

# NORTH SHORE WINTER CLUB

## SPRING 2021 Program Guide



### SPRING REGISTRATION

**Members** Feb 9th, 10am, 2021

**Non Members** Feb 23rd, 10am, 2021

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



# INVESTING FOR YOU.

2021 IS BRINGING NEW UPGRADES JUST FOR YOU.

CONSTRUCTION OF **INDOOR PICKLEBALL COURTS**

NEW OUTDOOR **TENNIS HARD COURT** SURFACE WITH CONVERTIBLE PICKLEBALL COURTS

UPGRADING HIGH PERFORMANCE **TRAINING STUDIOS** IN THE FORMER RACQUETBALL AREA

ADDITION OF **HEALTH & WELLNESS CLINIC**

**CLUB SECURITY** AND FOB SYSTEM UPGRADE

**FRONT ENTRANCE** DRAINAGE

**REROOFING** OF CLUBHOUSE

NEW **ROADWAY SIGN**

**POOL** IMPROVEMENT PROJECTS

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## 2021 Board of Directors

### EXECUTIVE

**JAMES CRONK** - PRESIDENT

**GRAHAM WILSON** - VICE PRESIDENT

**JOEL MCLEAN** - TREASURER

**DOUG BELL** - SECRETARY

board@nswc.ca

### DIRECTORS

**MALCOLM MACKILLOP**

**KIM LYONS**

**LEANNE DENNIS**

**GEOFF BOWMAN**

**BRENDAN PAYNE**

# Senior Management Team



**JOANNA HAYES**  
General Manager  
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**RUSSELL RITCHIE**  
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**SHANE HAYES**  
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**GARTH PROUSE**  
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**BOB MCCUAIG**  
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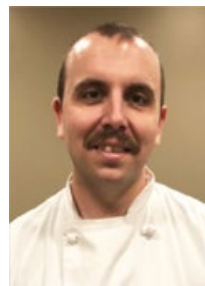
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**JENN MCDONALD**  
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PINKERTON**  
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604.985.4135  
NORTH SHORE WINTER CLUB  
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

# Program Registration

## Program Registration Information

### Member Registration opens at

10:00am on Tuesday Feb, 9th, 2021

### Non Member Registration opens at

10:00am on Tuesday Feb, 23rd, 2021

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

1. Online registration at [www.nswc.ca](http://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](mailto:cancellations@nswc.ca) and include the following:

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

### REFUNDS AS FOLLOWS:

- **100% refund:** up to 72 hours before program start time.
- **50% Refund:** less than 72 hours before program start time UNTIL 48 hours after program start time.
- **No Refund:** more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.



- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

### CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit [www.gametime.net](http://www.gametime.net) for details.

### FITNESS REGISTRATION AND CANCELLATION INFORMATION

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

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

### LOOK WHAT WE SELL AT MEMBER SERVICES:

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

### GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness classes, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

### Follow us for info, updates and more!

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

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

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

# General Club Information



## Communication Email Weekly Eblast

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

## Clubhouse Rules Junior Members - R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre-school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

## Guest Rules - R21

1. Adult Members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, Guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
2. Adult Members may introduce Guests to participate in certain activities of the Club upon payment of a Guest charge. The activities for which a charge is levied are as follows:
  - a) *Swimming*
  - b) *General Skating or Ice Hockey*
  - c) *Tennis, Squash, Racquetball*
  - d) *Sauna, Steam, Whirlpool*
  - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. Junior Members are permitted a maximum of two social Guests at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. Guest privileges are available on a weekly basis for out-of-town visitors (available through Member Services). There are per person or per Family rates per week up to a maximum period of eight weeks in any year. Guest cards must be shown when using the Club.

8. The names of all Guests must be entered in the Guest Register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their Member sponsor who is responsible for their deportment while in the Club. Guests not signed in may lose Guest privileges indefinitely.
9. Each Member is allowed a maximum of four participating Guests per month, none of whom may be introduced more frequently than twice per month in total-to clarify, no Non-Member individual may be granted Guest Privileges more than two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
10. Guests of a Member will not be permitted to find another Member to sign for him/her to prolong the visit. The Guest has to leave at the same time as the Member who initially accompanied him/her.
11. Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
12. Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

## Payment of Members' Accounts - R24

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



## Facility Rentals - R59

1. Members may rent facilities at the Club for personal use.
2. Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non-Member rental rates would prevail.
3. Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

For room bookings and catering inquiries, please contact [bookings@nswc.ca](mailto:bookings@nswc.ca).

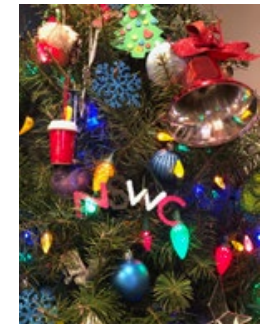
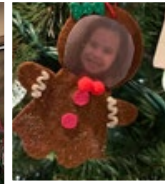
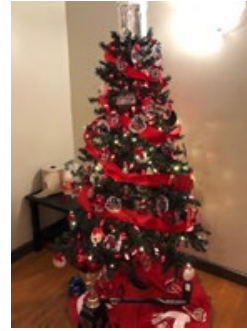


M E M B E R M O M E N T S

## Annual Committee Tree Decorating

Nov 26th, 2020

On November 26th, the committees came together (but apart) to help create a festive vibe in the Club with the Annual Committee Tree Decorating. Masks were worn and decorations were hung – it will definitely be a year to remember but thank you to all the committees that came out and brought some joy and light into the club for the holidays. The energy, planning and creativity that went into these trees was truly inspiring. The Minor Hockey tree and Membership tree tied as the winning trees. Thank you to all of the committees for making this a great time.



