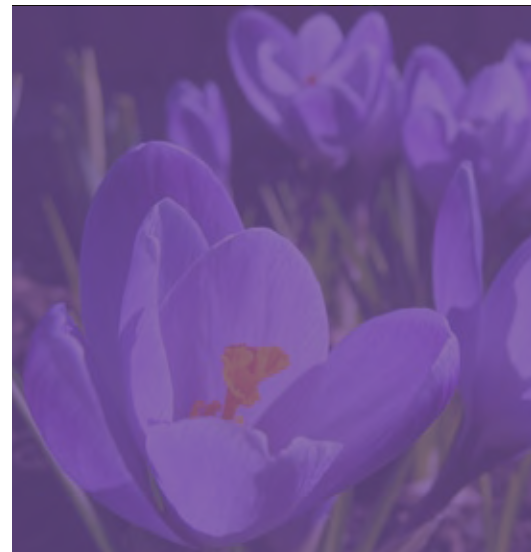


# NORTH SHORE WINTER CLUB

## Spring 2020 Program Guide



### SPRING REGISTRATION

**Members** February 11th, 10am

**Non Members** February 25th, 10am

Sign up at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)



# 2020 SPRING 3-ON-3

April 3 - June 24 2020

(No games over long weekends)

2013-2008 Born Players

(Single Age Divisions)

Location: Small/HTC Ice rinks

Members Teams: \$1400

Non Member Teams: \$2000

Member registration will open on January 14th at 10am. Non Member registration will open January 28th at 10am.

Register online at [nsw.gametime.net](http://nsw.gametime.net)  
or phone 604-985-4135 ext 0



**NORTH SHORE  
WINTER CLUB**

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## 2020 Board of Directors

### EXECUTIVE

**JAMES CRONK** – PRESIDENT

**GRAHAM WILSON** – VICE PRESIDENT

**CAULINDA BARTOK** – TREASURER

**DOUG BELL** – SECRETARY

**JAY FREZELL** – PAST PRESIDENT

### DIRECTORS

**MICHAEL KORBIN**

**KIM LYONS**

**MALCOLM MACKILLOP**

**BRENDAN PAYNE**

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  
gprouse@nswc.ca



**KIM HIRJI**  
Recreation  
& Executive  
Coordinator  
khirji@nswc.ca



**AARON WILBUR**  
Director of Hockey  
awilbur@nswc.ca



**BOB MCCUAIG**  
Manager Hockey  
Admin  
bmccuaig@nswc.ca



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca



**JOE WOOD**  
Assistant Tennis Director  
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**BARB HUFSMITH**  
Member Services  
Manager  
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**JENN MCDONALD**  
Senior Accountant  
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**EMILY ALLEN**  
Hockey Program &  
Events Coordinator  
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**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 Tuesday February 11th, 2020

### Non Member Registration opens at

10:00am on Tuesday February 25th, 2020

### There are three ways to register for programs:

1. Online registration at [www.nswc.ca](http://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](mailto: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](http://www.gametime.net) for details.

### FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](http://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)
- NSWC Ties

### SKATE SHARPENING AVAILABLE (Member Only)


Drop off and pick up your skates at Member Services. Time Out sport will pick up and drop them back off within 4 hours (between 6am-3pm). Drop off after 3pm, and they'll be ready by 12 noon the following day. 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 classes, 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](https://facebook.com/myNSWC)

 [Instagram.com/myNSWC](https://Instagram.com/myNSWC)

 [twitter.com/myNSWC](https://twitter.com/myNSWC)



# General Club Information



## Communication Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "*Let's Get Connected – The NSWC Connection*"? If not, then you're not hearing about all the great new things that are upcoming. Contact [info@nswc](mailto:info@nswc) to have your name added to our list.

## 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.

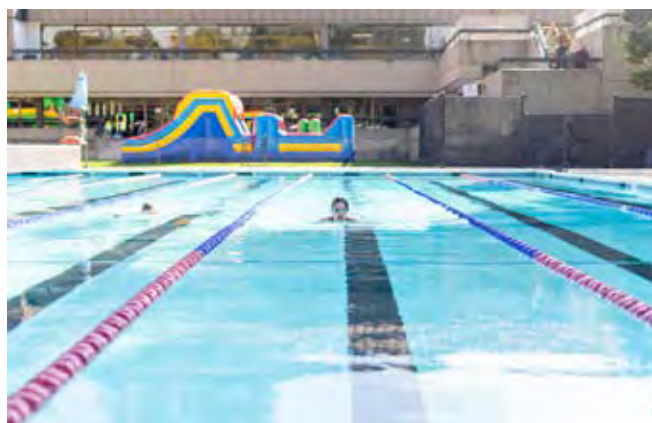
## **Payment of Members' Accounts – R24**

1. Member's monthly invoices are sent out at the beginning of each month and are due for payment before the end of that month. A service charge of 2% per month will be added to all overdue balances. In addition, a late payment penalty of \$20 will be levied each month an account is overdue.
2. Members with Dues or Assessments in arrears over 40 days will have their charging privileges suspended and may be required to register for PAP at the determination of Management.
3. Members with Dues or Assessments in arrears over 60 days shall not be in good standing and are liable to suspension, at the discretion of the General Manager and/or Board, with no rights or privileges in the Club. Prior to reinstatement the Member must pay his or her account in full and agree to put and maintain his or her account on PAP.
4. Members who are in arrears with their membership dues or in default of payment of any other accounts owed to the Club are subject to sanctions at the discretion of the General Manager and/or Board.
5. Members with Dues or Assessments in arrears over 180 days may be referred to the Club's collection agency, at which time the Membership is cancelled. Should this become necessary, any charges incurred will be added to the Member's account. In the event of reinstatement of the Membership, an administration charge of \$100 will be made.
6. New Members are required to register for pre-authorized payment (PAP). With PAP, members have up to three weeks to review their statements, after which, the balance payable will be debited to the Member's bank account within the last three business days of the month.

## **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](mailto:bookings@nswc.ca) .



## MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Initiation Hockey Banquet	3	4 Marlins Info Night	5	6 Friday Fun Night	7
8	9	10	11	12	13 Friday Fun Night Spring Break Kick Off	14
15	16	17	18	19	20	21
			Spring Break March 16-27			
22	23	24	25	26	27	28
		Spring Break March 16-27		U15/U16 Hockey Tryouts		
29 U15/U16 Hockey Tryouts	30	31				

## APRIL 2020

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



## M A Y 2 0 2 0

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

## J U N E 2 0 2 0

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

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**Anthem** 

## Member Moments



### NSWC Family Halloween Party

This year's annual Family Halloween Party did not disappoint! Over 50 scary and cute goblins, ghosts, princesses and super hero's showed up to take part in lots of fun Halloween activities including: pumpkin carving, trick or treat bag making and cookie decorating. The evening finished with a Halloween movie and snacks for the kids.



### Annual Committee Tree Decorating

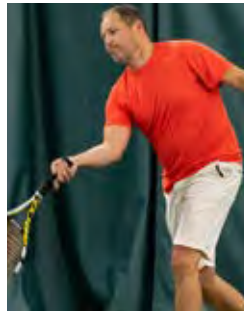
Thank you to all those that came out to our Annual Committee Tree Decorating Party. Everyone brought their A games and their imaginations to make every tree representative of their committee. Congratulations to the Membership committee who took second place and the Tennis committee who won first place this year.





## Fall Classic

The Annual Paul Sheppard Fall Classic was a huge success. From Oct 19th – Oct 25th, the tennis courts were vibrating with great team sport in the mixed doubles tournament. There were nightly complimentary food offerings and drink specials to celebrate after the matches. The week ended with door prizes, raffles and a toast to a great week of tennis.



## Triple Threat Tennis Tournament

*Nov 16 & 17, 2019*

Congratulations to the winners of the Triple Threat Tennis Tournament. From left to right: Milena Nevaklovska, Jorcelyn Wang, Stephanie Hackett, Kevin Driscoll, Mike Korbin, Joey “wham” Walker

# Why I Love our TNT Tournament



The four days every year when the TNT tournament takes place are my favorite four days at my job. After reading this some might assume I am suffering from post-tournament stress disorder. This year we saw 56 teams participate in TNT, which equates to approximately 750 players that played 113 games over four days. The club is absolutely electric during the event and the time required to organize and plan for the tournament is measured in months, not days. So why I love the tournament? Running a tournament of this size (probably the largest hockey tournament in BC) requires a massive commitment from volunteers, not only during the tournament but in the preparation phase as well.



**Reason #1:** why I love TNT is witnessing our members donate

their time and energy during their holidays to raise funds for our Initiation teams. I can't thank you enough. Your efforts truly embody why our community at the club is so special.

This year also saw many of our younger NSWC members stepping up during TNT. I would like to personally acknowledge the contributions of Aiden Cronk, Jackson Ferguson, Conrad Fehr, Hudson Cronk, Tristan Payne, Dominic Payne, Nolan Gray, Caleb Gray, Dexter Hanna, Samantha Hamilton, Anna Bitonti, Jayda Vendargan & Sydney Gill for coming down and helping with various roles during the tournament. As well, our NSWC referees were fantastic with ensuring rinks were set up and games ran on time and were fun for everyone! Without your contributions, things would not have ran as smoothly as they did.

The last four years our TNT money has been able to support our initiation development program with weekly development sessions for all teams, goalie development, goalie gear for every team, new practice jerseys, coach gear and so much more! It is so important to grow our initiation hockey program and provide a great foundation for our youngest hockey players!

