



NORTH SHORE WINTER CLUB

Winter 2023 Program Guide



WINTER REGISTRATION

Members Nov 8th, 2022 10am

Non Members Nov 22nd, 2022 10am

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



NSWC HOLIDAY HOURS

DEC 24: 6AM - 12PM

DEC 25: CLOSED

DEC 26: CLOSED

DEC 31: 6AM - 2PM

JAN 1: CLOSED

Happy Holidays

A close-up photograph of white flowers, possibly Queen Anne's lace, covered in a light layer of frost. The background is a soft, out-of-focus blue. The image is partially obscured by a dark purple diagonal shape that covers the bottom right portion of the frame.

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NORTH SHORE WINTER CLUB

1325 Keith Rd E,
North Vancouver, BC V7J 1J3
604.985.4135



@myNSWC



@myNSWC



TABLE OF CONTENTS

SENIOR MANAGEMENT TEAM	5
PROGRAM REGISTRATION INFORMATION	6
GENERAL CLUB INFORMATION	7
MEMBER MOMENTS	10
FOOD & BEVERAGE	14
FEATURE RECIPES	15
PHYSIOTHERAPY	17
DANCE	19
YOUTH & CHILDMINDING	21
FITNESS	23
HOCKEY	29
TENNIS	30
PICKLEBALL	37
BUSINESS DIRECTORY	44



SENIOR MANAGEMENT TEAM



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JOSH JOUBERT
Member Services Supervisor
jjoubert@nswc.ca



NORTH SHORE WINTER CLUB
1325 E. Keith Rd. North Vancouver, BC V7J 1J3
604.985.4135

PROGRAM REGISTRATION INFORMATION



JOSH JOUBERT
Member Services Supervisor
jjoubert@nswc.ca

MEMBER SERVICES HOURS

Monday – Sunday
6:00am – 10:00pm

NSWC follows all rules and regulations put forth by the Provincial Health Officer and Governing bodies. Registration information may change based on any updated and changes provided.

Please visit nswc.ca for the most updated information regarding registration or phone Member Services: 604-985-4135.

Member Registration opens at
10:00am on Tuesday, Nov 8th, 2022

Non Member Registration opens at
10:00am on Tuesday, Nov 22nd, 2022

REGISTRATION

- Registration must be made online at nsw.gametime.net.
- If you need assistance registering, please contact Member Services at **604-985-4135**.
- All programs have a minimum and maximum enrollment.
- A waiting list will be formed after a program is filled.
- No credits or pro-rating will be provided for missed sessions.

PAYMENT

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

CANCELLATION POLICY

Cancellation requests need to be in writing. Please email cancellations@nswc.ca and include the following:

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

REFUNDS AS FOLLOWS:

- **100% Refund:** up to 120 hours (5 days) before program start time.
- **50% Refund:** less than 120 hours (5 days) before program start time UNTIL 48 hours after program start time.
- **No Refund:** more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

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

FITNESS REGISTRATION AND CANCELLATION INFORMATION

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

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

AVAILABLE FOR PURCHASE AT MEMBER SERVICES:

- Tennis Balls
- Pickleballs
- 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.

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.ca 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. Social Guests: Adult Members (19 years old and over) may introduce, without fee, 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. Social Guests cannot exceed a family or four adults per primary account holder on any one 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.

2. Participating Guests: 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, Pickleball
- d. Sauna, Steam
- e. Fitness Centre, High Performance Centre

Each Member is allowed a maximum of four participating Guests per month, but the number of Guests cannot exceed a family or four adults per primary account holder on any one occasion. No Guest may be introduced more frequently than twice per month in a calendar month, whether by a single Member or multiple Members.

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, if applicable.
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. 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 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; inquire at the Member Services Desk.
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 facility rentals, room bookings and catering inquiries, please contact bookings@nswc.ca.





SKATE SHARPENING

BY TIME OUT SPORTS



**TURNAROUND TIME IF
DROPPED OFF BETWEEN**

6AM

&

3PM

**PASSES ARE
AVAILABLE TO
PURCHASE:**

**1
SHARPEN**

**5
SHARPENS**

**10
SHARPENS**

**SKATES DROPPED OFF AFTER 3PM WILL BE AVAILABLE
FOR PICK UP BY **NOON** THE FOLLOWING DAY** →

DROP-OFF AT MEMBER SERVICES



MEMBER MOMENTS

Summer Smash Tennis Tournament

Aug 7 – Aug 13

The Summer Smash Tennis Tournament 2022 was one of the largest tennis tournaments hosted at the Club to date! An exceptional week including live music nightly, complimentary wine and beer tastings, food features and of course a lot of fun playing tennis!

