

NORTH SHORE WINTER CLUB

FALL 2020 Program Guide



FALL REGISTRATION

Members Aug 4th, 10am

Non Members TBD

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

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MALCOLM MACKILLOP

BRENDAN PAYNE

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PINKERTON**
Executive Chef
tpinkerton@nswc.ca

604.985.4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration

Program Registration Information

Member Registration opens at
10:00am on Tuesday Aug, 4th, 2020

Non Member Registration opens at
TBD, please call 604.985.4135

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.



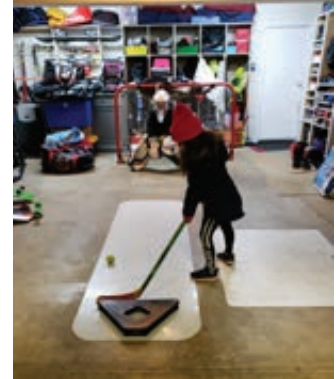
M E M B E R M O M E N T S

NSWC New Normal

Along with many other businesses, the Club closed indefinitely on March 16th, 2020 as the Covid 19 virus started spreading throughout not only Canada but many other Countries. While BC residents waited on Dr. Bonnie Henry, BC's provincial health officer to give daily updates on the spread of the virus. BC residents stayed home to flatten the spread of the virus. The community of the NSWC members stayed strong through the Club's closure with our weekly newsletters helping us stay connected even if we could not be together. We remained together through our weekly newsletter where the club offered:

- **Trivia contests**
- **Virtual fitness, hockey and tennis classes**
- **Dance classes by Christie**
- **Yoga classes with Alana**
- **Cooking and recipe plans**
- **Craft ideas to keep kids busy**
- **Featured members**
- **Take out Food Service**

We remained strong and a community by knowing that if we did, we would be back to our "new" normal at the Club before too long. As the closure turned from weeks to months, we started anticipating the opening of the Club, and that is when our Welcome Back Wall was initiated. We received photos from almost every child member and we also had them create the letter drawings for the welcome back wall. The creativity was awesome and we couldn't wait to welcome you all back for opening on May 13th 2020.



Sydney Gill



Age: 9

How many years have you been swimming?

This is my 6th summer swimming for the NSWC Marlins. (She started in 2015 as a very tentative Mini Marlin)

Who is your favourite professional athlete and why?

Wade Bartok used to send out links to some of his favourite swim races to the team before big swim meets which my mom would always play for me. I like watching videos of Penny Oleksiak's races - she's an awesome Canadian swimmer.

What is your biggest accomplishment in swimming?

I qualified to swim at Provincials in Kamloops last summer. I finished 10th overall in the 100M Freestyle and 100M Individual Medley events and swam on our region's Division 1 Girls Medley relay team which won a Bronze medal.

For her successes at swim meets around the lower mainland and at the BCSSA Provincials last summer, Sydney received the NSWC Marlins Most Outstanding Division 1 Girl award for 2019.

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

I love Marlin's coach Jordan (Moore). She works hard in her own life and training and is a great teacher and coach and inspires me to work hard.

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

I always make sure to find our coaches before each race to get some final coaching tips and motivation. The coaches would have candy for us at the end of each race if we were able to apply the things that they asked us to do in each race.

What is your favourite pre race meal?

I always want to have a bag of jellybeans in the pocket of my parka to eat before a race. It gives me a good jolt of energy before stepping onto the blocks. Besides swimming, what other activities do you enjoy? I also love to play flag football and hockey.

What do you enjoy most about swimming at the North Shore Winter Club?

I have made some great friends through swimming - both at the club and throughout the province at the various swim meets that we attend. I love to swim at as many meets as I can - both for the competition as well as hanging out with friends in the Marlinville tents all day.

