

NORTH SHORE WINTER CLUB

Summer 2020 Program Guide



SUMMER REGISTRATION

Members May 12th, 10am

Non Members May 26th, 10am

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

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Executive Chef
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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 May 12th, 2020

Non Member Registration opens at

10:00am on Tuesday May 26th, 2020

There are two ways to register for programs:

1. Online registration at www.nswc.ca
2. Phone registration:
604.985.4135 ext 0

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

PAYMENT

- Payment must be made in full at the time of registration.
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

CANCELLATION POLICY

Cancellation requests need to be in writing.

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

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



REFUNDS AS FOLLOWS:

- 100% refund: up to 72 hours before program start time.
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time.
- No Refund: more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

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

FITNESS REGISTRATION AND CANCELLATION INFORMATION

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

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

LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)
- 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

 Instagram.com/myNSWC

 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 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 .



Member Moments



Barb Hufsmith Member Services Manager 2004 – 2020

She is the one that greets you every day when you enter the club! She can guide you to your next program, help you with registration, locker rentals, food and beverage needs, event and room information, and answer just about any question you throw her way. In July, Barb will be exiting the door of Member Services for the last time as she retires and becomes one of her greatest and best accomplishments...**A GRANDMOTHER!**

Barb really holds these 4 walls together and although we are so excited for her next adventure, we are not sure what the Club will be without her. Barb started at the Club in Member Services in 2004 and she has not looked back since.

Although, 16 years is her record of employment at the Club, Barb has been a member at the Club since she was a child and has volunteered in many different roles throughout the years including: H3/H4 Hockey Coordinator, Minor Hockey Registrar, Minor Hockey Treasurer, Marlins Hosting Coordinator and Marlins Award Organizer.

Barb's parents, Tony and Doreen Tadey joined the club in 1958, Yes, folks, **some of the very first members of the North Shore Winter Club.** Barb's Dad tells a story that he walked over planks to a shed where memberships were being sold. Barb joined the family in 1960 so that makes her a member for over 51 years. Barb's husband Bob and children, Nicole and Aaron are also active members at the Club and over the years, there have been a total of 11 Tadey's that have been members with Barb and her family and formed many amazing memories participating in Marlins, Water Polo & Diving

Club, tennis, figure skating and hockey.

Barb herself is a proud past NSWC tennis player, figure skater and member of the Marlins. Barb has become that other family member to the management team, the staff and the membership over the years. Her smile lights up every room she walks into and it will sure be missed.

I asked her what her most memorable memories were at the Club and with a tear in her eye and a catch in her throat, she replied "how do I give voice to all the memorable moments that are truly heartfelt"

Her memories and words are listed below for you all to enjoy.

Best of luck Barb. Your efforts and dedication throughout the years has made this place what it is today and we will always be thankful for that. You have been a mentor and friend to many and we will truly miss your positive outlook and glass is full to the rim personality.

The next time we see you, it will be on the other side of the Member Services desk. We can't wait to welcome you back as a proud member of the Club.

Barbs NSWC Memories - in her own words.

Memories that start with my parent's sharing their tales of the club before I could walk. Cherished memories of my youth. Of watching and cheering my siblings on as they competed in hockey games, from Peanuts and Pups, through Junior B with the Flames and racing with the Marlins. I giggle when I think of my few years skating on the ice and swimming as a Marlin.

Memories of Bob and I moving back to the North Shore and rejoining the club, in 1997, with our 2 children, Aaron age 7 and Nicole age 2.

Memories of watching our son and daughter play hockey on the same rink and swim with the Marlins in the same pool that I grew up with. A pool that our son, at first, was not too keen on swimming in but who later came to be a Marlins Coach and win gold



at Provincials. A rink that saw our daughter start out as a Cookie Monster and retire as a Juvenile.

Memories of working with incredible staff over 16 years. Staff that I have laughed with and who have shared in my joys as a parent. Staff who have been teachers and staff who have shown patience, staff that I have worked alongside of with the hopes of giving memorable experience's to members, staff who have made sure that I felt supported and felt heard.

Memories shared with NSWC members, my extended family...we share memories of hockey games and swim meets, early mornings and late nights, Halloween Haunted Houses and Santa's Breakfast. We share memories of road trips and Inn on Long Lake, Sr Men's stories and Tiki Deck gatherings. We share recollections of adventures at the Cultus Lake Waterpark and tennis talks. We share proud moments around our children's successes and we share memories of volunteering side by side and friendships made.

...and now another lasting memory of having the opportunity to look back and be reminded of all that is uniquely special about being part of our NSWC community, my extended family, and I can't help but smile. Grateful am I.

Member Moments

Cammi Granato Invitational Recap

This past February marked the first annual Cammi Granato Female Invitational Tournament. We hosted twelve teams, which included teams from Kelowna and Lethbridge, broken up into three divisions (Atom, Peewee Rec & Peewee Rep). All the games were close and offered lots of excitement. In total, five games went into OT and four of them were decided in a sudden death shootout!! The tournament offered the teams more than just games, as we also organized a Skills Competition that included fastest skater, shooting accuracy, stickhandling and breakaway challenge (I've never seen our rink so packed before!) and a banquet, which Cammi spoke at.

Congratulations to the following teams who won GOLD at our tournament:

- *NSWC Atom C1*
- *Vancouver Peewee C1*
- *Lethbridge Peewee A*

On a more personal note, I wanted to express my sincere gratitude to everyone who helped make this tournament a first class experience for all the girls who participated. From our volunteers, parents, referees, ice crew, coaches, maintenance, front desk and kitchen staff, I want to thank you for all your hard work and commitment to ensuring the tournament was a success. I feel honored to be a part of such a great team. Growing up playing female hockey at the NSWC I had always dreamed of playing in a female tournament on home soil. To be able to give that opportunity to our girls, really was a dream come true. Not only did I get to organize event, but I also got to experience it as a coach of our atom girls' team, which was really special.

Like Cammi Granato said in her banquet speech, females have so many more opportunities in sport these days and we should not ever feel we can't achieve a position in sport just because of being female. Cammi herself has been able to break barriers on the ice, as well as off the ice by becoming an NHL scout. The day is here where we see females being hired in a variety of sporting roles, and I couldn't be more excited as a female in sport myself, to be able to witness and be a part of this great phenomenon.

