a few years. Carter used to routinely lead the rush when he played with the NSWC midget elites, often joined by his D partner...

(RD) Cole Moberg, 7th Round to the Chicago Blackhawks

Even at 6am, Moberg always had a smile on his face. Cole has developed into a strong two-way defenseman with the Prince George Cougars of

the Western Hockey League, although he led his team in scoring at various points this past season. One of the friendliest, nicest humans you'll ever meet, Cole grew up at the club, spending countless early mornings working on his own game and also finding time to help out with hockey schools and practices.

(LD) Layton Ahac, 3rd Round to the Vegas Golden Knights

Across the hall from Moberg and the Cougars, North Van product Layton Ahac lifted a Fred Page Cup over his head this past spring with the BCHL champion Prince George Spruce Kings. A smooth-skating, puck-moving defenseman, Layton was a crucial piece of the puzzle with a Spruce Kings

team that defied expectations, and he's hoping that a few years at Ohio State University will parlay into a professional contract with the Vegas Golden Knights.

(C) Luka Burzan, 6th Round to the Colorado Avalanche

Joining Ahac in Colorado is offensive dynamo Luka Burzan. The 19 year-old was part of one of the greatest bantam A1 teams in history at the club, leading the way with 80 goals in 62 games. After two years with the Moose Jaw Warriors of the WHL, Burzan found his game this past season with the Brandon Wheat Kings, tallying 40 goals and adding 38 assists and earning a draft selection with Colorado.

The journey has been a winding one for these four players - Moberg was cut from bantam AAA and passed over in the western hockey league draft. Carter Berger didn't make his major midget team at 15, but dressed for a handful of games and was a dependable contributor in the playoffs due to an injury. Burzan has always been highly touted, but that didn't guarantee him anything, and he's since had to adapt. Many players were rated above Moberg and Berger at a young age, but it just goes to show that it's a marathon and not a sprint. Congratulations to Cole, Carter, Layton, and Luka!

NSWC Winterhawks in the NCAA

Last season, 33% of the players who suited up in the NHL played college hockey. Below is a list of NSWC alumni that are either currently playing for or are committed to NCAA programs.

Quinnipiac University Bobcats

Desi Burgart, Ethan De Jong and Jayden Lee

Michigan Tech Huskies

Gavin Gould



University of New Hampshire

Angus Crookshank



American International College Yellow Jackets

Justin Wilson

University of Michigan

Finn Williams (committed)

Kent Johnson (committed)

Ohio State University Buckeyes

Layton Ahac (Las Vegas Golden Knights)

University of Connecticut Huskies

Carter Berger (Florida Panthers)

University of Denver

Brett Stapley



NORTH SHORE WINTER CLUB

2019-2020 MINOR HOCKEY TOURNAMENTS



OCTOBER 11 - 14, 2019



UNDER ARMOUR

Atom A1 Invitational

DECEMBER 27-20, 2019



JANUARY 2 - 5, 2020



FEBRUARY 14 - 17, 2020

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 Conferences 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.



NICOLE MCLENNAN

HEAD OF PLAYER DEVELOPMENT

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 environment 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.



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.



ANGIE WALKER

INSTRUCTOR

Angie Walker was born and raised in North Vancouver and graduated from Carson Graham High School where she was named athlete of the year for 4 consecutive years. She is a Division 1 NCAA College Tennis player and going into her senior year at Idaho State University.



ALEX WALKER

INSTRUCTOR

Alex was a former #1 ranked junior in BC and a national doubles finalist. She is a Division 1 NCAA College Tennis player and going into her sophomore year at the University of Montana.



Adult Tennis

FALL 2019 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



JOE WOOD
Assistant Tennis Director
jwood@nswc.ca

Adult Drills

Division 1 & 2

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

Sep 10 - Dec 17

Tue: 15 sessions | 8pm - 9pm

Member: \$345 | Non Member: \$510

Sep 11 - Dec 18

Wed: 15 sessions | 12pm - 1pm

Member: \$345 | Non Member: \$510

Adult Drills

Division 2 & 3

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

Sep 11 - Dec 18

Wed: 15 sessions | 6pm - 7pm

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 10am - 11am

Member: \$345 | Non Member: \$510

Adult Drills

Division 3 & 4

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

Sep 12 - Dec 19

Thu: 15 sessions | 11am - 12pm

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 7pm - 8pm

Member: \$345 | Non Member: \$510

Sep 13 - Dec 20

Fri: 15 sessions | 10am - 11am

Member: \$345 | Non Member: \$510

Adult Drills

Division 4 & 5

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

Sep 9 - Dec 16 | Mon: 13 sessions

(No sessions Oct 14 & Nov 11)

