



NORTH SHORE WINTER CLUB

Summer 2023 Program Guide



SUMMER REGISTRATION

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

Members

10:00am
10:30am
11:00am
11:30am
12:00pm

Apr 18th, 2023

Adult Tennis
Junior Tennis
Youth Camps
Aquatics
All Other Programs

Non Members May 2nd, 2023

10:00am All Programs



CONGRATULATIONS!

U13 A1

WINTERHAWKS



**ON WINNING
THE U13 TIER 1 PROVINCIAL
CHAMPIONSHIPS!**

WE ARE SO PROUD OF YOU!



**NORTH SHORE
WINTER CLUB**

TABLE OF CONTENTS

SENIOR MANAGEMENT TEAM	4
PROGRAM REGISTRATION INFORMATION	5
GENERAL CLUB INFORMATION	6
MEMBER MOMENTS	8
FEATURED ATHLETE	11
FOOD & BEVERAGE	13
FEATURED RECIPE	14
DANCE	16
PHYSIOTHERAPY	17
AQUATICS	20
MARLINS	24
YOUTH & CHILDMINDING	26
PERSONAL TRAINING	29
FITNESS	31
HOCKEY	33
TENNIS	36
PICKLEBALL	43
BUSINESS DIRECTORY	50



2023 BOARD OF DIRECTORS

EXECUTIVE
JAMES CRONK
President

GRAHAM WILSON
Vice President

JOEL MCLEAN
Treasurer

DOUG BELL
Secretary

board@nswc.ca

DIRECTORS

KIM LYONS

LEANNE DENNIS

RENATA SMIDOVA

DEB GILL

NORTH SHORE WINTER CLUB

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



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



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



SENIOR MANAGEMENT TEAM



JOANNA HAYES
General Manager
jhayes@nswc.ca



RUSSELL RITCHIE
Controller
rritchie@nswc.ca



SHANE HAYES
Director of Facility Operations
shayes@nswc.ca



FAWN GILL
Director of Marketing
and Membership
fgill@nswc.ca



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca



CAM PADDOCK
Director of Hockey
cpaddock@nswc.ca



EVAN RICHARDSON
Assistant Director of Hockey
erichardson@nswc.ca



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



NATALIE RAW
Recreation & Executive
Coordinator
nraw@nswc.ca



ADITI SONI
Senior Accountant
asoni@nswc.ca



CHRISTINA ERDMAN
Executive Chef
cerdman@nswc.ca



JOSH JOUBERT
Member Services Coordinator
jjoubert@nswc.ca



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

PROGRAM REGISTRATION INFORMATION



JOSH JOUBERT
Member Services Coordinator
jjoubert@nswc.ca

MEMBER SERVICES HOURS

Monday – Sunday
6:00am – 10:00pm

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

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

Member Registration opens on Tuesday April 18th

10:00am	Adult Tennis
10:30am	Junior Tennis
11:30am	Aquatics
12:00pm	All Other Programs

Non Member Registration opens on Tuesday May 2nd

10:00am	All Programs
---------	--------------

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
- The member number of the participant

REFUNDS AS FOLLOWS:

- **100% Refund:** up to May 31, 2023 11:59 pm.
- **75% Refund:** June 1st up until 2 weeks (336 hours) before the program start.
- **50% Refund:** between 2 weeks (336 hours) and 2 days (48 hours) before program start.
- **No Refund:** within 48 hours of program start.
- **The day the program starts is not included in the required notice period.**

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)
- Branded NSWC clothing & hats
- Sunscreen
- Sunglasses
- NSWC Towels & Blankets

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 catering@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 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100 (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.

SPECIAL RESTRICTIONS ON THE USE OF THE CLUB & PREMISES – R38

1. While using the main pool and dive tank, children under the age of eight years must be accompanied in the water and stay within arm's reach of a responsible person of at least 16 years of age.
2. Whenever there are sticks and pucks on the ice, anyone under the age of 13 is required to wear full hockey safety equipment, including a certified helmet with full face visor or cage, shoulder pads, elbow pads, hockey pants, jock strap with appropriate cup, shin pads, skates, neck or throat guard and hockey gloves. Persons over the age of 13 are required to wear skates, a certified helmet and hockey gloves. Goalies of any age, must wear full gear at all times.

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 catering@nswc.ca.



MEMBER MOMENTS

Valentine's Day Pickleball Social

Feb 13

Everyone was all smiles at the NSWC Valentine's Day social. Players competed in quick 10 minute mini games and rotated from court to court playing old friends and meeting new ones.



Female Face Off

Feb 16-20

This Family Day weekend, NSWC Hockey hosted our annual Female Faceoff tournament bringing together 16 teams from across BC and Washington. It was a huge success with lots of great memories and money raised for our Female Hockey Program. Thank you to all the volunteers and families who donated items or their time towards putting on the event. Congratulations to our NSWC U11 girls who won their division and the Kamloops Blazers who won the U13 division!



MEMBER MOMENTS



Tennis Club Championships

Singles: Jan 23-28

Mixed Doubles: Feb 6-11

Doubles: Feb 27-Mar 4

The 3 week long club tennis championships wrapped up on Saturday March 4th with Mens and Womens doubles finals day followed by the annual tennis member appreciation night awards dinner and dance. Thank you to the volunteers, sponsors, participants and staff for creating a successful event. Congratulations to the NSWC members who brought home a trophy!



MEMBER MOMENTS

Ladies Tennis Drills

Ladies take a break from a fun tennis drill session to pose for a quick photo. These women are working hard to improve their games for the upcoming league season.



U11 A1's in Pheonix

Congrats to our U11 A1 team who won the Squirt Elite division at the President's Day Invitational in Phoenix last month!



FEATURED ATHLETE

Sophie Gibbens



Age:

10

How many years have you been dancing?

For competitive I've been doing it since I was in third grade.

What is your favorite genre of dance?

Probably jazz or lyrical.

What is your biggest accomplishment in dance? My team got high gold last year.

Who is your biggest role model in the sport and why?

Christie because shes my dance teacher and shes a good dancer.

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

No not really.

What is your favorite pre-dance meal?

I don't really have one.

Besides dance, what other activities do you enjoy?

I like soccer and I play clarinet in band.

What do you enjoy most about dancing at the NSWC?

Its fun and I get to do it with my friends.



TENNIS

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

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.

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

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.



SUMMER FEATURED RECIPE

Pollo Tacos

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup roughly chopped sweet onion
- 2 cloves garlic, minced
- 1 chipotle peppers in adobo sauce, chopped (or one 1-2 tsp dry chipotle powder)
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 3/4 cup canned crushed fire-roasted tomatoes
- 1/4 cup chicken stock
- 1/2 teaspoon kosher salt
- 6 chicken breast (you can sub chicken thigh)

FOR SERVING

- 10 (6-inch) corn tortillas
- 2 ripe avocados, sliced or favorite guacamole
- 1/4 cup chopped fresh cilantro
- 1/2 cup diced pickled red onion (sub fresh onion)
- crumbled cotija (sub) feta
- 1 lime, cut into wedges

DIRECTIONS

1. Place everything for the chicken in an oven proof pot or container, cover and bake at 350 for 40-50 mins until chicken is cooked and easily shredded.
2. Take chicken out, let cool and then shredded.
3. Reduce the remaining cooking liquid until quite thick 10-15 mins over med heat. Add the shredded chicken back. Toss and taste for seasoning. Add salt, pepper and some lime juice to taste.
4. Place some chicken in a taco shell and dress as you want it.