***"The strength of the team is each individual member. The strength of each member is the team." – Phil Jackson***



**Reason #2:** is that seeing kids between the ages of 5-8 years old having so much fun playing the game of hockey is why we run this tournament. These four days were filled with lots of hockey games but also many fun off-ice activities! I witnessed kids running around our club, sporting their 2020 TNT apparel, holding a cinnamon bun in one hand, all while wearing a huge smile on their faces. They didn't care if they had won or lost their game. They were just having fun with their teammates and making new friends.

That's what hockey is all about that this age. Being able to put on a tournament that brings so much joy to young athletes and makes them love the game of hockey makes the countless hours that go into running this tournament worth it. I was lucky enough to play in the TNT Tournament as a young kid, and I want our next generation of Winterhawks to experience the same fun and excitement of playing in their first Home Tournament that I did.

**Reason #3:** I get a few days off after the tournament Thank you to all the volunteers who made #TNT2020 the best tournament ever. I hope everyone (kids, parents, volunteers & staff) enjoyed the four fun filled days of our 24th Annual TNT Tournament. A special shout out to my amazing hockey department team of Bob McCuaig, Aaron Wilbur & Kaitlin Hebron, as well as our maintenance, kitchen, youth & Front Desk staff.

Emily Allen



# NESPRESSO®

## PROFESSIONAL

Nespresso Professional is now available at the North Shore Winter Club, we hope you enjoy many **#nespressomoments** to come.

Our coffee is sourced through the AAA sustainability program to ensure each cup has a positive impact. All our capsules are entirely recyclable and the coffee grounds are used for high quality compost.

Help us preserve the earth.





## Featured Athlete

# Gabriella Lindgren



**Age:** 13

**How many years have you been playing tennis?**  
I started playing tennis in the summer of 2015.

**Who is your favourite tennis player?**  
Simona Halep and Maria Sharapova

**Who do feel you play most like?**  
Caroline Wozniacki, Maria Sharapova and Angelique Berber.

**What is your biggest accomplishment in tennis?**  
Winning the U13 Pro Ten Tournament at the Rafa Nadal Academy in Spain.

**Who is your biggest role model in the sport and why?**  
My biggest role models in tennis are probably my favourite tennis players Simona Halep and Maria Sharapova since I mostly watch them, and like how they play, their presence on the court, and their personality.

**Do you have any good luck rituals or superstitions before matches?**  
One of my good luck rituals before playing in matches or even in practice is to organize my racquets from left to right, left being the one I am using.

**What is your favorite pre-game meal?**  
Probably a sandwich, most likely Subway since it gives me energy, and it's not too heavy before I play.

**Besides tennis, what other activities do you enjoy?**  
I love to cook, bake, go swimming and spend time with my family.

**What do you enjoy most about playing at the NSWC?**  
I enjoy being around such great people, the coaches and kids are so lovely and they have all helped me a lot in my development as a tennis player.

## 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](mailto:bookings@nswc.ca)**

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



# Chargrilled Vegetable Tacos

## *with Smoky Salsa*



### INGREDIENTS

- 175g pack baby corn
- 1 large red onion, sliced (190g)
- 1 red pepper, deseeded and roughly chopped
- ½ tsp cumin seeds
- 2 tsp grapeseed oil
- 1 large ripe kiwi, halved lengthways (110g)
- 1 large tomato, halved (115g)
- 100g wholemeal flour, plus extra for rolling
- 1 large garlic clove
- 15g fresh coriander, chopped
- 1 tsp vegan bouillon powder
- ½ tsp smoked paprika
- 85g red cabbage finely shredded

### DIRECTIONS

- Heat oven to 220C/200C fan/gas 7. Pile the corn, red onion and pepper into a large shallow roasting tin and toss with the cumin seeds and oil. Add the kiwi and tomato on one side of the tin and roast for 20 mins.
- Meanwhile, mix 60ml water into the flour with the blade of a knife to make a dough. Knead briefly until smooth, then cut equally into four and roll out each piece on a lightly floured surface into a 16cm round tortilla. Cover with a tea towel to stop them drying out.
- Remove the cooked tomato and kiwi from the tin and return the veg to the oven for 10 mins. Remove the skin from the kiwi and scoop the flesh into a bowl with the tomato, garlic, half the coriander, bouillon and paprika. Use a hand blender to blitz to a smooth salsa.
- Heat a large non-stick frying pan, without oil, and cook the tortillas one at a time for a minute on one side and about 10 seconds on the other, until you see them puff up a little. Spread a tortilla with some salsa, top with cabbage and roasted veg, then scatter with the remaining coriander. Add a spoonful more salsa and eat with your hands.

## Raspberry Lemon & Lime Ginger Beer Cocktail

### INGREDIENTS

- ¾ oz raspberry puree
- 1½ oz of Brooklyn Crafted Ginger Beer, Lemon and Lime
- Splash of limoncello
- 4 oz champagne
- Squeeze of lime juice
- Fresh raspberries

### INSTRUCTIONS:

Add raspberry puree, ginger beer, and limoncello into a champagne glass and stir. Top with champagne and a squeeze of lime juice. Garnish with fresh raspberries.





# Aquatics

## SPRING 2020 PROGRAMS



## Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool! Swimming lessons start in mid May and go through to the end of August. If you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons.

### Registration

Registration for NSWC Aquatic programs does not open until April, however below is a list of what the NSWC has to offer for Summer 2020.

### Programs

Lesson sets run in two week sessions excluding statutory holidays

#### Lesson Sets & Dates

*(open to Members and Non Members)*

**SET 1:** May 19 – 22 & May 25 – 29

**SET 2:** Jun 1 – 5 & Jun 8 – 12

**SET 3:** Jun 15 – 19 & Jun 22 – 26

*Lesson sets 4 – 7 are reserved for Members and their guests only.*

*There is no Non Member registration during these sets.*

**SET 4:** Jun 29 – Jul 3 & Jul 6 – 10 *(No lessons July 1st)*

**SET 5:** Jul 13 – 17 & Jul 20 – 24

**SET 6:** Jul 27 – 31 & Aug 4 – 7 *(No lessons Aug 3rd)*

**SET 7:** Aug 10 – 14 & Aug 17 – 21

#### Price Per Set

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

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

## Red Cross Preschool

**Ages:** 4 mos – 6 yrs

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

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

*(Chart at end of Aquatics section)*

## **Sea Turtle**

**Ages: 24 mos to 36 mos**

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

## **Sea Otter**

**Ages: 3 yrs to 6 yrs**

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

\*This is a parent participation class.\*

## **Salamander**

**Ages: 3 yrs to 6 yrs**

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

## **Sunfish**

**Ages: 3 yrs to 6 yrs**

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

## **Crocodile**

**Ages: 3 yrs to 6 yrs**

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

## **Whale**

**Ages: 3 yrs to 6 yrs**

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

## **Red Cross Swim Kids**

**Ages: 5 yrs+**

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

## **Red Cross Swim Kids (Level 1)**

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

## **Red Cross Swim Kids (Level 2)**

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

## **Red Cross Swim Kids (Level 3)**

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

## **Red Cross Swim Kids (Level 4)**

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

## **Red Cross Swim Kids (Level 5)**

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

## **Red Cross Swim Kids (Level 6)**

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

## **Red Cross Swim Kids (Level 7)**

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

## **Red Cross Swim Kids (Level 8)**

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

## **Red Cross Swim Kids (Level 9)**

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

## Red Cross Swim Kids (Level 10)

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

## Private Swim Lessons

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

## Rates:

**30 minutes: Member \$30**

**45 minutes: Member \$45**

**60 minutes: Member \$60**

# Lifesaving Courses

## Bronze Medallion

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

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

## Bronze Cross

**Prerequisites: Bronze Medallion, must show proof of certification**

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

# National Lifeguard Training

## NLS Core and Pool Option

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

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

# Swimming for Adults


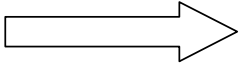

## Masters at NSWC




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





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

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

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



# Marlins Swim Program

## ABOUT

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

Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two-day swim meets, plus Regional and Provincial Championships, over the course of our short season. The winter maintenance season begins the first weekend of October.

While Marlins provides high intensity cross-training for athletes, many quickly get the bug to race and swimmers are encouraged to compete in at least one meet and the Regional Championships each season. Competition allows a swimmer to showcase their progress, and to contribute to the team's points (collected at meets), but most importantly, to create memories of a lifetime alongside their teammates in Marlinville. Marlins offers five Divisions for swimmers aligned to age and/or skill. Please note that new Marlins will be assessed for group placement.

## Mini Marlins

**Ages: 5 yrs +**

This division is geared to our youngest swimmers (ages 5 and up) and those new to swimming. Swimmers must be able to completely submerge their body under water, and able to push off from the wall without assistance.

## Intro Marlins

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

## Juniors, Intermediates & Seniors

In these divisions, swimmers build-on and refine skills and techniques already developed. Many of our swimmers begin as Minis and continue to the Senior ranks, with many becoming Junior Leaders, and even Coaches; a testament to the strength and value of our program.

## MISSION

The mission of the Marlins Swim Team is to embrace all levels of swimmers with the tools and opportunity to achieve any goal they may set. Every swimmer will enjoy success with hard work, dedication, and support from teammates, coaches and parents. Our team members participate in meets sanctioned by the British Columbia Summer Swimming Association and are governed by Swimming/Nation Canada rules and regulations. The Marlins Swim Team ascribes to a well-defined program where each swimmer is encouraged to gradually increase their degree of commitment to achieve success at every level of training. The team provides a positive environment and an opportunity for young people to learn, to enjoy and to compete with an eye toward long term results.