I truly hope we can make this an annual tradition for many years to come!

Emily Allen



"we should not ever feel we can't achieve a position in sport just because of being female."



Featured Athletes

The Hanna Brothers



Dexter Hanna

Age: 14

How many years have you been playing hockey?

I started cookie monsters when I was 4, so I've been playing hockey for 10 years.

Who is your favourite hockey player?

Connor McDavid

Who do you feel you play most like?

I feel like I play like Alex Burrows did.

What is your biggest accomplishment in hockey?

I was happy when I made the peewee A1 team in 2017/18, but my biggest accomplishment was probably making the new bantam A1 team as a first year in 2018/19 (and being selected after the first round of try-outs). I was also proud when I made the U15 provincial camp last year.

Who is your role model in the sport? And why?

My role model is my dad because he introduced me to hockey and teaches me a bunch of different skills and gives me good advice regarding my game.

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

I always put my left skate on first and I like to be the last one on the ice for warm-up

What is your favourite pre game meal? Avocado toast

Besides hockey, what other activities do you enjoy?

I enjoy playing inline hockey and baseball during the off season.

What do you enjoy most about playing at the north shore winter club?

Last season I didn't technically play for NSWC, (I played on the North West Hawks), but as a member, I enjoy all the open ice, and I like the facility. It's great to be able to play hockey, work out in the gym, play some basketball in the HTC, and socialize with my friends all at the same place.



Mason Hanna

Age: 10

How many years have you been playing hockey?

I started in H1, so I've been playing hockey for 6 years now.

Who is your favourite hockey player?

On playstation NHL 20 it's Gabriel Landeskog, but I really like Nathan McKinnon in real life.

Who do you feel you play most like?

Quinn Hughes. He's a great skater and makes a good first pass, just like me.

What is your biggest accomplishment in hockey?

My atom A4 team this season won the play-off banner. (And we even beat 2 teams we didn't win against all season). I also really improved my backwards skating this year.

Who is your role model in sport? And why?

I'm not really sure yet

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

I like to spend a few minutes alone thinking about the game.

What is your favourite pre game meal?

Meatballs with egg noodle pasta

Besides hockey, what other activities do you enjoy?

Baseball and inline hockey are my other favourite sports.

What do you enjoy most about playing at the north shore winter club?

All the good coaches and friendly staff. I also like going to open hockey and ordering food and drinks from the café.



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 you event contact bookings@nswc.ca

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

FEATURE RECIPE

Summer Steak Kabobs

INGREDIENTS

- ½ cup canola oil
- ¼ cup soy sauce
- 3 tablespoons honey
- 2 tablespoons white vinegar
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- 1½ pounds beef top sirloin steak, cut into 1-inch cubes
- ½ pound whole fresh mushrooms
- 2 medium onions, cut into wedges
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1 medium green pepper, cut into 1-inch pieces
- 1 medium yellow summer squash, cut into ½-inch slices
- Hot cooked rice

DIRECTIONS

- In a large bowl, combine first six ingredients.
- Add beef; turn to coat.
- Cover and refrigerate 8 hours or overnight.
- On 12 metal or soaked wooden skewers, alternately thread beef and vegetables; discard marinade.
- Grill kabobs, covered, over medium heat until beef reaches desired doneness, 10-12 minutes, turning occasionally. Serve with rice.

FEATURE DRINK

Summer Crush Mimosas

INGREDIENTS

- ¼ cup
- sugar
- Zest of 1 orange
- 3 (12 oz) cans Orange Mango Juice
- 1 (750-ml) bottle prosecco or champagne
- Grenadine
- Orange slices, for garnish

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

SUMMER 2020 PROGRAMS

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 1 – 3: 4:30pm – 5pm

Sets 4 – 7: 10am – 10:30am

or 2:30pm – 3pm (Members Only)

Red Cross Swim Kids

Level 2

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

Sets 1 – 3: 4:30pm – 5pm

Sets 4 – 7: 10am – 10:30am

or 2:30pm – 3pm (Members Only)

Red Cross Swim Kids

Level 3

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

Sets 1 – 3: 4:30pm – 5pm

Sets 4 – 7: 10am – 10:30am

or 2:30pm – 3pm (Members Only)

Red Cross Swim Kids

Level 4

The front crawl, back glide and shoulder roll for back crawl are further developed.

Children work on kneeling dives, surface support and developing a greater sense of self – safety by understanding their own limits.

Sets 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*



Lifesaving Courses

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



5 Body Parts for Swimmers to Strengthen This Spring to prep for the Summer

At the turn of the century I was cruising around rural Alberta in a bad\$\$\$ 1993 Mercury Topaz. This car had it all - power windows, a sweet CD deck I installed myself, and a tank into which the bare minimum amount of gas was pumped periodically in order to continue said cruising.

Like I said, the car had it all. And often it was all broken. Once my mechanic realized I'd be the sole reason his children would attend college in the future, we got pretty tight. I'd roll in on fumes because a large part of the car had detached and he'd tell me "dude, you need to fix, like, everything, dude." Forget that noise, right? Just tighten whatever you need to tighten until it passes for street legal, I'd tell him. Like a car, the swimmer's body requires a minimum amount of capable parts in order to function. Fortunately for all you swimmers out there, my Topaz can serve as a beacon of divine inspiration for your training. Here are 5 key body parts to tune up before you hop in the deep end.

1 Shoulders

Having strong shoulder joints that transfer energy effectively from the core and chest will help swimmers pull themselves through the water quicker. However, for young swimmers in particular, it's important to maintain good shoulder health to avoid injuries in the future that will slow you down in the pool and everywhere else, too.

2 Hips

I tried to keep this list short because like my Topaz, sometimes you can't devote attention to everything, so I chose hips over core muscles, knees, or legs. This is because every movement in the water begins with the hips. The rest of the body can only do so much if the power in the hips is lacking. So the hips are kind of like the heart of the swimmer's body.

3 Lungs

It takes time and patience to develop proficient breathing rhythms. There's a reason we hold an event called Hell Week here at the NSWC every summer, and no, it's not because we want everyone to think we're cool (do they? guys? guys?). No, it's because swimming requires exertion without the constant reprieve of oxygen, unlike other sports where you can just open your nostrils and breathe.

