

NORTH SHORE WINTER CLUB

WINTER 2021 Program Guide



WINTER REGISTRATION

Members Nov 10th, 10am, 2020

Non Members Nov 24th, 10am, 2020

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



NORTH SHORE
WINTER CLUB

HOLIDAY HOURS

DECEMBER 24TH
DECEMBER 25TH
DECEMBER 26TH
DECEMBER 31ST
JANUARY 1ST

6:00AM - 12:00PM
CLOSED
CLOSED
6:00AM - 2:00PM
CLOSED

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2020 Board of Directors

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GRAHAM WILSON - VICE PRESIDENT

DOUG BELL - SECRETARY

board@nswc.ca

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MALCOLM MACKILLOP

BRENDAN PAYNE

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GEOFF BOWMAN

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PINKERTON**
Executive Chef
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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 Nov, 10th, 2020

Non Member Registration opens at

10:00am on Tuesday Nov, 24th, 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.





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

Summer Smash

MEMBER ONLY TENNIS TOURNAMENT 2020

NSWC Annual Summer Smash Tennis Tournament looked a little different this year. Based on the Covid restrictions at the time, there was discussion of not having it this year, however the Tennis community rallied and decided that a Members Only Summer Smash would be a great way to be social (while distanced) playing the game they all love.

Running from Sunday August 9th through Saturday August 15th. Great tennis was played and wine and cocktails were sipped on the Tiki Deck into the late evenings. The Summer Smash Committee did a wonderful job of making the tennis viewing area and Tiki deck look festive with decorations and Fabio and Paul along with many wonderful volunteers managed the tournament desk and schedule all week long.

Amazing, how you can take a not so great situation (Covid), and somehow make it great and memorable. That is exactly what this week truly was, a reminder that even during times of uncertainty, as a community, you can rise above it, come together and appreciate the blessings that we do have.

Congratulations to the Summer Smash winners:

WOMEN

- 5.0-5.5 Kristen Fiorvento & Amanda Donahue
- 6.0-6.5 Kathryn Grant & Laura Terness
- 7.0-7.5 Suzan Fairfield & Leane Mathias
- 8.0-8.5 Kristy Tafel & Laurie Smith

MEN

- 7.0-7.5 Robbie Buchanan & John Herbert
- 8.0-8.5 Jeff Herman & Tim McMorran
- 9.0-9.5 Dan Carney & Ryan Lore



MEMBER MOMENTS

Roller Hockey



This past summer we launched our own Roller Hockey Training, coached by NSWC's own, Jared Eng!

Jared Eng grew up playing in the local roller hockey league with North Shore Inline. He has represented the Team Canada national team five times and is excited to get more players on inline skates. Jared believes roller hockey is a great cross training tool to improve your on ice game!

He worked on teaching players how to use their edges, puck handling skills, shooting and incorporated small area games that translate on the ice as well. He taught players how to stop, crossover, and pivot on roller blades!

Tennis US Open



Women's 2nd Place:
Donna Burgart & Stephanie Fraser

Women's Champions:
Paula Evans & Jorcelyn Wang

Men's 2nd Place:
Raoul Van Der Berg & Marty Morrison

Men's Champions:
James and Rob Cronk



FEATURED COACH

Sam Huston

Personal Trainer / Goalie Coach

s.huston@live.com



Years as coach at NSWC 5 years

How did you get to NSWC and what is your past experience?

I became a member at NSWC through my parents who were members and who enrolled me in minor hockey at the club until I went on to play junior hockey. I stayed as a member while pursuing education in Human Kinetics to become a personal trainer. I gained experience working at various local gyms, training all types of athletes and general fitness clients as well as specializing in hockey development.

What are your main motivations for coaching/personal training?

Having my clients reach their personal goals and strive to make new ones. Seeing my clients succeed on and off the ice.

What do you most enjoy about coaching/personal training? It feels great to help your client feel better about themselves and work together to meet their goals.

What have been your major highlights/achievements in coaching/personal training? Every client is different, and every client has different aspirations. I find it very rewarding when you can help someone achieve success in whatever aspect they are working towards.

What event/s are your favourite to coach/ personal train? Sport-specific training and general fitness.

What do you feel are your main strengths for coaching/personal training? My ability to connect with someone and create an enjoyable yet demanding training environment.