## PURPOSE

The purpose of the Marlins Swim Team is to develop competitive swimmers as athletes and people. We understand that the real meaning of winning is to reach one's own potential. We strive to not only produce swimming champions but champions in life. We provide coaching for all levels of swimmers up to 18 years of age, including those interested in competing and those interested in improving their strokes and endurance. Beginning swimmers must be able to swim at least one length of the pool unassisted.

## COACHING

Our coaching team is experienced, hold instructor certifications, and enjoy working with children and youth. Coaches have been carefully selected for their leadership skills and mix of experience.

## VOLUNTEER

There are volunteer positions available and we welcome everyone with open arms! Learn a new role and assist the team to build succession plans. It takes a large group of dedicated volunteers to make the Marlins Swim Team a success. If your kids are enjoying themselves, it is much more fun and interesting to get involved.

## CONTACT

**President:** marlins.president@nswc.ca

**Registrar:** marlins.registrar@nswc.ca

Program costs and registration information can be found on our website, [www.nswc.ca](http://www.nswc.ca)



# Dance

## SPRING 2020 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](mailto:brynasmussen@shaw.ca)

Bryn is extremely excited to be in her seventh 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!



### Juniors (SYTYCD)

*'So You Think You Can Dance'*

**Ages: 10 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**

**Apr 7 – May 26**

**Tue: 8 sessions**

**4:30pm – 5:30pm**

**Member: \$108 | Non Member: \$128**

### 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**

**Apr 9 – May 28**

**Thu: 8 sessions**

**5:45pm – 6:45pm**

**Member: \$108 | Non Member: \$128**

## Minis (SYTYCD)

*'So You Think You Can Dance'*

**Ages: 6 yrs – 9 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**

**Apr 9 – May 28**

**Thu: 8 sessions**

**3:45pm – 4:45pm**

**Member: \$108 | Non Member: \$128**

**Apr 7 – May 26**

**Tue: 8 sessions | 3:30pm – 4:30pm**

**Member: \$108 | Non Member: \$128**



## 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**

**Apr 7 – May 26**

**Tue: 8 sessions**

**5:30pm – 6:30pm**

**Member: \$108 | Non Member: \$128**

## Dance Turns & Jumps Tech Class

**Ages: 8 yrs – 14 yrs**

*(Age exceptions considered with prior approval by Bryn)*

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**

**Apr 9 – May 28**

**Thu: 8 sessions**

**4:45pm – 5:45pm**

**Member: \$108 | Non Member: \$128**



## 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

Mar 30 – Jun 8 (No sessions Apr 13 & May 18)

Mon: 9 sessions\* | 1pm – 1:45pm

Member: \$108 | Non Member: \$126

#### Ages: 4 yrs – 6 yrs

Mar 30 – Jun 8 (No sessions Apr 13 & May 18)

Mon: 9 sessions\* | 3:30pm – 4:15pm

Member: \$108 | Non Member: \$126

#### Ages: 3 yrs – 6 yrs

Apr 18 – Jun 13 (No session May 16)

Sat: 8 sessions\* | 10:15am – 11am

Member: \$96 | Non Member: \$112

### Kinder Ballet

Kinder ballet is little one's first introduction to ballet. This structured class will focus on learning basic ballet technique. We will learn body positions, rhythm, and how to carry the body all while using our imaginations and having fun. This class is not parent participation.

**Instructor:** Dance with Christie

#### Ages: 2.5 yrs – 4 yrs

Apr 1 – Jun 10

Wed: 11 sessions\* | 3:45pm – 4:15pm

Member: \$96 | Non Member: \$110

### 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 – 10 yrs

Mar 30 – Jun 8 (No sessions Apr 13 & May 18)

Mon: 9 sessions\* | 4:15pm – 5pm

Member: \$108 | Non Member: \$126

#### Ages: 6 yrs – 12 yrs

Apr 18 – Jun 13 (No session May 16)

Sat: 8 sessions\* | 11am – 11:45am

Member: \$96 | Non Member: \$112

### 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

Mar 30 – Jun 8 (No sessions Apr 13 & May 18)

Mon: 9 sessions\* | 5pm – 5:45pm

Member: \$108 | Non Member: \$126

Apr 18 – Jun 13 (No session May 16)

Sat: 8 sessions\* | 11:45am – 12:30pm

Member: \$96 | Non Member: \$112

### 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

Apr 18 – Jun 13 (No session May 16)

Sat: 8 sessions\* | 3:30pm – 4:15pm

Member: \$96 | Non Member: \$112

\* All participants in this class have an option to perform at our

"End of Year Competitive Showcase" in June at the NSWC.

Details will be sent to you once you are registered.



## 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](mailto: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: 8 yrs – 13 yrs

**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

## Spring Mini Camp – *Spring Break*

**Ages: 3 yrs – 6 yrs**

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

**Instructor: Dance with Christie**

**Mar 23 – Mar 27**

**Mon – Fri: 5 sessions | 10:15am – 11:45am**

**Member: \$115 | Non Member: \$130**

## Boys ONLY Hip Hop – *Spring Break*

**Ages: 5 yrs – 12 yrs**

This is a five-session hip hop class for boys ONLY.

No girls allowed! There will be a demonstration for parents on the last day.

**Instructor: Dance with Christie**

**Mar 23 – Mar 27**

**Mon – Fri: 5 sessions | 1pm – 1.45pm**

**Member: \$60 | Non Member: \$70**

## Peter Pan Workshop – *Spring Break*

**Ages: 5 yrs – 12 yrs**

In this musical theatre workshop we will be singing, dancing and acting to your favourite bits from Peter Pan. We will be working on a short production for a performance on the last day. The workshop includes a craft we will use as a prop in the production. Come fly away to Neverland.

**Instructor: Dance with Christie**

**Mar 23 – Mar 25**

**Mon, Tue, Wed: 3 sessions | 1:45pm – 3:45pm**

**Member: \$92 | Non Member: \$104**

## Spring Workshop – *Spring Break*

**Age 5 yrs – 12 yrs**

Spring workshop will include ballet, jazz, musical theatre, hip hop as well as many more fun dance styles. There will be a performance for the parents by the last day of class.

**Instructor: Dance with Christie**

**Mar 26 – Mar 27**

**Thur & Fri: 2 sessions | 1:45pm – 3:45pm**

**Member: \$61.50 | Non Member: \$69.50**



# Youth Camps & Child Minding

## SPRING 2020 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: 3:30pm – 8pm**  
**Sat – Sun: 10am – 4pm**

#### 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

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

#### Professional Day Camps

**Ages: 6 yrs – 11 yrs**

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

**9am – 4:30pm**

**Member: \$65 | Non Member: \$85**

#### Family Easter Egg Hunt

Hop on down to the Club on April 9th! Bring the kids for a fun filled afternoon with an Easter egg hunt, arts and crafts and more. Adult supervision is required at this event.

**Thu Apr 9: 4pm – 6pm**

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

### Birthday Party Packages

#### Sportball Package

Includes: One hour of our popular Sportball program including a registered Sportball Instructor and one hour rental of the HTC Lounge for food.

#### Princess Party Package

Includes: One hour with a Princess and stories, singing, face painting, and pictures, and one hour room rental for food and cake.

#### Dance Party Package

Includes: One hour of dance with Certified instructor Bryn Rasmussen and one hour room rental for food.

#### Bouncy Castle Package

Includes: One hour rental of bouncy castle with one party host and one hour room rental for food and cake.



#### HTC Ice Package

Includes: One hour private rental of HTC ice and one hour room rental for food and cake. NSWC does not supply skates or gear. Full gear and helmets are required.

#### Pool Package

Includes: One hour of swimming including games and pool toys, and one hour reserved space on our Tiki deck lawn for food. (available June through August)

Activity Plans can have additional items added for a rental cost. In some circumstances, a host charge may be added based on activities and number of kids in attendance.

#### MEAL PLANS, choose One:

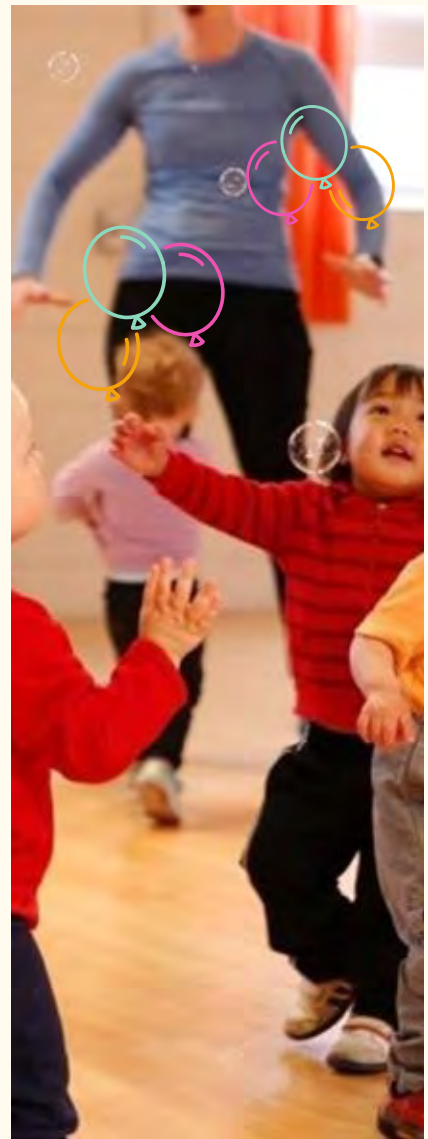
- **Pizza and Veggies:** includes 2 slices of pizza and veggies with dip, 3 pitchers of pop/juice.
- **Chicken Strips with Fries:** includes 3 strips and fries, 3 pitchers of pop/juice.

