



NORTH SHORE WINTER CLUB

Spring 2023 Program Guide



SPRING REGISTRATION

Members

Tennis Programs Feb 7th, 2023 10am
All Other Programs Feb 7th, 2023 12pm

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

Non Members

All Programs Feb 21st, 2023 10am

GREG JOHNSON

NORTHSHOREREAL.
ESTATE



North Shore Expert
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NORTH SHORE WINTER CLUB

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



@myNSWC



@myNSWC



SENIOR MANAGEMENT TEAM



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Member Services Supervisor
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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.

Members Registration

Tennis Programs: Feb 7th, 2023 10am
All Other Programs: Feb 7th, 2023 12pm

Non Members Registration

All Programs Feb 21st, 2023 10am

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 (2 days) 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
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)

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

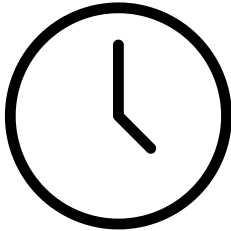
1. Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.
2. Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non-Member rental rates would 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



PICK UP YOUR SKATES AFTER
4 HOURS IF DROPPED OFF AT MEMBER
SERVICES BETWEEN 10AM & 2PM

PASSES ARE AVAILABLE FOR
PURCHASE AT MEMBER SERVICES

SINGLE
\$12.50
+ TAX

10 PACK
\$90
+ TAX

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



TIME OUT
Source
for sports.

WE KNOW OUR STUFF.

MEMBER MOMENTS

Fall Classic Tennis Tournament

The Fall Classic Tennis tournament ended on Saturday, October 22 with an awards ceremony, dinner and dance party! Thank you to the volunteers, sponsors, 226 participants and staff for creating a successful event. Congratulations to the NSWC members who brought home a trophy!



Pickleball & Pinot

Nov 4

This sold-out event was a huge success! It all started with Coaches Amy & Angie teaching the basics of pickleball and ended with a wine tasting and charcuterie. Much fun was had by everyone involved!

MEMBER MOMENTS



TNT

Dec 16 – 20

The 25th Annual TNT Tournament was a huge success with over 73 teams from the Lower Mainland and Vancouver Island while raising funds for Initiation Hockey Development at the club.

Thank you to our volunteers and sponsors who contributed to the success of our 25th Annual TNT Tournament!

Special thank you to our TNT Committee – Erin Neale, Kylie Dickson, Kristen Neeser, Jessica Burchill, and Jamie Fowlstone for their time and dedication preparing for the tournament!



MEMBER MOMENTS

2023 World Junior Championship

The 2023 World Junior Ice Hockey Championships was the 47th edition, held between December 26 – Jan 5, 2023. Canada beat Czechia in overtime of the Gold Medal Game! NSWC Alumni Connor Bedard scored 9 goals and had 14 assists, earning 23 points in the tournament, breaking old records. He and the Canadian team was cheered on by NSWC members at the various viewing parties hosted in the Lounge; he was a lot of fun to watch!



Santa's Breakfast

This year's Breakfast with Santa was a huge success. Two well attended sittings, lots of excitement, amazing food, smiles all about and of course, the big guy himself was there! Huge thank you to our amazing team of elves (volunteers) who make it all happen. There were a lot of very happy little ones that day!



FEATURED ATHLETE

Havana Kadi



Age:

15

How many years have you been playing Tennis:

8 years

Favourite Player:

Nick Krygios

Plays most like:

Simona Halep

Biggest accomplishment:

Doubles National Champion, Semi Finalist ITF J5

Role Model:

I don't really have a role model, I like to take a bit and pieces of players that I see and like and find my own way.

Rituals before matches:

Listening to music

Favourite pre-game meal:

I love pasta and meatballs

Other activities:

I enjoy swimming and boxing

Enjoy most about NSWC:

I love the facility and the people who work there.



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.