Have you ever had a personal athletics coach before? Yes, all throughout my hockey career I had many different trainers and coaches. I try to take bits and pieces of my own experiences and apply them to my training today.

Do you have a mentor/ teacher or trainer who has helped you grow in your leadership and training? If so, who and why. Having many different coaches growing up, you get to encounter many different experiences both positive and negative. I think its beneficial to reflect on those experiences to help guide you in your training. Not everything is going to work for someone, and you have to be able to evolve and adapt to make it work for them.

How would you deal with a situation where team morale breaks down during a game or session? Simplify things. Focus on what you can control and trust the process.

What activities/sports do you train in? All sports but primary focus in hockey.

Of all the sports, recreation and fitness activities you do, does one take a higher priority than all of the others? If so, which one?

I grew up playing as many sports as I possibly could until I had to just concentrate on hockey. I feel being a multi-sport athlete helped develop my overall skills and athleticism which definitely benefited my hockey.

Do you have any superstitions before an event?

I was a goalie, that should explain enough.

FEATURED ATHLETE

Louis Oscar Holowaychuk



Age:10

How many years have you been playing hockey?
I have been playing for 5 ½ years.

Who is your favourite professional athlete and why?

Nathan MacKinnon. He has a high hockey IQ and he's a 'pass-first' kind of guy.

What is your biggest accomplishment in hockey?

My biggest accomplishment was finishing second with my team last year in the playoffs in Atom A1

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

Terry Fox because he never gave up. His statue is outside the front door of my school and I am reminded of him every day.

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

Before games I will put my lower gear on like this. Left shin pad, right shin pad, then right sock, left sock.

What is your favourite pre-game meal?

Probably some salmon with some rice and salad.

Besides hockey, what other activities do you enjoy?

I enjoy soccer, baseball, fishing, and basketball.

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

I wouldn't be where I am today without all the coaches and parent coaches. Plus, there is always open ice.



First day of Cookie Monsters

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.

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.

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 200 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The Senior 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
- Complimentary fresh floral arrangements and votive candles
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

For more information and to book your event, contact info@nswc.ca

Please note that COVID-19 protocols are currently in place so maximum allowance of people as well as food and beverage offerings may be different than advertised above. NSWC follows all guidelines set out through Health Agencies and the BC government.



FEATURED RECIPES

Parmesan Crusted Brussels Sprouts One Pot Meal

INGREDIENTS

- 1 lb. Brussels sprouts, trimmed and halved
- 1/2 c. flour
- 2 Eggs, beaten
- 3/4 c. panko bread crumbs
- 1 c. freshly grated Parmesan
- 2 tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. cayenne
- Caesar dressing, for dipping (optional)

INSTRUCTIONS

1. Preheat oven to 400. Grease a large baking sheet with nonstick cooking spray or olive oil.
2. Add flour to a medium shallow bowl and eggs to a separate medium shallow bowl. In a third shallow bowl, whisk together panko bread crumbs, Parmesan, olive oil, salt, garlic powder and cayenne.
3. Working in batches, toss brussels sprouts in the flour until fully coated then dunk in eggs. Dredge in panko mixture then place on baking sheet. Bake until golden and crispy, about 25 minutes.
4. Serve immediately with caesar dressing, if using.



Apple & Gin Winter Cocktail

Tart, slightly sweet and smooth with a fruity apple forward taste, this Apple & Gin Cocktail is filled to the brim with cozy, warm winter flavors. Easy on the eyes and downright delicious, this cocktail is perfect for all your winter and festive gatherings.

INGREDIENTS

- 4 ounces Gin
- 4 ounces Apple Cider
- 1 ounce Lime Juice
- 2 ounces Honey Simple Syrup
- Dash Cinnamon
- Optional Garnishes:
- 2 Thyme Sprigs
- 1 Apple – cut into matchsticks
- Honey Simple Syrup:
- ¼ Cup Honey
- ¼ Cup HOT Water

1. Make the honey simple syrup: Add the HOT water and honey to a Ginmason jar and shake vigorously until the honey dissolves.
2. For the cocktail: Combine gin, apple cider, lime juice, honey simple syrup, and cinnamon in a cocktail shaker with ice. Shake vigorously until chilled.
3. To serve: Fill two glasses with ice and matchstick apples. Strain cocktail to glasses and garnish with sprigs of thyme. Enjoy!





