

NORTH SHORE WINTER CLUB

Summer Kids Camp Guide 2020



SUMMER CAMP REGISTRATION

Members April 7th, 10am

Non Members April 21st, 10am

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



REGISTRATION 3

AQUATICS..... 4

DANCE 9

YOUTH..... 12

HOCKEY 14

TENNIS 16

PARTY PACKAGES 19



REGISTRATION

Member Registration Opens: April 7th at 10am

Non Member Registration Opens: April 21st at 10am

There are 2 ways to register for Summer Camps:

1. Online registration at www.nswc.ca or nsw.gametime.net
2. Phone registration 604 985 – 4135

- All programs have a minimum and maximum enrollment.
- A waiting list will be formed after a program is filled.
- No credits or pro – rating will be provided for missed sessions.

CANCELLATION POLICY

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

Refunds as follows:

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

PAYMENT

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

POOL RULES AND INFORMATION

- *The safety of our Members and their guests using the pool is of utmost importance to the NSWC. Please review these important rules regarding those using our pool area.*
- *Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.*
- *Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing wrist bands.*
- *Children are not allowed to wear flotation devices on the diving board.*
- *When the **NO LIFEGUARD ON DUTY** sign is up, only adults over the age of 19 are allowed to use the pool.*

RED CROSS SWIMMING LESSONS

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

RED CROSS SWIMMING 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:	Non Member:
\$65 (30 min class)	\$90 (30 min class)
\$90 (45 min class)	\$115 (45 min class)



RED CROSS SWIM PROGRAM

Ages: 3 yrs – 6 yrs

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

SEA OTTER

Ages: 3 yrs – 6 yrs

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

Sets 1 – 3: 3:30pm – 4pm

Sets 4 – 7: 10:30am – 11am *(Members Only)*

SALAMANDER

Ages: 3 yrs – 6 yrs

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

Sets 1 – 3: 3:30pm – 4pm

Sets 4 – 7: 10am – 10:30am

or 2pm – 2:30pm *(Members Only)*

SUNFISH

Ages: 3 yrs – 6 yrs

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

Sets 1 – 3: 3:30pm – 4pm

Sets 4 – 7: 10:30am – 11am

or 2pm – 2:30pm *(Members Only)*

CROCODILE

Ages: 3 yrs – 6 yrs

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

Sets 1 – 3: 4pm – 4:30pm

Sets 4 – 7: 10:30am – 11am

or 2pm – 2:30pm *(Members Only)*

WHALE

Ages: 3 yrs – 6 yrs

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

Sets 1 – 3: 4pm – 4:30pm

Sets 4 – 7: 10:30am – 11am

or 2pm – 2:30pm *(Members Only)*

RED CROSS SWIM KIDS

Ages: 5 yrs – 12 yrs

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

RED CROSS SWIM KIDS

Level 1

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

Sets 4 – 7: 10am – 10:30am

or 2:30pm – 3pm *(Members Only)*



RED CROSS SWIM KIDS

Level 2

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

Sets 1 – 3: 4pm – 4:30pm

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

RED CROSS SWIM KIDS

Level 3

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

Sets 1 – 3: 4pm – 4:30pm

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

RED CROSS SWIM KIDS

Level 4

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

Sets 1 – 3: 3:45pm – 4:30pm

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

RED CROSS SWIM KIDS

Level 5

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

Sets 1 – 3: 3:45pm – 4:30pm

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

RED CROSS SWIM KIDS

Level 6

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

Sets 1 – 3: 3:45pm – 4:30pm

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

RED CROSS SWIM KIDS

Level 7

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

Sets 4 – 7: 11:45am – 12:30pm

(Members Only)

RED CROSS SWIM KIDS

Level 8

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

Sets 4 – 7: 11:45am – 12:30pm

(Members Only)

RED CROSS SWIM KIDS

Level 9

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

Sets 4 – 7: 11:45am – 12:30pm

(Members Only)

RED CROSS SWIM KIDS

Level 10

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

Sets 4 – 7: 11:45am – 12:30pm

(Members Only)