Enjoy!



NSWC FAMILY

CARNIVAL

July 29

GAMES/ LIVE MUSIC / BBQ & MORE!



Dance

DANCE WITH CHRISTIE

Christie will be offering some summer workshops, and pop up classes throughout the summer. They will be announced soon. Please follow her on social media for all the latest updates. Christie's regular dance program will be back in September. 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.

If you would like more information regarding the fall dance program or the competitive dance program, please contact Christie directly at dancewithchristie@gmail.com

dancewithchristie.com

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

Facebook: <https://www.facebook.com/dancewithchristie/>





Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

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

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

MEET THE TEAM

Physiotherapists



RYAN HILL

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

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



SHELDON CROUSE

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

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



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.



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!

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.



The DOG DAY OF SUMMER!

Sunday, September 10

Bring your furry friend/s to the club for a swim in the leisure pool and a romp in the grass area.

Starts at 4:00pm - BBQ at 5:00pm



NORTH SHORE
WINTER CLUB



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.

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 Monday – Friday in 2 week sessions excluding statutory holidays and weekends.

Lesson Sets 1 – 3

(Open to Members and Non Members)

Set 1: May 22 – 26 & May 29 – Jun 2

(No lessons May 22)

Set 2: Jun 5 – Jun 9 & Jun 12 – Jun 16

Set 3: Jun 19 – Jun 23 & Jun 26 – Jun 30

Lesson Sets 4 – 8

(Reserved for Members and their guests only.

There is no Non Member registration during these sets.)

Set 4: Jul 3 – Jul 7 30 & Jul 10 – Jul 14

Set 5: Jul 17 – Jul 21 & Jul 24 – Jul 28

Set 6: Jul 31 – Aug 4 & Aug 7 – Aug 10

(No lessons Aug 7)

Set 7: Aug 14 – Aug 18 & Aug 21 – Aug 25

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.

Sets 1 – 3: 3:30pm – 4pm

Sets 4 – 7: 10:30am – 11am

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.

Sets 1 – 3: 3:30pm – 4pm

**Sets 4 – 7: 10am – 10:30am
or 2pm – 2:30pm**

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.

Sets 1 – 3: 3:30pm – 4pm

**Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm**

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.

Sets 1 – 3: 4pm – 4:30pm

**Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm**

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.

Sets 1 – 3: 4pm – 4:30pm

**Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm**

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.

Sets 1 – 3: 4:30pm – 5pm
Sets 4 – 7: 10am – 10:30am
or 2:30pm – 3pm

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.

Sets 1 – 3: 4:30pm – 5pm
Sets 4 – 7: 10am – 10:30am
or 2:30pm – 3pm

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.

Sets 1 – 3: 4:30pm – 5pm
Sets 4 – 7: 10am – 10:30am
or 2:30pm – 3pm

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.

Sets 1 – 3: 3:45pm – 4:30pm
Sets 4 – 7: 11am – 11:45am
or 3pm – 3:45pm

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.

Sets 1 – 3: 3:45pm – 4:30pm
Sets 4 – 7: 11am – 11:45am
or 3pm – 3:45pm

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.

Sets 4 – 7: 11:45am – 12:30pm

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.

Sets 4 – 7: 11:45am – 12:30pm

Ranger Patrol

Must have completed Rookie Patrol.

Sets 4 – 7: 11:45am – 12:30pm

Star Patrol

Must have completed Ranger Patrol.

Sets 4 – 7: 11:45am – 12:30pm

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



WE WOULD LOVE TO HELP PLAN YOUR NEXT EVENT!



A MODERN, BOUTIQUE-STYLE COLLECTION

TENTS & EVENT RENTALS

Pacific Coast Tents takes pride in providing thoughtful and curated products to create events that truly represent your personality & vision.

Specializing in unique tent configurations, outdoor hardwood flooring & modular event furniture – we will create a special, elegant,

beautiful & memorable atmosphere for your event.

Our goal is to provide the highest level of service to our clients and our valued event partners.



pacificcoasttents.ca
(604) 314-8772
info@pacificcoasttents.ca

Youth Camps & Child Minding

CHILD MINDING

Multi Sport Day Camps

Ages: 5 yrs to 11 yrs

Each week offers multi sport activities to keep kids active and doing lots of different things including sports, crafts, scavenger hunts and more! Day camps are supervised in the safe environment of the Club by NSWC experienced youth leaders. Snacks and lunch are provided.

WEEK DATES

1	Jul 3 - Jul 7
2	Jul 10- Jul 14
3	Jul 17 - Jul 21
4	Jul 24 - Jul 28
5	Jul 31 - Aug 4
6	Aug 7 - Aug 11 (No camp Aug 7th)
7	Aug 14 - Aug 18
8	Aug 21 - Aug 25
9	Aug 28- Sept 1

ACTIVITIES INCLUDE:

- Swimming
- Dance
- Martial Arts
- Soccer
- Basketball
- Sportball
- Skating
- Arts & Crafts
- Scavenger Hunts

What to Pack Each Day:

Swim suit and towel, sunhat, sunscreen, runners, backpack, water bottle.

Drop off: 9am | Pick up: 4pm

Members:

\$300 / week \$240 / week 6

Drop in (if available)

Members: \$65 day

Camps fill up quick! 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.

NSWC Day Camp Add On

If your child is registered in one of our hourly or half day hockey or tennis camps, you can add a Multi Sport Camp "add on" to your week and have your child join the multi-sport camp after their hockey or tennis camp. This is a super great option for those kids that want to spend more time in a particular activity and great for the parents that need the all- day supervision. Have questions? Email daycamps@nswc.ca



Summer Friday Fun Nights!

Age: must be 5 years old, unless accompanied by a parent.

Come join us every Friday night and take advantage of the warm long nights of summer while you can! The children can enjoy swimming in the pool and games on the grass area, finishing the evening with a movie in the Senior lounge, while the adults can enjoy a drink and barbecues on our outside Tiki deck! All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.

**Fridays: 5pm—9pm Starting
Friday June 2nd**

**Program is weather dependent*

**Program is open to members and their guests.*

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

SUMMER 2023



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

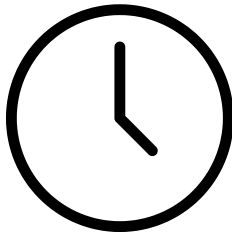
Drop-in: Member \$25 | \$30 Non-Member
10 Pass: Member \$190 | \$240 Non-Member
20 Pass: Member \$340 | \$380 Non-Member

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



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.

Minor Hockey



CAM PADDOCK
Director of Hockey
cpaddock@nswc.ca



EVAN RICHARDSON
Assistant Director of Hockey
erichardson@nswc.ca



JANELLE IGLESIAS
Hockey Administrator
jiglesias@nswc.ca

GENERAL INQUIRIES EMAIL
hockey@nswc.ca

Learn To Skate (Hockey)

Ages 3-5

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.