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



FEATURE RECIPE

Honey Mustard Salmon with Broccoli

ONE POT MEAL

INGREDIENTS

- 1 ¼ lbs of salmon cut into fillets
- ¼ cup dijon mustard
- 2 tablespoons whole grain mustard
- ¼ cup honey
- 1 tablespoon soy sauce
- ¼ teaspoon onion powder
- 1 tablespoon olive oil divided use
- 2 cups of broccoli florets
- salt and pepper to taste
- Optional: lemon wedges and chopped parsley

INSTRUCTIONS

- In a small bowl mix together the dijon mustard, whole grain mustard, honey, soy sauce and onion powder.
- Heat 1 teaspoon of oil in a large pan over medium high heat. Add the broccoli and cook for 3 - 4 minutes. Add 1 tablespoon of water and cook for 2 - 3 minutes more or until water is evaporated and broccoli is tender. Season the broccoli with salt and pepper, remove it from the pan and place it on a plate.
- Heat the remaining 2 teaspoons of olive oil over high heat. Season the salmon generously with salt and pepper.
- Put the salmon in the pan and cook for approximately 5 minutes on each side. Brush the tops of the fillets with the honey mustard mixture and place sauce side down in the pan and cook for 1 minute more.
- Add the broccoli back into the pan with the salmon and cook for 2 - 3 minutes more or until the vegetables are heated through. Drizzle the salmon and broccoli with remaining honey mustard mixture and serve. Sprinkle with chopped parsley and serve with lemon wedges if desired.

NUTRITION

Calories: 339kcal	Carbohydrates: 22g
Protein: 30g	Fat: 13g
Saturated Fat: 1g	Cholesterol: 69mg
Sodium: 939mg	Fiber: 1g
Sugar: 20g	



Dance

FALL 2020 PROGRAMS

Due to COVID-19 Protocols changes will be made this season. Some of these changes include:

- *Reduced participants in physical classes (6-8 dancers in the classroom per week)*
- *Virtual Component*
- *Personal dance space squares on studio floor*
- *Cleaning and switch over buffer: 5 min buffer for one class to leave and 5 min buffer for next class to enter (total 10min)*

Please be advised that we will operate in a flexible manner to allow for changes.

If necessary we will change states mid session to be operating in a safe and socially responsible way. September 2020: we will begin in a yellow state

Yellow State:

HYBRID of Physical Classes and Virtual

6 participants in class rotated each week and the rest of the class attends on Zoom during the class. Additional participants on zoom only will be admitted.

Red State: VIRTUAL

All students are on Zoom.

Green State: PHYSICAL

All students in the classroom.

If your child has travelled outside Canada in the last 14 days, has any symptoms or has come into contact with anyone with symptoms of COVID-19 they must attend virtually on zoom and not enter the venue.

If Christie has any symptoms or has come into contact with anyone with symptoms of COVID-19 the class will be taught via zoom for your safety.

*Please make sure your child knows the importance of social distancing and will be able to practice it in the class setting.

Dance with Christie

DANCE INSTRUCTOR

Christie Saunders

dancewithchristie@gmail.com

www.dancewithchristie.com

Dance with Christie is run by International professional dancer and instructor Christie Saunders. Christie's has twenty years experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

Sampler

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom.

**Some classes may be parent participation.*

Instructor: Dance with Christie

Ages: 3.5 yrs - 5yrs

**This class will be parent participation.*

Sep 14 - Nov 9 (No session Oct 12)

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

Member: \$110 | Non Member: \$125

Ages: 4 yrs - 6yrs

Sep 14 - Nov 9 (No session Oct 12)

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

Member: \$110 | Non Member: \$125

Ages: 3.5 yrs - 6 yrs

Sep 19 - Nov 14 (No session Oct 10)

Sat: 8 sessions | 10:00am - 10:45am

Member: \$110 | Non Member: \$125

Kinder Ballet

Kinder ballet is little one's first introduction to ballet. This structured class will focus on learning basic ballet technique. We will learn body positions, rhythm, and how to carry the body all while using our imaginations and having fun. Hybrid of physical and virtual classes - 6-8 children in class per week.