SPRING FEATURED RECIPE

Spring Soft Sugar Cookies

INGREDIENTS

- 1 cup butter
- 2 cups sugar
- 2 eggs
- 3 tsp. vanilla
- 1 cup sour cream
- 1 tsp. salt
- 2 tsp. baking soda
- 5 1/2 cups flour

BUTTERCREAM

- 1/2 cup butter, softened
- 4 cups powdered sugar
- 2 tsp vanilla extract
- 1/4-1/3 cup milk

DIRECTIONS

1. In mixer, cream butter and sugar, and then add eggs and vanilla. Add sour cream. Combine salt, soda, and flour, and add to mixture.
2. Roll out on icing sugar floured surface to about 1/4 to 1/3 inch thick. Really.
3. Use a spatula to carefully slide under each cookie and place onto parchment-lined cookie sheets. Bake at 375 for 7-8 minutes.
4. THEY WILL NOT LOOK DONE!
5. Wait about 5 minutes and then transfer carefully to a cooling rack. If you wait longer they will get soggy on the bottom and sometimes get stuck to the parchment paper.
6. Once they are cooled they are ready for frosting.
7. In a mixing bowl, cream butter. Beat in sugar and vanilla until crumbly. Gradually add milk until frosting reaches desired consistency. Add desired food coloring.





SUPER **BOWL** **SUNDAY**

Don't miss the kick off!

**Join us in the Lounge on Sunday, February 12 to
watch the Superbowl! Kickoff is at 3:30pm.**

**Enjoy a Whole Pig Roast, Hot Wing Station, and a
Nacho Bar!**

Pre-registration through Gametime is required:

\$25/Members

\$30/Member Guests



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beautiful & memorable atmosphere for your event.

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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 AAI 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.



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.



ERIN LITTLE

Originally from Calgary, Erin moved to Vancouver to complete her Bachelor of Kinesiology and Master of Physical Therapy at the University of British Columbia before recently settling in North Vancouver.

She strongly believes in the importance of lifelong movement and enjoys working with clients across all ages and stages. Whether returning to sport or activity, her treatment approach combines education, manual therapy, and exercise prescription to create an individualized and comprehensive recovery plan. Erin works collaboratively with her clients to help them achieve their goals. Erin started her career in the acute setting and has a wide range of clinical experience, including postoperative recovery and neurological rehabilitation. She grew up playing competitive soccer and it was her own experiences with physiotherapy that led her to pursue the profession and continues to drive an interest in injury prevention at the youth sports level.

Beyond the clinic, Erin loves to explore the mountains and can often be found hiking, cross-country skiing or running the local trails with her puppy.

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.



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.

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!

Aquatics

Pool Rules and Information

The safety of our Members and their guests using the pool is of utmost importance to the NSWC. Please review these important rules regarding those using our pool area.

Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.

Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing wrist bands.

Children are not allowed to wear flotation devices on the diving board.

When the NO LIFEGUARD ON DUTY sign is up, only adults over the age of 19 are allowed to use the pool.

REGISTRATION

Please note, registration for swim lessons open in May 2023. More information to follow in the Summer Program Guide. Below are dates and information about our upcoming swim programs.

LIFESAVING SOCIETY SWIM FOR LIFE

Summer at the NSWC is spent outside. Swimming lessons run May – September in the outdoor pool located in the courtyard of the Club surrounded by grass areas and our Tiki Bar. If you or your child are looking to improve their swimming, you can book our 10-day lesson sets or private lessons. Contact aquatics@nswc.ca with any questions.

Lifesaving Society Swim For Life Programs

Swim for Life is a complete learn-to-swim program from Parent & Tot through to Leadership. Easy to program and easy to explain, Swim for Life leads seamlessly into the Society's lifesaving training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Lesson sets run in two-week sessions excluding statutory holidays and weekends.

Lesson Sets 1 – 3

(Open to Members and Non Members)

Set 1: May 15 – 19 & May 23 – 26

(No lessons May 22nd)

Set 2: May 29 – Jun 2 & Jun 5 – 9

Set 3: Jun 12 – 16 & Jun 19 – 23

Lesson Sets 4 – 8

(Reserved for Members and their guests only. There is no Non-Member registration during these sets.)

Set 4: Jun 26 – Jun 30 & Jul 3 – 7

Set 5: Jul 10 – 14 & Jul 17 – 21

Set 6: Jul 24 – 28 & Jul 31 – Aug 4

Set 7: Aug 8 – 11 & Aug 14 – 18

(No lessons Aug 7th)

Set 8: Aug 21 – 25 & Aug 28 – Sep 1

PRICE PER SET:

Member: \$70 (30 min) \$95 (45 min)

Non Member: \$95 (30 min) \$120 (45 min)

Swim for Life Preschool Program

3 yrs – 5 yrs

Swim for Life Preschool ensures children become comfortable in the water and have fun developing a foundation of water skills. The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level. Recommended Age: 3yr – 5yr

Preschool 1

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 enter and exit water, jump into chest deep water, put face in water, blow bubbles and float on front and back (with assistance).