July 4 – Aug 17 | 14 sessions

Tues/Thurs 4:15-5pm

Member \$230 | Non-Member \$345

Cookie Monsters

Ages 5-7

The NSWC Cookie Monster Program will help introduce 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. Player will be separate don skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

July 4 – Aug 17

Tues & Thurs | 14 sessions

Beginner 5-5:45pm

Advanced 5:45-6:30pm

Member \$230 | Non-Member \$345

SUMMER CAMPS

Our NSWC Summer Hockey Camps are a great way to keep your kids active, and improve their hockey skills over the Summer break. Camp will incorporate on and off-ice development sessions instructed by professional coaches, to ensure players continue to improve, while having a blast! Lunch is included.

JULY 4-7

U7 (2017 & 2018 Birth Year) 8:15-4:30pm

U9 (2015 & 2016 Birth Year) 8:30-4:45pm

Members: \$265 | Non-Members: \$380

JULY 10-14

U9 (2015 & 2016 Birth Year) 8:15-4:30pm

U11 (2013 & 2014 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

JULY 17-21

U7 (2017 & 2018 Birth Year) 8:15-4:30pm

U11 (2013 & 2014 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

JULY 24-28

U7 (2017 & 2018 Birth Year) 8:15-4:30pm

U9 (2015 & 2016 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

JULY 31-AUG 4

U9 (2015 & 2016 Birth Year) 8:15-4:30pm

U11 (2013 & 2014 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

AUG 8-11

U11 (2013 & 2014 Birth Year) 8:15-4:30pm

U13 (2011 & 2012 Birth Year) 8:30-4:45pm

Members: \$265 | Non-Members: \$380

AUG 14-18

U11 (2013 & 2014 Birth Year) 8:15-4:30pm

U13 (2011 & 2012 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

AUG 21-25

U7 (2017 & 2018 Birth Year) 8:15-4:30pm

U9 (2015 & 2016 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

AUG 28-SEP 1

U7 (2017 & 2018 Birth Year) 8:15-4:30pm

U9 (2015 & 2016 Birth Year) 8:30-4:45pm

Members: \$330 | Non-Members \$475

Prep Camps

Description: These camps will be run by our A1 and/or Development coaches and run as a high tempo skate to help athletes get back in shape, improve timing and be better prepared for the start of try-outs and the regular season. Full hockey equipment is required.

AUG 14-18 (M-F)

U11 (2013 & 2014 Birth Years)

Group 1 – 9:15-10:15am

U11 (2013 & 2014 Birth Years)

Group 2 – 10:30-11:30am

U13 (2011 & 2012 Birth Years)

Group 1 – 3:45-4:45pm

U13 (2011 & 2012 Birth Years)

Group 2 – 5:00-6:00pm

Members: \$150 | Non-Members \$225

AUG 21-25 (M-F)

U11 (2013 & 2014 Birth Years)

Group 1 – 9:15-10:15am

U11 (2013 & 2014 Birth Years)

Group 2 – 10:30-11:30am

U13 (2011 & 2012 Birth Years)

Group 1 – 3:45-4:45pm

U13 (2011 & 2012 Birth Years)

Group 2 – 5:00-6:00pm

U15 (2009 & 2010 Birth Years)

6:00-7:00pm

U18 (2006-2007 Birth Years) 7:15-8:15pm

Members: \$150 | Non-Members \$225

AUG 28-SEP 1 (M-F)**U11 (2013 & 2014 Birth Years)****Group 1 – 9:15-10:15am****U11 (2013 & 2014 Birth Years)****Group 2 – 10:30-11:30am****U13 (2011 & 2012 Birth Years)****Group 1 – 3:15-4:15pm****U13 (2011 & 2012 Birth Years)****Group 2 – 4:30-5:30pm****U15 (2009 & 2010 Birth Years)****5:45-6:45pm****U18 (2006-2007 Birth Years)****7:00-8:00pm****Female U11 (2013& 2014 Birth Years)****5:00-6:00pm****Female U13 (2011 & 2012 Birth Years)****6:15-7:15pm****Female U15 (2009 & 2010 Birth Years)****11:45am-12:45pm****Female U18 (2006-2007 Birth Years)****1:15-2:30pm****Members: \$150 | Non-Members \$225****Summer Hockey Programs
Small Area Games****Instructor: Sven Butenschon**

With the game becoming faster than ever, quick thinking and reactive skills have never been more important. Small area games produce and work on these skills in a fast-paced, fun, game-like environment. Come out once a week on Monday nights to improve your skills in a competitive atmosphere, the way hockey is meant to be played.

July 17-Aug 22**Mon & Wed | 11 sessions***No session Aug 7***U8/U9 (2015/2016 Birth Year)****5:45-6:45pm (6:30-7:30pm Aug 9)****U11 (2013/2014 Birth Year)****7:00-8:00pm (7:45-8:45pm Aug 9)****U13 (2011/2012 Birth Year)****8:15-9:15pm****Members: \$410 | Non-Members: \$605****Power Skating****Instructor: Karen Kos**

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

*No class Aug 7***U7/U8 9am-9:45pm****U9 9:45-10:30am****U13 10:45am-11:30am****U11/U13 11:30am-12:15pm****U11 12:30pm-1:15pm****U15/U18 1:15pm-2:00pm****July 31-Aug 4 (M/W/F - 3 sessions)****Members: \$112.50 | Non-Members: \$165****Aug 8-Aug 11 (W/F - 2 sessions)****Members: \$75 | Non-Members: \$110****Aug 14-Aug 18 (M/W/F - 3 sessions)****Members: \$112.50 | Non-Members: \$165****Aug 20-Aug 24 (M/W/F - 3 sessions)****Members: \$112.50 | Non-Members: \$165****Aug 28-Sep 1 (M/W/F - 3 sessions)****Members: \$112.50 | Non-Members: \$165****Dynamic Sk-8 Think****Instructor: Victor Kraatz**

These sessions with Victor will focus on the ideal body alignment, skill, and agility. All multi-directional skating exercises worked on will be applicable to in-game scenarios.

U7/U8 9am-9:45pm**U9 9:45-10:30am****U13 10:45-11:30am****U11/U13 11:30-12:15pm****U11 12:30-1:15pm****U15/U18 1:15-2:00pm****Aug 1-Aug 3 (T/Th – 2 sessions)****Members: \$75 | Non-Members: \$110****Aug 8-Aug 10 (T/Th – 2 sessions)****Members: \$75 | Non-Members: \$110****Aug 15-Aug 17 (T/Th – 2 sessions)****Members: \$75 | Non-Members: \$110****Aug 21-Aug 23 (T/Th – 2 sessions)****Members: \$75 | Non-Members: \$110****Aug 29-Aug 31 (T/Th – 2 sessions)****Members: \$75 | Non-Members: \$110**

Skating that Translates

Instructor: Ben Payne

Ben Payne and PH Development provide a unique service that focuses on skating movements and patterns that are utilized 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 practice 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.

U8/U9 (2015/2016 Birth Year)

5:00-6:00pm

U11 (2013/2014 Birth Year)

6:15-7:15pm

U13 (2011/2012 Birth Year)

7:30-8:30pm

Aug 8-Aug 11 (4 sessions)

Members: \$150 | Non-Members: \$225

Aug 14-Aug 18 (5 sessions)

Members: \$185 | Non-Members: \$275

Aug 20-Aug 24 (5 sessions)

Members: \$185 | Non-Members: \$275

Battle Camp

Will entail puck protection, body checking and rub outs for appropriate age groups. This class will be used for all the skills and techniques that players have acquired. Now they will be forced to use their skills in battle situations to make sure they can get to the next level. They will be taught how to use body positions and techniques to be evasive for defenders and create scoring opportunities. Conditioning will be a part of this as well. GET READY! Full hockey equipment is required.