#### *Different meal plans can be coordinated*

All Birthday Party Activity and Meal plans include up to 16 guests, additional \$10 per additional guest. Maximum of 25 children. Parent involvement is required. Price includes table, chairs, utensils, plates. No outside food is permitted in the Club with the exception of Birthday Cake.

Birthday Parties must be booked 2 weeks in advance of the date and final numbers are due one week in advance of the booking.

**For more information,**  
**email [info@nswc.ca](mailto:info@nswc.ca)**



EVERY FRIDAY 5:00PM • ALL AGES • HTC

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# FRIDAY FUN NIGHTS

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FUN GAMES • THEME NIGHTS  
BOUNCY CASTLE • MOVIE NIGHT





North Shore Winter Club  
presents

# Gluu Essential Digital Skills Course For Seniors

 iPhone & iPad

**Ready to figure out how to use your iPhone and/or iPad?** This free course is for you.

## Gluu Essential Digital Skills Course For Seniors

*4-Classes for Apple iPad & iPhone users just starting out*

iPhone and iPad are essential devices to learn to use. This 4-class series will help you do that in a fun and relaxed way. In each class, Gluu Digital Coaches provide guided hands-on practice, clarify concepts, and explain jargon. You will get practical tips to help make your iPad and/or iPhone an indispensable part of your daily routine. Printable Class Notes are provided so you can practice skills at home. Any model of iPad/iPhone welcome. Sorry, Apple computers and Android devices are not suitable for this class.

### Is this class for you?

This class is perfect for seniors new to iPad/iPhone and for those wanting to refresh their digital skills.

### Topics include

- Device care, digital security, understanding your Apple ID
- Settings to customize devices
- Apps discussed: Camera, Mail, Messages, Photos, Safari & Siri
- Getting online securely

### Register Now

**Registration will open for Members Feb 11, 2020 at 10am**

Register on Gametime at [nsw.gametime.net](https://nsw.gametime.net)

Space is limited

## Volunteer to be a Gluu Digital Coach

**You don't need to be an expert. If you can use a smartphone, the skills you have are enough.** Gluu provides you with full support and free training to help you succeed. Just 2 hours per month is enough to make a meaningful difference to seniors in your community. You do the face-to-face, and we do the rest. To learn more email [digitalcoach@gluusociety.org](mailto:digitalcoach@gluusociety.org) or call (604) 343-4946.

### WEDNESDAYS

**11:00 AM - 12:00 PM**

**March 4, 18 & April 1, 15**

**The NSWC Boardroom**

### REGISTER

Gametime at [nsw.gametime.net](https://nsw.gametime.net)

## About

### Gluu Technology Society

Gluu Technology Society is a British Columbia non-profit society that works side by side with older adults to ensure they have the digital skills needed to participate in the modern world.

Thanks to federal funding from Innovation, Science and Economic Development Canada, Gluu is supporting our rapidly growing network of Digital Coaches with training and teaching tools. Together we are helping seniors get comfortable with today's technology.

### What does Gluu mean?

Gluu is not a fancy acronym. Gluu is just a fun, easy-to-remember word (that sticks). We stick with seniors as they learn to use technology. You get the idea.



[GluuSociety.org](https://GluuSociety.org)



[/gluusticks](https://www.facebook.com/gluusticks)

# The Importance of **STRENGTH TRAINING** for Young Athletes

**M**any parents worry about the possible dangers of strength training for young athletes. Whether its safety concerns or concerns about adolescent growth and health effects, we understand that parents are only trying to protect their children. That's why we feel it's so important to share the right information so parents can make informed decisions and help their youth athletes achieve their goals.

## **6 benefits of strength training for young athletes:**

### **1 CREATE A FOUNDATION FOR THE FUTURE**

Strength training plays a significant role in ensuring that young athletes develop motor skills, understand muscle mechanics and become more coordinated, stable and strong as they progress through their athletic careers.

Athletes go through a number of changes during adolescence. Many fundamentals for long-term athletic development are established. As such, it is imperative that young athletes are proficient in movement basics so that their platform for growth and development continues along an upward trend.

### **2 REDUCE THE RISK OF INJURY**

In building foundational strength training knowledge, young athletes have a better understanding of muscle mechanics and training with proper form. Proper technique during weight training with all athletes is about safety and preventing injury. It's never the weight that injures someone. It's usually improper lifting of the weight. The technique an athlete learns first is the technique they will use all along. If it is learned incorrectly, even with light weight, an athlete might not get injured that day, but later down the line this can become a serious risk. Executing a lift with proper form, whether it's light weight or heavy weight, is crucial for safety in youth strength training. Additionally, strength training for young athletes builds injury resiliency as they improve joint flexibility, tendon strength and core strength.

### **3 INCREASE STRENGTH**

Of course, strength training during adolescence can result in impressive strength gains. In fact, it's commonly recognized that increases in muscular strength seen in adolescents exceed those gained in older athletes. While a progressive strength training program is always recommended for young athletes, it's greatly beneficial to have kids begin bodyweight exercises and training with resistance bands as early as age 7.

### **4 BUILD SELF-ESTEEM**

Quite possibly one of the greatest benefits of strength training for young athletes is the impact on self-esteem and self-confidence. Studies have shown an increase in positive self image with regular strength training. The rigors of a strength program, within reason, help a young athlete gain focus, attention and dedication. They see what their body can do that it couldn't do before. All that in addition to improved body composition from their training. The resulting confidence and self-esteem helps them not only in their sport, but in all avenues of life.

### **5 IMPROVE SPORTS PERFORMANCE**

A stronger athlete is a better athlete. Often, we see parents and coaches hyper-focused on sport-specific training when in actuality, greater benefits can be seen with a well-rounded program, especially for younger athletes.

Youth athletes do not have the strength, endurance, or stability of their muscles and joints to properly or efficiently perform many sports skills. Sport-specific training at a young age can actually result in muscle imbalances and improper training technique. You most likely won't see your young athletes putting on substantial size, but they will have the capability to get stronger due to a more functional nervous system. Strength training for young athletes supports optimal mobility, stability, coordination, strength, and movement efficiency. In the sports arena, this results in improved speed, agility, quickness and conditioning.

### **6 ADD VARIETY TO ACTIVITIES**

We always have to remember we're dealing with kids – they want to have fun! While kids are becoming more goal-oriented and dedicated at a younger age these days, it's so important for coaches and parents alike to be aware of, and avoid, athlete burnout. One of the best ways of doing this is by mixing up the training routine for kids. This way, youth don't feel like they are always practicing and playing their sport, but they know they are still working toward improving their skills.

#### **Youth Strength Training & Athletic Performance**

Are you a young athlete looking to learn more about proper strength training? Or a coach wanting to ensure your youth athletes are training safely and in a way that results in maximal strength gains and athletic performance? Then the Strength for Speed Membership is perfect for you!

The membership features an extensive library of 30+ strength training videos covering the basics of body mechanics, breathing technique and proper execution of the most important strength training exercises for developing speed, including the deadlift, squat, lunge technique and upper body training essentials.



# Fitness

## SPRING 2020 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.



### KIANA WATSON

Kiana started hockey at the age of 4, playing minor hockey at various levels until Midget which she spent all 3 years playing Major Midget with the West Coast Avalanche. Kiana played Junior in the JWHL for Northwood school in

Lake Placid, New York where she received various NCAA offers for the following season. Kiana ended up committing to Boston University but wasn't able to follow through because of multiple concussions, subsequently ending her hockey career. Growing up Kiana participated in various sports, from soccer, inline hockey, gymnastics and field hockey but hockey was her true passion. She is currently working towards her Human Kinetics degree at Capilano University. Kiana is excited to join our team here at the NSWC and looking she's forward to helping our members achieve their fitness goals!

## FITNESS INSTRUCTORS



### JOANNE ROG

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

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

### ALANA TAYLOR

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

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





# Minor Hockey

## SPRING 2020 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

### Power Skating

High performance explosive speed and power training, power skating with NSWC's Karen Kos. Quick feet, dynamic agility and stride perfection in and up-tempo, educational environment. Full hockey equipment required.

**Instructor: Karen Kos**

**Apr 5 – Jun 21 | Sun: 10 sessions**

*(No sessions Apr 12 & May 17)*

**2:00pm – 2:45pm** 2013/2014 Birth Years  
**2:45pm – 3:30pm** 2010/2011 Birth Years  
**3:45pm – 4:30pm** 2012 Birth Years  
**4:30pm – 5:15pm** 2006/2007 Birth Years  
**5:30pm – 6:15pm** 2010/2011 Birth Years  
**6:15pm – 7:00pm** 2008/2009 Birth Years  
**7:15pm – 8:00pm** 2003/2004/2005 Birth Years  
**Member: \$300 | Non Member: \$400**

### Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host two skill levels over the summer to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