This is a parent participation class.

Preschool 2

Children learn new swimming skills including entering and exiting the water, jump into chest deep water, float, roll and glide on front and back and flutter kick with buoyant aid. PFD is worn throughout this lesson set. This level is primarily an orientation to the water for those who have minimal experience in water.

Preschool 3

Children learn how to jump into deep water (wearing PFD), hold their breath under water, recover objects from the bottom of pool in waist deep water and float on front and back with rolling. They will also flutter kick on back and front.

Preschool 4

Children continue independent glides and kicking in deep water as well as jumping in, treat water for 10 seconds (wearing PFD), open their eyes under water, front and back float and increase their flutter kicks and learn front crawl.

Preschool 5

Children will learn to swim independently and participate in team games. They can tread water on their own, submerge and hold breath, whip kick in vertical position and do a 5m front and back crawl.

SWIMMER PROGRAMS

Swimmer Programs are recommended for those ages 5 yrs to 12 yrs. Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety – lessons that will last a lifetime!

Swimmer 1

Entry level for those who did not take the Preschool lessons but have some experience in the water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks, rolls and front crawl wearing PFD.

Swimmer 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). The child will be taught interval training: 4x5 m flutter kick with 20 second rests.

Swimmer 3

This level provides orientation on increasing skills in regards to all different types of swimming as well as teaching wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction.

Swimmer 4

Diving is introduced as well as swimming underwater and increasing lengths and times of different strokes. Back crawl is introduced, along with sculling skills and whip kick on back.

Swimmer 5

Breaststroke is introduced while front and back stroke are refined. Front and back somersaults as well as tuck jumps into deep water are introduced and interval training continues with longer sets.

Swimmer 6

Continue to build skills and endurance for front crawl, back crawl, swimming underwater. All strokes to include longer intervals as well as introducing scissor kicks and continuing to build confidence in the water. Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children.

Rookie Patrol

This program is for those that can-do stride entries and compact jumps as well as confidently can do leg only surface support for 45 seconds, sprint 25m breaststroke, swim 100m on front crawl and back crawl.

Ranger Patrol

Must have completed Rookie Patrol.

Star Patrol

Must have completed Ranger Patrol.

Private Lessons

Reach out to aquatics@nswc.ca to book your private lessons or for more information. Private Swim Lessons are taught by qualified Lifesaving Society Swim 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.

RATES:

30 min:	Member \$35
	Non Member \$50
45 min:	Member \$52.50
	Non Member \$75

**Packages expire September 1, 2023*



LIFESAVING COURSES & PROGRAMS: LEARN FOR LIFE

Canadian Swim Patrol

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. As an on-ramp to lifesaving, lifesaving sport and lifeguarding, the prerequisite is the ability to swim.

Bronze Star

Prerequisites: 8 yrs – 12 yrs

Bronze Star is an action packed course full of First Aid, Water Rescue, Fitness and CPR Skills. This course is designed for 8-12 year olds. Candidates will start to develop team-work skills, problem-solving skills and decision-making in rescue situations. This course will include a 400m Timed swim as part of the evaluation criteria that LITs experienced instructors will help students prepare for.

Bronze Medallion

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

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

Bronze Cross

Prerequisites: Bronze Medallion, must show proof of certification Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of

aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs. Bronze Cross is also worth 2 Grade 11 High School Credits. Dates are to be determined, please reach out to aquatics@nswc.ca for more information.

Swimming For Adults Masters

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

Member Drop In: \$15 / class

Member 5 Pack: \$60

SWIM FOR LIFE AQUATIC REGISTRATION

Before you make your swim class selection, please check our registration guidelines below.