## Tree Decorating and Gingerbread Contest

With the ask from our PHO to stay home this past holiday season, we decided to bring the magic of the season into the Club by hosting a tree and gingerbread decorating party... the hitch was that the Christmas trees and the Gingerbread houses were from our Members own homes.

While Camden chose to wear his finest NSWC gear, the Ablett boys actually made their own NSWC tree decoration. Louis used his imagination to make an amazing gingerbread Zamboni while the Souter kids created an entire gingerbread village. Thank you for letting us into your homes and allow us to celebrate with you!

Louis Oscar Holowaychuk: Zamboni Gingerbread

Mack and Shaela Souter: Christmas Gingerbread Village

Camden Dickson: Christmas tree in his finest NSWC gear

Oscar and Oliver Ablett: Christmas tree with some NSWC deco



MEMBER MOMENTS

## NSWC Hockey Gives Back

### U13 Female

Over the holidays, 11 dedicated NSWC U13 Female Hockey players raised \$3,300 for @plancanada to give 11 girls the means to study for a year. This was done through a virtual skate-a-thon and a costume contest!

The girl's original goal was to send 2 girls to school and raise \$600.

A huge congratulations to our U13 Female team for doing such an amazing job and raising money and awareness for the 'Because I'm a Girl' campaign! Everyone at the NSWC is extremely proud of what you all were able to accomplish.

### U13 – A2

The U13 A2 team would like to thank the NSWC families who generously donated items for the Lookout Housing and Health Society, a North Shore charitable organization.

The shelter has been supporting North Shore adults in need for over 15 years. The shelter houses 47 beds and a transitional unit.

Owen, Community Liaison Coordinator for the Lookout Housing & Health Society was very grateful for the two car loads full of donations, provided by our U13 – A2 team. The players also made dozens of individually wrapped cookies the shelter will use in lunches and snacks.

2020 has brought many challenges and the charities have been greatly impacted by the covid restrictions. The U13 A2 is proud to support our local community in these difficult times. Thank you from the U13 A2 team

### U11 – A3 & U9 Female

The U11 A3's managed to collect over 8 boxes of food for the Greater Vancouver Food Bank. A huge thank you to all of the families of the U11-A3 and U9 Girls team, as well as all the NSWC families who helped contribute food to those who are in need. Cooper(U11-A3) and Ella Woeste (U9 Female), along with Rory Hall (U11-A3) were able to drop off the food off on Dec 21, just in time for the holidays. The Greater Vancouver Food Bank was super appreciative of the efforts by the teams. It shows that if everyone helps out a little, the efforts can go a long way.



MEMBER MOMENTS

# Paul Shellard Memorial Fall Classic Tennis



## Oct 18th – Oct 24th, 2020

Thank you to members for playing the Paul Shellard Memorial Fall Classic! The event was different than previous years with all Court Viewing areas closed. The Organizing Committee did a great job turning the Jim Graham Room into a fun themed Oktoberfest area that allowed players a place to check-in, practice social distancing, and watch Court #5 via livestream. Great matches, good friends and laughs made the week a wonderful success!



FEATURED COACH

# Nicole McLennan

Head of Junior Tennis Development



**Years as coach at NSWC** 5 years

**How did you get to NSWC and what is your past experience?** I was working at Global Tennis Academy in Coquitlam and was looking for a change. I had been working there for a few years while finishing my Psychology degree at UBC. I knew Fabio and Amy because their daughters both play tennis so I called Fabio to see if he was looking for a new coach at NSWC. He was and I started a few weeks later.

**What are your main motivations for coaching?** I love helping players learn and build the habits and the foundation necessary to reach their goals. It's exciting to be supportive during a process through which people build confidence in themselves.

**What do you most enjoy about coaching?** Helping athletes reach their goals and then challenging them to reach higher. I enjoy the problem solving, the relationship building, the moments when something clicks for a player and a skill they've been struggling with becomes doable.

**What have been your major highlights/ achievements in coaching?** It's hard to choose a major highlight because I've had so many great moments over the years watching players at all levels train and compete and succeed in what they've been working towards. If I had to choose just one it would be U12 Copa Cosat 2018 in Bolivia. I was the Team Canada girls' coach. The event

is amazing – it stretches almost a week and each day the team of three girls plays a different country. I would submit our line up in the morning, with 2 singles matches and 1 doubles match to be played. The team that wins the most matches wins that round. We played Chile in the final and won gold! It was a true team effort - which is rare in tennis because it's predominantly an individual sport. The last night of the event there is a huge gala for

the players followed by a party. I have a lot of great memories from that event!

**What event/s are your favourite to coach?** It's not often in tennis that a coach gets to coach during matches so any event where that is allowed is always very enjoyable for me. I was able to be on the court and coaching the players at the Copa Cosat 2018 and at the Western Canada Summer Games.