PRIVATE SWIM LESSONS

Taught by qualified Canadian Red Cross Water Safety instructors. You will increase your comfort level in the water, improve your stroke efficiency, and create a more effective swim workout. Private lessons provide the greatest flexibility and one – on – one attention for swimmers of any age. To learn more, contact aquatics@nswc.ca

RATES:

30 minutes:

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

Package of 5 (30 minutes):

Member: \$140 | Non Member: \$215

45 minutes:

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

Package of 5 (45 minutes):

Member: \$215 | Non Member: \$315

** Packages expire September 1, 2020*



BRONZE STAR

Prerequisites: 8 – 12 years old

Bronze Star is an action packed course full of First Aid, Water Rescue, Fitness and CPR Skills. This course is designed for 8 – 12 year olds. Candidates will start to develop team – work skills, problem – solving skills and decision – making in rescue situations. This course will include a 400m Timed swim as part of the evaluation criteria that LITs experienced instructors will help students prepare for.

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.

**Dates are to be determined, please reach out to aquatics@nswc.ca for more information.*

SWIMMING FOR ADULTS MASTERS

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

Jun 1 – Aug 19 | Mon & Wed | 8pm – 9pm

Member Drop In: \$15 / class

Non Member Drop in: \$18 / class

Member 5 Pack: \$60

Non Member 5 Pack: \$80



DANCE WITH CHRISTIE



SUMMER MINI CAMP

Ages: 3 yrs – 6 yrs

Summer Mini Camp 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. We will even have a session in the fabulous NSW pool! There will be a performance for parents on the last day of the camp.

Instructor: Dance with Christie

Jul 6 – Jul 10

Mon – Fri: 5 sessions

10:15am – 11:45am

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

BOYS ONLY HIP HOP – SUMMER

Ages: 5 yrs – 12 yrs

This is a four – session hip hop class for boys ONLY. No girls allowed! Since our moves will be so hot we will be able to cool off one day in the fabulous NSW pool! There will be a demonstration for parents on the last day.

Instructor: Dance with Christie

Jul 6 – Jul 9

Mon – Thu: 4 sessions

1pm – 1:45pm

Member: \$50 | Non Member: \$58`

MATILDA MUSICAL THEATRE WORKSHOP

Ages: 5 yrs – 12 yrs

In this musical theatre workshop we will be singing, dancing and acting to your favourite bits from Matilda such as “When I Grow Up”, “Revoluting Children”, and “Miracle”. 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.

Instructor: Dance with Christie

Jul 6 – Jul 8

Mon, Tue, Wed: 3 sessions

1:45pm – 3:45pm

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

SUMMER WORKSHOP

Ages: 5 yrs – 12 yrs

Summer Workshop will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. There will be a focus on musical theatre where we will work on a musical and play fun drama games. There will be a pool session at the end of the first day and performance for parents on the last day of the workshop.

Instructor: Dance with Christie

Jul 9 – Jul 10

Thu – Fri: 2 sessions

1:45pm – 3:45pm

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

SUMMER COMPETITIVE CLASS

Ages: 5 yrs – 12 yrs

This class is for those currently in the competitive program or hoping to join next season. This class will be a jumps and turns technique class with a short combo. We will be finishing the day on Aug 11th with a 15min pool session!

Instructor: Dance with Christie

Jul 10 | Fri: 1 session

12:30pm – 1:45pm

Member: \$19.25 | Non Member: \$21.75

Instructor: Dance with Christie

Aug 10 – Aug 11

1 or 2 sessions

10:30am – 12:00pm

1 Session Member: \$22

1 Session Non Member: \$25

2 Sessions Member: \$37

2 Sessions Non Member: \$40

SAMPLER TASTER

Ages: 3 yrs – 6 yrs

Sampler taster consists of two sessions instead of our regular season 8 sessions. This is a great way to try out the sampler to see if its for you or to just get in a little dancing in August! Like the normal Sampler, this class will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. There is no official performance but we open the door 5 minutes early at the end of each class for parents to watch.