The week ended with a BBQ, awards night and Johnny and the Walkers playing live music.

Thank you to all the Volunteers and staff who work tirelessly to make this event so great.



NSWC Luau Member Event

Aug 27

What a great evening celebrating with our Members on August 27th. Starting the evening with a complimentary Mai Tai in a coconut cup, members then feasted on a buffet of Hawaiian cuisine including: spam musubi, somen salad, tuna poke, Hawaiian rice, maui style ribs, huli huli chicken and a traditional pig roast. There were traditional Hawaiian dancers for entertainment as well as a live DJ and dancing. Keep your eyes out for next years member event!



MEMBER MOMENTS

Dog Day of Summer

Sept 2

We opened the doors to our four legged family on Sept 2, 2022 and had an incredible response from our membership. The dogs enjoyed the kiddie pool, treats and tennis balls while the humans enjoyed a bbq and drinks on the Tiki deck.



US Open Grand Slam



(left to right) Finalists: Mike Holden and Rob Cronk
Winners: Richard Varin and Ryan Quayle



(left to right) Winners: Lesne Mathias and Kara Gibson
Finalists: Heidi George and Kim Erickson



MEMBER MOMENTS

Goaltender Demo Day

June 25

A very well attended day for the hockey goalies of the Club sponsored by Time Out Sports. There were professional players here to answer questions, equipment representatives to help and gear that players could try on and purchase. There were even door prizes and special give aways for those in attendance.



PRESENTS

GOALTENDER DEMO DAY

JUNE 25TH

12PM - 1PM
SPECIAL SNEAK PEEK
FOR NSWC MEMBERS

1PM - 4PM
OPEN TO THE PUBLIC

GET ADVICE FROM GOALIE GEAR
EXPERTS AND EQUIPMENT REPS

DOOR PRIZES AND GIVEAWAYS

TEST AND TRY THE HOTTEST NEW GEAR FROM TOP MANUFACTURERS ON ICE

Junior Tennis

Oct 1

Our first Smashdown Teen tennis and pickleball night had a great turnout on October 1st with lots of laughs, a few dance moves as well as some competitive matches. Thank you to all that attended. We look forward to doing it again in the near future. In the meantime, Juniors are encouraged to get out and play!



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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. Full seasonal menus are available with BBQ's and theme nights occurring over the summer months.

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*

Please note that provincial health guidelines may alter rentals and food & beverage rules and allowance. NSWC follows all guidelines, rules and regulations sent out through Health Agencies and the BC government.



WINTER FEATURED RECIPES

Tomato & Avocado Bruschetta

Great appetizer to serve at your holiday parties. This one won't disappoint. Full of fresh ingredients and flavor. This will be a favourite among your guests.

YIELDS: 10 **PREP TIME:** 25 mins
TOTAL TIME: 35 mins

INGREDIENTS

- 1 lb. penne
- 1 tbsp. extra-virgin olive oil
- 2 boneless skinless chicken breasts
- 1 tsp. Italian seasoning
- 1 tsp. g
- 1 baguette, 1-inch slices at an extreme angle
- 1/3 cup olive oil
- 1 tsp garlic powder
- 2 (10 oz) containers cherry tomatoes, halved and seeded
- 1 tbsp white balsamic vinegar
- 3 small (or 1 large) clove of garlic, minced, divided
- 2 avocados
- 1 tsp lemon juice
- 1/3 cup basil, minced, divided
- 1/2 tsp salt
- 1/2 tsp pepper, freshly ground

INSTRUCTIONS

1. Turn oven to broil.
2. Using a pastry brush, dab the bread slices with olive oil and sprinkle with garlic powder. Broil the bread slices for 4-5 minutes until golden brown. Remove from oven and set aside
3. In a small bowl, mix the remaining olive oil (about 1/4 cup) with the seeded tomatoes, balsamic vinegar and half of the garlic. Set aside to let flavors mingle together
4. In a separate bowl, mash the avocado. Mix in the remaining garlic, lemon juice, half of the basil, salt and pepper.
5. Spread each baguette slice with 1-2 tablespoons of avocado mixture. Evenly divide the tomatoes among the avocado toasts. Sprinkle with remaining basil and additional flake salt if desired.



Pumpkin Snack Cake

with Salted Caramel Cream Cheese Frosting

It's officially fall and we're craving all the cozy desserts! This Pumpkin Snack Cake is spiced with warm cinnamon, spicy ginger, nutmeg (freshly grated, always!) and cloves and topped with the creamiest sweet and salty caramel cream cheese frosting. Easy and delicious, you'll be making this recipe all season long.