4 Brain

Limbs flailing this way and that, swiveling necks, breathing in and out at the right time - sounds like a complicated mess. Well, unlike my Topaz, the young swimmer has a central computing system responsible for directing all that traffic. Timing your kicks with your arms and breathing takes time and dedication. It can be difficult for swimmers of all ages to wrap their brain around all the different commands it's

required to send all at once, but once the brain is comfortable with multitasking and the swimmer doesn't need to think (ironic, I know), then the physical components of swimming become the focus.

5 Heart


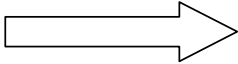

Unlike the hips, the heart is the heart of the body. Man, with all the parts you need to keep in tip top shape, it's a miracle we don't leave the keys in the ignition and park the car on the side of the road for someone else to deal with.

But wait! The body is not a car. A Topaz is a depreciating asset as my accountant likes to remind me, while the body is an investment that will give back years of healthy returns should we treat it right. Spending \$1000 on a new transmission for a \$500 car was probably a mistake - spending some extra time in the gym building strength in order to improve results and lower the risk of injury is a tall order, but a worthwhile one.






Competitive swimming is hard. You have to compete against a rival while also competing against yourself. It takes determination and ambition to train for weeks and then compete for seconds, but that's the nature of the sport.



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

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

NORTH SHORE WINTER CLUB | SUMMER PROGRAM GUIDE

 North Vancouver Recreation Commission <i>Sears I Can Swim Program</i> *If in this program at NVRC	   NSWC <i>Red Cross Swim Kids Preschool</i> *They can register in this program	 West Vancouver Aquatic Centre <i>Preschool Learn to Swim Program</i> *If in this program at WVAC
Tiny Tot 1- Turtles (2 years old)	→ Starfish (2-6 years old)	← Ducks (2 years old)
Tiny Tot 1- Tadpoles (3-6 years old)	→ Duck (2-6 years old)	← Jellyfish (2 years old)
→	→ 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)



Dance

SUMMER 2020 PROGRAMS

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.



Dance with Christie Summer Camps

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 NSWC 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 NSWC 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”, “Revoltin’ 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*



Youth Camps & Child Minding

SUMMER 2020 PROGRAMS

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.*

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



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.