**What do you feel are your main strengths for coaching?** When it comes to helping a player develop, I think my care, enthusiasm, and commitment are felt by the players I work with - I never take lightly the impact that I have on them. I am patient and curious and take the time to connect with players as individuals, so that I know how best to help and challenge each of them.

**Do you have a mentor/ teacher or trainer who has helped you grow in your leadership and training? If so, who and why.** I feel very fortunate because when I think of the list of people that have helped me it is a very long list. I've had coaches who have far more experience than me

be very generous with their time and their knowledge. I was exposed to many of these coaches through the work I have done with Tennis Canada - regroupings, tours, coaching certifications courses, and mentor programs. I will name the two who I have spent the most time with – Oded Jacob and Séverine Tamborero. These two have challenged me to leave my comfort zone before I felt ready and showed me the importance of leading by example and being relentless in the maintenance of high standards for myself and the athletes I work with.

**How would you deal with a situation where team morale breaks down during a game or session?** It really depends on the players. Some young players don't have a lot of experience and need to learn about teamwork and how to be a team player. I would take the opportunity to teach the players how to be a valuable teammate. Some older players have a lot of experience and understand how to be a great teammate but they aren't willing to take the actions necessary to follow through. I would be stern with these players; reiterate the expectations of being on the team and the consequences if they don't live up to those expectations.

**What activities/sports do you train in?** I love playing ice hockey, hiking, skiing and snowboarding, and indoor bouldering.

**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've always gravitated to being more of a multi-sports athlete. I have a day where I snowboard, a day where I climb, and sometimes I'll go for a run. There isn't much adult hockey this year and so I've been committed to strength training. I think that if anything needs to take priority it's stretching and mobility work.

**Do you have any superstitions before an event?** I was going to say "no, not at all" but then I remembered a playoff run last year when I wore the same clothes to the rink for every game. So, yes, I guess I do.

FEATURED ATHLETE



# *Elijah* **Kook**

**Age:** 15

**How many years have you been playing tennis at NSWC?**

3 years at NSWC!

**How/why did you start playing tennis?**

I started playing tennis because my sister needed a hitting partner.

**Who is your favourite professional athlete and why?**

Definitely Khabib Nurmagomedov (UFC fighter) because he has a funny personality but is best in his craft.

**What is your biggest accomplishment in tennis?**

Winning my first Selection Series in Richmond. I remember when I first started, I didn't even have enough points to play in these events so winning my first one was a cool experience.

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

Rafael Nadal because he is so passionate, never gives up on a point, and has amazing sportsmanship.

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

I like to wake up early, have a good meal, get a good warm up and then arrive at the tournament site early so I can get comfortable with my surroundings.

**What is your favourite pre-game meal?**

Homemade traditional Korean food!

**Besides tennis, what other activities do you enjoy?**

I love to train in Martial Arts and hang out with friends.

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

NSWC has a great environment with great people and awesome coaches.

FEATURED ATHLETE



# *Eliana* **Kook**

at a young age and I think she set a great example for athletes like me.

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

I actually have quite a lot! Like before serving, bouncing the ball 3 times on the Deuce side and on the Ad side bouncing the ball 4 times. Another one is when setting up my stuff on the bench before my match making sure my water bottle is on the left side of me.

**What is your favourite pre-game meal?**

I don't really have a favourite meal before a game but I would say a sandwich because it's light. I sometimes get a bit nervous before matches so something easy to digest is good.

**Besides tennis, what other activities do you enjoy?**

I enjoy doing Taekwondo and like to do origami by seeing what type of cool things I can create with paper.

**What do you enjoy most about playing tennis at the North Shore Winter Club?** By playing at the NSWC there are many courts you can play on and there are amazing coaches there that can help improve your game.

**Age:** 13

**How many years have you been playing tennis at NSWC?**

I have been playing at NSWC for about 4 years and played tennis for 6 years.

**How/why did you start playing tennis?**

I started to play Tennis when I was 8. I was looking for new sports to play and my mom suggested for me to try out tennis. I really enjoyed it and continued to play ever since.

**Who is your favourite professional athlete and why?**

Bianca Andreescu because I love watching her play and love her style of tennis. She has an amazing fighting spirit, never gives up and always gives a 100 percent.

**What is your biggest accomplishment in tennis?**

Winning Provincials and then placing top 5 at Nationals.

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

I would say Bianca Andreescu again because the type of style and spirit she has is entertaining to watch and she is a very humble person. She also became pro

## 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](mailto: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



## Lemon Ricotta Pasta

This is the perfect spring dish. It's fresh and light, and it instantly had us in love. If you can't find bucatini, use any long pasta like spaghetti or linguine!

**Yields:** 4 servings

**Prep Time:** 10 Mins

**Total Time:** 25 Mins

### INGREDIENTS

- 1 lb. bucatini or spaghetti
- 1 c. ricotta
- 1/2 c. extra-virgin olive oil
- 1/2 c. freshly grated pecorino or Parmesan
- Zest and juice from 1 lemon
- Kosher salt
- Freshly ground black pepper
- Pinch of crushed red pepper flakes
- Freshly sliced basil, for serving

### INSTRUCTIONS

1. In a large pot of boiling salted water, cook pasta according to package directions. Reserve 1 cup pasta water, then drain. Return pasta to pot.
2. In a medium bowl, combine ricotta, oil, pecorino, lemon juice, and zest. Season with salt, pepper, and a pinch of red pepper flakes. Add ricotta mixture and 1/4 cup reserved pasta water to pasta and toss. Add more reserved pasta water if sauce is too thick.
3. Serve with basil, more pecorino, and a drizzle of olive oil.