PREP TIME: 15 mins
COOK TIME: 50 mins
YIELDS: 12 servings

- 1 cup pumpkin puree
- 1 tsp vanilla extract
- 3/4 cup buttermilk, room temp

INGREDIENTS

Pumpkin Snack Cake

- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1/2 tsp salt
- 1/2 cup unsalted butter, room temp
- 3/4 cup dark brown sugar
- 1 large egg

Salted Caramel Cream Cheese

- Frosting
- 4 oz cream cheese, room temperature
- 2 Tbsp unsalted butter, room temperature
- 1/4 cup store bought salted caramel sauce, plus more for the top
- 2 1/2 cups icing sugar
- 1 pinch salt





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Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

The Allan McGavin Sports Medicine Clinic (AMSMC) is conveniently located at the end of the Tiki Deck in Building B, close to the Fitness Centre. The innovative clinic provides Physiotherapy, Massage Therapy, Clinical Kinesiology, Dry Needling/IMS and specialized services such as Concussion Management and Running Assessments. They are focused on helping patients feel and move better, so they can perform better.

The original AMSMC clinic was founded at the University of British Columbia in 1981. Forty years and multiple clinics later, they continue to be a leader in the treatment of sports injuries and rehabilitation throughout the Lower Mainland. Having this established sport focused clinic onsite at the NSWC is a win-win for all athletes and members of the Club.

MEET THE TEAM

Physiotherapists



RYAN HILL

Born and raised in North Vancouver, Ryan is the director of the clinic and his passion for Physiotherapy began at the age of 15 years old when he ruptured his ACL playing bantam football. Since then, he has graduated from UBC's Bachelor of Human Kinetics in 2008 &

UBC's Master of Physical Therapy in 2010. He is also certified by the Acupuncture Foundation of Canada Institute & UBC Gunn Intramuscular Stimulation Dry Needling for trigger point therapy. Ryan is a member of Sport Physiotherapy Canada and has volunteered at numerous local sporting events providing on-site care. He holds the Advanced Diploma of Manual & Manipulative Physiotherapy and has a keen interest in post-concussion, dizziness, & chronic pain. Ryan is a recreational triathlete (2x Ironman Canada) who loves all outdoor sports.



SHELDON CROUSE

Sheldon is an east coast native, graduating with a Bachelor of Science in Neuroscience (2012) and a Master of Science in Physiotherapy (2014) from Dalhousie University. Since graduating, Sheldon has focused on developing his manual therapy skills, completing

the Orthopaedic Division Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy Level I and Level II courses. Sheldon has also completed his Acupuncture AA1 and advanced practice IMS/dry needling. He is actively working towards achieving his Diploma in Sport Physiotherapy, by acting as team physiotherapist for elite hockey teams. He is passionate about helping people return to active living, maximizing function and performance. Sheldon continues to be very involved in sport, training for triathlons and playing hockey, golf, and tennis recreationally.



ALEXANDRA HARRIS

We are very happy to announce that Alexandra Harriss has joined our clinic at the North Shore Winter Club. Before joining us, Alex was working as a Physiotherapist and the Lead Clinical Researcher in a private practice in Vancouver. Alex has both her Masters of

Physiotherapy and PhD (Doctoral) in Health and Rehabilitation Sciences. She has an extensive sporting background both professionally and personally which includes expertise in sportrelated concussion. Alex's treatment approach combines a comprehensive approach to recovery through manual therapy, education and specific exercises, to provide both a safe and healthy return-to-sport. Alex is committed to her clients as well as understanding the underpinnings of their injury to help them regain function, and reduce chance of reinjury. When she is not in the clinic, you can often find Alex exploring the back country, running, mountain biking or rock climbing.



DIEGO GROSSLING

Diego was raised in North Vancouver, and grew up playing a variety of competitive sports including university soccer. He has first-hand experience with acute/chronic injuries, and is passionate about maximizing function from injury. He completed a Master of

Science in Physiotherapy at Glasgow Caledonian University, and a Bachelor of Kinesiology at the University of British Columbia. His professional experience expands across athletes of all ages from a recreational to professional level, with a clinical focus on movement development, on-field rehabilitation and core stability. Diego is actively involved in the local soccer community, and often leads functional movement workshops for various team sports. He is currently pursuing his Diploma in Sport Physiotherapy, while enjoying the outdoors and staying active in sport.



