



NORTH SHORE WINTER CLUB

Fall 2023 Program Guide



FALL REGISTRATION

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

Members

10:00am
10:30am
11:00am
11:30am

July 25th, 2023

Adult Tennis
Junior Tennis
Hockey
All Other Programs

Non Members August 8th, 2023

10:00am All Programs



26TH ANNUAL TNT TOURNAMENT



DECEMBER 16-21, 2023

CONTACT INFO: HOCKEY@NSWC.CA

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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



@myNSWC



SENIOR MANAGEMENT TEAM



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jhayes@nswc.ca



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

PROGRAM REGISTRATION INFORMATION

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 July 25th, 2023

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

Non Member Registration opens on August 8th, 2023

10:00am	All Programs
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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 2 weeks (14 days) before program start
- **50% Refund:** up to 1 week (7 days) before program start
- **No Refund:** within 2 days (48 hours) of program start
- **The day the program starts is not included in the required notice period.**

NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.

- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.
- Changes and Cancellations exceeding 3 in a single season are subject to a 5% administrative fee

Hockey: Full refunds will be applicable to those whose team schedules conflict with hockey programming

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

SKATE SHARPENING

Available at Member Services.

- Drop off and pick up your skates at Member Services
- 24 hour turnaround to have your skates sharpened
- Single or 10 pack available

GIFT CERTIFICATES AVAILABLE

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

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

Pickleball Club Championships



Wonderfully athletic and happy ladies striking a pose at the Club Championships. These ladies took home a lot of trophies!



Sue Cleall and Suzy Goeson pose for a quick snapshot after a hard fought match in the NSWC Pickleball Club Championships in May.



The Pickleball Club Championship Western party was all smiles, boots, and cowboy hats! What a fun night of country dancing and good food! Thanks to the 88 players who participated in the tournament.

MEMBER MOMENTS

Grand Slam French Open Championship

Winners and Finalists pose for the Grand Slam French Open Championship in May. The 8-round doubles mixer was full to capacity with 24 men and 24 women participating. There are 4 Grand Slam tennis events each year. It's the best format for playing with so many different partners in one evening. Super fun!



Outdoor Dance Recital

The final outdoor dance recital is always a highly anticipated event of the year and a great way to wrap up the competitive dance season. The dancers started performing outside at the club because of Covid restrictions and loved it so much it became a tradition. What a joy to see the dancers' faces light up with their loved ones watching. The dancers are all wonderful and the atmosphere is magical. It was a night full of dance, community, friends and family. Thank you to the NSWC and to everyone who came out to support the dance program.



FEATURED ATHLETE

Matt Burchill



Age: 46

How many years have you been at the North Shore Winter Club?

5

What is your favorite exercise?

Bulgarian Split Squats

What is your biggest accomplishment in fitness?

Continued domination of the 6am dudes group here at the NSWC. Just kidding, keeping my body and mind healthy enough to play sports and be a great coach and Dad.

What is your favorite pre-workout meal?

Coffee

Besides working out, what other activities do you enjoy?

Senior Men's Hockey, coaching youth sports

What do you enjoy most about the NSWC gym?

The Comradery with my gym friends & the post workout sauna.

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.



FALL FEATURED RECIPE

Homemade Apple Cider

INGREDIENTS

- 10–12 medium apples (assorted types), quartered
- 2 oranges, quartered (also peeled, if you would like your cider less tart)
- 4 cinnamon sticks
- 1 tbsp. whole cloves
- optional extra seasonings: 1 tsp. whole allspice, 1 whole nutmeg, and/or 1 inch fresh ginger
- 16 c. water, more or less
- 1/2 c. sweetener of choice (brown sugar or maple syrup recommended)

DIRECTIONS

1. Combine your ingredients in a stockpot. Add the apples, oranges, cinnamon, cloves and (optional) extra seasonings to a large stockpot. Cover with water, leaving about an inch or two of space at the top of the stockpot.
2. Simmer. Heat the cider over high heat until it reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 2 hours, or until the apples are completely soft.
3. Mash the apples and oranges. Using a potato masher or a wooden spoon, take a minute to mash all of the apples and oranges against the side of the stockpot to release more of their flavors. Then cover and simmer for 1 more hour.
4. Strain. Using a fine-mesh strainer or a cheesecloth, strain out all of the solids (apples, oranges, spices), pressing them against the strainer to release all of their juices. Discard the solids.
5. Sweeten. Stir in your desired amount of sweetener, to taste.
6. Serve warm. Then, your cider is all ready to go!