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

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

Help us preserve the earth.



5 Ways to Build Sportsmanship in Young Athletes

Sportsmanship isn't just about shaking hands after the game. It's about helping young athletes enjoy the spirit of competition, deal with adversity, and handle authority figures properly. (Skills that are good for any kid to learn.)

Here are five tips to boost sportsmanship in young players- and help them prepare for life in the process.

SPORTSMANSHIP TIP NO.1:

Find a Role Model

Character is a word that gets used often, but its true meaning may be hard to explain to a young mind. It's ultimately a choice to hold oneself to a higher standard. By raising standards early, an athlete can both give and expect mutual respect during their course of competition. Find a pro athlete the child idolizes, and is a good character athlete, and have them "visualize" themselves acting as that athlete would.

SPORTSMANSHIP TIP NO. 2:

Give 110 Percent

One way to instill the idea of sportsmanship is to let the athlete know that they should do their personal best and to treat teammates and opponents in the same fashion they wish to be treated. This age-old idea will help them become an admirable and respected competitor, and help them off the field as well.



SPORTSMANSHIP TIP NO.3:

Forget the Numbers

It's important to the young athlete to understand that for as many victories as they hope to have, they must face losing if they're going to play their sport.

An effective method is to have a young athlete pick out well-known popular athletes, particularly in their sport or sports of interest, and look up their statistics. Knowing that professional athletes have faced defeat can teach the young competitor to deal with loss rationally and graciously.

SPORTSMANSHIP TIP NO.4:

What (Not) to Do

Dealing with adversity and authority figures in sports is another challenge that young athletes must face. This is another instance where the proper explanation of how situations should and should not be dealt with, as well as examples from professional sports, should be used. One can easily find examples of the proper and improper handling of referees, umpires and judges to provide visual examples to back up instruction. (Baseball is especially good at showing how players should deal with inconsistent officiating.)

SPORTSMANSHIP TIP NO.5:

Have Fun

Sometimes young athletes need to be constantly reminded that sports are designed to be fun. Practice and skill building should be offset by times of goofing off, perhaps practicing with crazy costumes or with fun music, and not critiquing or coaching in the traditional sense. This one little thing can do wonders in reminding the athlete not to take anything too serious and to have fun doing what they have chosen to participate in.

By Michael Clarke
Active.com

Dance

WINTER 2021 PROGRAMS



Christie has been running her dance program out of the club since 2016. If you haven't checked out her classes before she will be adding some more to the schedule soon! Currently she is running her Junior Competitive program exclusively out of the club. In this program the dancers attend 2-4 classes per week and will compete at local competitions in the Lyrical and Jazz categories.

Here's a little more about Christie:

Christie has over twenty years experience in the dance industry and as a dance instructor. She has taught and choreographed all over the world and am thrilled to be back in her home town of North Vancouver.

Before returning to Canada Christie spent nine years in the UK and Europe teaching, choreographing, training dancers, and performing. Some of her credits include: The Moulin Rouge in Paris, Mamma Mia! The Movie, The Brit Awards, and Norwegian Cruise Lines. From 2012 - 2016 she was part of the creative team for the Thursford Christmas Spectacular, the largest show of its kind in the UK and Europe. Her team managed, trained and choreographed a cast of 130 professional singers, dancers and musicians and successfully delivers shows seen by over 130,000 people per year.



Christie has been a regular teacher at many ballet, theatre and competitive dance schools over the years in London, UK, Vancouver and the Okanagan. Before leaving the UK Christie was one of the core group of ballet teachers and ran the musical theatre program at The Ballet School in Notting Hill, London. The Ballet School has strong affiliations with the Royal Academy of Dancing as well as the Royal Ballet.

Christie has experience teaching children as young as 2.5 years old up to adult, beginners to professional, boys and girls, and classes large and small.

Christie is passionate about dance. She is a master of her craft with expertise as a teacher and choreographer. She prides herself in not only instilling excellent technique but also encouraging performance and the love of dance. It is important to her that every child has a place to be creative, be active, and to learn all while having fun! She always says the friendships made, and the life skills gained through dance are her most treasured.

She looks forward to dancing with you soon!