9am - 10am

Member: \$299 | Non Member: \$442

Sep 10 - Dec 17 | Tue: 15 sessions

11am - 12pm

Member: \$345 | Non Member: \$510

Sep 10 - Dec 17

Thu: 15 sessions | 7pm - 8pm

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Adult Drills

Beginner (Level 1.0 - 1.5)

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

Sep 9 - Dec 16 | Mon: 13 sessions

(No sessions Oct 14 & Nov 11)

10am - 11am

Member: \$299 | Non Member: \$442

Sep 10 - Dec 17

Tue: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Sep 11 - Dec 18

Wed: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Sep 11 - Dec 18

Wed: 15 sessions | 8pm - 9pm

Member: \$345 | Non Member: \$510

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.

Sep 9 - Dec 16

Mon: 13 sessions | 11am - 12pm

(No sessions Oct 14 & Nov 11)

Member: \$299 | Non Member: \$442

Sep 9 - Dec 16

Mon: 13 sessions | 7:30pm - 8:30pm

(No sessions Oct 14 & Nov 11)

Member: \$299 | Non Member: \$442

Sep 11 - Dec 18

Wed: 15 sessions | 10am - 11am

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 10am - 11am

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thu: 15 sessions | 8pm - 9pm

Member: \$345 | Non Member: \$510

Sep 13 - Dec 20

Fri: 15 sessions | 11am - 12pm

Member: \$345 | Non Member: \$510

Sep 11 - Dec 18

Wed: 15 sessions | 7pm - 8pm

Member: \$345 | Non Member: \$510



Men's Tennis Training (Level 3.5 +)

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

Sep 9 - Dec 16

Mon: 13 sessions | 9am - 10am

(no sessions Oct 14 & Nov 11)

Member: \$299 Non Member: \$442

Sep 10 - Dec 17

Tue: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Sep 10 - Dec 17

Tue: 15 sessions | 6pm - 7pm

Member: \$345 | Non Member: \$510

Sep 12 - Dec 19

Thur - 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Sep 13 - Dec 20

Fri: 15 sessions | 9am - 10am

Member: \$345 | Non Member: \$510

Ladies Doubles Day League

Advanced (Level 3.5 +)

Must be part of a NSWC ladies league team to participate.

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on

each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Sep 9 - Dec 16

Mon: 13 sessions

10:30am - 12pm

(no sessions Oct 14 & Nov 11)

Member: \$208

Ladies Doubles Day League

Intermediate (Level 2.5 - 3.0)

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

Sep 9 - Dec 16

Mon: 13 sessions | 12pm - 1:30pm

(no sessions Oct 14 & Nov 11)

Member: \$208 | Non Member: \$312

Ladies Doubles Night League

Novice (Level 1.5 - 2.5)

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

Sep 9 - Dec 16

Mon: 13 session | 6pm - 7:30pm

(no sessions Oct 14 & Nov 11)

Member: \$208 | Non Member: \$312



Junior Tennis

FALL 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.

Sep 7 - Dec 14

Sat: 13 sessions | 10am - 10:30am

(No sessions Oct 12 & Nov 9)

Member: \$156 | Non Member: \$221

Red Level 1

Ages: 6 yrs - 7 yrs

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

Sep 7 - Dec 14

Sat: 13 sessions

(No sessions Oct 12 & Nov 9)

12pm - 1pm

Member: \$260.00

Non Member: \$325.00

Sep 9 - Dec 16

Mon: 13 sessions

(No sessions Oct 14 & Nov 11)

3:30pm - 4:30pm

Member: \$260

Non Member: \$325

Sep 13 - Dec 20

Fri: 15 Classes

3:30pm - 4:30pm

Member: \$300

Non Member: \$375

Orange Level 1

Ages: 7 yrs - 9 yrs

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

Sep 7 - Dec 14

Sat: 13 sessions

(No sessions Oct 12 & Nov 9)

1pm - 2pm

Member: \$260

Non Member: \$325

Sep 9 - Dec 16

Mon: 13 sessions

(No sessions Oct 14 & Nov 11)

3:30pm - 4:30pm

Member: \$260

Non Member: \$325

Sep 13 - Dec 20

Fri: 15 Classes

3:30pm - 4:30pm

Member: \$300

Non Member: \$375

Green Level 1

Ages: 9 yrs - 11 yrs

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

Sep 7 - Dec 14

Sat: 13 sessions

(No sessions Oct 12 & Nov 9)

2pm - 3pm

Member: \$260

Non Member: \$325

Sep 9 - Dec 16

Mon: 13 sessions

(No sessions Oct 14 & Nov 11)