Instructor: Dance with Christie

Aug 10 – Aug 11

Mon – Tue: 2 sessions

1pm – 1:45pm

Member: \$25 | Non Member: \$30

Add on for sampler taster:

DANCE FOR SWIMMERS

Ages: 3 yrs – 6 yrs

Start your day with a dance class and finish with a swim lesson in the fabulous outdoor pool. This two session program is a great way to try out dance or just add a little sparkle to your morning. Like the normal Sampler, this class will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. There is no official performance but we open the door 5 minutes early at the end of each class for parents to watch before changing for swimming. Bathing suits and shorts are absolutely acceptable attire for this class!

Instructor: Dance with Christie

Aug 10 & Aug 11

2 sessions | 1pm – 1:45pm

Member: \$20* | Non Member: \$25*

**Only available if registered in Swim lessons at the NSWC*



FRIDAY FUN NIGHTS

FRIDAYS 5:00PM
ALL SUMMER | ALL AGES



ADULT TIKI DECK
BBQ

BOUNCY CASTLES
POOL GAMES
LAWN GAMES
MOVIE NIGHT

WEATHER
DEPENDENT

KIDS CORNER

WACKY, WILD ART WEEK

Ages: 2 yrs – 7 yrs

Let your artsy, crafty child have a week of wonderful artistic expression as they use water colours, tempera paint, collage, clay, pastels, and chalk

Mon – Fri | 9am – 11am

Week 1: Jul 20 – Jul 24

Week 2: Aug 10 – Aug 14

Members: \$100 / week

Non Members: \$110 / week

KIDS CULINARY CAMP

(No cook recipe week)

Ages: 2 yrs – 7 yrs

A week filled with fun no bake recipes!! The children will learn how to make fresh fruit salad, summer berry cheesecake, trail mix, oatmeal energy bites, rainbow kabobs, and oreo parfaits. The day will finish with an active game or swim in the small pool. Snack is included.

Mon – Fri | 9am – 11am

Week 1: Jul 27 – Jul 31

Week 2: Aug 17 – Aug 21

Members: \$100 / week

Non Members: \$110 / week

SUMMER FRIDAY FUN NIGHTS!

Age: must be 5 years old

unless accompanied by a parent.

Come join us every Friday night and take advantage of the warm long nights of summer while you can! The children can enjoy swimming in the pool and bouncy castles and games on the grass area, finishing the evening with a movie in the Senior lounge, while the adults can enjoy a drink and bbq's on our outside Tiki deck! All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.

Fri: 5pm – 9pm

Starting Fri Jun 8

**Program is weather dependent*

**Program is open to members and their guests.*



Youth Camps

SUMMER 2020

MULTI SPORT DAY CAMPS

Ages: 6 yrs – 11 yrs

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

ACTIVITIES INCLUDE:

- Swimming
- Tennis
- Dance
- Sportball
- Hikes to the Park
- Games & Treasure Hunts
- Arts & Crafts
- Field Trips

WHAT TO PACK EACH DAY:

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

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

Members: \$265 / week

\$215 / week 5

Non Members: \$375 / week

\$300 / week 5

Drop in (if available)

Members: \$55 day | Non Members: \$85 day

Camps fill up quick! Please provide a minimum of 24 hours notice for 1 day drop ins so we can ensure there is room available in the camp. No Drop in on Fridays.

Call 604-985-4135.

WEEK	DATES	THEME	FIELD TRIP
1	Jul 6 – Jul 10	Under the Sea & Sportball	Ambleside Park
2	Jul 13 – Jul 17	Choo Choo Train	Stanley Park Train
3	Jul 20 – Jul 24	Pirates of the Club	LaserDome
4	Jul 27 – Jul 31	Animal Planet	Maplewood Farms
5	Aug 4 – Aug 7	Mad Science	Science World
6	Aug 10 – Aug 14	Jungle Kids	Go Bananas
7	Aug 17 – Aug 21	Off to Space	HR MacMillan Space Centre
8	Aug 24 – Aug 28	Sea Life & Sportball	Vancouver Aquarium



NSWC SUMMER HOCKEY CAMPS

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

INITIATION

Week 5:	Aug 4 – Aug 7	7:30am – 3:30pm	4 sessions
Week 6:	Aug 10 – Aug 14	7:30am – 3:30pm	5 sessions
Week 7:	Aug 17 – Aug 21	7:30am – 3:30pm	5 sessions
Week 8:	Aug 24 – Aug 28	7:30am – 3:30pm	5 sessions
Week 9:	Aug 9 – Sep 4	7:30am – 3:30pm	5 sessions