Instructor: Dance with Christie

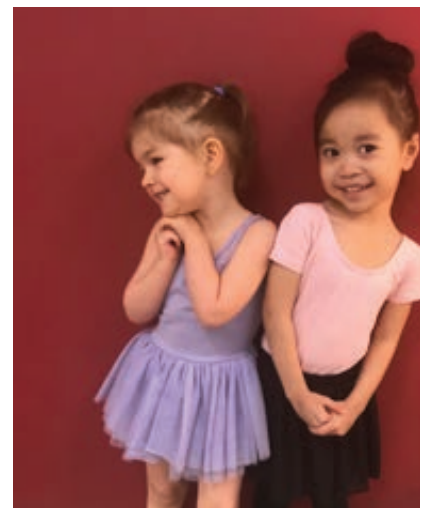
Ages: 3.5 yrs - 4.5yrs

**This class will be parent participation.*

Sep 16 - Nov 4

Wed: 8 sessions | 3:35pm - 4:05pm

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



Jazz/Hip Hop Open Level

This class is for all levels beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom.

Instructor: Dance with Christie

Ages: 5 yrs - 10yrs

Sep 14 - Nov 9 (No session Oct 12)

Mon: 8 sessions | 4:25pm - 5:10pm

Member: \$110 | Non Member: \$125

Ages 6 yrs - 12 yrs

Sep 19 - Nov 14 (No session Oct 10)

Sat: 8 sessions | 10:55am - 11:40am

Member: \$110 | Non Member: \$125

Musical Theatre Club (MTC)

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Peter Pan, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom.

Instructor: Dance with Christie

Ages: 5 yrs - 12 yrs

Sep 14 - Nov 9 (No session Oct 12)

Mon: 8 sessions | 5:20pm - 6:05pm

Member: \$110 | Non Member: \$125

Sep 19 - Nov 14 (No session Oct 10)

Sat: 8 sessions | 11:50am - 12:35pm

Member: \$110 | Non Member: \$125



Ballet Technique For Young Dancers

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for all training and focus on developing a solid technique for ballet, jazz, lyrical, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. This class is based on RAD training and is good preparation or addition to RAD classes. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom.

Instructor: Dance with Christie

Ages: 6 yrs - 13 yrs

Sep 16 - Nov 4

Wed: 8 sessions | 5:20pm - 6:05pm

Member: \$110 | Non Member: \$125

Ages: 5 yrs - 9 yrs

Sep 19 - Nov 14 (No session Oct 10)

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

Member: \$110 | Non Member: \$125

Boys Only Hip Hop

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom.

Instructor: Dance with Christie

Ages: 5 yrs - 11 yrs

Sep 19 - Nov 14 (No session Oct 10)

Sat: 8 sessions | 3:55pm - 4:25pm

Member: \$110 | Non Member: \$125



Competitive Groups

Pre - requisites required. These groups will be entering dance competition in the spring. Classes will run from September to mid June. Dancers are required to attend both classes each week and must have previously completed at least 3x 8 week session of Jazz/Hip Hop with Christie. It is also strongly recommended that dancers also take a ballet class once a week. Hybrid of physical and virtual classes - 6-8 children in class per week, more space available on Zoom. For more information please email dancewithchristie@gmail.com.

Instructor: Dance with Christie

Junior Ages: 5.5 yrs - 8 yrs

Jazz/Hip Hop Competitive Junior

Sep - Jun

Wed: 4:15pm - 5:15pm

Sat: 1:55pm - 2:55pm

Member: \$1056 | Non Member: \$1150

Lyrical Competitive Junior

Sep - Jun

Sat: 3pm - 3:45pm

Member: \$499 | Non Member: \$573

Intermediate Ages: 8yrs - 13yrs

Jazz/Hip Hop Competitive

Intermediate

Sep - Jun

Mon: 6:15pm - 7:15pm

Wed: 6:10pm - 7:10pm

Member: \$1056 | Non Member: \$1150

Wednesday Ballet Add On

*for all Competitive dancers**

Sep - Jun

Member: \$400 | Non Member: \$450

Saturday Ballet Add On

for all Competitive dancers

Sep - Jun

Member: \$360 | Non Member: \$405

**discount will be reflected in your final payment of the season*

DANCE INSTRUCTOR

Bryn Rasmussen
brynasmussen@shaw.ca

Bryn is extremely excited to be in her seventh year of teaching dance at NSWC and can't wait to meet new dancers as well as see familiar ones in class! Bryn proudly holds her I.S.T.D. (Imperial Society of Teachers of Dancing) certification as well as 20 years of dance experience. She looks forward to sharing her love, passion and knowledge of dance with her students!