3:30pm - 4:30pm

Member: \$260

Non Member: \$325

Sep 13 - Dec 20

Fri: 15 Classes

3:30pm - 4:30pm

Member: \$300

Non Member: \$375

Teen Tennis

Ages: 12 + yrs

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

Sep 7 - Dec 14

Sat: 13 sessions

(No sessions Oct 12 & Nov 9)

10:30am - 12pm

Member: \$390

Non Member: \$487.50



Tennis Policies and Procedures

General Policies

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

Tennis Court Schedules

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

PRIME TIME HOURS

6pm - 9pm Monday - Thursday

NON PRIME TIME HOURS

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

JUNIOR COURT TIMES

3, 4, & 5pm Monday - Friday

Reservations & Court Booking Procedures

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

Reservations - Adult Tennis Members

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

RESERVATIONS - Junior Tennis Members

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

CANCELLATIONS

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

WALK - ON FOR VACANT COURTS

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

NO SHOWS

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

GUESTS PRIVILEGES

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

BALL MACHINE

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

PLAYSIGHT

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

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

COURT RENTAL

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

Tennis Private Lessons

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



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.



HUNTER'S
GUIDE TO



HOME HUNTING SEASON

Hunter represents the best value in North Vancouver – amazing design, great views of mountains and water within a great walkable community and built by a proven builder: Intergulf.

Hunter has brought 326 homes to Lynn Creek.
Less than 80 homes remain.



WHEN IT'S RIGHT, STRIKE.

- ✓ **LOCATION:**
Creekside & Parkside
- ✓ **REPUTATION OF BUILDER:**
Intergulf, 38 Years Experience
- ✓ **COMMUNITY:**
New 27,000 SF Community Centre
- ✓ **LIFESTYLE:**
Connected & Walkable
- ✓ **VIEWS:**
Park, Mountain, City, Water

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Register Now HunterLynnCreek.com

Renderings are an artist's interpretation only. The developer reserves the right to make changes and modifications to the information contained herein without prior notice. E.&O.E.



MARKETING BY
rennie



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!

NSWC Business Directory

ACCOUNTING, ASSURANCE, AND TAX

CAULINDA BARTOK, CPA, CA

McLean Bartok Edwards

Phone: 604 - 683 - 4533

Fax: 604 - 683 - 2585

caulinda@mcleanbartok.ca

www.mcleanbartok.ca

840 - 475 West Georgia Street,

Vancouver, BC, V6B 4M9

Chartered Professional Accountants

NEIL & ROXANA COLQUHOUN

HNW Services Inc.

701 - 1155 Robson Street, Vancouver

BC, V6E 1B5 | 604 - 343 - 7280

roxanac@hnwservices.ca

neilc@hnwservices.ca

www.hnwservices.ca

Multi-Family Office

AUTOMOTIVE

WADE BARTOK, PRESIDENT

CSN Elite Body Shop

142 Fell Avenue,

North Vancouver BC, V7P 2J9

604 - 987 - 4408

wade@elitebodyshop.ca

www.elitebodyshop.ca

Collision repair

OMAR DHARAMSI, OWNER

The Cadillac Man Auto Group

omar.the.cadillac.man@gmail.com

778 - 847 - 2535

SPENCER CASEY, OWNER

First Street Garage

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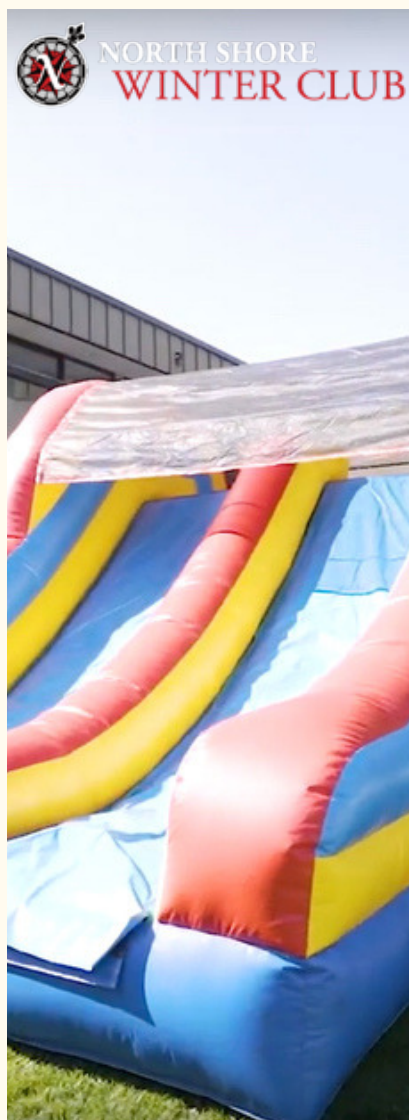
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