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own....	Preschool 1	Sea Otter	Bobbers
If 5 years+...	Swimmer 1		
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet...	Preschool 2	Salamander	Floater
If 5 years+...	Swimmer 1		

Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	Preschool 3 Swimmer 1	Sunfish	Gliders Divers
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	Preschool 4 Swimmer 1	Crocodile	Surfers
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	Preschool 5 Swimmer 2	Whale	Dippers
Is 5 to 12 years and just starting out...	Swimmer 1	Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 2	Seal
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 4 Swim Kids 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		Master Swimmer

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

Dance

SPRING 2023

DANCE WITH CHRISTIE SPRING 2023

Christie will continue to offer classes throughout the spring including:

Sampler

Ages 3.5-6, Jazz/HH | Ages 5.5+

Music Theatre Club

Ages 5.5+

Multidiscipline Dance

Class

Ages 6.5 -13.5

Stretch and Strength

Ages 7.5+

Competitive Dance Program

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

Classes run in approximately 8 weeks sessions and will be available for registration on gametime. If you would like more information regarding the spring dance program or the competitive dance program, please contact Christie directly at dancewithchristie@gmail.com



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

\$72 mos per child

(\$28 for each additional child)

Member Drop In

\$12 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 - 4:30pm | Member: \$75

YOUTH EVENTS

Spring Break Multi-Sport Day Camp

Ages: 5 yrs - 10 yrs

NSWC spring break camps will keep your child(ren) busy throughout the week with lots of different activities including sports and crafts! Day camps are supervised in the safe environment of the Club. Lunches and snacks are included. Camps fill up quick!

March 13-17 & March 20-24

**Camp drop off is at 9am
& pick up is 4pm.**

Members: \$300 / week

Non Members: \$425 week

Drop in (if available)

Members: \$65 day

Non Members: \$95 day



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Please provide a minimum of 24 hours notice for 1 day drop ins so we can ensure there is room available in the camp. Call 604-985-4135.

ACTIVITIES INCLUDE:

Dance, Martial Arts, Soccer, Basketball, Sportball, Skating, Arts & Crafts & Scavenger Hunts

Friday Fun Nights

(excluding long weekends)

5pm – 9pm

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

Please note that due to the fact that children can come and go from these areas, parent supervision is required if the child is under 5 years of age.

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.

Contact catering@nswc.ca to book!





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.



FEMALE FACEOFF TOURNAMENT



NORTH SHORE WINTER CLUB

FEBRUARY 17-20, 2023

WWW.NSWC.CA

Minor Hockey

SPRING 2023



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

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 & May 20)

8:15am – 9:00am

Members: \$185 | Non-Member: \$365

LEARN TO SKATE 2

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 & May 20)

9:00am – 9:45am

Members: \$185 | Non-Member: \$365

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

Mar 28 – Jun 24

Tue & Sat: 24 sessions

(No session Apr 8 & May 20)

Tue: 4pm – 4:45pm

Sat: 9:45am – 10:30am

Member: \$400 | Non-Member: \$600

BEGINNER 2

Mar 28 – Jun 24

Tue & Sat: 24 sessions

(No session Apr 8 & May 20)

Tue: 4:45pm – 5:30pm

Sat: 10:45am – 11:30am

Member: \$400 | Non-Member: \$600

INTERMEDIATE/ADVANCED

Mar 28 – Jun 24

Tue & Sat: 25 sessions

(No session Apr 8 & May 20)

Tue: 5:30pm – 6:15pm

Sat: 11:30am – 12:15pm

Member: \$415 | 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

Apr 2 – Jun 25

Sun: 11 sessions

(No session Apr 9 & May 21)

4:30pm – 5:15pm

U7/U8 (2016 & 2017 Birth Year)

5:15pm – 6:00pm

U9 (2015 Birth Year)

6:00pm – 6:45pm

U11 (2013 & 2014 Birth Year)

7:00pm – 7:45pm

U11 (2013 & 2014 Birth Year)

7:45pm – 8:30pm

U13 (2011 & 2012 Birth Year)

8:45pm – 9:30pm

U15/U18 (2006-2010 Birth Year)

Member: \$410 | Non-Member: \$605

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

Mar 31 – Jun 23

Fri: 11 sessions

(No sessions Apr 7 & May 19)

5:15pm – 6:15pm

U8/U9 (2015 & 2016 Birth Year)

6:30pm – 7:30pm

U11 (2013 & 2014 Birth Year)

7:45pm – 8:45pm

U13-U18 (2006-2012 Birth Year)

Member: \$410 | Non-Member: \$605



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

Apr 2 – Jun 25

Sun: 11 sessions

(No session Apr 9 & May 21)

2:45pm – 3:45pm

U13 (2011 & 2012 Birth Year)

4:00pm – 5:00pm

U11 (2013 & 2014 Birth Year)

5:15pm – 6:15pm

U8/U9 (2015 & 2016 Birth Year)

6:30pm – 7:30pm

U15/U18 (2006-2010 Birth Year)

Members: \$465 | Non-Member: \$625

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.