Please contact Bryn directly for private lessons, solo/ duo/trio choreography, special event choreography, dance birthday parties, or any other special dance requests you may have.

BRYN'S SPECIFIC COVID-19 DANCE PRECAUTIONS IN PLACE:

- *Limited participant spaces available.*
- *Class content designed with physical distancing in mind. Personal dance squares on floor.*
- *All back - to - back classes are now 50 minutes as opposed to 60 minutes in order to allow for sufficient time to prepare and sanitize accordingly for the next group of dancers.*
- *Any dancer who is even slightly ill is not to come to class.*
- *All dancers must wash hands thoroughly before entering the studio.*
- *Dancers are to bring their own filled water bottle.*

Bryn Rasmussen Dance Programs

'So You Think You Can Dance' MINIS (SYTYCD)

Ages: 6 yrs - 8 yrs

(Age exceptions considered with prior approval by Bryn)

*Back by popular request and demand for the seventh year!

This class is one step up from Tiny Tot and is designed for dancers who have completed one or more dance sessions either at NSWC or any studio. Send your dancer to a class inspired by the hit show, 'So You Think You Can Dance'! In this combo class, mini dancers will be introduced to jazz, ballet, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Set 1: Sep 15 - Oct 20 | Set 2: Oct 27 - Dec 1

Tue: 6 sessions | 3:30pm - 4:20pm

Member: \$81 | Non Member: \$96

'So You Think You Can Dance' JUNIORS (SYTYCD)

Ages: 9 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

*Back by popular request and demand for the seventh year!

This class is two steps up from Tiny Tot and is designed for dancers who have completed two or more dance sessions either at NSWC or any studio. Come dance in this class inspired by the hit show, 'So You Think You Can Dance'! In this combo class, junior dancers will be introduced to jazz, ballet, hip - hop, and more. All contestants will be winners with this fun and upbeat class!

Instructor: Bryn Rasmussen

Set 1: Sep 15 - Oct 20 | Set 2: Oct 27 - Dec 1

Tue: 6 sessions | 4:30pm - 5:20pm

Member: \$81 | Non Member: \$96



Hip Hop /Jazz Funk Open Level

Ages: 8 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

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

Instructor: Bryn Rasmussen

Set 1: Sep 15 - Oct 20 | Set 2: Oct 27 - Dec 1

Tue: 6 sessions | 5:30pm - 6:20pm

Member: \$81 | Non Member: \$96



Lyrical Ballet + Stretch Open Level

Ages: 8 yrs - 14 yrs

(Age exceptions considered with prior approval by Bryn)

Everyone welcome, from beginners to dancers with experience! Lyrical Ballet + Stretch is focused on lyrical and ballet technique, as well as teaching young dancers how to stretch safely and effectively. This class is sure to expand knowledge of ballet technique, lyrical choreography, proper posture, execution of safe stretches, as well as strengthen balance and coordination necessary for all sports.

Instructor: Bryn Rasmussen

Set 1: Sep 15 - Oct 20 | Set 2: Oct 27 - Dec 1

Tue: 6 sessions | 6:30pm - 7:20pm

Member: \$81 | Non Member: \$96



Youth Camps & Child Minding

FALL 2020 PROGRAMS



Child Minding

Kids Corner

Ages: 1 yr - 7 yrs

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

HOURS OF OPERATION

Mon-Fri: 4pm - 8pm

Sat: 10am - 4pm

Sun: Closed

MEMBER PACKAGE

\$72 mos per child

(\$28 for each additional child)

MEMBERS DROP IN

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

GUEST DROP IN

\$14 hr *(\$10 hr for additional child)*

RESTRICTIONS

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

Professional Day Camps

Ages: 6 yrs - 11yrs

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

9:00am - 4:30pm

Member: \$65

Non Member: \$85

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

Princess Party Package

Includes: One hour with a Princess and stories, singing, face painting, and pictures, and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)

Dance Party Package

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

Bouncy Castle Package

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

HTC Package

Includes: One hour private rental of HTC ice and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)

NSWC does not supply skates or gear. Full gear and helmets are required.