#### BEGINNER

**Mar 31 – Jun 20**

**Tue & Sat: 22 sessions**

*(No session Apr 11 & May 16)*

**Tue: 4:30pm-5:15pm**  
**Sat: 8:45am – 9:30am**  
**Member: \$330**  
**Non Member: \$396**

#### INTERMEDIATE/ADVANCED

**Mar 31 – Jun 20**

**Tue & Sat: 22 sessions**

*(No session Apr 11 & May 16)*

**Tue: 5:15pm – 6pm**  
**Sat: 9:30am – 10:15am**  
**Member: \$330**  
**Non Member: \$396**

### Learn to Skate (For Hockey)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

**Apr 4 – Jun 20**

**Sat: 10 sessions** *(No session Apr 11 or May 16)*

**Sat: 8am – 8:45am or 10:15am – 11am**

**Member: \$150 | Non Member: \$180**

**Apr 1 – Jun 17 | Wed: 12 sessions**

**Weds: 1:15pm – 2pm**

**Member: \$180 | Non Member: \$216**

### Power Edge Pro (PEP)

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

**Instructor: Luke Kasteel**

**Mar 30 – Jun 15**

**Mon: 10 sessions** *(No session Apr 13 or May 18)*

**4:00pm – 5:00pm** 2013/2012 Birth Years  
**5:15pm – 6:15pm** 2010/2011 Birth Years  
**6:30pm – 7:30pm** 2008/2009 Birth Years  
**7:45pm – 8:45pm** 2003 – 2007 Birth Years  
**Member: \$400 | Non Member: \$500**



## 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**

**Apr 3 – Jun 19**

**Fri: 10 sessions** (No sessions Apr 10 & May 15)

**4:30pm – 5:30pm 2013/2012 Birth Years**

**5:45pm – 6:45pm 2010/2011 Birth Years**

**7:00pm – 8:00pm 2008/2009 Birth Years**

**8:15pm – 9:15pm 2003 – 2007 Birth Years**

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

## Shooting & Scoring

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

**Instructor: Tyson Mulock**

**Apr 2 - Jun 18**

**Thu: 12 sessions**

**4:15pm – 5:15pm 2013/2012 Birth Years**

**5:15pm – 6:15pm 2010/2011 Birth Years**

**6:30pm – 7:30pm 2008/2009 Birth Years**

**Member: \$360 | Non Member: \$480**

**Apr 9 – Jun 18**

**Thu: 11 sessions**

**7:45pm – 8:45pm 2003 – 2007 Birth Years**

**Member: \$330 | Non Member: \$440**

## Adult Skills

Get a taste of what your kids go through in this class targeted for our Adult members who want to improve their skill sets and have more fun in their Sr. Men's games. Luke focuses on skating, puck skills, shooting, and game drills in a fun and social environment that is designed to increase offensive ability. Come try out the program! Drop-ins are available. Full hockey equipment is required.

**Coach: Luke Kasteel**

**Apr 2 – Jun 25**

**Thu: 13 sessions | 12pm – 1pm**

**Member: \$390 | Non Member: \$455**

## Female Adult Skills & 3on3

Looking to improve your hockey skills in a fun, friendly environment? Well come join our Female Adult Skills & 3on3 program! Half the class will be focused on skating, shooting and puck skills, while the last approx. 30 minutes will be a fun 3on3 game where you can put your new skills to the test!

**Apr 2 – Jun 25**

**Thu: 13 sessions | 8pm – 9pm**

**Member: \$260 | Non Member: \$364**

## NSWC Spring 3on3

The NSWC 3on3 League is proud to return in 2020 for players of all ages and levels! 3on3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game. With registration, your team is guaranteed 10 games (no playoffs). All games will be played in 1 hour time slots. Your registration also includes a set of team jerseys.

### DIVISIONS:

Register for the division of your player's birth year (single age divisions). Teams wishing to play up an age group may make the request.

<b>2014</b>	<b>2013</b>
<b>2012</b>	<b>2011</b>
<b>2010</b>	<b>2009</b>
<b>2008</b>	

### PROGRAM DETAILS:

**Apr 3 – Jun 24 2020** (No games over long weekends)

**Location: Small/HTC Ice rinks**

**Members Teams: \$1400 | Non Member Teams: \$2000**

### ROSTER SIZES:

This number is up to the team itself but we recommend having 9 players + 1 goalie per game. To be eligible for the Member Rate: 80% of your players must be members.

### GAME SLOTS:

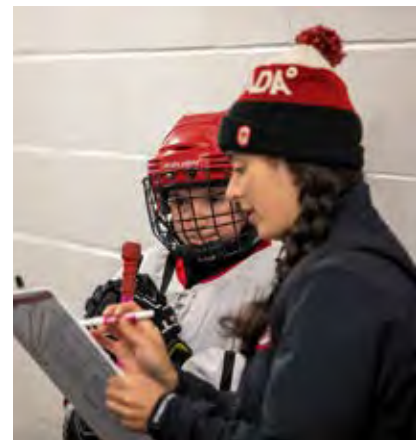
**Fridays, Saturdays & Sundays**

*\*We expect teams to let us know dates that DO NOT work when they are filling out their team info sheets (Team info sheets will be sent directly to the manager after registration).*

### REGISTRATION:

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

*\*Registration will remain open until March 7th or until registration fills up\**



## 2019-2020 NSWC Development Team

### AARON WILBUR

NSWC Hockey Director  
& Peewee A1 Head Coach



Aaron joined the NSWC from the Northwest Giants, where he served as Head Coach for the last season and a half.

Aaron's coaching resume includes a BCHL championship as an Assistant Coach and recruiting coordinator with the Penticton Veas (2008), a Keystone Cup (Western Canadian Championship) as Head Coach of the Richmond Sockeyes (2013), and two years as the Assistant Coach of the UBC Men's Hockey program. In 2010, Aaron stepped down from UBC to found The Coaches Site, an online resource for hockey coaches and producers of the TeamSnap Hockey Coaches Conference. Aaron has also traveled extensively to China working on the development of grassroots hockey. In 2014, he produced a documentary on the growth of hockey in China in partnership with the Vancouver Canucks and has acted as the Canucks ambassador in China, overseeing hockey schools and development programs in China and Vancouver.

For ten years, Aaron ran a summer defenseman camp through Vancouver Hockey School and has worked with players from amateurs up to professionals. Aaron's passion is working with defenseman and he has developed a detailed training program that provides defenseman of all levels a solid foundation and tool box to build their game.

**Private Lesson Rate: \$150 per hour**  
**Contact: awilbur@nswc.ca**

### BOB MCCUAIG

NSWC Manager of Hockey Admin  
& Bantam A1 Head Coach



Bob has been working at NSWC since February 2015. Having been involved in coaching at every level of minor

hockey for the past seventeen years, Bob has experience with teams from Atom through to Major Midget. He coached the Vancouver North East Chiefs, North West Giants, and is currently coaching the Northwest Hawks. Bob has also worked with the BC Hockey High Performance program coaching U15, U16, and U17 programs.

**Private Lesson Rate: \$100 per hour**  
**Contact: bmccuaig@nswc.ca**

### COLE TODD

NSWC Development Coach & Initiation Coach



Growing up in North Vancouver, Cole attended Handsworth Secondary School and is now studying Human

Kinetics at Capilano University. Cole played his entire minor hockey career at the NSWC before moving on to the BCMML, when he won back-to-back league championships in 2012 and 2013 for the Northwest Giants. In 2013, he won the prestigious World Invitational Midget Macs Tournament. Cole went on to play three seasons of Junior A hockey for the Prince George Spruce Kings (BCHL) and the Fort McMurray Oil Barons (AJHL).

Cole now dedicates his time to developing young hockey players at the NSWC and is the NSWC Peewee A1 Assistant Coach this season. Cole is also the Lower Mainland Scout for the Prince George Cougars (WHL).

**Private Lesson Rate: \$125 per hour**  
**Contact: cole.todd95@gmail.com**

### LUKE KASTEEL

NSWC Development Team  
& Atom A1 Head Coach



As an offensive skills coach, Luke excels at breaking down complex skills into fundamental pieces to speed

up skill acquisition. He has spent countless hours reviewing video to understand the small details that make players successful and how to teach them effectively. Luke specializes in teaching forward and defenseman specific skills, tactics, and techniques that help them create offensive opportunities and put more pucks in the net. This is done by teaching elite stick handling, fakes, and game-specific moves, along with shooting mechanics and control techniques used by NHL players to get shots through and to open up holes in net. Endorsed by three of Vancouver's best goalie schools, Luke has spent years learning how goalies move, read, and think in order to exploit them. Luke is a coach who understands how to teach deception in order to control the opposition. He focuses on skills that transfer to the highest levels of hockey in order to condition players with habits that lead to future success. Luke regularly uses NHL video clips as teaching points with his players.

As a player, Luke's career took him all over North America where he learned from coaches at both the pro and junior levels. Moving into a coaching role since retiring, Luke is in his third year with the NSWC. With over seven years of coaching and skill development experience, Luke's technical mind and lifelong passion for hockey have allowed him to work with players from Atom to Pro. When he's not experimenting how to make the perfect cup of coffee, you can find Luke on the ice or in the gym testing out his latest programs and drills on himself. Follow Luke on YouTube and Instagram @lightsteelhockey to see some of his work.

**Private Lesson Rate: \$130 per hour**  
**Contact: kasteel26@gmail.com**



## **JON WOODYARD**

**NSWC Development Team  
& Atom A1 Assistant Coach**



After finishing his career in junior hockey, Jon turned his attention to training and has worked in player development for

the past fourteen years. He has trained players on and off the ice from minor, junior, college, and professional levels. In his sessions, Jon looks to find the skill limit in a particular area and push beyond it using drill progressions that get players to reach their next level. Enhancing skating stability and fluidity through assessment and adjustment allows players to increase the speed of game specific movements while maintaining puck control and peripheral vision. He often uses the aid of video to give players visual feedback on what they're doing and on the changes they're trying to make.

Jon also specializes in puck skills and has developed a system of enhancing puck feel, puck handling speed, range of motion, as well as step by step instructions of evasive maneuvers and fakes that can be applied and developed for various situations. Aware that not everyone learns the same way, Jon works to understand what motivates and generates passion for individuals so he can engage players in their own learning process. He sees passion and enthusiasm combined with a player's understanding of how they learn as key ingredients in the development process. Jon hopes to create an environment where a player has learned how they learn and loves doing it!