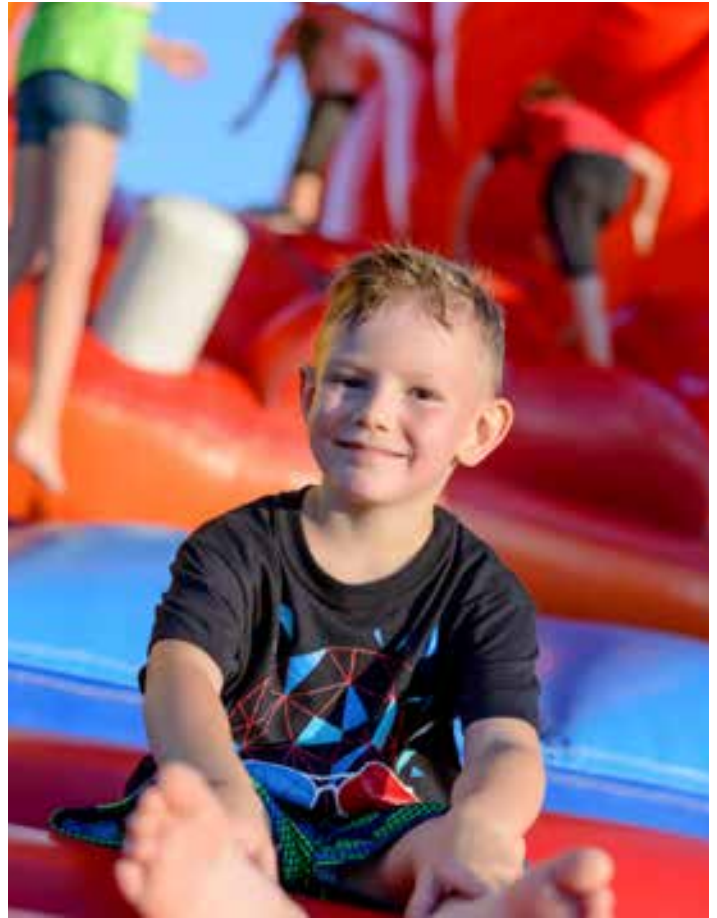
Different meal plans can be coordinated

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

FRIDAY FUN NIGHTS

FRIDAYS 5:00PM
ALL SUMMER | ALL AGES



ADULT TIKI DECK
BBQ

BOUNCY CASTLES
POOL GAMES
LAWN GAMES
MOVIE NIGHT

WEATHER
DEPENDENT

Fitness

SUMMER 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 physical

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

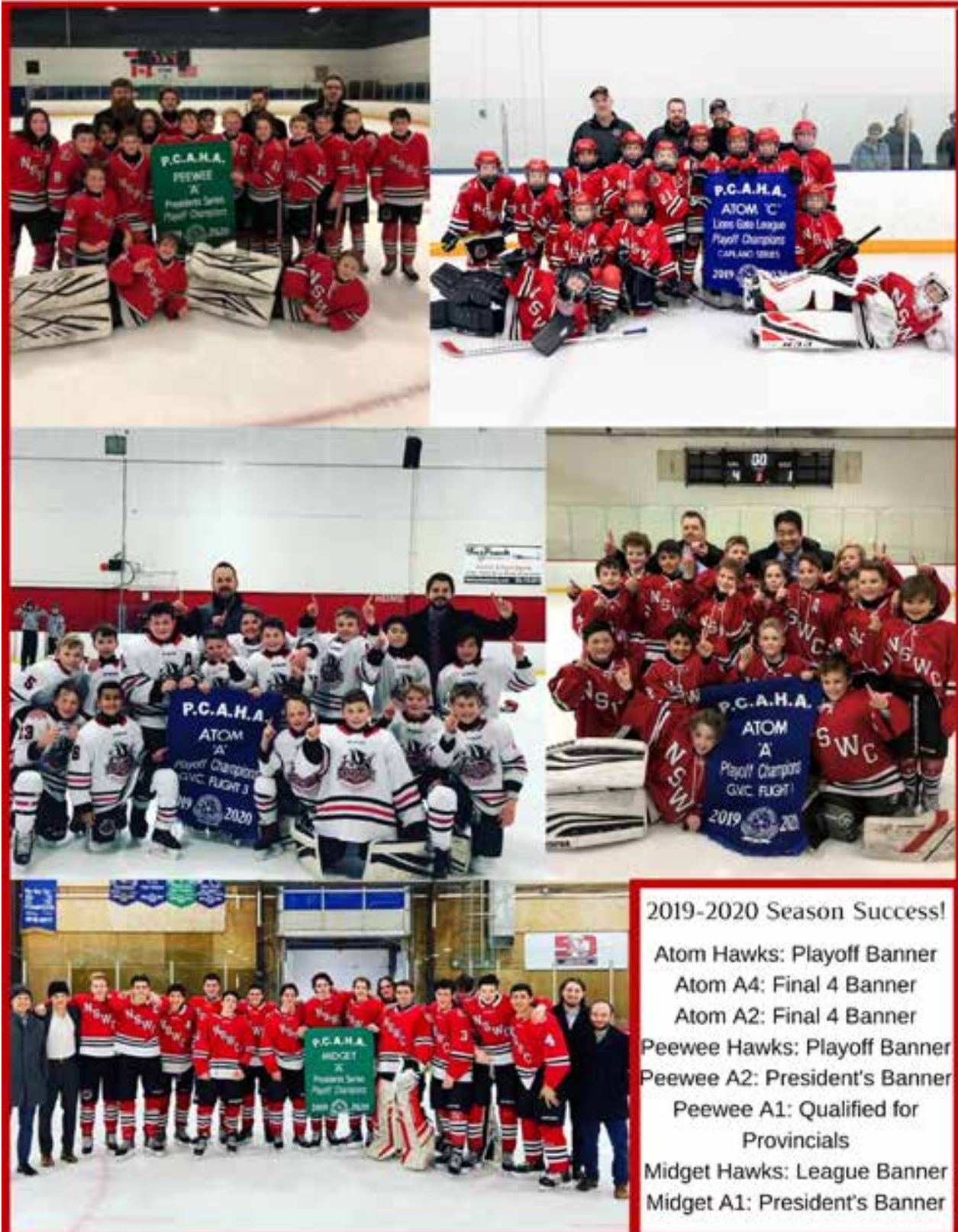
Alana Taylor is a yoga teacher, musician, and ocean lover. She has taught yoga for several years and loves seeing people transform, range of motion increasing and energy becoming more calm, focused, and consistent. Alana is so grateful to be a part of each of her students' journeys.

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!





NORTH SHORE WINTER CLUB



2019-2020 Season Success!

- Atom Hawks: Playoff Banner
- Atom A4: Final 4 Banner
- Atom A2: Final 4 Banner
- Peewee Hawks: Playoff Banner
- Peewee A2: President's Banner
- Peewee A1: Qualified for Provincials
- Midget Hawks: League Banner
- Midget A1: President's Banner

Minor Hockey

SUMMER 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

Jul 13 – Jul 17

Mon/Wed/Fri: 3 sessions

9:00am – 9:45am H3/H4
9:45am – 10:30am Atom
10:45am – 11:30am Pee wee
11:30am – 12:15pm Bantam/Midget

Member: \$90 | Non Member: \$120

Jul 20 – Jul 24

Mon/Wed/Fri: 3 sessions

9:00am – 9:45am H3/H4
9:45am – 10:30am Atom
10:45am – 11:30am Pee wee
11:30am – 12:15pm Bantam/Midget

Member: \$90 | Non Member: \$120

Jul 27 – Jul 31

Mon/Wed/Fri: 3 sessions

9:00am – 9:45am Atom
9:45am – 10:30am H4
10:45am – 11:30am H2/H3
11:30am – 12:15pm Bantam/Midget
12:30pm – 1:15pm Pee wee

Member: \$90 | Non Member: \$120

Aug 4 – Aug 7

Wed/Fri: 2 sessions

5:15pm – 6:00pm H2/H3
6:00pm – 6:45pm H4
7:00pm – 7:45pm Atom
7:45pm – 8:30pm Pee wee
8:45pm – 9:30pm Bantam/Midget

Member: \$60 | Non Member: \$80

Aug 10 – Aug 14

Mon/Weds/Fri: 3 sessions

8:15am – 9:00am Atom
9:00am – 9:45am H4
10:00am – 10:45am H2/H3
10:45am – 11:30am Bantam/Midget
12:00pm – 12:45pm Pee wee

Member: \$90 | Non Member: \$120

Aug 24 – Aug 28

Mon – Fri: 5 sessions

8:15am – 9:00am Atom
9:00am – 9:45am H4
10:00am – 10:45am H2/H3
10:45am – 11:30am Bantam/Midget
12:00pm – 12:45pm Pee wee

Member: \$150 | Non Member: \$200

Aug 31 – Sep 4 | Mon – Fri: 5 sessions

9:00am – 9:45am Atom
9:45am – 10:30am H4
10:45am – 11:30am Pee wee
11:30am – 12:15pm H2/H3
12:45pm – 1:30pm Bantam/Midget

Member: \$150 | Non Member: \$200

Learn to Skate (For Hockey)

Ages: 3 yrs – 5 yrs

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

Instructor: Tyson Mulock

Jul 7 – Aug 20

Tue/Thu: 14 sessions

4:30pm – 5:15pm | Rink: HTC

Member: \$210 | Non Member: \$252

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.

Instructors: Luke Kasteel & Jon Woodyard

Jul 13 - Jul 17 & Jul 20 - Jul 24

Tue/Thu: 2 sessions

9:00am - 10:00am **H4/Atom**
10:15am - 11:15am **Peewee**
11:30am - 12:30pm **Bantam/Midget**

Member: \$60 | Non Member: \$80

Jul 27 - Jul 31

Tue/Thu: 2 sessions

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

Members: \$60 | Non Members: \$80

Cookie Monsters

Intermediate/Advanced

Ages: 5 yrs - 7 yrs

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. Players must be able to fall and get up without assistance to be eligible for the program.