# NESPRESSO<sup>®</sup>

## PROFESSIONAL

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

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

Help us preserve the earth.







**NORTH SHORE  
WINTER CLUB**  
*Since 1958*



**Allan McGavin  
Sports Medicine Clinic  
Physiotherapy**

# COMING SOON TO NSWC.

**WE ARE THRILLED TO ANNOUNCE THAT THE ALLAN MCGAVIN SPORTS  
MEDICINE PHYSIOTHERAPY CLINIC WILL BE OPENING AT THE NSWC SOON!**

Physiotherapy | Massage Therapy | Clinical Kinesiology | Concussion Management | Running Assessments

**ALLANMCGAVINPHYSIO.COM**

# Aquatics

## SPRING 2021 PROGRAMS



## Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool!

Swimming lessons start in mid May and go through to the end of August. If you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons.

### Registration

Registration for NSWC Aquatic programs does not open until April, however below is a list of what the NSWC has to offer for Summer 2021.

### Programs

Lesson sets run in two week sessions excluding statutory holidays.

#### Lesson Sets & Dates

*(open to Members and Non Members)*

**SET 1:** May 17 – 21 & May 25 - 28 *(No lessons May 24th)*

**SET 2:** May 31 – Jun 4 & Jun 7 - 11

**SET 3:** Jun 14 - 18 & Jun 21 - 25

*Lesson sets 4 – 7 (Members Only)*

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

**SET 4:** Jun 28 – Jul 2 & Jul 5 - 9 *(No lessons July 1st)*

**SET 5:** Jul 12 – 16 & Jul 19 - 23

**SET 6:** Jul 26 – 30 & Aug 3 - 6 *(No lessons Aug 2nd)*

**SET 7:** Aug 9 - 13 & Aug 23 – 27

#### Price Per Set

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

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

## Red Cross Preschool

**Ages:** 4 mos – 6 yrs

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

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

*(Chart at end of Aquatics section)*

## **Sea Turtle**

**Ages: 24 mos to 36 mos**

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

## **Sea Otter**

**Ages: 3 yrs to 6 yrs**

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

\*This is a parent participation class.\*

## **Salamander**

**Ages: 3 yrs to 6 yrs**

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

## **Sunfish**

**Ages: 3 yrs to 6 yrs**

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

## **Crocodile**

**Ages: 3 yrs to 6 yrs**

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

## **Whale**

**Ages: 3 yrs to 6 yrs**

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

## **Red Cross Swim Kids**

**Ages: 5 yrs+**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Red Cross Swim Kids (Level 10)

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

## Private Swim Lessons

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

### Rates:

30 minutes: Member \$30

45 minutes: Member \$45

60 minutes: Member \$60

## Lifesaving Courses

### Bronze Medallion

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

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

### Bronze Cross

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

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

## National Lifeguard Training

### NLS Core and Pool Option

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

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


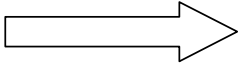

## Swimming for Adults




### Masters at NSWC

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



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

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

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



# Marlins Swim Program

## ABOUT

The Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May and mid-August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two-day swim meets, plus Regional and Provincial Championships, over the course of our short season. The winter maintenance season begins the first weekend of October.

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

## Mini Marlins

**Ages: 5 yrs +**

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

## Intro Marlins

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

## Juniors, Intermediates & Seniors

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

## MISSION

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

## PURPOSE

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

## COACHING

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

## VOLUNTEER

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

## CONTACT

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

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

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

# Dance

## SPRING 2021 PROGRAMS



You may have walked by the Jim Graham room lately and noticed something a little different.

Dance with Christie has been holding classes for her Junior Competitive dance program on Wednesday evenings

and Saturday mornings. As with all things, dance has looked very different this year. Personal squares, masks, and hand sanitizing; but if you ever walk by you will hear that it hasn't removed any of the fun!

The dancers are training for 2 competitions where they will compete 2 jazz dances and 1 lyrical dance.

Although some of Christie's classes are at a new venue this year, she hopes to add some more classes at the club throughout the year for members. Please get in contact with her if you would like to see something added.  
[dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com)





# Youth Camps & Child Minding

## SPRING 2021 PROGRAMS

### Child Minding

#### Kids Corner

**Ages: 1 yr – 7 yrs**

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

#### HOURS OF OPERATION

**Mon – Fri: 3:30pm – 8pm**  
**Sat – Sun: 10am – 4pm**

#### MEMBER PACKAGE

**\$68 mos per child**  
 (\$25 for each additional child)

#### MEMBERS DROP IN

**\$10 hr** (\$6 hr for additional child)

#### GUEST DROP IN

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

#### RESTRICTIONS

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

#### Friday Fun Nights

**Ages: 2 yrs – 11 yrs**

On Friday nights, bring your child(ren) down to the Club for games, crafts and a movie in one of our meeting rooms. Games are supervised in a safe environment by our Youth staff and the evening finishes with a movie in the Senior Lounge. Popcorn included! Registration is on Gametime. Limited availability. This is complimentary for our Members.