Youth Camps & Party Packages

WINTER 2021 PROGRAMS



Day Camps

Professional Day Camps

Ages: 6 yrs – 11 yrs

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

Dates to be determined.

9am - 4:30pm | Member: \$65 | Non Member: \$85

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

WINTER 2021 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 - 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: \$200 | Non Member Team: \$300

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: \$100

Member: \$125 | Non Member: \$150

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.





NORTH SHORE
WINTER CLUB

Annual

Committee Tree Decorating

NOV 26TH

More details coming soon!



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 ap-

proach 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.



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!



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.





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.



JARED ENG

Jared grew up on the North Shore playing for the North West Giants (BCMML). He recently finished playing professional ice hockey with the Kunlun Red Star Organization (KHL/VHL). Jared spent time in the BCHL, NCAA DIV 1 and in Sweden before finishing his career in Russia. He also plays for the Team Canada National Roller hockey team.

As a skills coach, Jared works with forwards and defensemen on being innovative and detailed, developing skills that work in games. He is excited to be the U13 – A1 Assistant coach this year and to be able to give back to players at North Shore Winter Club. This will be Jared's second year coaching and being part of the development team.



FRANCINE RATTRAY

Francine is an ACE Certified Personal Trainer, world-class powerlifter, CrossFit athlete, mother of three and lover of all sports. Snowboarding, paddling, running, volleyball, obstacle course racing, diving, tennis, hockey, waterskiing, karate, ultimate, swimming, soccer - you name it, she's done it. When injuries from

ultramarathon trail racing forced her to hang up her running shoes, she found her passion in powerlifting. She holds provincial and national titles, and has competed on the world stage.

Prioritizing our fitness is not always easy – injuries, age, chronic pain, lack of motivation, career, kids, weight struggles and fear are common hurdles. Having overcome many of these challenges herself, including severe back problems, Francine helps her clients break down these barriers with realistic, sustainable strategies. For her, the key to keeping motivated is to constantly evolve, by trying new things and challenging yourself.

Francine's focus is on strength training, movement coaching and lifting mechanics. She believes that resistance training is a powerful tool for injury prevention and recovery, with proper technique and a well-designed progressive training program. She will boost your confidence inside the gym and out!

Minor Hockey

WINTER 2021 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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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.

LEARN TO SKATE 1

Jan 9 – Mar 13 (No session Feb 13)

Sat: 9 sessions | 8am – 8:45am

Member: \$135 | Non Member: \$270

LEARN TO SKATE 2

Jan 9 – Mar 13 (No session Feb 13)

Sat: 9 sessions | 11:15am – 12pm

Member: \$135 | Non Member: \$270

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 Winter 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 1

Jan 5 – Mar 13 (No session Feb 13)

Tue & Sat: 19 sessions

Tue: 4pm – 4:45pm | Sat: 8:45am – 9:30am

Member: \$285 | Non Member: \$570

BEGINNER 2

Jan 5 – Mar 13 (No session Feb 13)

Tue & Sat: 19 sessions

Tue: 4:45pm – 5:30pm | Sat: 9:30am – 10:15am

Member: \$285 | Non Member: \$570

INTERMEDIATE/ADVANCED

Jan 5 – Mar 13 (No session Feb 13)

Tue & Sat: 19 sessions

Tue: 5:30pm – 6:15pm | Sat: 10:15am – 11am

Member: \$285 | Non Member: \$570

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

Jan 10 – Mar 14 (No session Feb 14)

Sun: 9 sessions

2:15pm – 3pm U7/U8

3:15pm – 4pm U9

4:15pm – 5pm U13

7pm – 7:45pm U11

7:45pm – 8pm U15/U18

Member: \$270 | Non Member: \$405

Skating For Defense

These defense specific sessions will focus on the specific needs of defensemen focusing on key skating elements including backwards acceleration, lateral movement and transitional speed. This program will help players become faster, stronger and more confident on the ice in defensive and offensive situations. This unique class is a sure way to improve any defenders current level of skating.

Full hockey equipment required.