Instructor: Tyson Mulock

Jul 7 - Aug 20

Tue/Thu: 14 sessions

5:15pm - 6:00pm | Rink: HTC

Member: \$210 | Non Member: \$252

Ladies Adult Skills

Beginner

Instructor: Kiana Watson

Jul 9 - Aug 20

Thu: 7 sessions

7:15pm - 8:30pm | Rink: HTC

Member: \$140 | Non Member: \$196

Defense Skills

This unique course offers one of a kind coaching with Mack Gray. Mack is currently the Northwest Hawks Minor Midget defence/assistant coach and is known as a defence specialist that prides himself in making players students of the game. Mack will not only work on on-ice elements throughout these sessions but will also be using video at the end of every class to follow up and review critical learning points that will be focused on. Mack goes above and beyond to ensure that his students achieve results. This course will also offer guest instructors that will appear alongside Mack to ensure that players are exposed to as many high-level coaches within the zone program. This program is a great way to enhance a player's defensive game by learning to see the ice through the eyes of a defensive mind.

Instructor: Mack Gray

Jun 30 - Jul 30

Tue/Thu: 10 sessions

5:30pm - 6:45pm **Peewee**
7:00pm - 8:15pm **Bantam**
8:30pm - 9:45pm **Midget**

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

Transitional Skills with & without Puck

This camp will work on your transitional skating with and without the puck. We will work on pivots, turns, neutral zone transitions, and defensive zone transitions. It will incorporate game situations so that your development translates over into your games.

Instructor: Cole Todd

Jul 6 - Jul 10

Mon - Fri: 5 sessions

9:00am - 10:00am **Atom**
10:15am - 11:15am **Peewee**
11:30am - 12:30pm **Bantam/Midget**

Member: \$150 | Non Member: \$200

Aug 10 - Aug 14

Tue/Thu: 2 sessions

8:15am - 9:15am **Atom**
9:15am - 10:15am **H4**
10:45am - 11:45am **Bantam/Midget**
12:00pm - 1:00pm **Peewee**

Member: \$60 | Non Member: \$80

Aug 17 - Aug 21

Mon - Fri: 5 sessions

8:00am - 9:00am **Peewee**
9:00am - 10:00am **Atom**

Member: \$150 | Non Member: \$200

Goalie Development

NSWC is offering three 5-day development camps throughout the Summer. Each camp aims to improve individual skills, techniques, confidence and consistency among goaltenders. The camp will cover the building blocks of fundamental goaltending skills, save technique and rebound control, body position, angles and crease depth and much more.

Jul 13 - Jul 17

Mon - Fri: 5 sessions | Rink: HTC

8:45am - 9:45am Atom
 10:00am - 11:00am Pee wee
 11:15am - 12:15pm Bantam/Midget
 Members: \$250 | Non Members: \$300

Aug 10 - Aug 14

Mon - Fri: 5 sessions | Rink: Small Ice

1:30pm - 2:30pm Initiation
 2:30pm - 3:30pm Atom
 3:45pm - 4:45pm Pee wee
 5:00pm - 6:00pm Bantam/Midget
 Members: \$250 | Non Members: \$300

Aug 31 - Sep 4

Mon - Fri: 5 sessions

10:15am - 11:15am Atom
 11:15am - 12:15pm Pee wee
 12:30pm - 1:30pm Bantam/Midget
 Members: \$250 | Non Members: \$300

Shooting & Scoring

The shooting and scoring camp provides students with a comprehensive understanding of shot selection and mechanics involved with executing every shot. 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 skill sets and take your game to the next level.

Instructor: Tyson Mulock

Jul 13 - Jul 17

Tue/Thu: 2 sessions | Rink: Large Ice

10:30am - 11:30am H4/Atom
 11:30am - 12:30pm Pee wee
 12:45pm - 1:45pm Bantam/Midget
 Member: \$60 | Non Member: \$80

Jul 20 - Jul 24

Mon/Wed/Fri: 3 sessions | Rink: Large Ice

10:30am - 11:30am H4/Atom
 11:30am - 12:30pm Pee wee
 12:45pm - 1:45pm Bantam/Midget
 Member: \$90 | Non member: \$120

Jul 27 - Jul 31

Tue/Thu: 2 sessions | Rink: Large

10:00am - 11:00am Initiation
 11:15am - 12:15pm Atom
 12:30pm - 1:30pm Pee wee
 1:45am - 2:45pm Bantam/Midget
 Member: \$60 | Non Member: \$80

Aug 10 - Aug 14

Mon - Fri: 5 sessions | Rink: Large Ice

8:00am - 9:00am H3/H4
 9:15am - 10:15am Atom
 10:30am - 11:30am Pee wee
 11:45am - 12:45am Bantam/Midget
 Member: \$150 | Non Member: \$200

Aug 31 - Sep 4

Mon - Fri: 5 sessions | Rink: Large Ice

8:00am - 9:00am Atom
 9:15am - 10:15am Pee wee
 10:30am - 11:30am H3/H4
 11:30am - 12:30pm Bantam/Midget
 Member: \$150 | Non Member: \$200



Power Edge Pro

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

Jul 13 – Jul 17

Mon/Wed/Fri: 3 sessions | Rink: Large Ice

10:30am – 11:30am H4/Atom

11:30am – 12:30pm Pee wee

12:45pm – 1:45pm Bantam/Midget

Member: \$120 | Non Member: \$150

Jul 20 – Jul 24

Tue/Thu: 2 sessions | Rink: Large

10:00am – 11:00am Initiation

11:15am – 12:15pm Atom

12:30pm – 1:30pm Pee wee/Bantam

Member: \$80 | Non Member: \$100

Jul 27 – Jul 31

Mon/Wed/Fri: 3 sessions | Rink: Large Ice

8:45am – 9:45am Initiation

9:45am – 10:45am Atom

11:00am – 12:00pm Pee wee

12:15pm – 1:15pm Bantam/Midget

Member: \$120 | Non Member: \$150

Aug 10 – Aug 14

Mon – Fri: 5 sessions | Rink: HTC

10:15am – 11:15am Pee wee

11:15am – 12:15pm Atom

12:30pm – 1:30pm Bantam/Midget

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

Aug 24 – Aug 28

Mon – Fri: 5 sessions | Rink: Large Ice

8:00am – 9:00am H3/H4

9:15am – 10:15am Atom

10:30am – 11:30am Pee wee

11:45am – 12:45pm Bantam/Midget

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

Playmakers Camp

Hockey has quickly become a puck possession game and introduced a new set of skills, which require players to use their edges and hands to protect pucks and make plays. The Playmakers camp introduces players to the foundational skills and mechanics that will enable them to contribute and thrive in today's modern game by connecting their feet, hands and hockey IQ. Includes 1 hour focused on edges and puck protection, and another hour focused on making plays in small areas.