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

Meal Plan Options:

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

Additional Adds for Meal Plans (up to 16 guests)

1. Pizza (16 slices)
2. Nachos
3. Chicken Strips (16)
4. Fries
5. Veggies & Dip Platter
6. Fruit Platter
7. Dessert Platter (assortment of squares, cookies)

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

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



Fitness

FALL 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 Services

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: \$80 | Non Member: \$90

Group Training: 2 - 6

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

5-6 - 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: \$200

Member: \$200 | Non Member: \$275

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 \$20 / \$25 Non Member

10 Pass: Member \$180 / \$220 Non Member

20 Pass: Member \$320 / \$360 Non Member

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.

YOGA

Hatha Yoga

Focusing on alignment and the basic shapes of yoga asana, this class integrates the importance of breathing and movement to create balance. Ideal for those just starting a yoga practice as there is time and space to receive personal attention and clarification on the postures. There is also opportunity to deepen your existing practice and as such, each class is structured around the needs of those students. If you are looking to open your hips, strengthen your arms/ shoulders and stretch out that lower back, this class is for you.

Gentle Hatha / Yin Yoga

A midweek break to restore and relax. Join us for an evening of heart opening and hip/back stretching. Sitting at a desk, walking/ hiking/skating/running - all tighten up the fronts of your legs and round you through the back. After this class you will feel taller and more open; more supple and calm - relaxed from the inside-out. essential oils, blankets...ahhh.

Powerflow Hatha

Get a jump on your weekend with this energizing, yet balancing class. Based in alignment and contingent on student's levels we begin with a full body stretch and warm up. Poses deepen, quicken and build both in intensity as well as pace as we approach the vinyasa series. Sun Salutations often represent the peak of the class ensuring increased heart rate and the sense of accomplishment. The class winds down with poses geared to continue the process of opening/lengthening but also to connect and slow down. Based on who attends, time will be allotted for "Play" so that those interested can practice more challenging balance poses if desired. A fun, social class open to all, geared to those willing to "try".



PERSONAL TRAINERS



GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physi-

cal potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high - level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



SAM HUSTON

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. Their goals are his goals, plain and simple! Sam creates a demanding and

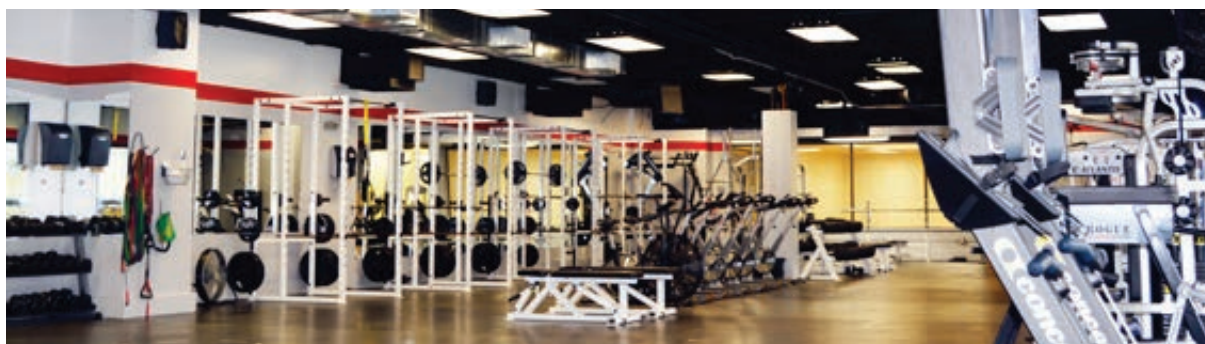
engaging training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relates to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, s.a.q (speed agility quickness), power, flexibility, and 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 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 was not able to follow through because of multiple concussions, subsequently ending her hockey career. Growing up, Kiana participated in many sports including 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.