Coach: Karen Kos

Jan 10 – Mar 14 (No session Feb 14)

Sun: 9 sessions

5pm – 5:45pm U11

6pm – 6:45pm U13

Member: \$270 | Non Member: \$405

Puck Skills

The puck skills program is meant to develop multiple aspects related to the handling and movement of the puck. This class will provide sequential advancement of ability from the very basics to elite dependant on the players' current state. With the correct drills the player develops new dexterity in their hands as they are asked to put the puck in new positions of reach, with different areas of the blade, and with new levels of speed. This also increases overall stamina in the muscles used in these hand skills. As the player advances in ability they will be introduced to different situational moves such as 1 on 1 plays off the rush, out of corner, opening up shot lanes etc. Overall the player develops a completely improved feel for the puck as the connection between their hands, stick and puck is dramatically increased.

Full hockey equipment required.

Coach: Jon Woodyard

Jan 8 – Mar 12 (No session Feb 12)

Fri: 9 sessions

5:15pm – 6:15pm U8/U9

6:30pm – 7:30pm U13

7:45pm – 8:45pm U11

Member: \$270 | Non Member: \$405

Defense Game Skills

This program will focus on game play and decision making both offensively and defensively for defensemen. The skills covered include transition play, gap control, stick positioning, activating into the play (joining), 2v1 defense, first passes, evasion and offensive blue-line play. This program will integrate skills developed from the "Skating for Defense" program to create a full-service defense development program.

Full hockey equipment is required.

Coach: Cole Todd

Jan 10 – Mar 14 (No session Feb 14)

Sun: 9 sessions

6pm – 7pm U11

7:15pm – 8:15pm U13/U15

Member: \$270 | Non Member: \$405

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.

Coach: Luke Kasteel

Jan 10 – Mar 14 (No session Feb 14)

Sun: 9 sessions

3:30pm – 4:30pm U8/U9

4:45pm – 5:45pm U11/U13

Members: \$360 | Non Member: \$495

Offensive Zone Play + Passing

The fastest object on the ice and the most prized possession is the puck. Goals are rarely scored on an individual effort; goals are almost always a product of some form of a pass. Hockey is the fastest game on earth and the ability to make split second decisions is crucial. This program will focus on: Passing (Variety of drills and passing techniques both stationary and with movement, discussing lanes and other technical thought processes), zone entries (Catch and carry, chip off wall, area passes, delays, cross and drops, net drives, etc.), wall work – (Opening-up for plays, receiving rimmed pucks and making plays, puck protection and battling), low attacks – (Plays off cycles, low plays, net drives, evasive techniques), net front – (Goal scoring specific drills emphasizing elevation of pucks in tight, hand-eye drills from point shots and mid-air pucks, creating space and goal scoring tips).

Full hockey equipment is required.

Coach: Taylor Stefishen

Jan 9 – Mar 13 (No session Feb 13)

Sat: 9 sessions

12:30pm – 1:30pm U11 A3/A4

1:45pm – 2:45pm U11 A1/A2

3pm – 4pm U8/U9

Member: \$270 | Non Member: \$405

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.

Jan 7 – Mar 11

Thu: 10 sessions | 8:30pm – 9:30pm

Member: \$250 | Non Member: \$400



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



ADRIAN OZIEWICZ



ALEX SIGOUIN



GAYLE DOBSON

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

WINTER 2021 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!

Jan 4 – Mar 8 (*No session Feb 15*)
Mon: 9 sessions | 11am – 12pm
Member: \$225

Jan 5 – Mar 9
Tue: 10 sessions | 9am – 10am
Member: \$250

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!

Jan 5 – Mar 9
Tue: 10 sessions | 8pm – 9pm
Member: \$250

Jan 7 – Mar 11
Thu: 10 sessions | 7pm – 8pm
Member: \$250

Jan 8 – Mar 12
Fri: 10 sessions | 10am – 11am
Member: \$250

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!

Jan 5 – Mar 9
Tue: 10 sessions | 6pm – 7pm
Member: \$250

Jan 5 – Mar 9
Tue: 10 sessions | 7pm – 8pm
Member: \$250

Jan 6 – Mar 10
Wed: 10 sessions | 6pm – 7pm
Member: \$250

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.

Jan 4 – Mar 8 (*No session Feb 15*)
Mon: 9 sessions | 10am – 11am
Member: \$225

Jan 6 – Mar 10
Wed: 10 sessions | 9am – 10am
Member: \$250

Jan 7 – Mar 11
Thu: 10 sessions | 9am – 10am
Member: \$250

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.