STEPHANIE MCRITCHIE

Stephanie graduated from the West Coast College of Massage Therapy in 2014. She is a diverse and compassionate therapist who has gained valuable experience working with a wide variety of clinical presentations. These include, but are not limited to muscle strains,

tendinitis, back/shoulder/neck pain, headaches, stress/anxiety, and pre/post natal care. Her main focus is pain relief through various massage techniques and effective therapeutic exercise. Stephanie incorporates elements of relaxation with her massage treatments to aid in stress reduction and pain management. Her mission is to provide the highest quality massage to help reduce symptoms and enhance overall performance. Stephanie is aspiring to work with athletes involved with Special Olympics and is excited to grow her knowledge and skills.

Massage Therapists



JARED BIR

Jared was born and raised in Squamish, B.C and always had an interest in sports science due to his active lifestyle. Jared received a soccer scholarship to play for Quest University Canada in 2012 where he played for two seasons before transferring to the University of British Columbia to complete his Bachelor's Degree in

Kinesiology in 2015. Following this, Jared was accepted to the Massage Therapy program at the Vancouver College of Massage Therapy, which he graduated from in 2017. He has learned a variety of modalities including relaxation, deep tissue, sports massage, and rehabilitation. Outside of work, Jared continues to live a very active lifestyle playing soccer and practicing various forms of mixed martial arts.



ARDEN TEMPEST-WADDEN

Arden graduated from the Vancouver College of Massage Therapy in 2021. Her passion for sports and wellness have guided her to her current practice. As a multi-sport athlete (currently playing rugby, crossfit, and soccer), Arden has a solid understanding of the impact

in which strenuous activity can have on the body. Through these pursuits, Arden has identified the importance of self-care through massage therapy. This practice can play a significant role in allowing many individuals to function pain-free. Arden's main priority is delivering patient-centered care and creating an inclusive, safe environment for all that visit her treatment room. Arden is excited to grow her knowledge and practice as a registered massage therapist. Outside of work, you'll find Arden coaching rugby, taping up athletes, in the gym, or on the sports field.

Kinesiologist



HENRY GAO

Henry began his journey into physical health and rehabilitation as a volunteer assisting spinal cord injury, stroke and car accident patients with walking. After wanting to gain more experience with exercise prescription, Henry volunteered at UBC BodyWorks, leading exercise classes for older adults. Wanting further

experience working 1-on-1 with clients, he worked at Fitness World as a Personal Trainer. Upon graduating from UBC Kinesiology for Interdisciplinary Studies, Henry became a Registered Kinesiologist so that he could continue to help people reach their goals and return to sport or work. Henry applies an evidence-informed approach to determine the best course of action to treat patients. During his free time, Henry enjoys playing Ultimate Frisbee, weightlifting, and running.

PATIENT COORDINATOR TEAM

The AMSMC Patient Coordinator Team is happy to help you schedule an appointment and visit the clinic safely. For more information about AMSMC or to book an appointment, feel free to drop by, call 604-980-0222, or visit their website at www.allanmcgavinphysio.com.

Move Well. Perform Better!

Dance

DANCE WITH CHRISTIE

Christie will continue to offer classes throughout the winter including Samplers, Boys Hip Hop, Music Theatre Club and also her ongoing competitive program.

If you have a child that has shown interest in beginning dance or a child that wants to continue to grow their dance program, there is something for you with Christie's offerings.

If you would like more information regarding the Winter Competitive Dance program and other dance programs, please contact Christie directly at dancewithchristie@gmail.com



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Santa's Breakfast

Saturday December 10th

Register on Gametime



Youth Camps & Child Minding

CHILD MINDING

Kids Corner

Ages: 18 mths - 7 yrs

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

HOURS OF OPERATION

Mon—Fri: 4pm—8pm

MEMBER PACKAGE

Member Drop In

\$14 hr (\$8 hr for additional child)

RESTRICTIONS

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

Professional Day Camps

Ages: 6 yrs – 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 - 4pm | Member: \$85

YOUTH EVENTS

Friday Fun Nights

(excluding long weekends)

5pm – 9pm

It's a family affair. The Kids can enjoy bouncy castles and games in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area.

BIRTHDAY PARTY PACKAGES

Pool Package

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

Sportball Package

Includes: One hour of our popular Sportball program including a registered Sportball Instructor and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

Bouncy Castle Package

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

HTC Package

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

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

MEAL PLANS, choose one:

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

ADDITIONAL ADDS (up to 16 guests)

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

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





AGES 3 - 11 YEARS

FRIDAY FUN NIGHTS

5:00PM - 9:00PM

ON FRIDAY NIGHTS, BRING YOUR CHILD(REN) TO THE CLUB FOR BOUNCY CASTLES, GAMES & FINISH WITH A MOVIE IN THE SENIOR LOUNGE. ALL SUPERVISED IN A SAFE ENVIRONMENT

Complimentary to our members. Parent supervision required for children under 5 yrs.