FITNESS INSTRUCTORS



JOANNE ROG

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

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

ALANA TAYLOR

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

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



Minor Hockey

FALL 2020 PROGRAMS



BOB MCCUAIG
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EMILY ALLEN
Hockey Operations
Coordinator
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SAYLOR PRESTON
Technical Director
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TYSON MULOCK
Technical Director
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Shooting & Stickhandling

With today's game being focused on speed, not only do players need to have a quick shot, but being deceptive will take their game to the next level. In this program we will be focusing on being deceptive when it comes to (A) stick handling; how to hide our shot and (B) shooting; making other players think you are doing something different. We will focus on body language techniques, evasive movements pertaining to shooting, and stick handling techniques to get goalies to drop. And much much more.

Full hockey equipment required.

Coach: Tyson Mulock

Sep 25 - Dec 11 (No session Oct 9)

Fri: 11 sessions

6:30pm - 7:30pm Atom

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

Member: \$330 | Non Member: \$495

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. Learn to Skate 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.

Oct 3 - Dec 12 (No session Oct 10)

Sat: 10 sessions | 8am - 8:45am

Member: \$150 | Non Member: \$300

Cookie Monsters

Ages: 5 yrs - 7 yrs

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

Full hockey equipment is required.

BEGINNER

Sep 29 - Dec 15 (No session Oct 10)

Tue & Sat: 22 sessions

Tue: 4pm - 4:45pm

Sat: 8:45am - 9:30am

INTERMEDIATE

Sep 29 - Dec 15 (No session Oct 10)

Tue & Sat: 22 sessions

Tue: 4:45pm - 5:30pm

Sat: 9:30am - 10:15am

ADVANCED

Sep 29 - Dec 15 (No sessions Oct 10)

Tue & Sat: 22 sessions

Tue: 5:30pm - 6:15pm

Sat: 10:15am - 11am

Member: \$330 | Non Member: \$660

Power Skating

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

Full hockey equipment required.

Coach: Karen Kos

Sep 27 - Dec 13 (No session Oct 11)

Sun: 11 sessions

2:15pm - 3pm Atom

3:15pm - 4pm Pee wee

4:15pm - 5pm H2/H3

5:15pm - 6pm H4

6pm - 6:45pm Pewee

7pm - 7:45pm Atom

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

Member: \$330 | Non Member: \$495

D-Skills

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding their toolbox with a better understanding of the position. Skills and tactics covered include defense specific skating and movement patterns, deception, defense at and away from the puck, transitional play, offensive zone play and 1/1's.

Full hockey equipment is required.

Sep 26 - Dec 12 (No session Oct 10)

Sat: 11 sessions

11:15am - 12:15pm Atom

12:30pm - 1:30pm Pee wee

1:45pm - 2:45pm Bantam/Midget

Member: \$330 | Non Member: \$495

Power Edge Pro

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

Full hockey equipment is required.

Sep 27 - Dec 13 (No session Oct 11)

Sun: 11 sessions

3:30pm - 4:30pm Atom

4:45pm - 5:45pm Pee wee/Bantam

Member: \$440 | Non Member: \$605

EDGE WORK

In this program you will understand the basics of edge work all the way to the complexity of it. It will provide a good base for your son or daughter to understand how to truly push and transfer their weight on the ice in their skates. In this program we want your son or daughter to understand the "who, what, where, when, why" of edging. The goal is to be able to build a strong base and understanding that it will make an impact in their game immediately.

Full hockey equipment is required.