Mar 30 – Jun 22

Thu: 13 sessions | 8:30pm – 9:30pm

Member: \$350 | Non-Member: \$545

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

Apr 5 – Jun 21 | Wed: 12 sessions

7:15 – 8:15pm

U11 (2013 & 2014 Birth Year)

8:30 – 9:30pm

U13 (2011 & 2012 Birth Year)

Member: \$445 | Non-Member: \$660

Apr 17 – Jun 26 | Mon: 10 sessions

(No sessions Apr 10 & May 22)

4:00 – 5:00pm

U8/U9 (2015 & 2016 Birth Years)

Member: \$370 | Non-Member: \$550

Body Contact

Body contact is an inevitable part of hockey, and a vital skill for all hockey players in the game today. For players making the jump from non-contact hockey, the game is played differently than what they are used to. This program will teach players the importance of using their body to not only protect themselves and separate their opponents from the puck, but using their bodies to maintain puck possession and put themselves in good positions to make plays. Keeping ones' head up, and learning to accept, lean on and spin off opposing players will be focal points of the program. This program will help you learn the techniques needed to protect yourself, and use body contact to your advantage.

Coach: TBD

Mar 28 – Jun 20 | Tues: 13 sessions

6:30 – 7:30pm

U15 (2009 & 2010 Birth Years)

7:45 – 8:45pm

U18 (2006 – 2008 Birth Years)

Member: \$465 | Non-Member: \$650

Spring 3-on-3

The NSWC 3 on 3 League is proud to return in 2023 for players of all ages and levels! 3 on 3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game.

Divisions:

Register for the division of your player's birth year. One team representative registers themselves in place of their team. 2017, 2016, 2015, 2014/2013, 2012/2011, 2010/2009, 2008/2007/2006

Junior/Pro (min. Junior A experience) and Senior Men's (18+) beginning in May

Roster Sizes:

This number is up to the team itself but we recommend having 9 players + 1 goalie per game. The minimum number of players is 6 and the maximum is 10 total. To be eligible for the Member Rate: 70% of your players must be members. The Hockey Department will be monitoring registrations to ensure teams have paid for the correct team (member/non-member).

Registration:

Whoever registers an entire team, will then become our point person for gathering the team info, i.e. Names, ages, emails etc. Registration is open on Game Time Jan 10 – Feb 10.

Mar 27 – Jun 30

Sat or Sun: 12 games, 2 playoff games

1-hour games



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

SPRING 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).

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 and May 20)

12pm – 1pm

Member: \$275

Non Member: \$352

Mar 28 – Jun 20

Tue: 13 Sessions

3:30pm-4:30pm

4:30pm-5:30pm

Member: \$325

Non Member: \$416

Mar 31 - Jun 23

Fri: 12 Sessions (No session Apr 7)

3:30pm-4:30pm

4:30pm-5:30pm

Member: \$325

Non Member: \$384

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).

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 and May 20)

1pm – 2pm

Member: \$275

Non Member: \$352

Mar 28 – Jun 20

Tue: 13 sessions

3:30pm – 4:30pm

Member: \$325

Non Member: \$416

Mar 31 – Jun 23

Fri: 12 sessions

(No session Apr 7)

3:30pm – 4:30pm

Member: \$300

Non Member: \$384

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.

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 and May 20)

2pm – 3pm

Member: \$275

Non Member: \$352

Mar 28 – Jun 20

Tue: 13 sessions

3:30pm – 4:30pm

Member: \$325

Non Member: \$416

Mar 31 – Jun 23

Fri: 12 sessions (No session Apr 7)

3:30pm – 4:30pm

Member: \$300

Non Member: \$384

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.

Apr 1 – Jun 24

Sat: 11 sessions

(No session Apr 8 and May 20)

3pm – 4pm

Member: \$275

Non Member: \$352



Adult Tennis

SPRING 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!