Personal Training

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 over-

all 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.



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.



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!



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.



Fitness



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: \$85 | Non Member: \$95

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: \$55 | Non-member: \$65

3 – Member: \$45 | Non-member: \$55

4 – Member: \$40 | Non-member: \$50

5 – Member: \$35 | Non-member: \$45

6 – Member: \$30 | Non-member: \$40

Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

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

10 Pass: Member \$190 | \$240 Non-Member

20 Pass: Member \$340 | \$380 Non-Member

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.



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NORTH SHORE WINTER CLUB



TNT TOURNAMENT U7 - U9

OUR LARGEST TOURNAMENT OF THE YEAR
CONTACT CASSIDY AT CWAIT@NSWC.CA

DECEMBER 16 - DECEMBER 20

Minor Hockey



CAM PADDOCK
Director of Hockey
cpaddock@nswc.ca



EVAN RICHARDSON
Assistant Director of Hockey
erichardson@nswc.ca



CASSIDY WAIT
Hockey Administrator
cwait@nswc.ca

Learn To Skate (Hockey)

Ages: 3 yrs – 5 yrs

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

LEARN TO SKATE 1

Jan 7 – Mar 11

Sat: 9 sessions

(No session Feb 18)

8am – 8:45am

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

LEARN TO SKATE 2

Jan 7 – Mar 11

Sat: 9 sessions

(No session Feb 18)

11:15am – 12pm

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

Cookie Monsters

Ages: 4 yrs – 7 yrs

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

BEGINNER

Jan 3 – Mar 11

Tue & Sat: 19 sessions

(No session Feb 18)

Tue: 4pm – 4:45pm

Sat: 8:45am – 9:30am

Member: \$315 | Non-Member: \$630

BEGINNER 2

Jan 3 – Mar 11

Tue & Sat: 19 sessions

(No session Feb 18)

Tue: 4:45pm – 5:30pm

Sat: 9:30am – 10:15am

Member: \$315 | Non-Member: \$630

INTERMEDIATE/ADVANCED

Jan 3 – Mar 11

Tue & Sat: 19 sessions

(No session Feb 18)

Tue: 5:30pm – 6:15pm

Sat: 10:15am – 11am

Member: \$315 | Non-Member: \$630

Power Skating

High performance explosive speed and power training, power skating with NSW's Karen Kos. Quick feet, dynamic agility and stride perfection in an up-tempo, educational environment. Full hockey equipment required.

Coach: Karen Kos

Jan 8 – Mar 19

Sun: 9 sessions (No session Jan 15 & Feb 19)

4:30pm – 5:15pm

U7/U8 (2015 & 2016 Birth Year)

5:15pm – 6:00pm

U9 (2014 Birth Year)

6:00pm – 6:45pm

U11 (2012 & 2013 Birth Year)

7:00pm – 7:45pm

U11 (2012 & 2013 Birth Year)

7:45pm – 8:30pm

U13 (2010 & 2011 Birth Year)

8:45pm – 9:30pm

U15/U18 (2005-2009 Birth Year)

Member: \$335 | Non-Member: \$495

Puck Skills

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

Jan 6 – Mar 10

Fri: 9 sessions (No session Feb 17)

5:15pm – 6:15pm

U8/U9 (2014 & 2015 Birth Year)

6:30pm – 7:30pm U11

(2012 & 2013 Birth Year)

7:45pm – 8:45pm

U13-U18 (2011-2005 Birth Year)

Member: \$335 | Non-Member: \$495



Power Edge Pro

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

Coach: Cody Campbell

Jan 8 – Mar 12

Sun: 9 sessions (No session Feb 20)

2:45pm - 3:45pm

U13 (2010 & 2011 Birth Year)

4:00pm - 5:00pm

U11 (2012 & 2013 Birth Year)

5:15pm – 6:15pm

U8/U9 (2014 & 2015 Birth Year)

6:30pm – 7:30pm

U15/U18 (2005-2009 Birth Year)

Member: \$380 | Non-Member: \$510

D-SKILLS (Forwards & Defense)

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

Coach: TBD

Jan 8 – Mar 12

Sat: 9 sessions

(No session Feb 19)

12:15pm – 1:15pm

U13 (2010 & 2011 Birth Year)

1:30pm – 2:30pm

U11 (2012 & 2013 Birth Year)

2:45pm – 3:45pm

U9 (2014 Birth Year)

Member: \$335 | Non-Member: \$495

Female Adult Skills & 3on3

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

Jan 5 – Mar 9

Thu: 10 sessions | 8:30pm – 9:30pm

Member: \$270 | Non-Member: \$420

Skating that Translates

Ben Payne and PH Development provide a unique service that focuses on skating movements and patterns that are utilised in the game today. It's imperative to find the game connection in our skating and at PH Development sessions. Power Skating and edge work are game specific focusing not only on the "HOW" to effectively Skate but the proverbial "WHY" The game of hockey is predicated on re-occurring movement patterns. The more times players are put in game like environments in practise and development sessions, the higher probability for a high success rate when they encounter these situations come game time.