**5pm – 9pm**

#### Professional Day Camps

**Ages: 6 yrs – 11 yrs**

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

**9am – 4:30pm**

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

#### Family Easter Egg Hunt

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

**Thu Apr 8: 4pm – 6pm**

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

### Birthday Party Packages

#### Sportball Package

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

#### Pool Party Package

Includes: One hour in the outdoor pool and one hour rental at a picnic table for food & cake (16 meal plans included)

#### HTC Ice Package

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

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

#### MEAL PLANS, *choose One:*

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

#### ADDITIONAL ADDS *(up to 16 guests)*

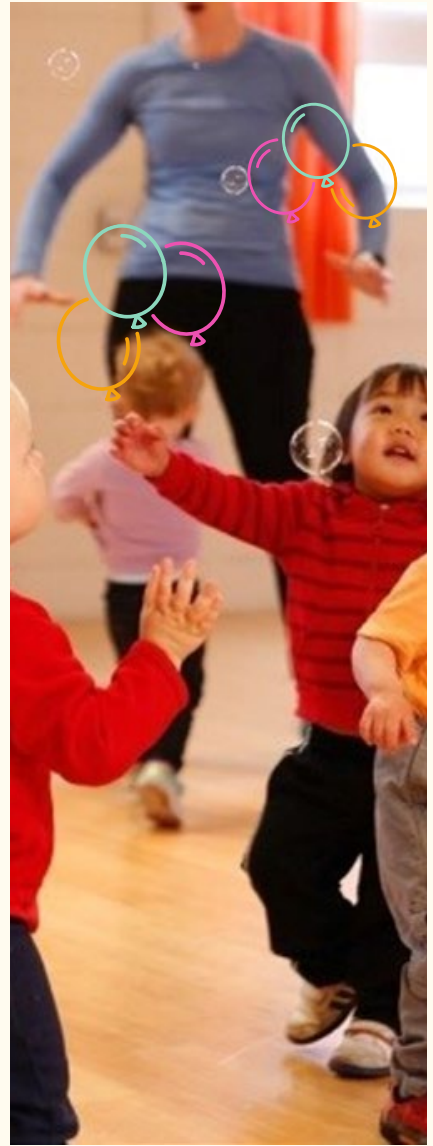
1. Pizza (16 slices)
2. Nachos
1. Chicken Strips (16)
2. Fries
3. Veggies & Dip Platter
4. Fruit Platter
5. Dessert Platter (*assortment of squares, cookies*)

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.

Please note that due to Covid-19, party packages may be suspended

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



EVERY FRIDAY 5:00PM · ALL AGES · HTC

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# FRIDAY FUN NIGHTS

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FUN GAMES · THEME NIGHTS  
BOUNCY CASTLE · MOVIE NIGHT

# Fitness

## SPRING 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**

**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 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.

Different class options may be added and updated throughout the season. Please check MINDBODY for all class offerings.

## PERSONAL TRAINERS



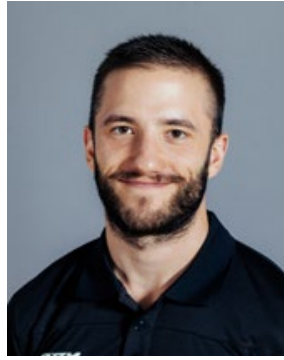
### GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physical potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

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

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

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

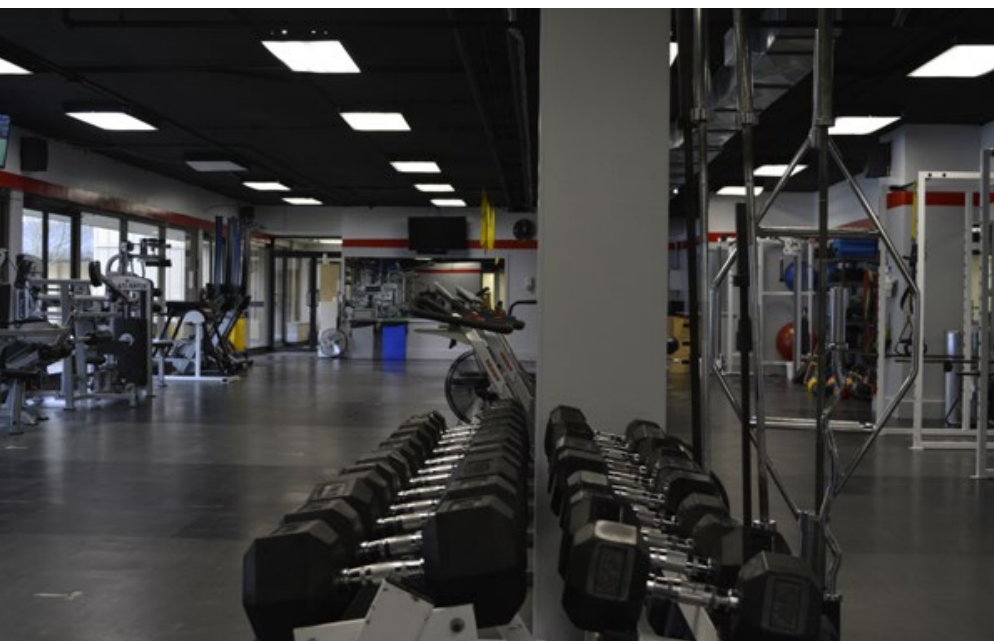
prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!