**Private Lesson Rate: \$130 per hour**  
**Contact: jonpwoodyard@gmail.com**

## **KAREN KOS**

**NSWC Power Skating Coach  
& Novice girls Head Coach**



For the past 22 years, Karen Kos has owned and operated her own Technical Skating business, overseeing

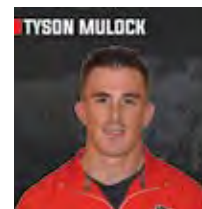
program development and working with players in the minor, junior, collegiate and professional hockey ranks. Karen's approach to technical power skating is unlike any other skating programs in that she applies her extensive educational background and expertise in the field of biomechanics to develop strong skating technique in her students. Throughout her sessions, players gain understanding as to how to move their body efficiently and effortlessly across the ice, implementing key concepts which maximize overall body movement, foot speed, and power. Specific emphasis is placed on breaking down, rebuilding, and fine tuning players' skating techniques utilizing core principles of biomechanics. With this scientific approach to skating, these hockey specific sessions ensure players develop superior skills on a much higher level and at a faster pace. Karen's unique style, quality of instruction, and passion for improving players skating skills brings out the best in all her students in a fun and energetic learning environment.

Karen's knowledge, reputation, and work ethic has placed her in high demand with many minor hockey associations, hockey academies, and hockey schools in the Lower Mainland. Currently Karen is the High Performance Skating Coach at the NSWC as well as the Power Skating Coach for the Prince George Cougars (WHL), the North Vancouver Wolfpack (PJHL), the Vancouver Northwest Hawks, Greater Vancouver Canadians and Cariboo Cougars (BCMML), as well as BWC's Elite 15 and U18 Prep Academy teams (CSSHL).

**Private Lesson Rate: \$150 per hour**  
**Contact: karenkos@hotmail.com**

## **TYSON MULOCK**

**NSWC Development Coach & North West Hawks Bantam Zone Head Coach**



Tyson Mulock is a retired professional hockey player who had a long, successful career playing for the

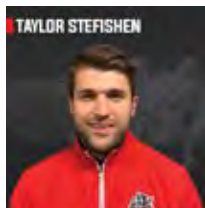
Deutsche Eishockey Liga (DEL). Tyson grew up playing hockey in Langley and Delta, where he won the Western Canadian Championships in his second year of Bantam. At age 16, he moved on to play for the Medicine Hat Tigers (WHL) and the Vancouver Giants, where Tyson scored the first goal in franchise history landing him in the Hockey Hall Of Fame. Tyson spent some time with the Regina Pats before moving to Germany for fourteen years. Tyson won five DEL championships, garnering many league awards along the way, including top goal scorer, top forward, and MVP. He even scored 50 goals in 50 games in two seasons! During the off season, Tyson helped run various camps that focused on shooting, applying the stick handling theory's and offensive zone tactics he's learned over the years. Tyson is now sharing his wealth of knowledge at the NSWC, where his ability to connect with kids is recognized as a true gift.

"Over the two years I played with Tyson, his dynamic release and shot scored us many goals in big games and won us championships. Shooting is an under developed skill in the game of hockey and I would highly recommend Tyson Mulock for all areas in the offensive zone, especially shooting. Become a more confident hockey player and score more goals with Tyson!" – Jeff Friesen, 15 year NHL player

**Private Lesson Rate: \$150 per hour**  
**Contact: tysonmulock@me.com**

## **TAYLOR STEFISHEN**

**NSWC Development Coach  
& Pee wee A1 Assistant Coach**



Taylor Stefishen is a North Vancouver native and a product of the North Shore Winter Club. Taylor

was a part of the NSWC teams who won the Quebec Pee wee tournament and Western Canadian Bantam Championships. Taylor enjoyed a unique playing career that was highlighted in 2008 when he was selected by the Nashville Predators in the 5th round of the NHL draft. He recently retired from his playing career that included stops in the BCHL, NCAA, WHL, CIS, ECHL, AHL, Serie A (Italy), Magnus Ligue (France), EIHL (U.K.) and Erste Ligue (Hungary).

Taylor brings a wealth of knowledge and experience to the NSWC. Throughout his playing career, Taylor took the time to be a student of the game. He learned from great coaches, teammates, and opposing players. Taylor understands from firsthand experience the sacrifice, commitment, and hard work that is necessary to reach your full potential while still having fun. The NSWC has not only been an integral part of his success, but a place that has been a second home to him and his family for over 30 years. He looks forward to giving back to an organization that has given him so much.

**Private Lesson Rate: \$120**

**Email: tstefishen@gmail.com**

## **CHRIS SHAW**

**NSWC Development Coach & North West Hawks Head Coach**



Born and raised in South Surrey, Chris Shaw played in 168 career BCHL games from 1998 to 2001 for the Victoria Salsa

and Burnaby Bulldogs. In his last season with the Bulldogs, he was named team captain, earning him a NCAA Division I scholarship to Niagara University. Through 2003 to 2008, he played professionally in the Central Hockey League (CHL), United Hockey League (UHL), Southern Professional Hockey League (SPHL), and in the East Coast Hockey League (ECHL) with the Victoria Salmon Kings. In total, he appeared in 244 professional regular season games.

In 2009, Chris began his coaching career as an Assistant Coach with the Alberni Valley Bulldogs (BCHL) before moving on to a Head Coach and General Manager position with the Nelson Leafs (KIJHL). After a year as an Assistant Coach and Assistant General Manager with the Vernon Vipers (BCHL) in 2011, he took over the reigns as Head Coach and General Manager of the Ontario Avalanche (WSHL) for four seasons. Chris spent the last two years as the Associate Head Coach of the Langley Rivermen (BCHL). This is Chris' first year as Head Coach of the Vancouver Northwest Hawks (BCMML) and as a member of the Development Team at the NSWC.

**Private Lesson Rate: \$125 per hour**

**Email: shawhockeydevelopment@gmail.com**

## **JASON LEHOUX**

**NSWC Development Team  
& Atom A3 Assistant Coach**



I played my Junior Hockey career in the Quebec Major Junior Hockey League, which included a total of four years between

Rimousky, Rouyn Noranda and Hull. I signed as a free agent with the New Jersey Devils, played 5 years in the AHL, attended 6 NHL camps, and then retired at the age of 27. After my playing career was over I decided to pursue coaching and became an assistant coach with Drummondville in the QMJHL for 2 years. For the last two decades I have had the chance to coach an array of players, ranging from three year olds to young professional adults. I am looking forward to being a part of the NSWC Development team and helping all our NSWC players grow and development.

**Private Lesson Rate: \$120 per hour**

**Email: lehoux20@hotmail.com**

## **ANDREA BENAC**

**NSWC Development Team  
& Pee wee C1 Female Head Coach**



Growing up in Oakville, Ontario, Andrea attended St. Ignatius of Loyola High School. Andrea played her entire

minor hockey from initiation to Junior (PWHL) with the Oakville Hornets. After graduating from junior hockey, Andrea played collegiately in the CIS for the University of Windsor.

Following university, Andrea returned to Oakville and began working on the development team at the Oakville Hockey Academy, running private skills sessions for both girls and boys of all ages. Andrea is currently the head coach of the Female Pee wee C1 team at the North Shore Winter Club.

**Private Lesson Rate: \$125 per hour**

**Email: andreabenac13@gmail.com**



## JARED ENG

**NSWC Development Team  
& Atom A3 Head Coach**



Jared grew up on the North Shore playing for the North West Giants (BCMML). He recently finished playing

professional ice hockey with the Kunlun Red Star Organization (KHL/VHL). Jared spent time in the BCHL, NCAA DIV 1 and in Sweden before finishing his career in Russia. He also plays for the Team Canada National Roller hockey team.

As a skills coach, Jared works with forwards and defensemen on being innovative and detailed, developing skills that work in games. He is excited to begin his coaching career and to give back to players at North Shore Winter Club. This will be Jared's first year coaching and being part of the development team.

**Private Lesson Rate: \$135 per hour**

**Email: jared.eng@gmail.com**

## MALCOLM GOULD

**NSWC Development Coach  
& Atom A3 Assistant Coach**



Malcolm Gould grew up in North Vancouver and spent his minor hockey career at the NSWC. After his time at NSWC,

he moved on to play in the BCHL for the Chilliwack Chiefs, from there he received a NCAA Div. 1 scholarship which brought him to Michigan Tech. Malcolm spent four years at Michigan Tech which resulted in league championships, NCAA tournament appearances and being named to all-conference teams on multiple occasions. From there he went on to play three years professional overseas and in NA (France, UK, ECHL). This year Malcolm is coaching the NSWC Atom A3 team as well as the North Van Wolfpack (J.R.B). He is very excited to be back at the club back where it all started and to be working with such talented players at the North Shore Winter Club!

**Private Lesson Rate: \$135 per hour**

**Email: mdgould@mtu.edu**

## GUIDO LAMBERTI-CHARLES

**NSWC Development Coach**



**& Minor Midget  
Head Coach**

Guido Lamberti-Charles is the founder and owner of Euro Elite Hockey & Sniper

Shooting in Vancouver.

He organizes Hockey Camps in North America & Europe, due to his worldwide network he is experienced in the transatlantic transfer of professional and junior hockey players.

Before he started coaching in Germany, Belgium, Canada and USA, Guido had an extensive 14 year playing career for several teams in Germany. After his active player career, he moved into coaching in 2002. Guido is certified with the following coaching certifications, level "C" (2001) SPR & "B" (2010) DEB/ IIHF and finished 2015 his High Performance1 with Hockey Canada and USA Hockey level 4. In 2005 he graduated as a Sports Team/Manager (level "C") at the Sportbund Rheinland Academy, Germany.