Players must be able to identify the game translatable component. These movements not only require a high level of physical skill and technique to execute, but a sense of understanding of the significance behind the movement patterns.

Skating That Translates takes power skating and edgework one step further. Skating Development and Hockey IQ rolled into one program. Full hockey equipment is required.

Coach Ben Payne

Jan 7 – Mar 11

Sat: 9 sessions (No session Feb 18)

6:45pm – 7:45pm - U11

(2013 & 2012 Birth Year)

7:45pm – 8:45pm - U13

(2011 & 2010 Birth Year)

Member: \$335 | Non-Member: \$495

Jan 28 – Mar 11

Sat: 6 sessions (No session Feb 18)

5:30pm-6:30pm - U9 (2014 Birth Year)

Member: \$225 | Non-Member: \$330



TENNIS COACHES



FABIO WALKER
Director of Tennis



NICOLE MCLENNAN
Head of Junior
Development



AMY WALKER
Tennis Pro



CHRIS STEAD
Tennis Pro



TIM PORTNOV
Tennis Pro



ADRIAN OZEWICZ
Tennis Pro



ALEX WALKER
Tennis Pro



ANGIE WALKER
Tennis Pro



IVERSON GUAN
Tennis Pro

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.

Junior Tennis

WINTER 2023



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

RED BALL TENNIS

Ages: 5 yrs – 7 yrs

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

Jan 7 – Mar 4

Sat: 8 sessions (No session Feb 19)

12pm – 1pm

Member: \$200

Non Member: \$256

Jan 3 – Mar 7

Tue: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

Jan 6 – Mar 10

Fri: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

ORANGE BALL TENNIS

Ages: 8 yrs – 10 yrs

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

Jan 7 – Mar 4

Sat: 8 sessions (No session Feb 19)

1pm – 2pm

Member: \$200

Non Member: \$256

Jan 3 – Mar 7

Tue: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

Jan 6 – Mar 10

Fri: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

GREEN BALL TENNIS

Ages: 11 yrs – 12 yrs

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

Jan 7 – Mar 4

Sat: 8 sessions (no session Feb 18)

2pm – 3pm

Member: \$200

Non Member: \$256

Jan 3 – Mar 7

Tue: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

Jan 6 – Mar 10

Fri: 10 sessions

3:30pm – 4:30pm

Member: \$250

Non Member: \$320

TEEN TENNIS

Ages: 12 +

This group is for the beginner/novice teen who would like to learn to play tennis.

This program is designed to develop the fundamental tennis skills (technical/tactical/physical) to learn the game.

Jan 7 – Mar 4

Sat: 8 sessions (No session Feb 19)

3pm – 4pm

Member: \$200

Non Member: \$256



Adult Tennis

WINTER 2023



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

Adult Drills Division 2 & 3

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

Jan 6 – Mar 10

Fri: 10 sessions

11am – 12pm

Member: \$270

Adult Drills Division 3 & 4

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

Jan 3 – Mar 7

Tue: 10 sessions

8pm – 9pm

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

11am – 12pm

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

7pm – 8pm

Member: \$270

Jan 6 – Mar 10

Fri: 10 sessions

9am – 10am

Member: \$270

Adult Drills Division 4 & 5

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

Jan 3 – Mar 7

Tue: 10 sessions

7pm – 8pm

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

8pm – 9pm

Member: \$270

Jan 6 – Mar 10

Fri: 10 sessions

10am – 11am

Member: \$270

Adult Drills Beginner (Level 1.0 – 1.5)

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

Jan 9 – Mar 6

Mon: 8 sessions (No session Feb 20)

10am – 11am

Member: \$216

Jan 3 – Mar 7

Tue: 10 sessions

10am – 11am

Member: \$270

Jan 3 – Mar 7

Tue: 10 sessions

6pm – 7pm

Member: \$270

Jan 4 – Mar 8

Wed: 10 sessions

8pm – 9pm

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

10am – 11am

Member: \$270

Adult Drills Intermediate (Level 2.0 – 2.5)