### 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

## SPRING 2021 PROGRAMS



**BOB MCCUAIG**  
Director of  
Hockey Operations  
bmccuaig@nswc.ca



**EMILY ALLEN**  
Hockey Operations  
Coordinator  
eallen@nswc.ca



**SAYLOR PRESTON**  
Technical Director  
spreston@nswc.ca



**TYSON MULOCK**  
Technical Director  
tmulock@nswc.ca

### 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.

**Equipment needed: Helmet with cage, hockey gloves & skates.**

**Coach: Saylor Preston**

#### LEARN TO SKATE 1

**Apr 10 – Jun 12** (No session May 22)

**Sat: 9 sessions | 8am – 8:45am**

#### LEARN TO SKATE 2

**Apr 10 – Jun 12** (No session May 22)

**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.**

**Coaches: Tyson Mulock & Saylor Preston**

#### BEGINNER 1

**Apr 6 – Jun 15** (No session May 22)

**Tue & Sat: 20 sessions**

**Tue: 4pm – 4:45pm**

**Sat: 8:45am – 9:30am**

#### BEGINNER 2

**Apr 6 – Jun 15** (No session May 22)

**Tue & Sat: 20 sessions**

**Tue: 4:45pm – 5:30pm**

**Sat: 9:30am – 10:15am**

#### INTERMEDIATE/ADVANCED

**Apr 6 – Jun 15** (No session May 22)

**Tue & Sat: 20 sessions**

**Tue: 5:30pm – 6:15pm**

**Sat: 10:15am – 11am**

**Member: \$300 | Non Member: \$600**

### Female Development

This program will focus on passing, stickhandling, puck protection and other hockey skills for females only. The program will progress through many technical skills: hands away from the body, passing and pass reception, dekes, deception, using the body and feet to protect the puck, zone entries, give and go's, and more! This program is designed to be a challenging and fun way to prepare for next season.

**Full hockey equipment is required.**

**Coach: Kiana Watson**

**Apr 6 – Jun 15 | Tue: 11 sessions**

**5:30pm - 6:30pm Female U8 /U9**

**6:45pm - 7:45pm Female U11-U13**

**8pm-9pm Female U15-U18**

**Member: \$330**

### Shooting and Scoring

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

**Full hockey equipment is required.**

**Coach: Tyson Mulock**

**Apr 8 – Jun 17 | Thu: 11 sessions**

**4:15pm - 5:15pm U6/U7**

**5:15pm - 6:15pm U8/U9**

**6:30pm - 7:30pm U11**

**7:45pm - 8:45pm U13-U18**

**Member: \$330**

## 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 is required.**

**Coach: Jon Woodyard**

**Apr 9 – Jun 18** (No session May 21)

**Fri: 10 sessions**

**4:30pm - 5:30pm U7/U8**

**5:45pm - 6:45pm U9**

**7pm - 8pm U11**

**8:15pm - 9:15pm U15-U18**

**Member: \$300**

## Defense Game Skills

The defense program provides students a thorough review of the fundamental skills required to play defense, while also expanding their tool box with a better understanding of the position. Skills and tactics covered include defense at and away from the puck, transitional play, offensive zone play and 1/1's. Full hockey equipment is required.

**Coach: Jared Eng**

**Apr 10 – Jun 12** (No session May 22)

**Sat: 9 sessions**

**10am -11am U9**

**11:15am-12:15pm U11**

**12:30-1:30pm U13-U18**

**Member: \$270**



## Power Edge Pro

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

**Full hockey equipment is required.**

**Coach: Luke Kasteel**

**Apr 12 – Jun 14** (No session May 24)

**Mon: 9 sessions**

**4pm - 5pm U8-U9**

**5:15pm - 6:15pm U11**

**6:30pm - 7:30pm U13-U18**

**Member: \$270**

## Power Skating

Description: 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**

**Apr 11 – Jun 13** (No session May 23)

**Sun: 9 sessions**

**2:15pm - 3pm U6/U7**

**3pm - 3:45pm U8**

**4pm - 4:45pm U9**

**4:45pm - 5:30pm U6-U9**

**5:45pm - 6:30pm U11**

**6:30pm - 7:15pm U13-U18**

**Member: \$270**

## Ladies Adult Skills

**Coach: Kiana Watson**

**Apr 8 – Jun 17**

**Thur: 11 sessions | 8pm - 9pm**

**Member: \$275**



# SPRING HOCKEY PROGRAM



Coming 2021, the NSWC is launching our very own Spring Hockey program.

It is our objective to provide the best environment which allows the players to develop and reach their potential as hockey players, as well as in their personal growth.

The focus of our program is to prepare and promote our players to help them reach their hockey goals, whether it be making their rep team for the upcoming season, or improving a specific skill set of their game. We want all our players to leave the program in June feeling accomplished and motivated to continue pursuing their hockey goals.