FALL FEATURED RECIPE

Glazed Pumpkin Cookies

INGREDIENTS

- 4 c. all purpose flour
- 1/4 tsp. baking soda
- 1/4 tsp. cream of tartar
- 1 tsp. salt
- 1/2 tsp. pumpkin pie spice
- 1/2 tsp. cinnamon
- 1/4 tsp. ground cloves
- 1/4 tsp. nutmeg
- 1/2 c. butter, softened
- 1/2 c. vegetable oil
- 1 c. pumpkin puree
- 1 c. granulated sugar
- 1/2 c. powdered sugar
- 1/2 tsp. vanilla
- 2 large eggs
- For the Glaze:
 - 3 c. powdered sugar
 - 4 tbsp. half & half (or milk)
 - 1/2 tsp. pumpkin pie spice
 - 1/2 tsp. cinnamon

DIECTIONS

1. Preheat your oven to 350 degrees F.
2. In a large bowl, whisk together the flour, baking soda, cream of tartar, salt, and spices; set aside. In another large bowl, beat together the butter, oil, pumpkin, sugars, vanilla, and eggs. Mix until smooth. Then, slowly mix in the dry ingredient until completely incorporated.
3. Using a 1 1/2 tablespoon scoop, place the dough onto a baking sheet lined with parchment paper (or a silicone baking mat). Use a glass to flatten the dough to about 1/2 inch thick. (If the dough sticks, press the bottom of the class in granulated sugar before flattening the dough.) Bake for 8-9 minutes.
4. Once baked, transfer the cookies to a cutting board to cool.
5. While the cookies cool, prepare the glaze. Whisk together all of the ingredients until smooth. If your glaze is too thick, add more milk. If it's too thin, add more powdered sugar.
6. Once the cookies are cool, use a spoon and spread glaze over top of each cookie. Let the glaze harden before serving or packing away.



A group of hockey players in red and black uniforms are huddled on an ice rink, holding their sticks.

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.

A tennis court with a blue surface and a person in the background.

TENNIS

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

An outdoor swimming pool with a red umbrella and a building in the background.

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

An outdoor dining area with tables, chairs, and a thatched roof.


DINING

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

Several pickleball courts with blue and green surfaces, with people playing.

PICKLEBALL

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

A fitness center with various exercise equipment like treadmills and bikes.

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



SANTA'S BREAKFAST 2023

SATURDAY, DECEMBER 09

**COME JOIN US FOR A FESTIVE FAMILY BREAKFAST
SERVED BY YOUR FAVORITE MANAGEMENT AND
STAFF!**

**SEATING PLACEMENTS AT 9:15AM OR 10:45AM
REGISTRATION AVAILABLE ON GAMETIME**



Dance

FALL 2023

DANCE WITH CHRISTIE

Christie will be offering both her recreational and competitive dance programs at the club 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.

Recreational classes run in approximately 8 weeks sessions and will be available for registration on gametime.

The fall schedule will be announced soon on her website and social media accounts. Registration will be available on gametime once confirmed. Please follow her on social media for all the latest updates.

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: 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.

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!



MEET THE TEAM

Physiotherapists

RYAN HILL

Born and raised in North Vancouver, Ryan is the director of the clinic and his passion for Physiotherapy began at the age of 15 years old when he ruptured his ACL playing bantam football. Since then, he has graduated from UBC's Bachelor of Human Kinetics in 2008 & UBC's Master of Physical Therapy in 2010. He is also certified by the Acupuncture Foundation of Canada Institute & UBC Gunn Intramuscular Stimulation Dry Needling for trigger point therapy. Ryan is a member of Sport Physiotherapy Canada and has volunteered at numerous local sporting events providing on-site care. He holds the Advanced Diploma of Manual & Manipulative Physiotherapy and has a keen interest in post-concussion, dizziness, & chronic pain. Ryan is a recreational triathlete (2x Ironman Canada) who loves all outdoor sports.