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

Jan 9 – Mar 6

Mon: 8 sessions (No session Feb 20)

9am – 10am

Member: \$216

Jan 3 – Mar 7

Tue: 10 sessions

9am – 10am

Member: \$270

Jan 4 – Mar 8

Wed: 10 sessions

9am – 10am

Member: \$270

Jan 4 – Mar 8

Wed: 10 sessions

7pm – 8pm

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

9am – 10am

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

6pm – 7pm

Member: \$270

Men's Tennis Training (Level 3.0 – 3.5 +)

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

Jan 3 – Mar 7

Tue: 10 sessions

9am - 10am

Member: \$270

Jan 4 – Mar 8

Wed: 10 sessions

6pm - 7pm

Member: \$270

Jan 6 – Mar 10

Fri: 10 sessions

10am – 11am

Member: \$270

Men's Tennis Training (Level 4.0 +)

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

Jan 9 – Mar 6

Mon: 8 sessions (No session Feb 20)

9am - 10am

Member: \$216

Jan 4 – Mar 8

Wed: 10 sessions

9am – 10am

Member: \$270

Jan 5 – Mar 9

Thu: 10 sessions

9am - 10am

Member: \$270

Jan 6 – Mar 10

Fri: 10 sessions

9am – 10am

Member: \$270

Ladies Doubles Day League (Level 2.0 – 3.5)

This will be a competitive Match Play format with Coach Amy helping everyone with doubles positioning, tactics, and game strategy. 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 kept up to date.

Please note – if you register for this session your attendance is mandatory. This league cannot work if there are players missing. If you cannot make a scheduled session you MUST find a spare for yourself.

Jan 6 – Mar 10

Fri: 10 sessions

11:45am – 1:00pm

Member: \$200



TENNIS POLICIES & 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 cut-offs 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 OPERATING HOURS

6:00am - 10:00pm **Monday - Sunday**

PRIME TIME HOURS

6:00pm - 10:00pm **Monday – Friday**

JUNIOR COURT TIMES

3:00pm, 4:00pm, & 5:00pm **Monday – Friday**

3:30pm - 6:00pm **Saturday**

11:45am - 2:15pm **Sunday**

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) advanced court bookings within a 7-day period (Sunday – Saturday). Maximum of two (2) PRIME TIME bookings (6pm – 10pm).
- 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.
- Sat/Sun Junior times are reserved on court 1.

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 six (6) 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 75 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

ADULT/JUNIOR

Private	\$90.00
Semi Private	\$52.50
Group of 3	\$42.50
Group of 4	\$36.50

Pickleball

WINTER 2023

PICKLEBALL – Beginner/Intermediate & Advanced Socials

ADULTS ONLY

Sign up for easy play doubles! Receive strategy and instruction in a competitive, fun, play-based environment. Coaches will mix and match players on a set time schedule. Meet new friends to play with!

Jan 9 – ongoing every Monday

6:30pm – 8:00pm

\$15 per session

**8 spots total: 4 beginner/intermediate
and 4 advanced**

PICKLEBALL – Skills, Drills & Play - Beginner or Easy Play Intermediate

ADULTS ONLY

Pickleball is great for increasing reflexes and hand-eye coordination. In this class you will focus on technique: forehand, backhand, serve, return, as well as, how to score and basic strategy.

Jan 11 – Feb 1

Wed: 4 sessions

6:30pm - 7:45pm

Member: \$80

PICKLEBALL – Skills, Drills & Play – Intermediate & Advanced

ADULTS ONLY

In this class you will learn advanced technique and strategy. Get ready to play points and sets with in-game coaching. Take your game to the next level!

Jan 11 – Feb 1

Wed: 4 sessions

7:45pm – 9pm

Member: \$80



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KEITH'S PHILOSOPHY:

I believe that although the things we insure ourselves against, critical illness, death, long-term care can be scary, the conversation around managing those risks with insurance need not be. The reality is that not everyone needs every type of insurance that they can access. An open dialogue about the likelihood and potential impact of these events with and without insurance is the right place to start.