## APRIL 6 – JUNE 18 (11-WEEK PROGRAM)

### ADDITIONAL COSTS

- Goalie Development
- Dryland
- Tournaments/Games (if permitted)

### AGE GROUPS

COED:

- 2015 | 2014 | 2013 | 2012 | 2011 | 2010 | 2009

FEMALE:

- 2013/2014 | 2011/2012 | 2009/2010 | 2007/2008

### PRICING

COED: \$715 – \$1,000 FEMALE: \$670 – \$1,000

\*These are dependent on total number of players per team

## WHAT WE OFFER

- Professional NSWC Coaches
- 2x practices/week
- Practice Jerseys
- Game Jerseys
- Socks
- Pant shells
- Hats
- Ideal ice times



**SIGN-UP: [NSW.GAMETIME.NET](http://NSW.GAMETIME.NET)**





# PICKLEBALL AT THE NSWC

The NSWC will soon have 4 indoor pickleball courts on a traditional hard court surface. Outdoor courts to follow this summer!

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## 3 Reasons to Play Pickleball:

**1**

**It's crazy fun!**

**2**

**Lifelong sport!**

**3**

**Improves your reflexes!**



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

## SPRING 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!

**Mar 29 – Jun 21**

*(No sessions Apr 5 & May 24)*

**Mon: 11 sessions | 11am – 12pm**

**Member: \$275**

**Apr 1 – Jun 24**

**Thu: – 13 sessions | 10am – 11am**

**Member: \$325**

### 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!

**Mar 30 – Jun 22**

**Tue: 13 sessions | 8pm – 9pm**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 11am – 12pm**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 7pm – 8pm**

**Member: \$325**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 9am – 10am**

**Member: \$300**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 6pm – 7pm**

**Member: \$325**

### Adult Drills

#### Division 4 & 5

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

**Mar 30 – Jun 22**

**Tue: 13 sessions | 6pm – 7pm**

**Member: \$325**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 7pm – 8pm**

**Member: \$325**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 9am – 10am**

**Member: \$325**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 10am – 11am**

**Member: \$300**



## 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.

**Mar 29 – Jun 21**

*(No sessions April 5 & May 24)*

**Mon: 11 sessions | 10am – 11am**

**Member: \$275**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 8pm – 9pm**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 9am – 10am**

**Member: \$325**

## Adult Drills

### Intermediate - (Level 2.0 - 2.5)

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

**Mar 29 – Jun 21**

*(No session April 5 & May 24)*

**Mon: 11 sessions | 9am – 10am**

**Member: \$275**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 10am – 11am**

**Member: \$325**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 7pm – 8pm**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 10am – 11am**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 8pm – 9pm**

**Member: \$325**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 11am – 12pm**

**Member: \$300**

## Men's Tennis Training

### (Level 3.5 +)

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

**Mar 29 – Jun 21**

*(No session April 5 & May 24)*

**Mon: 11 sessions | 9am – 10am**

**Member: \$275**

**Mar 29 – Jun 21**

*(No session April 5 & May 24)*

**Mon: 11 sessions | 7:30pm – 8:30pm**

**Member: \$275**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 31 – Jun 23**

**Wed: 13 sessions | 9am – 10am**

**Member: \$325**

**Apr 1 – Jun 24**

**Thu: 13 sessions | 9am – 10am**

**Member: \$325**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 9am – 10am**

**Member: \$300**

## Ladies Doubles

### Day League

### Advanced (Level 3.5 +)

This league is a competitive format. YOU MUST BE PART OF AN NSWC LADIES LEAGUE TEAM IN ORDER TO PARTICIPATE IN THIS LEAGUE.

Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

**Mar 29 – Jun 21**

*(No session April 5 & May 24)*

**Mon: 11 sessions | 10:30am – 12pm**

**Member: \$220**

## Ladies Doubles

### Night League

### Novice (Level 1.5 – 2.5)

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

**Mar 29 – Jun 21**

*(No session April 5 & May 24)*

**Mon: 11 sessions | 6pm – 7:30pm**

**Member: \$275**

**Apr 10 – Jun 26** *(No session May 22)*

**Sat: 11 sessions | 3pm – 4:30pm**

**Member: \$275**



# Junior Tennis

SPRING 2021 PROGRAMS



## Red Level 1

**Ages: 5 yrs - 7 yrs**

Red 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 1/2 court (RED COURT).

**Apr 10 – Jun 26** (No session May 22)

**Sat: 11 sessions | 12pm – 1pm**

**Member: \$253 | Non Member: \$330**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 3:30pm – 4:30pm**

**Member: \$299 | Non Member: \$390**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**

## 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 3/4 court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified 3/4 court (ORANGE COURT).

**Apr 10 – Jun 26** (No session May 22)

**Sat: 11 sessions | 1pm – 2pm**

**Member: \$253 | Non Member: \$330**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 3:30pm – 4:30pm**

**Member: \$299 | Non Member: \$390**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**

## 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 on a full court.

**Apr 10 – Jun 26** (No session May 22)

**Sat: 11 sessions | 2pm – 3pm**

**Member: \$253 | Non Member: \$330**

**Mar 30 – Jun 22**

**Tue: 13 sessions | 3:30pm – 4:30pm**

**Member: \$299 | Non Member: \$390**

**Apr 9 – Jun 25**

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**

## Teen Tennis

**Ages: 12 yrs +**

This program 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.