SHELDON CROUSE

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

the Orthopaedic Division Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy Level I and Level II courses. Sheldon has also completed his Acupuncture AAI and advanced practice IMS/dry needling. He is actively working towards achieving his Diploma in Sport Physiotherapy by acting as team physiotherapist for elite hockey teams. He is passionate about helping people return to active living and maximizing function/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.



Chiropractor

DR. TYLER HUNSBERGER

Tyler completed a Bachelor of Science in Exercise Science on a four-year tennis scholarship from Bloomsburg University of Pennsylvania. From there, he obtained his Bachelor of Science in Human Biology

and Doctor of Chiropractic from the National University of Health Sciences in Chicago. Tyler shortly thereafter opened a practice in Vancouver (Broadway at Burrard Chiropractic) and has been there for almost 20 years. Since moving to North Vancouver with his family and becoming NSWC members, Tyler hopes to slowly transition working on the North Shore.

Tyler has been certified by the national chiropractic examining boards of Canada/United States and is an active member of the British Columbia Chiropractic Association, British Columbia College of Chiropractic, Ontario Chiropractic Association, and the Canadian Chiropractic Association.

Tyler enjoys working with all athletes from the professional to the weekend warrior. He has experience as a consultant for Vancouver's film & television industry, certified in Full-Body ART®, worked as a certified golf rehab instructor, & provides orthotics services. Tyler enjoys playing tennis, hockey, skiing, biking, surfing/ windsurfing and golf.



Massage Therapist

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.



Body Worker

FLIXZL REYES

A recent graduate of the Registered Massage Therapy (RMT) program at Vancouver Career College, Flixzl will be

working full time as a body worker until he completes his board exams and final registration as a RMT. Flixzl has experience working as a personal trainer with Certification from the National Academy of Sports Medicine. Flixzl was a NCAA wrestler at SFU for 2 years before entering RMT school. He still enjoys wrestling as well as practicing MMA, weight lifting and bodybuilding



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.

Youth Camps & Child Minding

CHILD MINDING

Child Minding – Kids Corner

Ages: 18 mths –7 yrs

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

HOURS OF OPERATION

Mon–Fri: 4pm–8pm

MEMBER PACKAGE

\$72 mos per child

(\$28 for each additional child)

Member Drop In

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

RESTRICTIONS

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

Friday Fun Nights

(excluding long weekends)

5pm–9pm

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

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



BIRTHDAY PARTY PACKAGES

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. Maximum of 25 children. Parent involvement is required. Price includes table, chairs, utensils, plates. No outside food is permitted in the Club with the exception of Birthday Cake.

Birthday Parties must be booked 2 weeks in advance of the date and final numbers are due one week in advance of the booking.

Please reach out to catering@nswc.ca with any questions.



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!



Fitness

FALL 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.



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

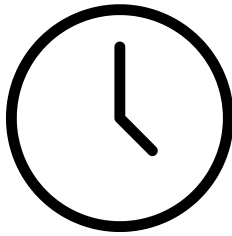


NORTH SHORE
WINTER CLUB



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



Minor Hockey

FALL 2023



CAM PADDOCK
Director of Hockey
cpaddock@nswc.ca



EVAN RICHARDSON
Assistant Director of Hockey
erichardson@nswc.ca



CASSIDY WAIT
Hockey Administrator
cwait@nswc.ca

GENERAL INQUIRIES EMAIL
hockey@nswc.ca

Learn To Skate (Hockey)

Ages: 3 yrs – 5 yrs

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

LEARN TO SKATE 1

Sep 23 – Dec 9

Sat: 9 sessions

(No session Sept 30, Oct 7 & Nov 11)