Aug 14-Aug 18 (M-F)

U11 (2013/2014 Birth Year)

2:15-3:15pm

U13 (2011/2012 Birth Year)

3:30-4:30pm

U15/U18 (2006-2010 Birth Year)

4:45-5:45pm

Members: \$185 | Non-Members: \$275

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 dependent 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.

Aug 8-Aug 11

Tues-Fri | 4 sessions

No session Aug 7

U8/U9 (2015/2016 Birth Year)

2:15-3:15pm

U11 (2013/2014 Birth Year)

3:30-4:30pm

U13/U18 (2006-2012 Birth Year)

4:45-5:45pm

Members: \$150 | Non-Members: \$220



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



FABIO WALKER
Director of Tennis
fwalker@nswc.ca



RED & ORANGE BALL

TENNIS/PICKLEBALL/ SWIMMING RED & ORANGE BALL

(ages 6-8)

Tennis, Pickleball, and Swimming every day! Red/Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court and easy play tennis balls. Pickleball This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. PLUS – supervised fun Pool time!

MULTI SPORT CAMP ADD ON

You can “add on” to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those

parents that need all day supervision for their children. The Multi Sport camp offers different activities for your child to participate in in a safe, supervised environment. To sign up for the ALL DAY option please go to “day camp” and sign up for “Multi Sport Add on”, for the date you have also selected as your Tennis program.

Week 1: July 3 – July 7

Week 2: July 10 – July 14

Week 3: July 17 – July 21

Week 4: July 24 – July 28

Week 5: July 31 – Aug 4

Mon - Fri - 5 classes | 9:00am – 12:00pm

Member – \$240 | Non Member - \$315

Week 6: Aug 8 – Aug 11

Tue - Fri - 4 classes | 9:00am – 12:00pm

Member – \$192 | Non Member - \$252

Week 7: Aug 14 – Aug 18

Week 8: Aug 21 – Aug 25

Week 9: Aug 28 – Sept 1

Mon - Fri - 5 classes | 9:00am – 12:00pm

Member – \$240 | Non Member - \$315

GREEN BALL TENNIS & PICKLEBALL

TENNIS/PICKLEBALL/ SWIMMING – GREEN BALL

(ages 9-12)

Tennis, Pickleball, and Swimming every day! Green Ball Tennis is designed to develop fundamental tennis skills required in game situations. Coaches will focus on technical skills and provide lots of games and opportunities for success. Pickleball instruction will cover groundstrokes, serve, volleys, how to initiate a point, and scoring. Kids will play mini matches! PLUS – supervised fun Pool time!

MULTI SPORT CAMP ADD ON

You can “add on” to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those parents that need all day supervision for their children. The Multi Sport camp offers different activities for your child to participate in in a safe, supervised environment. To sign up for the ALL DAY option please go to “day camp” and sign up for “Multi Sport Add on”, for the date you have also selected as your Tennis program.

Week 1: July 3 – July 7

Week 2: July 10 – July 14

Week 3: July 17 – July 21

Week 4: July 24 – July 28

Week 5: July 31 – Aug 4

Mon - Fri - 5 classes | 12:00pm – 3:00pm

Member – \$240 | Non Member - \$315

Week 6: Aug 8 – Aug 11

Tue - Fri - 4 classes | 12:00pm – 3:00pm

Member – \$192 | Non Member - \$252

Week 7: Aug 14 – Aug 18

Week 8: Aug 21 – Aug 25

Week 9: Aug 28 – Sept 1

Mon - Fri - 5 classes | 12:00pm – 3:00pm

Member – \$240 | Non Member - \$315

TEEN/CHAMPS TENNIS

Learn tennis in a fun cooperative environment. Improve technical and tactical play with drills and games completely adapted to different player levels and player needs. This group will be playing with regular tennis balls on a full tennis court.

Week 1: July 3 - 6

Week 2: July 10 - 13

Week 3: July 17 - 20

Week 4: July 24 - 27

Week 5: July 31 – Aug 3

Week 6: Aug 21 - 24

Week 7: Aug 28 - 31

Adult Tennis

SUMMER 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.

ADULT TENNIS DRILLS HELL WEEK

DIV. 1-2

Adult Tennis Hell Week sessions are based on what league teams you play on. This class is strictly for Ladies who participate on Division 1-2 teams and for 4.0 level Men's players. You must be a member of an active Ladies div. 1-2 team to participate. Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game play and strategy. These camps will have it all!

WEEK 1

July 3 – July 7 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 2

July 10 – July 14 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 3

July 17 – July 21 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 4

July 24 – July 28 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 5

July 31 – Aug 4 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 6

Aug 8 – Aug 11 | Tue - Fri – 4 classes
9:00am – 10:30am | Member - \$112

WEEK 7

Aug 14 – Aug 18 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 8

Aug 21 – Aug 25 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

WEEK 9

Aug 28 – Sept 1 | Mon - Fri – 5 classes
9:00am – 10:30am | Member - \$140

DIV. 3-4-5

Adult Tennis Hell Week sessions are based on what league teams you play on. This class is strictly for Ladies who participate on Division 3-4-5 teams and for 3.0 – 3.5 level Men's players. You must be a member of an active Ladies div. 3-4-5 team to participate. Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game play and strategy. These camps will have it all!

WEEK 1

July 3 – July 7 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 2

July 10 – July 14 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 3

July 17 – July 21 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 4

July 24 – July 28 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 5

July 31 – Aug 4 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 6

Aug 8 – Aug 11 | Tue - Fri – 4 classes
10:30am – 12pm | Member - \$112

WEEK 7

Aug 14 – Aug 18 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 8

Aug 21 – Aug 25 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140

WEEK 9

Aug 28 – Sept 1 | Mon - Fri – 5 classes
10:30am – 12pm | Member - \$140



ADULT TENNIS DRILLS - JULY & AUG 2023

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.

Jul 4 - Jul 25 | Tues – 4 sessions
4pm – 5pm | Member: \$112

Jul 6 – Jul 27 | Thurs – 4 sessions
5pm – 6pm | Member: \$112

Aug 1 – Aug 29 | Tues – 4 sessions
(no class Aug 15)
4pm – 5pm | Member: \$112

Aug 3 – Aug 31 | Thurs – 4 sessions
(no class Aug 17)
5pm – 6pm | Member: \$112

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.

Jul 5 - Jul 26 | Wed – 4 sessions
4pm – 5pm | Member: \$112

Jul 6 – Jul 27 | Thurs – 4 sessions
6pm – 7pm | Member: \$112

Aug 2 – Aug 30 | Wed – 4 sessions
(no class Aug 16)
4pm – 5pm | Member: \$112

Aug 3 – Aug 31 | Thurs – 4 sessions
(no class Aug 17)
6pm – 7pm | Member: \$112

MEN'S TENNIS TRAINING (LEVEL 3.5 AND UP)

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

Jul 5 - Jul 26 | Wed – 4 sessions
6pm – 7pm | Member: \$112

Aug 2 – Aug 30 | Wed – 4 sessions
(no class Aug 16)
6pm – 7pm | Member: \$112

ADULT DRILLS – NSWC DIV. 3 & 4

FOR DIVISION 3 & 4 PLAYERS ONLY
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!