Jan 4 – Mar 8 (*No session Feb 15*)
Mon: 9 sessions | 9am – 10am
Member: \$225

Jan 6 – Mar 10
Wed: 10 sessions | 10am – 11am
Member: \$250

Jan 6 – Mar 10
Wed: 10 sessions | 7pm – 8pm
Member: \$250

Jan 7 – Mar 11
Thu: 10 sessions | 10am – 11am
Member: \$250

Jan 7 – Mar 11
Thu: 10 sessions | 8pm – 9pm
Member: \$250

Jan 8 – Mar 12
Fri: 10 sessions | 11am – 12pm
Member: \$250

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!

Jan 4 – Mar 8 (No session Feb 15)

Mon: 9 sessions | 9am – 10am

Member: \$225

Jan 4 – Mar 8 (No session Feb 15)

Mon: 9 sessions | 7:30pm – 8:30pm

Member: \$225

Jan 5 – Mar 9

Tue: 10 sessions | 9am – 10am

Member: \$250

Jan 7 – Mar 11

Thu: 10 sessions | 9am – 10am

Member: \$250

Jan 8 – Mar 12

Fri: 10 sessions | 9am – 10am

Member: \$250

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.

Jan 4 – Mar 8 (No session Feb 15)

Mon: 9 sessions | 10:30am – 12pm

Member: \$180

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!

Jan 4 – Mar 8 (No session Feb 15)

Mon: 9 session | 6pm – 7:30pm

Member: \$225

Jan 9 – Mar 13 (No session Feb 13)

Sat: 8 sessions | 3pm – 4:30pm

Member: \$200



Junior Tennis

WINTER 2021 PROGRAMS



Red Level 1

Ages: 5 yrs - 7 yrs

Red Ball 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).

Jan 9 – Mar 6 (No session Feb 13)

Sat: 8 sessions | 12pm – 1pm

Member: \$176 | Non Member: \$240

Jan 5 – Mar 9

Tue: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Jan 8 – Mar 12

Fri: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Orange Ball Tennis

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 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).

Jan 9 – Mar 6 (No session Feb 13)

Sat: 8 sessions | 1pm – 2pm

Member: \$176 | Non Member: \$240

Jan 5 – Mar 9

Tue: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Jan 8 – Mar 12

Fri: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Green Ball Tennis

Ages: 9 yrs - 11 yrs

Green Ball Tennis is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a full court.

Jan 9 – Mar 6 (No session Feb 13)

Sat: 8 sessions | 2pm – 3pm

Member: \$176 | Non Member: \$240

Jan 5 – Mar 9

Tue: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Jan 8 – Mar 12

Fri: 10 sessions | 3:30pm – 4:30pm

Member: \$220 | Non Member: \$300

Teen Tennis

Ages: 12 yrs +

Teen Tennis is for the beginning/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills.

Jan 9 – Mar 6 (No session Feb 13)

Sat: 8 sessions | 12pm – 1pm

Member: \$176 | Non Member: \$240



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	\$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
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Jr. Group of 4	\$27.50 each
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NSWC Hockey is proud to announce a Spring Hockey Program starting in Spring 2021. This program will give our athletes an opportunity to train at NSWC with our top-tier development coaches in a fun and competitive environment. This full-service program will be comparable to our winter offering, giving players every opportunity to improve year-round.

Tryouts/Evaluation

Tryouts will be conducted with strict "Phase 2" guidelines. We believe it is important to maintain the safety of our athletes especially with the cohorts already established by PCAHA. This will be a skill session that include skating, passing, stickhandling, shooting. No battle drills, no games.

Date: November 11th

Cost: \$25.00

Sign-up: nsw.gametime.net

AGE GROUPS

2015 / 2014 / 2013 / 2012 / 2011 / 2010 / 2009

DATES

April 6th - June 19th (11-week program)



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- Game Jerseys
- Apparel (shirt, shorts, hats)
- Tournaments/Games (if permitted)
- Roster Sizes 12-14 Skaters (1-2 goalies)

PRICING

Estimate Member Price:

\$1300.00 + Tournaments (If applicable)

Estimate Non-Member Price:

\$1600.00 + Tournaments (If applicable)

The NSWC is prepared to adapt its spring hockey offerings to align with the health and safety policies set forth by health authorities.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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