Instructors: Luke Kasteel & Jon Woodyard

Aug 4 – Aug 7

Tue – Fri: 8 sessions | Rink: Large & Small Ice

9:15am – 10:15am & 10:15am – 11:15am H4/Atom

10:30am – 11:30am & 11:30am – 12:30pm Pee wee

11:45am – 12:45pm & 12:45am – 1:45pm Bantam/Midget

Member: \$240 | Non Member: \$320



Defense Skating & Skills with Jared Eng

Defense is a dynamic position which requires elite level skating, puck handling and decision-making ability. This camp is run by NSWC Development coach, Jared Eng, who designed the camp specifically for defensemen who want to take their game to the next level. This program will focus on improving and teaching defense specific skills as they relate to the game of hockey. Players will be taught proper technique, form and skill for defensemen. Skills and tactics covered include defense at and away from the puck, transitional play, offensive zone play and 1/1's. Monday will focus on the fundamentals, Tuesday – Wednesday a focus on backwards skating, and Thursdays – Friday will get into how defenseman can create offense in the game.

Instructor: Jared Eng

Aug 4 – Aug 7

Tue – Fri: 4 sessions | Rink: Large Ice

2:15pm – 3:15pm **Atom**
3:30pm – 4:30pm **Peewee**
4:45pm – 5:45pm **Bantam/Midget**

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

Aug 24 – Aug 28

Mon – Fri: 5 sessions | Rink: Small Ice

1:00pm – 2:00pm **Atom**
2:15pm – 3:15pm **Peewee**
3:30pm – 4:30pm **Bantam/Midget**

Member: \$150 | Non Member: \$200

Game Ready Conditioning Camp

Game Ready Camp is designed by two ex-pros and NSWC Development coaches Jared Eng and Malcolm Gould. This unique program will have high intensity drills involving both defensemen and forwards, making sure players are game ready for tryouts and for a successful season. Players will be taught breakouts, 2-1's, 3-2 attacks, regroupings and more game situation drills. This high paced camp will involve effective skills that work in games and conditioning to give players the extra edge.

Instructors: Jared Eng & Malcolm Gould

Aug 10 – Aug 14

Mon – Fri: 5 sessions | Rink: Large Ice

2:15pm – 3:15pm **Atom**
3:30pm – 4:30pm **Peewee**
4:45pm – 5:45pm **Bantam/Midget**

Member: \$150 | Non Member: \$200

High Performance Skills Camp

Get back into game shape in this camp. Flow drills, compete drills, and game specific drills to get you back into game shape and game timing for your tryouts or main camp. This camp is for high level players that want to be on the ice and be pushed through the paces.

Instructor: Cole Todd

Aug 17 – Aug 21 & Aug 24 – Aug 28

Mon – Fri: 5 sessions

10:15am – 11:15am **Peewee**
11:45am – 12:45pm **Bantam/Midget**

Member: \$150 | Non Member: \$200

European Skill Development

This development program is administered by our very own European coach and current Minor Midget (U16 AAA) Head Coach, Guido Lamberti-Charles. This all-inclusive and high intensity development program is being geared towards our Minor Hockey players. It will focus on the following areas: Stickhandling, puck control, passing & receiving, underhandling the puck and much more.

Instructor: Guido Lamberti-Charles

Aug 17 – Aug 21

Mon – Fri: 5 sessions | Rink: Large Ice

11:45am – 12:45pm **Peewee/Bantam**
1:00pm – 2:00pm **Midget/Junior**

Member: \$150 | Non Member: \$200

Power Play Development

This program has been created by the BC Hockey Bantam Zone Head Coach and NSWC Development Coach, Tyson Mulock. Few things are as important to the success of a hockey team on any level as its ability to score goals during a power play. This 5-day program will show players the importance of controlling the puck, setting up a variety of power play formations and what to do/where to be whether with or without the puck. Spots are limited to 12 Forwards, 8 Defensemen and 2 Goalies.

Instructor: Tyson Mulock

Aug 17 – Aug 21

Mon – Fri: 5 sessions | Rink: Small Ice

12:45pm – 1:45pm **Atom**
2:00pm – 3:00pm **Peewee**
3:15pm – 4:15pm **Bantam/Midget**

Member: \$150 | Non Member: \$200

Systems and Positional Play

Our Systems and Positional Play program was created and designed by NSWC Development Coach, Tyson Mulock. This program has both class room and on-ice components to ensure all players participating understand the concepts of where to be on the ice, with or without the puck, at all times. We ask that players are fully dressed for their ice time 15 minutes prior so Coach Tyson can breakdown concepts before stepping on the ice.

Instructor: Tyson Mulock

Aug 24 – Aug 28

Mon – Fri: 5 sessions | Rink: Large Ice

1:00pm - 1:15pm (classroom) Pee wee
& 1:15pm – 2:15pm (on-ice)

2:30pm – 2:45pm (classroom) Atom
& 2:45pm – 3:45pm (on-ice)

4:15pm – 4:30pm (classroom) Bantam/Midget
& 4:30pm – 5:30pm (on-ice)

Member: \$150 | Non Member: \$200

Prep Skills Camp

These camps will be run by our A1 and/or Development coaches and run as a high tempo skate to help athletes get back in shape, improve timing and be better prepared for the start of tryouts and the regular season.

Aug 31 – Sep 4

Mon – Fri: 10 sessions | Rink: Large & Small Ice

3:00pm – 4:00 & 4:00pm – 5:00pm Atom

4:15pm – 5:15pm & 5:15pm – 6:15pm Pee wee

5:30pm – 6:30pm & 6:30pm – 7:30pm Bantam/Midget

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

Female Prep Skills Camp

Aug 31 – Sep 4

Mon – Fri: 5 sessions

4:30pm – 5:30pm Female Atom

6:45pm – 7:45pm Female Pee wee

7:00pm – 8:00pm Female Bantam/Midget

Member: \$150 | Non Member: \$200



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

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

Pee wee/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

Sr. Men's Hockey

SUMMER 2020 PROGRAMS

PHILOSOPHY

The North Shore Winter Club takes great pride in providing a world – class hockey experience at all ages. The Senior Men's Hockey League is designed to provide a safe, fun, social and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's as rewarding on and off the ice. Senior Men's is governed by the Hockey Committee, who's mission it is to maintain a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members and to welcome new members into a friendly and enjoyable hockey focused organization.