Jul 4 – Jul 25 | Tues – 4 sessions
6pm – 7pm | Member: \$112

Jul 5 – Jul 26 | Wed: 4 sessions
5pm – 6pm | Member: \$112

Aug 1 – Aug 29 | Tues – 4 sessions
(no class Aug 15)
6pm – 7pm | Member: \$112

Aug 2 – Aug 30 | Wed – 4 sessions
(no class Aug 16)
5pm – 6pm | Member: \$112

ADULT DRILLS – NSWC DIV. 4 & 5

FOR DIVISION 4 & 5 PLAYERS ONLY
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!

Jul 4 - Jul 25 | Tues – 4 sessions
5pm – 6pm | Member: \$112

Jul 6 – Jul 27 | Thurs – 4 sessions
4pm – 5pm | Member: \$112

Aug 1 – Aug 29 | Tues – 4 sessions
(no class Aug 15)
5pm – 6pm | Member: \$112

Aug 3 – Aug 31 | Thurs – 4 sessions
(no class Aug 17)
4pm – 5pm | Member: \$112



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 cutouts 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 + 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

SUMMER 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!

Mondays:

Jul 17, 24, 31 | Aug 14, 21, 28

6:30-8:00pm | Member: \$15 per social

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.

Wednesdays: 3 sessions

6:30pm-7:45 | Jul 19, 26, Aug 2

Member: \$60

Wednesdays: 3 sessions

6:30pm-7:45 | Aug 16, 23, 30

Member: \$60

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.

Wednesdays: 3 sessions

7:45-9:00pm | Jul 19, 26, Aug 2

Member: \$60

Wednesdays: 3 sessions

7:45-9:00pm | Aug 16, 23, 30

Member: \$60





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 6pm-9pm
Intermediate /Advanced

FRIDAY APRIL 21st

Pinot and Pickleball Night 6pm-9pm
Beginners

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



Odium Brown is Proud to be a Gold Sponsor of the North Shore Winter Club

For nearly 100 years, Odium Brown has been one of BC's most respected investment firms by helping investors achieve their financial goals for generations.

Contact Rob Pierri for all your investing needs.



Rob Pierri, FMA, CIM®, FCSI

Director, Portfolio Manager,

Tel 604 844 5608 | Toll Free 1 888 886 3586

rpierri@odlumbrown.com | odlumbrown.com/rpierri



ODLUM BROWN
Investing for Generations®

Waterstone
CANADA'S
MOST
ADMIRED
CORPORATE
CULTURES

CANADA
**BEST
MANAGED
COMPANIES**
Platinum member

Member-Canadian Investor Protection Fund



keithleech.com

insurance advisory / consulting

ADVISORY

Keith is President of Context Planning Ltd. and is an independent insurance advisor able to quote, source and place business with all the major insurance companies in Canada. He works with clients on their risk management planning including life, disability, critical illness and long-term care insurance. Keith also consults and keynotes for organizations on communication and sales best practices ranging from the World Critical Illness Conference to TEDx.

KEITH'S PHILOSOPHY:

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

Keith Leech, CFP, CLU, CHS, CHFC

FIND OUT MORE/CONTACT KEITH

604.714.0007 | keithleech.com | kleeche@contextplanning.com
214 - 3823 Henning Drive, Burnaby, BC Canada V5C 6P3



COVE CONTINUITY
ADVISORS INC

Space to Breathe®

**Continuity of income, assets, businesses, wealth,
and impact through insurance and planning**

We are doing insurance differently. With comprehensive continuity planning
we cover every aspect of life and business—and so much more.

Check our website or call us to chat

www.coveadvisors.com • 604.924.9152



**Allan McGavin
Sports Medicine Clinic
Physiotherapy**

**Helping NSWC members.
Move Well. Perform better.**

Conveniently located at the NSWC.
Visit allanmcgavinphysio.com
to book an appointment.

OWEN • BIRD
LAW CORPORATION

**YOU ACHIEVE.
SO DO WE.**

www.owenbird.com



Pat Haberl - Shareholder
Tantalus Range, Summer 2011



Service, Repair and Tires.
NORTH SHORE



Call: 604.985.8265 | Text: 604.757.2727
212 Fell Avenue North Vancouver, BC



Pest Detective®
www.pestdetective.com

**14 Locations and growing!!
Join Pest Detective today!!**

Contact Matt O'Neill for more information

1.604.690.4328
moneill@pestdetective.com

unity
CLOTHING INC.

Located at the Shipyards
unityclothing.ca

PAUL FENNEY
MORTGAGE
ADVANTAGE



LET ME SHOP THE BANKS FOR YOU.
FREE NO OBLIGATION CONSULTATION.

PAULFENNEY.COM
604 838 0009





SlaterLaw
corporation

Making Law Make Sense

- Civil Litigation
- Corporate Law
- Family Law
- Immigration
- Personal Injury & ICBC
- Real Estate
- Wills & Estates

Get in Touch


We are a full service boutique law firm.
slaterlawcorporation.com
604.547.0860

ROCKINGHAM

ENGINEERING LIMITED

Structural Engineering Services
for New Homes and Renovations

Images courtesy of Jason Soprovich



Derek Smith, P.Eng.
info@rockingham.ca | **604-250-1544**



NSWC BUSINESS DIRECTORY

ACCOUNTING, ASSURANCE, & TAX

CAULINDA BARTOK, CPA, CA BARTOK GROUP

100-4190 Lougheed Highway, Burnaby, BC
V5C 6A8

Phone: 604-683-4533 ext 102

Direct: 604-210-4405

Fax: 604-683-2585

caulinda@bartokgroup.ca

www.bartokgroup.ca

Chartered Professional Accountants

NEIL & ROXANA COLQUHOUN HNW Services Inc.

701-1155 Robson Street,
Vancouver BC, V6E 1B5
604.343.7280

roxanac@hnwservices.ca

& neilc@hnwservices.ca

www.hnwservices.ca

Multi-Family Office

ART GALLERY

LATIESHA FAZAKAS, OWNER/ DIRECTOR

Fazakas Gallery

659 E. Hastings Street,
Vancouver BC, V6B 4M9

Phone: 604-876-2729

latiesha@fazakasgallery.com

www.fazakasgallery.com

Contemporary Indigenous Art

AUTOMOTIVE

WADE BARTOK, PRESIDENT CSN Elite Body Shop Ltd.