Guido has been coaching for 20+ years at collegiate, junior, minor and professional levels; he understands the game and tactics very well and is an excellent individual skills coach.

In the last few years, Guido has worked for the following top clubs in North America at University, Major Midget AAA, U18 Prep and Bantam AAA levels:

- *Iowa State University, ACHA Div.1*
- *BWC, U18 Prep & Midget AAA*
- *North Shore Winter Club, Bantam AAA*
- *North West Vancouver Giants, BCMML*
- *Valley West Hawks, BCMML*
- *North West Vancouver Hawks, BCMML*

Since the season 2018/2019 he is the Head Coach of the North West Vancouver Minor Midget Team.

**Private Lesson Rate: \$150 per hour**

**Email: office@euroelitehockey.com**

## LYNDEN SAMMARTINO

**NSWC Goalie Coach**



For the past 10 years I have had the opportunity to follow my passion of training goaltenders of all ages and skill

level. My playing career included Junior A with the Yorkton Terriers of the SJHL, winning a league championship and having the chance to play in the Royal Bank Cup. Following my final season I was approached by Brady Robinson (Philadelphia Flyers Development Goalie Coach) to work as the assistant manager of the BC region for the Goaltender Development Institute, which was owned by Ian Clark (Vancouver Canucks Goalie Coach). After seven years of working with Brady he decided to take on a full-time role with Vaughn and I have since started my own goaltending company, LSGC Goaltending (Lynden Sammartino Goaltending Consulting) and in 2015 I was hired on as the Goaltending Development Coach for the Victoria Royals (WHL) as well as the UBC Men's Hockey Team in 2018. Goaltenders need to adapt to a game that has become faster and more dynamic. Players are now more skilled than ever. I recognize that every goaltender is different and I don't expect them all to play the same style but building a strong foundation is critical. You have to find what their strengths are and build on them while rounding out their weaknesses. I believe that over the past decade goaltenders have become overly robotic in the way they operate. Reads/anticipation ("goalie sense"), and the ability to mentally handle the pressures of consistency have to be key focuses in every goaltenders development. Instincts and athleticism have become secondary. Goaltenders need to achieve a healthy balance of using simplified save processes and proper trajectory tactics/center shifts to allow them to maximize their net presence. If they can combine this with the proper timing/use of athleticism and compete, it'll allow them to make timely saves. A goalies ability to decide between plan A (simplified save process) or plan B (athleticism) in a split second will give them success in the new age hockey.

**Private Lesson Rate: \$175 per hour**

**Email: lynden@lsgcgoaltending.com**



## SEAN MURRAY

NSWC Goalie Coach



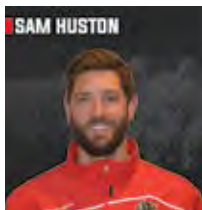
As the owner of BC's number one goalie school, Pro-Formance Goalie School, Sean has been coaching goaltending since

1995. He coached in the WHL for many years, including the Memorial Cup winning year with the Vancouver Giants in 2007. Along with being a NSWC goalie coach, Sean is currently the goalie coach for PG Cougars (WHL), the PG Spruce Kings and Langley Rivermen (BCHL), as well as the Northwest Hawks, Greater Vancouver Canadians, and Cariboo Cougars (BCMML).

**Private Lesson Rate: \$150 per hour**  
**Email: seanpfgs@gmail.com**

## SAM HUSTON

NSWC Goalie Coach



Growing up playing minor hockey at the NSWC, Sam moved on to the BCHL and the WHL, developing not

only his goaltending skills, but also his knowledge of the game of hockey. He has now transferred his experience, skills, knowledge, and dedication to the disciplines of coaching and training. Sam specializes in player development, both on and off the ice, and works as a personal trainer in the NSWC Fitness Centre.

**Private Lesson Rate: \$100 per hour**  
**Email: s.huston@live.com**

## KRIS LAZARUK

NSWC Goalie Coach  
 & Pee wee A1 Assistant Coach



Kris Lazaruk played in the WHL for four years with the Kootenay Ice and the Kelowna Rockets. During his junior career,

Kris had the privilege of representing his country at the IIHF World U18 Championships in Sweden. He then spent the five years with the University of Calgary Dinos and was a CIS award winning goaltender. Kris recently finished his goaltending career playing professionally with the Colorado Eagles, the proud affiliate of the Colorado Avalanche.

Being a student of the game, Kris understands the fundamentals necessary to excel. With over ten years of coaching experience with minor hockey to junior aged players, Kris recognizes how crucial goaltending development is to become a top prospect at the next level.

**Private Lesson Rate: \$115 per hour**  
**Email: krislazaruk88@gmail.com**





# SKATE SHARPENING

BY TIME OUT SPORTS



**TURNAROUND TIME IF  
DROPPED OFF BETWEEN**

**6AM**

**&**

**3PM**

PASSES ARE  
AVAILABLE TO  
PURCHASE:

**1**

**SHARPEN**

**5**

**SHARPENS**

**10**

**SHARPENS**

SKATES DROPPED OFF AFTER 3PM WILL BE AVAILABLE  
FOR PICK UP BY **NOON** THE FOLLOWING DAY →

DROP-OFF AT MEMBER SERVICES



TIME OUT  
**Source**  
for sports

# Sportball

## SPRING 2020 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.

**Apr 18 – Jun 20** (No session May 23)

**Sat: 9 sessions | 9:15am – 10am**

**Member: \$135 | Non Member: \$168**



### 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.

**Apr 14 – Jun 2**

**Tue: 9 sessions | 11am – 11:45am**

**Member: \$135 | Non Member: \$168**

**Apr 18 – Jun 20** (No session May 23)

**Sat: 9 sessions | 10:15am – 11am**

**Member: \$135 | Non Member: \$168**

### 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.

**Apr 14 – Jun 2**

**Tue: 9 sessions | 12pm – 1pm**

**Member: \$135 | Non Member: \$168**

**Apr 18 – Jun 20** (No session May 23)

**Sat: 9 sessions | 11:15am – 12pm**

**Member: \$135 | Non Member: \$168**





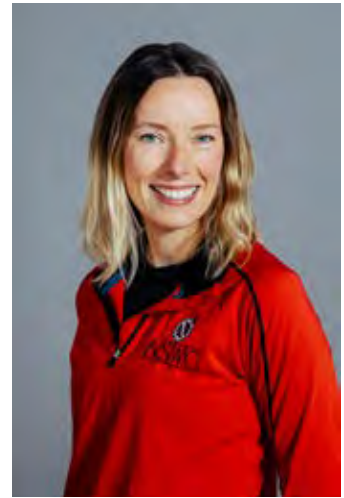




**FABIO WALKER**  
Director of Tennis



**JOE WOOD**  
Assistant Director of Tennis



**NICOLE MCLENNAN**  
Head of Player Development



**AMY WALKER**



**CHRIS STEAD**



**TIM PORTNOV**

# 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.



# Adult Tennis

## SPRING 2020 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca



**JOE WOOD**  
Assistant Tennis Director  
jwood@nswc.ca

### 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!

**Apr 2 – Jun 18**

**Thu: 12 sessions | 10am – 11am**

**Member: \$300 | Non Member: \$420**

**Apr 2 – Jun 18**

**Thu: 12 sessions | 11am – 12pm**

**Member: \$300 | Non Member: \$420**

**Apr 2 – Jun 18**

**Thu: 12 sessions | 7pm – 8pm**

**Member: \$300 | Non Member: \$420**

**Apr 3 – Jun 19** (No session Apr 10)

**Fri: 11 sessions | 11am – 12pm**

**Member: \$275 | Non Member: \$385**

### 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!

**Mar 30 – Jun 15**

**Mon: 10 sessions | 9am – 10am**

(no session Apr 13 or May 18)

**Member: \$250 | Non Member: \$350**

**Mar 31 – Jun 16**

**Tue: 12 sessions | 11am – 12pm**

**Member: \$300 | Non Member: \$420**

**Mar 31 – Jun 16**

**Tue: 12 sessions | 7pm – 8pm**

**Member: \$300 | Non Member: \$420**

### Adult Drills

#### Beginner (Level 1.0 – 1.5)

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

**Mar 30 – Jun 15**

(No sessions Apr 13 & May 18)

**Mon: 10 sessions | 10am – 11am**

**Member: \$250 | Non Member: \$350**

**Mar 31 – Jun 16**

**Tue: 12 sessions | 9am – 10am**

**Member: \$300 | Non Member: \$420**

**Apr 1 – Jun 17**

**Wed: 12 sessions | 9am – 10am**

**Member: \$300 | Non Member: \$420**

**Apr 1 – Jun 17**

**Wed: 12 sessions | 8pm – 9pm**

**Member: \$300 | Non Member: \$420**

**Apr 2 – Jun 18**

**Thu: 12 sessions | 9am – 10am**

**Member: \$300 | Non Member: \$420**

**Apr 2 – Jun 18**

**Thu: 12 sessions | 6pm – 7pm**

**Member: \$300 | Non Member: \$420**





## 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.

#### Mar 30 – Jun 15

(no sessions Apr 13 & May 18)

**Mon: 10 sessions | 11am – 12pm**

**Member: \$250 | Non Member: \$350**

#### Mar 30 – Jun 15

(no sessions Apr 13 & May 18)

**Mon: 10 sessions | 7:30pm – 8:30pm**

**Member: \$250 | Non Member: \$350**

#### Apr 2 – Jun 18

**Thu: 12 sessions | 10am – 11am**

**Member: \$300 | Non Member: \$420**

#### Apr 2 – Jun 18

**Thu: 12 sessions | 8pm – 9pm**

**Member: \$300 | Non Member: \$420**

#### Apr 3 – Jun 19 (No session Apr 10)

**Fri: 11 sessions | 11am – 12pm**

**Member: \$275**

**Non Member: \$385**

#### Apr 1 – Jun 17 (No session Apr 10)

**Wed: 12 sessions | 7pm – 8pm**

**Member: \$300 | Non Member: \$420**

## 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!

#### Mar 30 – Jun 15

(No sessions Apr 13 & May 18)

**Mon: 10 sessions | 9am – 10am**

**Member: \$250**

#### Mar 31 – Jun 16

**Tue: 12 sessions | 9am – 10am**

**Member: \$300**

#### Apr 2 – Jun 18

**Thu: 12 sessions | 9am – 10am**

**Member: \$300**

#### Apr 3 – Jun 19 (No session Apr 10)

**Fri: 11 sessions | 9am – 10am**

**Member: \$275**



## Ladies Doubles Day League

### Advanced (Level 3.5 +)

This league is a competitive format.