INITIATION ITINERARY

7:30am – 7:45am:	Drop Off
8:00am – 9:00am:	On Ice Power Skating
9:20am – 9:30am:	Snack
9:30am – 10:30am:	Off Ice Development
10:30am – 11:30am:	Off Ice Team Games
11:45am – 12:15pm:	Lunch
12:30pm – 1:15pm:	Team Building Activities
1:45pm – 3:00pm:	Puck & Games Skills/3on3
3:15pm – 3:30pm:	Dressing Room Pick Up

Members: \$350 / week	\$280 / week 5
Non Members: \$520 / week	\$416 / week 5

ATOM

Week 5:	Aug 4 – Aug 7	8:30am – 4:30pm	4 sessions
Week 6:	Aug 10 – Aug 14	8:30am – 4:30pm	5 sessions
Week 7:	Aug 17 – Aug 21	8:30am – 4:30pm	5 sessions
Week 8:	Aug 24 – Aug 28	8:30am – 4:30pm	5 sessions
Week 9:	Aug 9 – Sep 4	8:30am – 4:30pm	5 sessions

ATOM ITINERARY

8:30am – 8:45am:	Drop Off
9:00am – 10:00am:	On Ice Power Skating
10:20am – 10:30am:	Snack
10:30am – 11:30am:	Off Ice Development
11:30am – 12:30pm:	Off Ice Team Games
12:45pm – 1:15pm:	Lunch
1:30pm – 2:30pm:	Team Building Activities
3pm – 4:15pm:	Puck & Games Skills/3on3
4:15pm – 4:30pm:	Dressing Room Pick Up

Members: \$350 / week	\$280 / week 5
Non Members: \$520 / week	\$416 / week 5



CAMMI GRANATO HOCKEY SCHOOL AT NSWC

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

Aug 17 – Aug 21

Age Levels: Tyke/Novice, Atom & Pee wee/Bantam

Camp Details: 2 hours on-ice, 1 hour dryland, lunch, leadership and team building

Tyke/Novice: Members: \$225 / week | Non Members: \$285 / week

Atom, Pee wee/Bantam: Members: \$595 / week | Non members: \$665 / week

TYKE/NOVICE

Ages: 6 yrs – 8 yrs

9:45am: drop off in dressing room

10am – 11am: Leadership & Team building

11:30am – 12:30pm: On – ice

12:45pm: Lunch

1pm: Pick Up

ATOM

8:45am:

Drop Off

9:15am – 10:15am:

On Ice

10:45am – 11:45am:

**Leadership
& Team Building**

12pm – 12:30pm:

Lunch

12:30pm – 1:30pm:

Dry land

2:15pm – 3:15pm:

On Ice

3:45pm:

Pick Up

PEEWEE/BANTAM

10:00am:

Drop off

10:30am – 11:30am:

On ice

12:00pm – 12:30pm:

Lunch

12:45pm – 1:45pm:

**Leadership
& Team Building**

2:00pm – 3pm:

Dry land

3:30pm – 4:30pm:

On Ice

4:45pm – 5pm:

Pick Up





JUNIORS TENNIS PROGRAMS

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

All NSW 10 and under tennis programs will be using this “Progressive Tennis” format.

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

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



RED BALL TENNIS

Ages: 6 yrs – 7 yrs

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

Week 1:	Jul 6 – Jul 10	11am – 12:30pm	5 sessions
Week 2:	Jul 13 – Jul 17	11am – 12:30pm	5 sessions
Week 3:	Jul 20 – Jul 24	11am – 12:30pm	5 sessions
Week 4:	Jul 27 – Jul 31	11am – 12:30pm	5 sessions
Week 5:	Aug 4 – Aug 7	11am – 12:30pm	4 sessions
Week 6:	Aug 10 – Aug 14	11am – 12:30pm	5 sessions
Week 7:	Aug 17 – Aug 21	11am – 12:30pm	5 sessions
Week 8:	Aug 24 – Aug 28	11am – 12:30pm	5 sessions

Members: \$97.50 / week \$78 / week 5
 Non Members: \$146.25 / week \$117 / week 5

ORANGE BALL TENNIS AND SWIMMING

Ages: 7 yrs – 9 yrs

Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified 3/4 court (ORANGE COURT). 2 hours of tennis and 1 hour of swimming each day!