142 Fell Avenue,
North Vancouver BC, V7P 2J9

Phone: 604.987.4408 | Fax: 604.987.7441

info@elitebodyshop.ca

www.elitebodyshop.ca

Collision repair

WADE BARTOK, PRESIDENT

OK Tire North Shore

212 Fell Avenue, North Vancouver, BC

Phone: 604-985-8265

customerservice@oktirenorthshore.ca

www.oktire.com/stores/ok-tire-north-
vancouver-north-shore/

Vehicle repair/Mechanical and tire sales

OMAR DHARAMSI, OWNER

The Cadillac Man Auto Group

omar.the.cadillac.man@gmail.com

778.847.2535

BUSINESS EQUIPMENT AND TECHNOLOGIES

MARTY HALL, MANAGING DIRECTOR Purely CRM

200-1290 Homer Street, Vancouver BC

778.668.3969

mhall@purelycrm.com

www.purelycrm.com

IT Consulting Services

BRYCE ZUROWSKI, PRESIDENT-FINANCE & OPERATIONS JASON KEAN, PRESIDENT-SALES & DISTRIBUTION Les Hall Filter

Location 1: 338 East Esplanade Avenue,
North Vancouver BC, V7L 1A4

Location 2: 1C-30321 Fraser Highway,
Abbotsford BC, V4X 1T3

Phone: 604.986.5366 | Fax: 604.986.1438

bryce@leshallfilter.com

& jason@leshallfilter.com

www.leshallfilter.com

HVAC, Water, Engine, Hydraulics

COMMUNICATIONS

MARILYN MARCHMENT, PRINCIPAL big think communications inc.

Main Floor, 2516 Oxford Street,
Vancouver BC, V5K 1N1

604.215.7882

marilyn@bigthink.ca

www.bigthink.ca

CONSTRUCTION

MALCOLM MACKILLOP HandyMac Services

778.389.7626

info@handymacservices.ca

www.handymacservices.ca

General repairs & renovations of homes and
businesses-interior & exterior-LET ME TACKLE
YOUR TO-DO-LIST

ROB BOYD, OWNER/OPERATOR Endless Summer Landscapes

1277 Evelyn Street,
North Vancouver BC, V7K 3A7

604.710.8613

esummer@shaw.ca

Gardening, Hedging, Lawn care, Fencing,

Paver Installation, Retaining Walls, and Power
Washing.

IAIN DAVIDSON, OWNER Westcoast Drywall

604.319.4920

westcoastdrywall@hotmail.com

GRAHAM GIBBENS, PRESIDENT Northern Touch Landscaping Ltd.

1111 14th Street West,
North Vancouver BC, V7P 1J9

Phone: 604.987.6742 | Fax: 778.802.1215

info@northern-touch.com

www.northern-touch.com

Slab Prep Services Ltd.

DAVE HANNA, MANAGING PARTNER MINIMAL Glass and Door Ltd.

200-1675 West 2nd Avenue,
Vancouver BC, V6J 1H3

Phone: 778.327.8319 | Fax: 604.336.2245

dave@mglass.ca | www.mglass.ca

Supplies and installs architectural aluminum
windows and doors into high end home and
multi-family developments.

JIM DUNN, PRESIDENT Stack Modular

1309 Kootenay Street, Vancouver BC, V6J 1H3
Phone: 1-800-849-3190

info@stackmodular.com

www.stackmodular.com

Design and manufacturing of Modular steel
buildings.

MARK JACKSON, DIRECTOR
EnerVision

1904 Rivergrove Place, North Vancouver
Vancouver BC,
Phone: 778-877-0052
mark@enviormaticsgroup.com
www.enervision.ca
Construction/Energy Efficiency

SCOTT HARRISON, OWNER
The Design Den Homes Inc.

Phone: 778-991-0992
scott@designden.ca
www.designden.ca
Construction, In-house interior design & construction team

CONSULTING

ANDREA REID, RESIDENT/RECRUITER
Career Contacts

211-470 Granville Street,
Vancouver BC, V5C 1V5
Phone: 604.606.1831 | Fax: 604.606.1638
andrea@careercontacts.ca
www.careercontacts.ca
Career Contacts is a boutique recruiting agency based in Vancouver, Whistler and Squamish that assists companies to search and hire staff. We offer assistance with permanent, temporary recruitment, HR consulting, and any other phase of the talent search process.

FINANCIAL

SCOTT CARLSON, WEALTH MANAGER
Carlson Financial Group

2200-609 Granville Street,
Vancouver BC, V7Y 1H2
Phone: 604.643.7036 | Fax: 604.643.1836
scott.carlson@canaccord.com
www.carlsonfinancialgroup.com
Trust | Plan | Succeed. The North Shore's Wealth Advisor.

PAUL FENNEY, MORTGAGE BROKER
Verico The Mortgage Advantage

560-171 West Esplanade,
North Vancouver BC, V7M 3J9
604.83809
paulfenney@telus.net, www.paulfenney.com
Residential and commercial mortgage brokerage

THOMAS SUGGIT, VICE PRESIDENT & PORTFOLIO MANAGER**ZLC Wealth**

1200-666 Burrard St. Vancouver, BC
604.685.1096
tsuggitt@zlc.net

GABE HOFFART, MORTGAGE BROKER
Metro Financial Group

695 East Queens Road,
North Vancouver BC
Phone: 604.328.6924 | Fax: 604.608.9639
gabe@metrofinancialgroup.ca
www.gabehoffart.com

PETER PEARSON, PRESIDENT
Vocari Financial Solutions Inc.

105-40775 Tantalus Road,
Squamish BC, V8B 0N2
Phone: 1-866.878.6093 | Fax: 604.898.1632
vocari.financial@sunlife.com
www.vocarifinancial.com
Financial Planning Firm

NEIL SHARPHAM, PRESIDENT
Nova Retirement Planning Group

1638 Kerrstead Place,
North Vancouver BC, V7J 3T4
778.233.8989 | neilsharpham@shaw.ca
Conducts one, two and three day Retirement Planning Workshops, sells no product, does not take individual clients.

JEFF SMILGIS, CFP, FINANCIAL ADVISOR**The Smilgis Wealth Management Group, Raymond James Ltd**

778.773.4856
jeff.smilgis@raymondjames.ca
www.thinkingaboutretirement.ca
Financial Planning, Investments, Wealth Management

ROB PIERRI, PORTFOLIO MANAGER, DIRECTOR**Odlum Brown**

#1100 - 250 Howe Street,
Vancouver, BC, V6C 3S9
604-844-5608
rpierri@odlumbrown.com
www.odlumbrown.com/advisors/advisor-detail/rob-pierri
Providing investment management services to individuals, families and business owners.

NIKKI CHARLTON, STEPHANIE DANIELS, AND MICHAEL KORBIN, PARTNERS**SHARAN SANGHA, DIRECTOR OF PROFESSIONAL DEVELOPMENT & MARKETING****Farris LLP**

2500-700 West Georgia Street,
Vancouver, BC, V7Y 1B3
Phone: 604-684-9151 | Fax: 604-661-9349
ncharlton@farris.com & sdaniels@farris.com
& mkorbin@farris.com & ssangha@farris.com
info@farris.com | www.farris.com

JANET S. DE VITA, PARTNER
Watson Geopel LLP

1700 - 1075 West Georgia Street,
Vancouver BC, V6E 3C9
Phone: 604-642-5676 | Fax: 604-688-8196
jdevita@watsongoepe.com
www.watsongoepe.com

STEPHANIE FABBRO
Hamilton Fabbro Lawyers

1400 - 1030 West Georgia Street,
Vancouver BC, V6E 2Y3
Phone: 604-687-8284 | Fax: 604-687-1125
stephanie@hamiltonfabbro.com
www.hamiltonfabbro.com
Boutique family law firm, mediation, arbitration, parenting coordination

DREW DEMERSE, PARTNER
Roper Greyell LLP

1850-745 Thurlow Street, Vancouver BC
Phone: 604-806-3852
ddemerse@ropergreyell.com
www.ropergreyell.com
Law firm - employment & labour lawyers

FRANCINE RATRAY, BARRISTER & SOLICITOR
604-812-8616 | francine@fnlaw.ca
*Indigenous Governance Law***CHRIS MOORE, PARTNER**
McLean & Armstrong LP

300-1497 Marine Dr. West Vancouver BC
Phone: 604-925-0672
chrismoore@mcleanarmstrong.com
www.mcleanarmstrong.com

WARREN CAMPBELL, CO-OWNER
Cove Continuity Advisors

270-2255 Dollarton Highway,
North Vancouver, BC, V7H 3B1

Phone: 778-655-6219

warren@coveadvisors.com

www.coveadvisors.com

*Providing for the continuity of our client's
business/family assets and values due to the
unexpected*

MEDICAL & DENTAL

PATRICK HANEY, PRESIDENT
Keir Surgical Ltd.