**You must be part of an NSWC ladies league team in order to participate in this league.** 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.

#### Mar 30 – Jun 15

(No sessions Apr 13 & May 18)

**Mon: 10 sessions | 12pm – 1:30pm**

**Member: \$160**

## 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!

#### Mar 30 – Jun 15

(no sessions Apr 13 & May 18)

**Mon: 10 sessions | 6pm – 7:30pm**

**Member: \$160**

# Junior Tennis

## SPRING 2020 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.

**April 4 – June 20**

*(no sessions April 11 and May 16)*

**Sat: 10 sessions | 10am – 10:30am**

**Member: \$120 | Non Member: \$170**

### Red Ball Level 1

**Ages: 5 yrs – 7 yrs**

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

**April 4 – June 20**

*(no sessions April 11 and May 16)*

**Sat: 10 sessions | 12:00pm – 1:00pm**

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

**March 30 – June 15**

*(no sessions April 13 and May 18)*

**Mon: 10 Classes | 3:30pm – 4:30pm**

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

**April 3 – June 19** *(no session April 10)*

**Fri: 11 Classes | 3:30pm – 4:30pm**

**Member: \$220 | Non Member: \$275**



### Orange Ball 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).

**April 4 – June 20**

*(no sessions April 11 and May 16)*

**Sat: 10 sessions | 1:00pm – 2:00pm**

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

**March 30 – June 15**

*(no sessions April 13 and May 18)*

**Mon: 10 Classes | 3:30pm – 4:30pm**

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

**April 3 – June 19** *(no session April 10)*

**Fri: 11 Classes | 3:30pm – 4:30pm**

**Member: \$220 | Non Member: \$275**

### Green Ball 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.

**April 4 – June 20**

*(no sessions April 11 and May 16)*

**Sat: 10 sessions | 2:00pm – 3:00pm**

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

**March 30 – June 15**

*(no sessions April 13 and May 18)*

**Mon: 10 Classes | 4:30pm – 6:00pm**

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

**April 3 – June 19** *(no session April 10)*

**Fri: 11 Classes | 4:30pm – 6:00pm**

**Member: \$330 | Non Member: \$412.50**

### 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.

**April 4 – June 20**

*(no sessions April 11 and May 16)*

**Sat: 10 sessions | 10:30am – 12:00pm**

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





# 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](http://nsw.gametime.net)) or at [www.nswc.ca](http://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 EVENTS

## JANUARY – DECEMBER 2020

REGISTER FOR EVENTS ON GAMETIME

### JANUARY

#### WEDNESDAY 15th

Women's Australian Open Grand Slam #1 5:45PM

#### THURSDAY 16th

Men's Australian Open Grand Slam #1 5:45PM

#### MONDAY 20th - FRIDAY 24th

Club Championships

Men's & Women's Singles

Deadline Thursday, January 16th at 10:00pm.

### FEBRUARY

#### MONDAY 3rd - FRIDAY 7th

Club Championships

Mixed Doubles

Deadline Thursday, January 30th at 10:00pm.

#### MONDAY 17th - FRIDAY 21st

Club Championships

Men's & Women's Doubles

Deadline Thursday, February 13th at 10:00pm.

### APRIL

#### MONDAY APRIL 1st - FRIDAY JUNE 19th

Spring League

### MAY

#### WEDNESDAY 13th

Women's French Open Grand Slam #2 5:45PM

#### THURSDAY 14th

Men's French Open Grand Slam #2 5:45PM

### JUNE

#### WEDNESDAY 24th

Women's Wimbledon Grand Slam #3 5:45PM

#### THURSDAY 25

Men's Wimbledon Open Grand Slam #3 5:45PM

### JULY

#### FRIDAY 3rd, 10th, 17th, 24th **FREE**

Friday Night Socials 6.00PM

### AUGUST

#### SUNDAY 9th - SATURDAY 15th

Summer Smash

Doubles Tournament

Deadline Wed, August 5th at 10:00pm.

- Open to the public

This well-organized event with a party atmosphere, makes this the best tournament in the lower mainland!

### SEPTEMBER

#### WEDNESDAY 9th

Women's US OPEN Grand Slam #4 5:45PM

#### THURSDAY 10th

Men's US OPEN Grand Slam #4 5:45PM

### OCTOBER

#### SUNDAY 17th - SATURDAY 23rd

PAUL SHELLARD Fall Classic

Mixed Doubles Tournament

Deadline Wed, October 14th at 10:00pm.

- Open to the public

Great tennis with great nightly food and entertainment features

### NOVEMBER

#### FRIDAY 20th - SUNDAY 22nd

5th Annual Triple Threat Mixed Team Tennis Event

- All levels welcome!

- Friday night Team Draw & Social 6:00PM - 8:00PM

- Matches Sat 21st & Sun 22nd 9:00AM - 6:00PM

- Prize money for winners!

### DECEMBER

#### SUNDAY 13th

Annual Christmas Mixer **FREE**

- Sponsored by the Tennis Committee - No charge

- Prizes for the best Christmas outfit

- Winners' celebration in the bar



# NSWC Business Directory

## ACCOUNTING, ASSURANCE, AND TAX

**CAULINDA BARTOK, CPA, CA**  
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840 – 475 West Georgia Street,  
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Phone: 604-683-4533  
Fax: 604-683-2585  
caulinda@mcleanbartok.ca  
www.mcleanbartok.ca  
*Chartered Professional Accountants*

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& neilc@hnwservices.ca  
www.hnwservices.ca  
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info@elitebodyshop.ca  
www.elitebodyshop.ca  
*Collision repair*

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Fax: 604-677-5812  
acrane@intermarklaw.com

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& sdaniels@farris.com  
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#### **Hamilton Fabbro Lawyers**

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#### **Canucks Autism Network**

101- 2020 Yukon Street, Vancouver BC,  
V5Y 3N8

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Fax: 604 685-4018

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Fax: 604-822-9058

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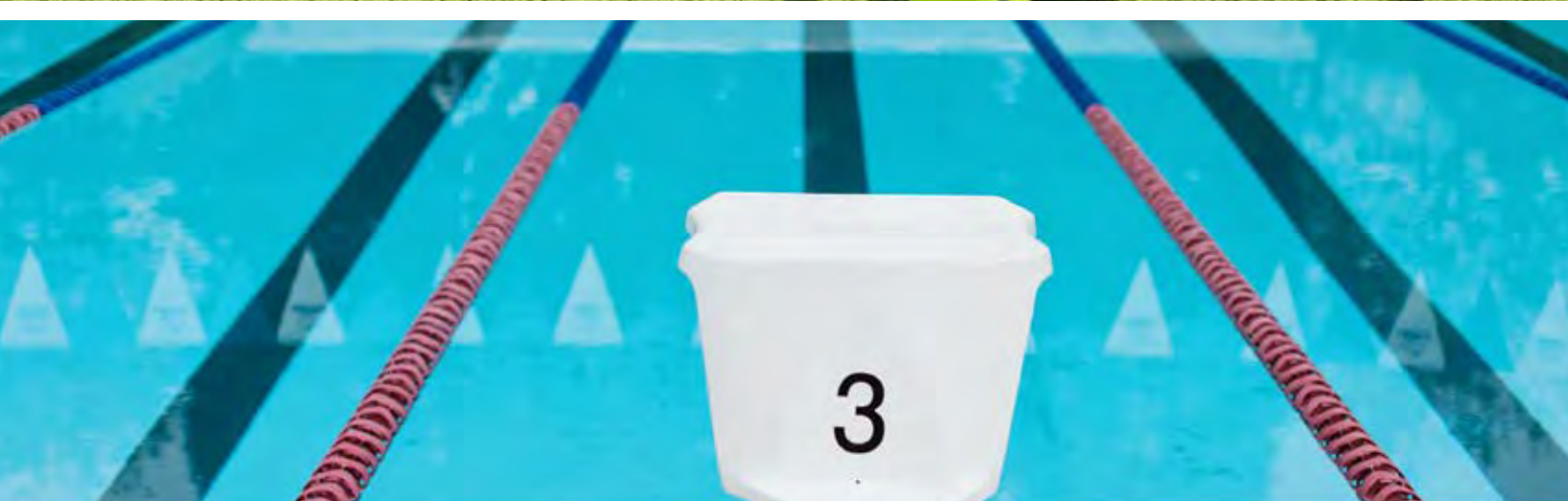
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