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

11am – 12pm

Member: \$324

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 28 – Jun 20

Tue: 13 sessions

8pm – 9pm

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

10am – 11am

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

7pm – 8pm

Member: \$351

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

9am – 10am

Member: \$324

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 28 – Jun 20

Tue: 13 sessions

7pm – 8pm

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

12pm – 1pm

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

8pm – 9pm

Member: \$351

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

10am – 11am

Member: \$324

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 27 – Jun 19

Mon: 11 sessions

(No session Apr 10 and May 22)

10am – 11am

Member: \$297

Mar 28 – Jun 20

Tue: 13 sessions

10am – 11am

Member: \$351

Mar 28 – Jun 20

Tue: 13 sessions

6pm – 7pm

Member: \$351

Mar 29 – Jun 21

Wed: 13 sessions

8pm – 9pm

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

11am – 12pm

Member: \$351

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 27 – Jun 19

Mon: 11 sessions

(No session Apr 10 and May 22)

9am – 10am

Member: \$297

Mar 28 – Jun 20

Tue: 13 sessions

9am – 10am

Member: \$351

Mar 29 – Jun 21

Wed: 13 sessions

9am – 10am

Member: \$351

Mar 29 – Jun 21

Wed: 13 sessions

7pm – 8pm

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

9am – 10am

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

11am – 12pm

Member: \$351

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!

Mar 28 – Jun 20

Tue: 13 sessions

9am - 10am

Member: \$351

Mar 29 – Jun 21

Wed: 13 sessions

6pm – 7pm

Member: \$351.00

Mar 30 – Jun 22

Thu: 13 sessions

6pm – 7pm

Member: \$351

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

10am – 11am

Member: \$324

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!

Mar 27 – Jun 19

Mon: 11 sessions

(No session Apr 10 and May 22)

9am - 10am

Member: \$297

Mar 29 – Jun 21

Wed: 13 sessions

9am – 10am

Member: \$351

Mar 30 – Jun 22

Thu: 13 sessions

9am – 10am

Member: \$351

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

9am - 10am

Member: \$324



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.

Mar 31 – Jun 24

Fri: 12 sessions (No session April 7)

11:45am – 1pm

Member: \$240



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 Members

ADULT

Adult Private	\$90
Adult Semi Private	\$52.50 each
Adult Group of 3	\$42.50 each
Adult Group of 4	\$36.50 each

JUNIOR

Jr. Private	\$90
Jr. Semi Private	\$52.50 each
Jr. Group of 3	\$42.50 each
Jr. Group of 4	\$36.50 each

Adult & Junior Hitting Sessions \$60

Pickleball

SPRING 2023

Adult Monday Night Socials

Sign-up for easy play doubles! Receive strategy and instruction in a competitive, fun, play-based environment. Coaches mix-and-match players based on level of play. Meet new friends!

Mon – ongoing

Mar 27 – Jun 19

(No session Apr 10 and May 22)

Member: \$15 per social

Adult Drills & Play Beginner

Rise, shine and pickleball. Come join a beginner class and learn technique, tactics and how to keep score. This class is for all new players!

Mar 31 – May 12

Fri: 6 sessions (No session Apr 7)

8:00am-9:15am

Member: \$120

Adult Drills and Play Beginner & Intermediate

This class is split into two levels on two courts. Beginners learn basic technique, tactics and how to keep score. Intermediate players focus on specific drills to improve consistency, strategy and footwork.

Apr 5 – Apr 26

Wed: 4 sessions

6:30pm-7:45pm

Member: \$80

May 17 – Jun 21

Wed: 6 sessions

6:30pm-7:45pm

Member: \$120

Apr 6 – May 4

Thu: 5 sessions

10:30am-11:45am

Member: \$100

May 18 – Jun 22

Thu: 6 sessions

10:30am-11:45am

Member: \$120

Adult Drills and Play Intermediate & Advanced

This class is split into two levels on two courts. Intermediate players focus on specific drills to improve consistency, strategy and footwork. Advanced players, who enjoy a fast and hard-hit ball, work on drives, dinks, third shot drops, and game play strategy.

Apr 5 – Apr 26

Wed: 4 sessions

7:45pm-9:00pm

Member: \$80

May 17 – Jun 21

Wed: 6 sessions

7:45pm-9:00pm

Member: \$120

Apr 6 – May 4

Thu: 5 sessions

9:15am-10:30am

Member: \$100

May 18 – Jun 22

Thu: 6 sessions

9:15am-10:30am

Member: \$120

Adult Drills and Play Intermediate

For players who enjoy a moderate pace and want to improve their technique, strategy and overall playing ability.