Keith Leech, CFP, CLU, CHS, CHFC

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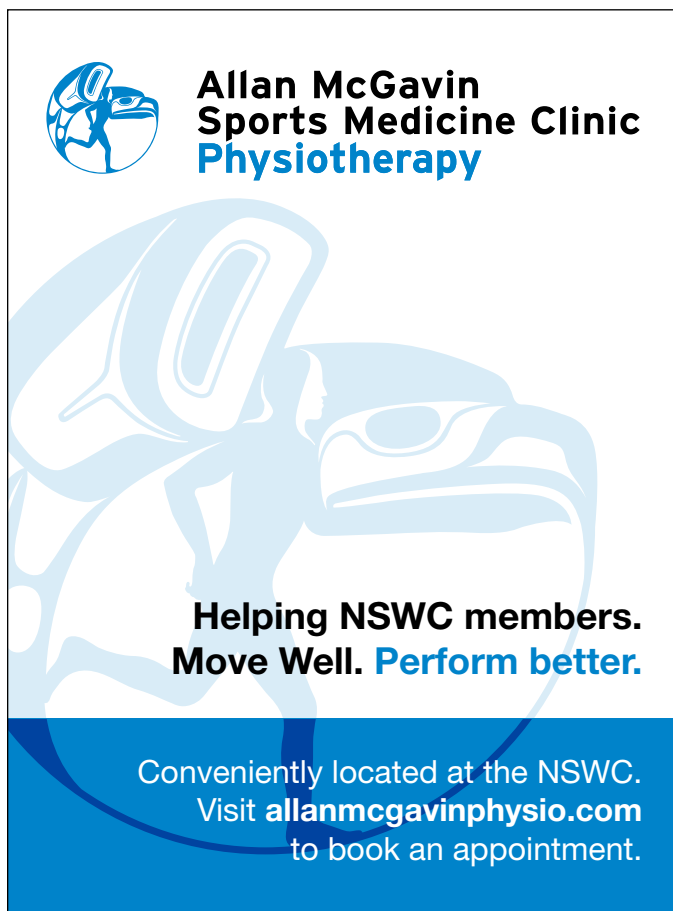
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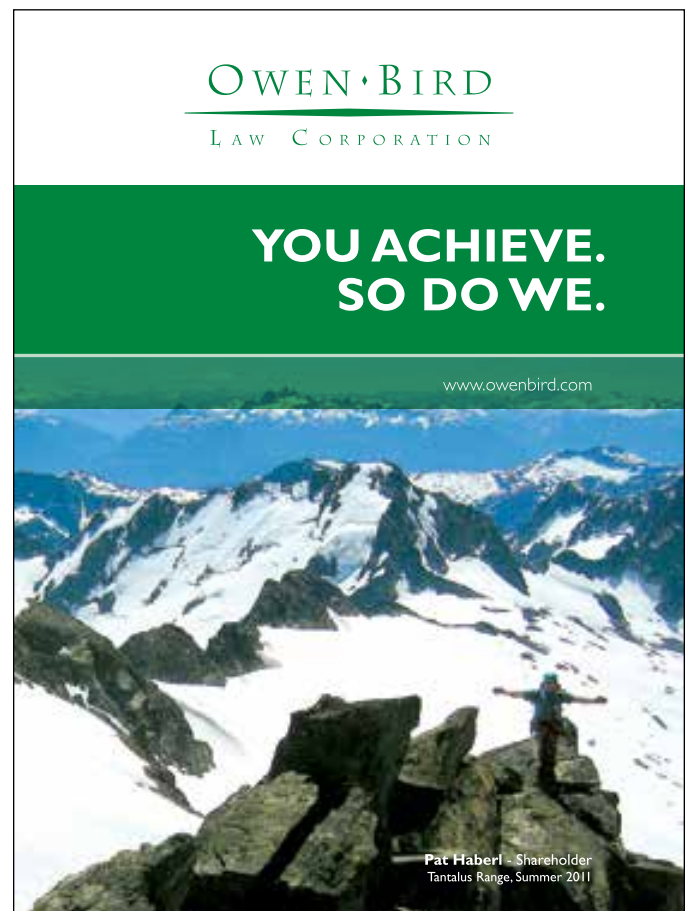




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Watch a game, take part in a game or cheer someone on! The NSWC has a rich history of nationally recognized hockey programming & development.



TENNIS

Enjoy a friendly match with friends, take part in a group lesson, clinic or a private lesson with an experienced tennis coach.



SWIM

With a large outdoor pool, kiddie pool and dive tank, you can embrace the North Shore's summer weather during the spring & summer months.

SOMETHING *for* EVERYONE



DINING

Serving up breakfast, lunch, and dinner at the Café, Lounge & Tiki Deck. Enjoy delicious, in-house made meals, snacks and grab & go boxes.



PICKLEBALL

With 6 courts to play on, this popular and fast growing sport is fun and a great way to exercise and socialize.



FITNESS

Join us for a variety of group fitness classes, have a Peloton workout, book a session with a personal trainer or workout in our state-of-the-art fitness centre.



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