126-408 East Kent Avenue South,
Vancouver BC, V5X 2X7

604.261.9596

patmhane@keirsurgical.com

www.keirsurgical.com

Distributor of Surgical Products

DR. HARMAN MANGAT, DENTIST
Seycove Dental

4319 Gallant Avenue, North Vancouver BC
604.929.5022

info@seycovedental.com

www.seycovedental.com

*Boutique family dental office located in the
heart of deep cove village*

DR. BRIAN ROSS, DENTIST
Boundary Dental Clinic

#208-3815 Sunset Street,
Burnaby BC, V5G 1T4

604.438.2464

boundarydental@telus.net

NON-PROFIT

NOAH MORANTZ, DIRECTOR
Canucks Autism Network

101-2020 Yukon Street, Vancouver BC, V5Y
3N8

Phone: 604.685.4049 | Fax: 604.685.4018

noah.morantz@canucksautism.ca

www.canucksautism.ca

*Sports, recreational and social programs for
individuals with ASD, including swimming,
skating and hockey.*

WADE BARTOK, BOARD MEMBER
Athletics for Kids (A4K)

214 – 901 3rd Street West, North Vancouver,
BC, V7P 3P9

Phone: 604-221-7529

valerie@a4k.ca | www.a4k.ca

*We fundraise to provide registration fees for
amateur sport*

OFFICE FURNITURE

ROB WILLIAMS, PRESIDENT
Chairlines

102-256 West 7th Avenue,

Vancouver BC, V5Y 1M1

Phone: 604.736.7623 or 604.341.8567

Fax: 604.736.7620

robw@chairlines.com | www.chairlines.com

*Ergonomic office chairs, furniture, and
workplace solutions*

PHYSIOTHERAPY

ZENYA KASUBUCHI,
MANAGING PARTNER

Allan McGavin Sports Medicine
Centre Physiotherapy

604-537-4004

www.allanmcgavinphysio.com

NORTH VANCOUVER (NSWC)

1325 E. Keith Rd

North Vancouver BC, V7J 1J3

Phone: 604-980-0222

Fax: 604-914-2163

nswc@allanmcgavinphysio.com

PLAZA OF NATIONS (DOWNTOWN)

B103 – 750 Pacific Boulevard,

Vancouver BC, V6B 5E7

Phone : 604-642-6761

Fax : 604-642-6762

plaza@allanmcgavinphysio.com

CHAN GUNN PAVILION (UBC)

2553 Wesbrook Mall,

Vancouver BC, V6T 1Z3

Phone: 604-822-6833

Fax: 604-630-7088

info@allanmcgavinphysio.com

DAWN SIEGEL SAUNDERS,
PHYSIOTHERAPIST/OWNER

Hollyburn Physiotherapy

301-1549 Marine Drive,

West Vancouver BC, V7V 1H9

Phone: 604.926.6868 | Fax: 604.926.8206

office@hollyburnphysio.com

www.hollyburnphysio.com

PRINTING AND

APPAREL

ROB CRONK, PRINCIPAL
RCD Solutions Inc

1057 23rd St West,

North Vancouver BC, V7P 2H1

Phone: 604.453.0222 | Fax: 604.227.4394

info@rcdsolutions.ca | www.rcdsolutions.ca

*Complete Print, Apparel, and Promotion
Solutions*

WILL ERICKSON,
SENIOR ACCOUNT MANAGER

BrandAlliance

40 East 5th Avenue, Vancouver BC, V5T 1G8

604.877.4623

will.erickson@brandalliance.com

www.brandalliance.com

Helping Your Brand... Compete. Create.

Differentiate. Overcome. Shine. Dominate.

Dream. Build. Lead. Reinvent. Recognize. Work.

WIN.

REAL ESTATE

JOE CAMPBELL, OWNER
Joe Campbell, a Personal Real
Estate Corporation

101-2609 Westview Drive,

North Vancouver BC, V7N 4M2

604.657.1480

joe@joecampbell.ca | www.joecampbell.ca

Successfully selling the North Shore since 1990

JASON MAH, PRINCIPAL
Avison Young

Suite 2900, 1055 West Georgia Street,

Vancouver BC | 604.603.9060

jason.mah@avisonyoung.com

www.avisonyoung.com

Commercial Leasing and Investment Sales

VANESSA MILLER, OWNER**MillerWark Real Estate**

#355-1385 West 8th Avenue, Vancouver BC
778.558.6377

vanessa@millerwark.com

www.millerwark.com

*Realtors specializing in resale and projects sales
on the Lower Mainland*

MIKE PARMINTER, REALTOR**Royal LePage Sussex**

2996 Lonsdale Avenue, North Vancouver BC
604.626.5028

mike@parminter.ca | www.parminter.ca

*Your trusted teammate, fellow member
and North Shore Realtor*

JOY RUSSELL-BURR**Russells, Notaries Public**

2458 Haywood Avenue, Dundarave Village,
West Vancouver BC, V7V 1Y1

Phone: 604.926.4450 | Fax: 604.926.3450

joy@russellsnotary.com

www.dundaravevillage.ca/russells-notaries-
dundarave

*Notary Public specializing in Real Estate
Conveyancing and Mortgages*

GARRY VALK, OWNER**Garry Valk, a Personal
Real Estate Corporation**

604.551.9855

garry@garryvalk.com | www.garryvalk.com

North Shore expert!

JEFF LICHIMO, OWNER**Mortgage Consultant,
Elite Lending Corp.**

Phone: 604-512-8892

jeff.lichimo@elitelending.ca | www.

jefflichimo.ca

Address: 4830 Nanaimo Street,
Vancouver, BC V5N 0A8

*Elite Lending Corp is a full service mortgage
brokerage team with associates based
throughout British Columbia and Alberta.
I strive to provide the highest standard
of mortgage expertise and services to
my customers through a dedication to
professionalism, advocacy and ethics. I am
dedicated to providing my clients with an
exemplary customer service experience.*

**KELSIE STRUCH/MORGAN
DUVERNET****Kelsie And Morgan Real Estate
Group**

104- 2770 Valley Centre Avenue, North
Vancouver, BC

778-387-6090/604-209-1230

info@kelsieandmorgan.com

www.kelsieandmorgan.com

Realtors serving the North Shore and Vancouver

RESTAURANT**JENNIFER ROSSI, PARTNER****Farina a Legna**

119 East 2nd Street, North Vancouver BC

Phone: 604-980-3300

info@farinaalegna.com

www.farinaalegna.com

Wood fired pizzeria offering an assortment
of traditional appetizers, salads, pizzas,
pastas, desserts, wine and aperitive.