8:15am – 9:00am

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

LEARN TO SKATE 2

Sep 23 – Dec 9

Sat: 9 sessions

(No session Sept 30, Oct 7 & Nov 11)

9:00am – 9:45am

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

Cookie Monsters

Ages: 5 yrs – 7 yrs

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

BEGINNER

Sep 23 – Dec 12

Tue & Sat: 21 sessions

(No session Sept 30, Oct 7 & Nov 11)

Tue 4pm – 4:45pm

Sat 9:45am – 10:30am

INTERMEDIATE

Sep 23 – Dec 12

Tue & Sat: 21 sessions

(No session Sept 30, Oct 7 & Nov 11)

Tue 4:45pm – 5:30pm

Sat 10:30am – 11:15am

ADVANCED

Sep 25 – Dec 14

Tue & Sat: 21 sessions

(No session Sept 30, Oct 7 & Nov 11)

Tue 5:30pm – 6:15pm

Sat 11:30am – 12:15pm

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

Power Edge Pro

Power Edge Pro is an on-ice player development system utilizing proprietary equipment and training patterns, widely popular amongst the pros such as Connor McDavid and Connor Bedard. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance and deceptive movements. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills. As one of the only PEP certified places in the lower mainland, our coaches are all certified to get the maximum amount of development out of this level of training. Full hockey equipment is required.

Sep 24 – Dec 10 | Sun: 10 sessions

(No session Oct 8 & Nov 12)

2:45pm - 3:45pm U8/U9

4:00pm – 5:00pm U13

5:15pm – 6:15pm U11

6:30pm – 7:30pm U15/U18

Member: \$450 | Non Member: \$675





Power Skating

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

Coach: Karen Kos

Sep 24 – Dec 10 | Sun: 19 sessions
(No session Oct 8, Oct 22 & Nov 12)

4:30-5:15pm U7/U8

5:15-6:00pm U9

6:15-7:00pm U11

7:00-7:45pm U11

8:00-8:45pm U13

8:45-9:30pm U15/U18

Member: \$333 | Non Members: \$495

Puck Skills

With today's game being focused on speed, not only do players need to have a quick shot, but being deceptive will take their game to the next level. In this program we will be focusing on being deceptive when it comes to (A) stick handling; how to hide our shot and (B) shooting; making other players think you are doing something different. We will focus on body language techniques, evasive movements pertaining to shooting, and stick handling techniques to get goalies to drop. And much, much more. Full hockey equipment required.

Sep 23 – Dec 9 | Sat: 9 sessions

(No session Sept 30, Oct 7 & Nov 11)

5:15pm – 6:15pm U8/U9

6:30pm – 7:30pm U11

7:45pm – 8:45pm U13/U15

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

Offensive Zone Play (Forwards & Defense) + PASSING and Positional Play

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

Coach: TBD

Sep 23 – Dec 9 | Sat: 9 sessions

(No session Sept 30, Oct 7 & Nov 11)

12:00pm – 1:00pm U9

1:15pm – 2:15pm U13/U18

2:30pm – 3:30pm U11

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

Skating That Translates

In this program you will understand the basics of edge work all the way to the complexity of it. It will provide a good base for your son or daughter to understand how to truly push and transfer their weight on the ice in their skates. In this program we want your son or daughter to understand the "who, what, where, when, why" of edging. The goal is to be able to build a strong base and understanding that it will make an impact in their game immediately. Full hockey equipment is required.

Coach: Ben Payne

LEARNING OUTCOMES:

- *Glide Turns*
- *Pivots (4 step process)*
- *Creating smart skating attack angles*
- *Forwards to backwards & backwards to forwards transitions*
- *Inside edges*
- *Outside edges*
- *How to properly maintain upper body control and posture during edgework*
- *Understanding how edgework will transition into your game*

Sep 23 – Dec 9 | Sat: 9 sessions

(No session Sept 30, Oct 7 & Nov 11)

5:30pm – 6:30pm U9

6:30pm – 7:30pm U11

7:45pm – 8:45pm U13

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

Female Adult Skills & 3on3

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

Sep 28 – Dec 14 | Thu: 12 sessions

8:30pm – 9:30pm

Member: \$180 | Non Member: \$270

Sr. Men's Hockey

Philosophy

The North Shore Winter Club takes great pride in providing a world-class hockey experience at all ages.