Week 1:	Jul 6 – Jul 10	9am – 12pm	5 sessions
Week 2:	Jul 13 – Jul 17	9am – 12pm	5 sessions
Week 3:	Jul 20 – Jul 24	9am – 12pm	5 sessions
Week 4:	Jul 27 – Jul 31	9am – 12pm	5 sessions
Week 5:	Aug 4 – Aug 7	9am – 12pm	4 sessions
Week 6:	Aug 10 – Aug 14	9am – 12pm	5 sessions
Week 7:	Aug 17 – Aug 21	9am – 12pm	5 sessions
Week 8:	Aug 24 – Aug 28	9am – 12pm	5 sessions

Members: \$195 / week \$156 / week 5
 Non Members: \$292.50 / week \$234 / week 5

GREEN BALL TENNIS AND SWIMMING

Ages: 9 yrs – 11 yrs

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

Week 1:	Jul 6 – Jul 10	12:30pm – 3:30pm	5 sessions
Week 2:	Jul 13 – Jul 17	12:30pm – 3:30pm	5 sessions
Week 3:	Jul 20 – Jul 24	12:30pm – 3:30pm	5 sessions
Week 4:	Jul 27 – Jul 31	12:30pm – 3:30pm	5 sessions
Week 5:	Aug 4 – Aug 7	12:30pm – 3:30pm	4 sessions
Week 6:	Aug 10 – Aug 14	12:30pm – 3:30pm	5 sessions
Week 7:	Aug 17 – Aug 21	12:30pm – 3:30pm	5 sessions
Week 8:	Aug 24 – Aug 28	12:30pm – 3:30pm	5 sessions

Members: \$195 / week \$156 / week 5

Non Members: \$292.50 / week \$234 / week 5

TEEN TENNIS TRAINING

Ages: 12+ yrs

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

Week 1:	Jul 6 – Jul 10	12:30pm – 2pm	5 sessions
Week 2:	Jul 13 – Jul 17	12:30pm – 2pm	5 sessions
Week 3:	Jul 20 – Jul 24	12:30pm – 2pm	5 sessions
Week 4:	Jul 27 – Jul 31	12:30pm – 2pm	5 sessions
Week 5:	Aug 4 – Aug 7	12:30pm – 2pm	4 sessions
Week 6:	Aug 10 – Aug 14	12:30pm – 2pm	5 sessions
Week 7:	Aug 17 – Aug 21	12:30pm – 2pm	5 sessions
Week 8:	Aug 24 – Aug 28	12:30pm – 2pm	5 sessions

Members: \$112.50 / week \$90 / week 5

Non Members: \$168.75 / week \$135 / week 5

ACTIVITIES

POOL PACKAGE

Includes: One hour of swimming including games and pool toys, and one hour reserved space on our Tiki deck lawn for food. (16 meal plans included, additional rates apply if over 16 in attendance) (available June through August)

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. (16 meal plans included, additional rates apply if over 16 in attendance)

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. (16 meal plans included, additional rates apply if over 16 in attendance)

DANCE PARTY PACKAGE

Includes: One hour of dance with Certified instructor Bryn Rasmussen and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

BOUNCY CASTLE PACKAGE

Includes: One hour rental of bouncy castle with one party host and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)

HTC PACKAGE

Includes: One hour private rental of HTC ice and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance) NSWC does not supply skates or gear. Full gear and helmets are required.

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.

Additional Adds for Meal Plans (up to 16 guests)

- **Pizza (16 slices)**
- **Nachos**
- **Chicken Strips (16)**
- **Fries**
- **Veggies & Dip Platter**
- **Fruit Platter**
- **Dessert Platter**
(assortment of squares, cookies)

All Birthday Party Activity and Meal plans include up to 16 guests, additional for above 16 guests.

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



NORTH SHORE
WINTER CLUB



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