Mar 31 – May 12

Fri: 6 sessions (No session Apr 7)

9:15am-10:30am

Member: \$120

May 19 – Jun 23

Fri: 6 sessions

9:15am-10:30am

Member: \$120

Adult Drills and Play Advanced

For players who enjoy a fast and hard-hitting game but understand that touch, dinks and third shot drops are the name of the game. These classes emphasize consistency, footwork, and shot combinations.

Mar 31 – May 12

Fri: 6 sessions (No session Apr 7)

10:30am-11:45am

Member: \$120

May 19 – Jun 23

Fri: 6 sessions

10:30am-11:45am

Member: \$120





PICKLEBALL EVENTS

JANUARY – DECEMBER 2023

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

FRIDAY 20th

Bring a Guest Night 6pm-9pm

FEBRUARY

MONDAY 13th

Valentine's Day Social 6pm-9pm

APRIL

FRIDAY APRIL 14th

Pinot and Pickleball Night
Intermediate /Advanced 6pm-9pm

FRIDAY APRIL 21st

Pinot and Pickleball Night
Beginners 6pm-9pm

MAY

WEDNESDAY 3rd - SATURDAY 6th

Doubles Club Championship

SEPTEMBER

MONDAY 25th

Women's US OPEN Grand Slam 6pm-9pm

OCTOBER

MONDAY 2nd

Men's US OPEN Grand Slam 6pm-9pm

MONDAY 30th

Halloween Mixer 6:30m - 8:00pm

NOVEMBER

FRIDAY 17th

Parent Child Mixer 6:30m - 8:00pm
(children 10 and older)

DECEMBER

MONDAY 11th

Christmas Social 6:30m - 8:00pm



TENNIS EVENTS

JANUARY - DECEMBER 2023

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

WEDNESDAY 11th

Women's Australian Open Grand Slam #1 5:45PM

THURSDAY 12th

Men's Australian Open Grand Slam #1 5:45PM

MONDAY 23rd - SATURDAY 28th

Club Championships
Men's & Women's Singles

Deadline Wednesday, January 18th at 10:00pm.

FEBRUARY

MONDAY 6th - SATURDAY 11th

Club Championships
Mixed Doubles

Deadline Wednesday, February 1st at 10:00pm.

MONDAY 27th - SATURDAY MARCH 4th

Club Championships
Men's & Women's Doubles

Deadline Wednesday, February 22nd at 10:00pm.

APRIL

APRIL - JUNE
Spring League

MAY

WEDNESDAY 17th

Men's French Open Grand Slam #2 5:45PM

THURSDAY 18th

Women's French Open Grand Slam #2 5:45PM

JUNE

WEDNESDAY 21st

Men's Wimbledon Grand Slam #3 5:45PM

THURSDAY 22nd

Women's Wimbledon Open Grand Slam #3 5:45PM

AUGUST

SUNDAY 13th - SATURDAY 19th

Summer Smash
Doubles Tournament

Deadline Tuesday, August 8th at 10:00pm.

- Open to the public

This well-organized event with a party atmosphere, makes this the best tournament in the lower mainland!

SEPTEMBER

WEDNESDAY 6th

Men's US Open Grand Slam #4 5:45PM

THURSDAY 8th

Women's US Open Grand Slam #4 5:45PM

OCTOBER

SATURDAY 14th - SATURDAY 21st

PAUL SHELLARD Fall Classic
Mixed Doubles Tournament

Deadline Tuesday October 10th at 10:00pm.

- Open to the public

Great tennis with great nightly food and entertainment features

NOVEMBER

FRIDAY 17th - SUNDAY 19th

5th Annual Triple Threat Mixed Team Tennis Event

- All levels welcome!

- Friday night Team Draw & Social

6:00PM - 8:00PM

- Matches Sat 19th & Sun 20th

9:00AM - 6:00PM

- Prize money for winners!

DECEMBER

SUNDAY 10th

Annual Christmas Mixer **FREE**

- Sponsored by the Tennis Committee - No charge

- Prizes for the best Christmas outfit

- Winners' celebration in the bar



HOCKEY

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.



NORTH SHORE
WINTER CLUB

WWW.NSWC.CA

NSWC 2023 TENNIS CHAMPIONSHIPS



SINGLES
JAN 23 - 28

MIXED DOUBLES
FEB 6 - 11

M/W DOUBLES
FEB 27 - MAR 4

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