DIVISION 1

Sr. Men's Div. 1 is a fast competitive league with lots of young players. They enjoy the quick competition with a friendly rivalry between teams. There is a draft for new teams each year to try and mix up the players and it creates a more social atmosphere.



DIVISION 2

Sr. Men's Div. 2 uses the same format as Div. 1, with the same friendly rivalries and an annual draft, but the pace is a little slower. So if you do not want to chase player's fresh out of minor hockey, this is where you want to be! Div. 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

There is also the chance to spare on teams, which allows you to play when you don't have a game scheduled or if you can't make your own team's ice time. No shortage of ice-time!

ANNUAL ALL STAR GAME

Every Super Bowl weekend, the NSWC organizes multiple All Star games on the Friday to showcase the numerous talented members who play in our league. This fun night includes a buffet, drink specials, exciting hockey games to watch and an overall good time!

PLAYOFFS & BANQUET

Playoffs begin right after spring break, with the competition ramping up as teams give it everything they've got in order to try and win the coveted Sr. Men's Championship Trophy! (Which comes with huge bragging rights, of course!). The year finishes in April with Championship games for both Div. 1 & 2,

followed by a wrap up banquet at the NSWC!

REGISTRATION & FEES

All registrations are done online at: mens.nswchockey.com
Register early for early bird discount!

Before July 31: Early Bird (TBD)*

August 1: Regular Price (TBD)*

After August 15: Waiting List

**Final pricing will be determined June 2020.*

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

3 Lifelong Values

Your Kids Should be Learning from their Coaches

Every time I walk through a restaurant I have the same sinking feeling.

Who neglected to teach their kids the value of manners? It's easy to see everywhere – chairs not pushed in, tables left in complete disarray, people 'forgetting' to hold the door open for someone else. Sure, maybe it's just me – I tend to be a bit high strung in situations like that. But if we all pushed our chairs in, tidied up after ourselves, and offered a little kindness to the other human beings with whom we share the planet, then wouldn't the world be a better place? Too thick? Well too bad. Whether you're playing hockey, tennis, soccer, cricket, or ultimate frisbee, the true value of youth sports is the life lessons they teach us. And the leader of that charge should be the coach. Or the parent.

1 Going the extra mile

"Well I didn't leave it there."
"That's not mine."
"Why should I pick it up?"

How many parents have heard this line of reasoning from their kids? You ask them to pick something up, they claim innocence and expect to be exempt from the task. It drives me nuts.

Seeing the value in doing a little extra on the ice or on the court will go a long way as your kids get older and transform into terrifying teenagers.

2 Accepting Responsibility

As parents and coaches investigating one situation or another, I think one thing we want more than anything is honesty. For coaches it's more common in young kids who argue or get into conflicts, but it translates onto the field of play when they get older, too.

When you ask a child or a young athlete about a situation or a play and they respond with honesty, it shows they're willing to accept responsibility. After that? It's a lot easier to teach a kid how to move forward if they accept responsibility for their actions.

Here's some examples, this time from the coach's perspective:

- Why did you miss that shot?
- Who's man was that?
- Why didn't you finish your homework?
- What's going to happen if you don't pay your mortgage?
- See? Your kids understand this stuff, right?

3 Empathy

Nothing is more important than empathy. A young athlete who can put themselves in the shoes of not only their teammates, but their opponents, is a child who's going to have a much easier time working with their peers in the future.

Here's why.

Teammates: a teammate who feels empathy for those around him or her will do more to support and help that group. We all want to raise a family of solid citizens who contribute to society, and there's no better motivation for contribution than understanding the plight of others.

Opponents: sure, it's a little weird to advocate for empathy towards one's opponents, but it's still crucial. When an athlete feels empathy for an opponent, it means they understand that the opponent is also trying to win. When we empathize with and respect an opponent, it prevents blame when the opponent succeeds. Because of course the opponent is going to have some success, they're trying to win, too!

So in the longrun, empathy for an opponent gives us a small taste of losing, which makes the win all the more sweeter.





FABIO WALKER
Director of Tennis



JOE WOOD
Assistant Director of Tennis



NICOLE MCLENNAN
Head of junior Development



AMY WALKER



CHRIS STEAD



TIM PORTNOV



MAX KORKH



ANGIE WALKER



ALEX WALKER

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

SUMMER 2020 PROGRAMS



FABIO WALKER
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Adult Drills

Division 3 & 4

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

Jul 8 – Aug 2

Wed: 7 sessions | 7pm – 8pm

(no session Aug 12 due to Summer Smash)

Member: \$175 | Non Member: \$252

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!

Jul 9 – Aug 27

Thu: 7 sessions | 7pm – 8pm

(no session Aug 13 due to Summer Smash)

Member: \$175 | Non Member: \$252

Adult Drills

Beginner - Level 1.0 – 1.5

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

Jul 8 – Aug 26

Wed: 7 sessions | 6pm – 7pm

(no session Aug 12 due to Summer Smash)

Member: \$175 | Non Member: \$252

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.

Jul 9 – Aug 27

Thu: 7 sessions | 6pm – 7pm

(no session Aug 13 due to Summer Smash)

Member: \$175 | Non Member: \$252

Ladies Doubles Night League & Drills

Novice – Intermediate - 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!

Jul 7 – Aug 25

Tue: 7 sessions | 6pm – 7:30pm

(no session Aug 11 due to Summer Smash)

Member: \$175 | Non Member: \$252

Hell Weeks

This summer the Adult Tennis Hell week sessions will be broken up based on what league teams you play on.

The 9am – 10:30am sessions will be strictly for ladies who participate on Division 1-2-3 teams and for Men who play on division C2 or higher.

The 10:30am – 12:00pm sessions will be strictly for ladies who participate on Division 3-4-5 teams and for Men who play on Division C2 or C3 teams.