**Apr 10 – Jun 26** (No session May 22)

**Sat: 11 sessions | 12pm – 1pm**

**Member: \$253 | Non Member: \$330**



# Tennis Policies and Procedures

## Tennis Committee

The Tennis Committee consists of members of the Club who are active in all levels of tennis and work closely with Club staff to ensure that policies, procedures, tournaments and events meet the needs of the tennis players at the Club. The Committee spends a great deal of time analyzing and developing fair and balanced court usage policies. The percentage of court time provided for events, leagues and instruction is highly considered and in line with other private clubs similar to the NSWC.

## Court Allocation

There are several different court user groups: those who would like available courts for normal bookings, those who want courts available for instructional and development opportunities, those who want to participate with their peers in leagues or regular weekly bookings, and those who participate in our social events and tournaments. We strive to balance and meet the needs of all playing members.

The following court usage and reservations policies have been adopted by the North Shore Winter Club Tennis Committee, approved by the Board of Directors, and are intended to support all tennis players. We want all players to enjoy their playing time with equal respect and fairness for junior, adult, recreational and competitive participants and balance the demand for open play, lessons, clinics, teams, and tournament usage.

## 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 6:00am – 10:00pm, Monday through Sunday.

### DAY TIME HOURS

6:00am - 6:00pm Monday - Sunday

### EVENING HOURS

6:00pm - 10:00pm Monday – Sunday

### JUNIOR COURT TIMES

3:00, 4:00, & 5:00pm 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 at the Front Desk Reception or by calling the Front Desk Reception: 604-985-4135. 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

- Booking for courts 1 – 4, 9 – 11, can be made 6 days in advance (starting at 8pm)
- Bookings for courts 5 and 6 can be made 5 days in advance, (starting at 12pm)
- A player may have a maximum of four (4) court bookings within a 7-day period. Two (2) bookings before 6pm (day) and two (2) bookings after 6pm (evening).
- A player 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 playing partners at the Front Desk Reception.

### RESERVATIONS: JUNIOR TENNIS MEMBERS

- Junior tennis members may book courts during Junior Court Time or Non-Prime time, a maximum of six (6) days in advance. Junior members 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.

## Waitlist

Tennis members may ask to be put on a waitlist should their requested booking not be available. On the tennis booking page, click "waitlist" and then click "join the waitlist" and select your desired court requests. If a court is cancelled, GameTime will automatically reserve the court, and an email will be sent to you. All players must be booked, and will be subjected to a rules check when a court is cancelled and the waitlist is triggered. If any player is breaking a rule, the booking will be bypassed and the booking will be given to the next group.

## Cancellations

Court bookings must be cancelled no less than twenty four (24) hours before the booked time or a late cancel/no-show fee of \$25.00 + GST per court will be charged.

## 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. This may change based on covid protocols and regulations.
- 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.
- The ball machine may be used ONLY between 7:00am – 9:00pm.
- 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 Courts 5, 6 and 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.

## Pre-Booked Court Limitations

### Tournaments

During scheduled tournament and events, the policies and procedures DO NOT CHANGE. Booking times will remain the same to allow non-participating members access to the available courts as normal. All organizing committees will release courts not being used.

### Block Bookings

Block bookings may occur at the discretion of the Tennis Director. To avoid any conflict on court allocation, please forward this information to the Tennis Director thirty (30) days prior to the dates required. Committee representatives must complete a block booking form listing all players and court time required. Only after receipt of this information will courts be reserved on the court booking system.

### Court Rental

Requests for court rental must be approved by the Tennis Director, fwalker@nswc.ca

### Tennis Private Lessons

<b>Adult Private</b>	<b>\$80</b>
<b>Jr. Private</b>	<b>\$70</b>
<b>Adult Semi Private</b>	<b>\$47.50 each</b>
<b>Jr. Semi Private</b>	<b>\$42.50 each</b>
<b>Adult Group of 3</b>	<b>\$37.50 each</b>
<b>Jr. Group of 3</b>	<b>\$32.50 each</b>
<b>Adult Group of 4</b>	<b>\$32.50 each</b>
<b>Jr. Group of 4</b>	<b>\$27.50 each</b>
<b>Adult &amp; Junior Hitting</b>	<b>\$50</b>





NORTH SHORE  
WINTER CLUB

SPREAD THE WORD - JOIN THE CLUB TODAY

[www.nswc.ca](http://www.nswc.ca)



Contact [sales@nswc.ca](mailto:sales@nswc.ca) for more information or to schedule a tour today!

# NSWC Business Directory

## ACCOUNTING, ASSURANCE, & TAX

**CAULINDA BARTOK, CPA, CA**

**McLean Bartok Edwards**

840-475 West Georgia Street,  
Vancouver BC, V6B 4M9  
Phone: 604.683.4533 | Fax: 604.683.2585  
caulinda@mcleanbartok.ca  
www.mcleanbartok.ca

*Chartered Professional Accountants*

**NEIL & ROXANA COLQUHOUN**

**HNW Services Inc.**

701-1155 Robson Street,  
Vancouver BC, V6E 1B5  
604.343.7280  
roxanac@hnwservices.ca  
& neilc@hnwservices.ca  
www.hnwservices.ca

*Multi-Family Office*

## AUTOMOTIVE

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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



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