Coach: Cole Todd

Learning Outcomes:

- Glide Turns
- Pivots (4 step process)
- Creating smart skating attack angles
- Forwards to backwards & backwards to forwards transitions
- inside edges
- outside edges
- how to properly maintain upper body control and posture during edgework
- understanding how edgework will transition into your game

Sep 27 - Dec 13 (No session Oct 11)

Sun: 11 sessions

6:00pm - 7:00pm Atom

7:15pm - 8:15pm Pee wee/Bantam

Member: \$330 | Non Member: \$495

Female Adult Skills & 3on3

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

Full hockey equipment is required.

Oct 1 - Dec 17

Thu: 12 sessions | 8:30pm - 9:30pm

Member: \$300 | Non Member: \$480



Sr. Men's Hockey

FALL 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!



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



FABIO WALKER

Director of Tennis



NICOLE MCLENNAN

Head Of Junior Development



AMY WALKER



CHRIS STEAD



TIM PORTNAV



MAX KORKH



MONICA JOHNS

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

FALL 2020 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

Adult Drills Division 2 & 3

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

Sep 14 - Dec 14 (No session Oct 12)

Mon: 13 sessions | 11am - 12pm

Member: \$325 | Non Member: \$520

Sep 10 - Dec 17

Thu: 15 sessions | 8pm - 9pm

Member: \$375 | Non Member: \$600

Adult Drills Division 3 & 4

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

Sep 8 - Dec 15

Tue: 15 sessions | 8pm - 9pm

Member: \$375 | Non Member: \$600

Sep 10 - Dec 17

Thu: 15 sessions | 11am - 12pm

Member: \$375 | Non Member: \$600

Sep 10 - Dec 17

Thu: 15 sessions | 7pm - 8pm

Member: \$375 | Non Member: \$600

Sep 11 - Dec 18

Fri: 15 sessions | 10am - 11am

Member: \$375 | Non Member: \$600

Adult Drills Division 4 & 5

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

Sep 8 - Dec 15

Tue: 15 sessions | 10am - 11am

Member: \$375 | Non Member: \$600

Sep 8 - Dec 15

Tue: 15 sessions | 7pm - 8pm

Member: \$375 | Non Member: \$600

Sep 9 - Dec 16 (No session Nov 11)

Wed: 14 sessions | 6pm - 7pm

Member: \$350 | Non Member: \$560





Adult Drills

Beginner (Level 1.0 - 1.5)

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

Sep 14 - Dec 14 *(No session Oct 12)*

Mon: 13 sessions | 10am - 11am

Member: \$325 | Non Member: \$520

Sep 8 - Dec 15

Tue: 15 sessions | 10am - 11am

Member: \$375 | Non Member: \$600

Sep 9 - Dec 16 *(No session Nov 11)*

Wed: 14 sessions | 9am - 10am

Member: \$350 | Non Member: \$560

Sep 9 - Dec 16 *(No session Nov 11)*

Wed: 14 sessions | 8pm - 9pm

Member: \$350 | Non Member: \$560

Sep 10 - Dec 17

Thu: 15 sessions | 9am - 10am

Member: \$375 | Non Member: \$600

Adult Drills

Intermediate - (Level 2.0 - 2.5)

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Sep 14 - Dec 14 *(No sessions Oct 12)*

Mon: 13 sessions | 9am - 10am

Member: \$325 | Non Member: \$520

Sep 9 - Dec 16 *(No sessions Nov 11)*

Wed: 14 sessions | 10am - 11am

Member: \$350 | Non Member: \$560

Sep 14 - Dec 14 *(No sessions Oct 12)*

Mon: 13 sessions | 9am - 10am

Member: \$325 | Non Member: \$520

Sep 9 - Dec 16 *(No sessions Nov 11)*

Wed: 14 sessions | 9am - 10am

Member: \$350 | Non Member: \$560

Sep 10 - Dec 17

Thu: 15 sessions | 10am - 11am

Member: \$375 | Non Member: \$600

Sep 10 - Dec 17

Thu: 15 sessions | 8pm - 9am

Member: \$375 | Non Member: \$600

Sep 11 - Dec 18

Fri: 15 sessions | 11am - 12pm

Member: \$375 | Non Member: \$600



Men's Tennis Training (Level 3.5 +)