Hell Week

Ladies: Division 1, 2 and 3

(You must be a member of these divisions to sign up for these sessions)

Men: C2 Team or Higher

(You must be a member of this team or higher to sign up for these sessions)

Back For Summer 2020! Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! WEATHER PERMITTING, OUTDOOR ONLY. (there will be refunds for rainouts)

Week 1: Jul 6 – Jul 10

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 2: Jul 13 – Jul 17

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 3: Jul 20 – Jul 24

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 4: Jul 27 – Jul 31

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 5: Aug 4 – Aug 7

Tues – Fri: 4 sessions | 9am – 10:30am
Member: \$100 | Non Member: \$144

Week 6: Aug 10 – Aug 14

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 7: Aug 17 – Aug 21

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Week 8: Aug 24 – Aug 28

Mon – Fri: 5 sessions | 9am – 10:30am
Member: \$125 | Non Member: \$180

Hell Week

Ladies: Division 3, 4 and 5

(You must be a member of these divisions to sign up for these sessions)

Men: C2 or C3 *(You must be a member of the C2 or C3 team to sign up for these sessions)*

BACK FOR SUMMER 2020! Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! WEATHER PERMITTING, OUTDOOR ONLY. (there will be refunds for rainouts)

Week 1: Jul 6 – Jul 10

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 2: Jul 13 – Jul 17

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 3: Jul 20 – Jul 24

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 4: Jul 27 – Jul 31

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 5: Aug 4 – Aug 7

Tues – Fri: 4 sessions | 10:30am – 12pm
Member: \$100 | Non Member: \$144

Week 6: Aug 10 – Aug 14

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 7: Aug 17 – Aug 21

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Week 8: Aug 24 – Aug 28

Mon – Fri: 5 sessions | 10:30am – 12pm
Member: \$125 | Non Member: \$180

Adult Drills

Beginner - Level 1.0 – 1.5

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

Week 1: Jul 6 – Jul 10

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 2: Jul 13 – Jul 17

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 3: Jul 20 – Jul 24

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 4: Jul 27 – Jul 31

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 5: Aug 4 – Aug 7

Tues – Fri: 4 sessions | 9am – 10am
Member: \$100 | Non Member: \$144

Week 6: Aug 10 – Aug 14

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 7: Aug 17 – Aug 21

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

Week 8: Aug 24 – Aug 28

Mon – Fri: 5 sessions | 9am – 10am
Member: \$125 | Non Member: \$180

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. WEATHER PERMITTING, OUTDOOR ONLY. (there will be refunds for rainouts)

Week 1: Jul 6 – Jul 10
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 2: Jul 13 – Jul 17
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 3: Jul 20 – Jul 24
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 4: Jul 27 – Jul 31
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 5: Aug 4 – Aug 7
Tues – Fri: 4 sessions | 10am – 11am
Member: \$100 | Non Member: \$144

Week 6: Aug 10 – Aug 14
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 7: Aug 17 – Aug 21
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180

Week 8: Aug 24 – Aug 28
Mon – Fri: 5 sessions | 10am – 11am
Member: \$125 | Non Member: \$180



Junior Tennis

SUMMER 2020 PROGRAMS

Juniors Tennis Programs

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

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

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

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

Red Ball 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



Tennis Policies and Procedures

General Policies

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

Tennis Court Schedules

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

PRIME TIME HOURS

6pm – 9pm Monday – Thursday

NON PRIME TIME HOURS

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

JUNIOR COURT TIMES

3, 4, & 5pm Monday – Friday

Reservations & Court Booking Procedures

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

Reservations – Adult Tennis Members

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

RESERVATIONS – Junior Tennis Members

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

CANCELLATIONS

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

WALK – ON FOR VACANT COURTS

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

NO SHOWS

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

GUESTS PRIVILEGES

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

BALL MACHINE

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

PLAYSIGHT

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

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

COURT RENTAL

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

Tennis Private Lessons

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



NSWC Business Directory

ACCOUNTING, ASSURANCE, AND TAX

CAULINDA BARTOK,
CPA, CA

McLean Bartok Edwards
840 – 475 West Georgia Street,
Vancouver BC, V6B 4M9
Phone: 604-683-4533 | Fax: 604-683-2585
caulinda@mcleanbartok.ca
www.mcleanbartok.ca
Chartered Professional Accountants

NEIL & ROXANA COLQUHOUN
HNW Services Inc.

701 – 1155 Robson Street,
Vancouver BC, V6E 1B5
604-343-7280
roxanac@hnwservices.ca
& neilc@hnwservices.ca
www.hnwservices.ca
Multi-Family Office

AUTOMOTIVE

WADE BARTOK, PRESIDENT
CSN Elite Body Shop Ltd.

142 Fell Avenue,
North Vancouver BC, V7P 2J9
Phone: 604-987-4408 | Fax: 604-987-7441
info@elitebodyshop.ca
www.elitebodyshop.ca
Collision repair

OMAR DHARAMSI, OWNER
The Cadillac Man
Auto Group

omar.the.cadillac.man@gmail.com
778-847-2535

SPENCER CASEY, OWNER
First Street Garage

834 West 1st Street,
North Vancouver BC, V7P 1A1
604-984-0077
1ststreetgarage@gmail.com
www.firststreetgarage.com/
Automotive repair facility

BUSINESS EQUIPMENT AND TECHNOLOGIES

MARTY HALL, MANAGING DIRECTOR
Purely CRM

200-1290 Homer Street, Vancouver BC
778-668-3969
mhall@purelycrm.com
www.purelycrm.com
IT Consulting Services

JOE RUSSO, PRESIDENT/CEO
PrimeImage Technologies

3784 Napier Street, Burnaby BC, V5C 3E5
Phone: 604-299-1040 | Fax: 604-299-1043
joe.russo@primeimagegroup.com
www.primeimagegroup.com
Photocopier dealership sales and service & managed IT network services

BRYCE ZUROWSKI,
PRESIDENT – FINANCE & OPERATIONS
JASON KEAN,
PRESIDENT – SALES & DISTRIBUTION

Les Hall Filter

Location 1: 338 East Esplanade Avenue,
North Vancouver BC, V7L 1A4
Location 2: 1C – 30321 Fraser Highway,
Abbotsford BC, V4X 1T3
Phone: 604-986-5366 | Fax: 604-986-1438
bryce@leshallfilter.com
& jason@leshallfilter.com
www.leshallfilter.com
HVAC, Water, Engine, Hydraulics

COMMUNICATIONS

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