RETAIL**YOVAN MILOJEVIC, PRESIDENT****Lapidus Trophies & Engraving |
Europe Lock & Key Ltd.**

114 West Esplanade,
North Vancouver BC, V7M 1A2

Phone: 604.983.2513 | Fax: 604.983.2513

yovan@telus.net | www.lapidustrophies.com

*Awards and recognition products for every
occasion, engraving, and custom orders. Locks,
key cutting, locksmith service in store and on the
road. On the North Shore for 30 years.*

STEVE SZENTVERI, OWNER**Time Out Source for Sports**

235 Mountain Highway,
North Vancouver BC, V7J 3P2

Phone: 604.980.9211 | Fax: 604.980.1851

sales@timeoutsports.ca

www.timeoutsports.ca

*Retailer of hockey, baseball, and soccer
equipment; full service pro shop; team and
association sales.*

TODD CUNNINGAM,**OWNER/OPERATOR****My Wine Cellar**

#112-1501 Lonsdale Ave, North Vancouver BC,

Phone: 604-987-8070

todd@mwc.ca | www.mwc.ca

Craft Wine Making

SERVICES**CHRIS FREDERICK, PRESIDENT****North Shore Pest Detective**

#200-930 West 1st Street, North Vancouver
BC, V7P 1A2

Phone: 604-988-3330

info@pestdetective.com

www.pestdetective.com

*Professional Pest Control Management Services
- Residential, Commercial, and Industrial*

MIKE MCANDREW, OWNER**Core Electric Services Ltd.**

2nd Floor-1415 Crown Street,
North Vancouver BC, V7J 1G4

778.833.4100

mmcandrew@core-electric.com

https://core-electric.com/

KELLY WRIGHT, OWNER**Vancouver/Burnaby Pest Detective**

2856 Eton Street, Vancouver BC, V5K 1K5
604.685.3377

greatervancouver@pestdetective.com

www.pestdetective.com

*Professional Pest Control Management
Services-Residential, Commercial, and Industrial*

DAVE CLAUSON, OWNER**Cove Power**

1455 Percy Court, North Vancouver, BC
604-218-3375

info@covepower.com

www.covepower.com

Your Local Electrician

EMILY MURGATROYD,**FOUNDING PARTNER, CO-OWNER****Ivy Group**

604-377-9255

emily@myivy.co

www.myivy.co

*Executive and professional search for growing
Canadian companies and companies growing
into Canada.*

NATHAN MCLEOD, OWNER

**Whistler Wired Vacations and
Property Management**

201-4000 Whistler Way, Whistler, BC V8E 1H8

604-935-2540

nathan@whistlerwired.com

www.whistlerwired.com

*We manage vacation homes in Whistler and
make vacation bookings.*

VIDEO PRODUCTION

NICHOLAS SHEPARD, OWNER

Blue Chip Productions Inc.

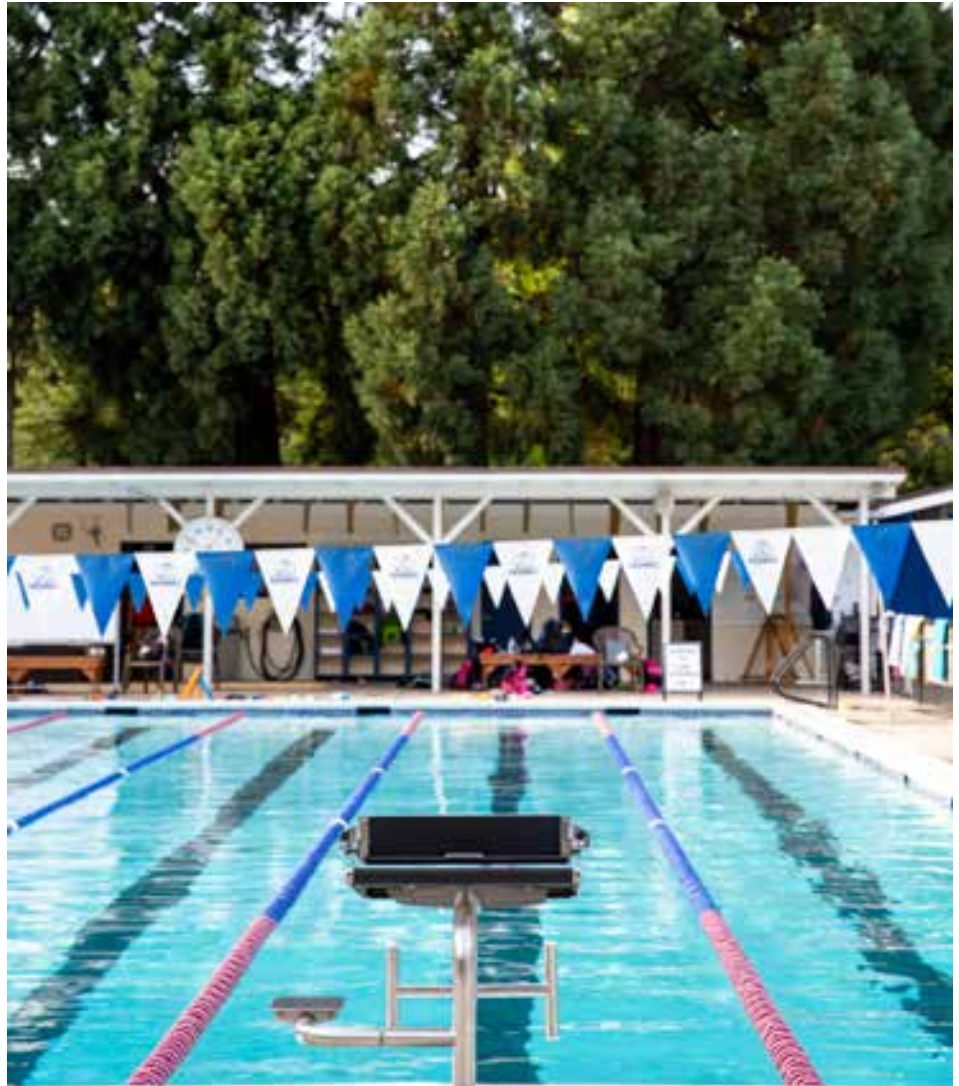
604.263.2434

info@bluechipproductions.ca

www.bluechipproductions.ca

*A leading Vancouver video production agency
with a team of experts with extensive experience
in video production, digital marketing, SEO,
and advertising combined with a cost effective
production methodology.*

We include NSWC Member business
information at no charge. If you would like
your business included in our Directory,
please contact fgill@nswc.ca.



GREG JOHNSON

NORTHSHOREREAL.
ESTATE



North Shore Expert
(604) 561-6316



BROKERED BY
exp
REALTY



JRG
JOHNSON REALTY GROUP

Johnson Realty Group-brokered
by eXp Realty
North Vancouver, BC

Greg Johnson
REALTOR®

greg@northshorereal.estate

Gregory Johnson Personal Real Estate Corporation



NORTH SHORE
WINTER CLUB



Follow us on Instagram & Facebook

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