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

Sep 14 - Dec 14 (No sessions Oct 12)

Mon: 13 sessions | 9am - 10am

Member: \$325 | Non Member: \$520

Sep 14 - Dec 14 (No sessions Oct 12)

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

Member: \$325 | Non Member: \$520

Sep 8 - Dec 15

Tue: 15 sessions | 9am - 10am

Member: \$375 | Non Member: \$600

Sep 10 - Dec 17

Thu: 15 sessions | 9am - 10am

Member: \$375 | Non Member: \$600

Sep 11 - Dec 18

Fri: 15 sessions | 9am - 10am

Member: \$375 | Non Member: \$600

Ladies Doubles Day League Advanced (Level 3.5 +)

This league is a competitive format. **You must be part of an nswc ladies league team in order to participate in this league.** Players will be keeping track of their points over the session and each week the courts are re - set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Sep 14 - Dec 14 (No session Oct 12)

Mon: 13 sessions | 10:30am - 12pm

Member: \$234

Ladies Doubles Night League Novice (Level 1.5 - 2.5)

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

Sep 14 - Dec 14 (No session Oct 12)

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

Member: \$325



Junior Tennis

FALL 2020 PROGRAMS

Red Level 1

Ages: 6 yrs - 7 yrs

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

Sep 12 - Dec 19 (No session Oct 10)

Sat: 14 sessions | 12pm - 1pm

Member: \$280 | Non Member: \$392

Sep 8 - Dec 15

Tue: 15 sessions | 3:30pm - 4:30pm

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

Sep 11 - Dec 18

Fri: 15 sessions | 3:30pm - 4:30pm

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

Orange Level 1

Ages: 7 yrs - 9 yrs

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

Sep 12 - Dec 19 (No session Oct 10)

Sat: 14 sessions | 1pm - 2pm

Member: \$280 | Non Member: \$392

Sep 8 - Dec 15 (No session Oct 10)

Sat: 14 sessions | 12pm - 1pm

Member: \$280 | Non Member: \$392

Sep 8 - Dec 15

Tue: 15 sessions | 3:30pm - 4:30pm

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

Sep 11 - Dec 18

Fri: 15 sessions | 3:30pm - 4:30pm

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

Green Level 1

Ages: 9 yrs - 11 yrs

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

Sep 12 - Dec 19 (No session Oct 10)

Sat: 14 sessions | 2pm - 3pm

Member: \$280 | Non Member: \$392

Sep 8 - Dec 15

Tue: 15 sessions

3:30pm - 4:30pm

Member: \$300

Non Member: \$420

Sep 11 - Dec 18

Fri: 15 sessions

3:30pm - 4:30pm

Member: \$300

Non Member: \$420

Green Ball Elite

Ages: 9 yrs - 11 yrs

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

Sep 12 - Dec 19

(No session Oct 10)

Sat: 14 sessions

2pm - 3pm

Member: \$280

Non Member: \$392

Sep 8 - Dec 15

Tue: 15 sessions

4:30pm - 6:00pm

Member: \$450

Non Member: \$630

Sep 11 - Dec 18

Fri: 15 sessions

4:30pm - 6:00pm

Member: \$450

Non Member: \$630

Teen Tennis - Sat

Ages: 12 yrs +

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

Sep 12 - Dec 19 (No session Oct 10)

Sat: 14 sessions | 10:30am - 12pm

Member: \$420 | Non Member: \$588



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 \$10 + GST for juniors and \$15 + 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 *(effective September 8, 2020)*

Lesson Type	Members
Adult Private	\$80
Jr. Private	\$70
Adult Semi Private	\$47.50 each
Jr. Semi Private	\$42.50 each
Adult Group of 3	\$37.50 each
Jr. Group of 3	\$32.50 each
Adult Group of 4	\$32.50 each
Jr. Group of 4	\$27.50 each
Adult & Junior Hitting Session	\$50/hour



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