The Senior Men's Hockey League is designed to provide a safe, fun, social and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's as rewarding on and off the ice.

Senior Men's is governed by the Hockey Committee, who's mission is to maintain a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members and to welcome new members into a friendly and enjoyable hockey focused organization.

Division 1

Sr. Men's Div. 1 is a fast competitive league with lots of young players. They enjoy the quick competition with a friendly rivalry between teams. There is a draft for new teams each year to try and mix up the players and it creates a more social atmosphere.

Division 2

Sr. Men's Div. 2 uses the same format as Div. 1, with the same friendly rivalries and an annual draft, but the pace is a little slower. So if you do not want to chase player's fresh out of minor hockey, this is where you want to be! Div. 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

There is also the chance to spare on teams, which allows you to play when you don't have a game scheduled or if you can't make your own team's ice time. No shortage of ice-time!



Annual All Star Game

Every Super Bowl weekend, the NSWC organizes multiple All Star games on the Friday to showcase the numerous talented members who play in our league. This fun night includes a buffet, drink specials, exciting hockey games to watch and an overall good time!

Playoffs & Banquet

Playoffs begin right after spring break, with the competition ramping up as teams give it everything they've got in order to try and win the coveted Sr. Men's Championship Trophy! (Which comes with huge bragging rights, of course!). The year finishes in April with Championship games for both Div. 1 & 2, followed by a wrap up banquet at the NSWC!

Registration & Fees

Registration will be available early August. \$650 for the season (includes ice user fee's)

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

FALL 2023



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

RED BALL TENNIS

(ages 5-7)

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

Sept 9 – Dec 16

Sat: 12 sessions

(no session Sept 30, Oct 7 and Nov 11)

12pm – 1pm

Member: \$312 | Non Member: \$396

Sept 5 – Dec 19

Tue: 15 sessions (no session Oct 31)

3:30pm – 4:30pm

Member: \$390 | Non Member: \$495

Sept 8 – Dec 22

Fri: 16 sessions | 3:30pm – 4:30pm

Member: \$416 | Non Member: \$528

ORANGE BALL TENNIS

(ages 8-10)

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

Sept 9 – Dec 16

Sat: 12 sessions

(no session Sept 30, Oct 7 and Nov 11)

1pm – 2pm

Member: \$312 | Non Member: \$396

Sept 5 – Dec 19

Tue: 15 sessions (no session Oct 31)

3:30pm – 4:30pm

Member: \$390 | Non Member: \$495

Sept 8 – Dec 22

Fri: 16 sessions | 3:30pm – 4:30pm

Member: \$416 | Non Member: \$528

GREEN BALL TENNIS

(ages 11-12)

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

Sept 9 – Dec 16

Sat: 12 sessions

(no session Sept 30, Oct 7 and Nov 11)

2pm – 3pm

Member: \$312 | Non Member: \$396

Sept 5 – Dec 19

Tue: 15 sessions (no session Oct 31)

3:30pm – 4:30pm

Member: \$390 | Non Member: \$495

Sept 8 – Dec 22

Fri: 16 sessions | 3:30pm – 4:30pm

Member: \$416 | Non Member: \$528

TEEN TENNIS – SAT

(ages 12+)

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

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

Sept 9 – Dec 16

Sat: 12 sessions

(no session Sept 30, Oct 7 and Nov 11)

3pm – 4pm

Member: \$312 | Non Member: \$396



Adult Tennis

FALL 2023



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

ADULT DRILLS DIVISION 2 & 3

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

Sept 8 – Oct 27

Fri: 8 sessions | 11am – 12pm
Member: \$216

Nov 3 – Dec 22

Fri: 8 sessions | 11am – 12pm
Member: \$216

ADULT DRILLS DIVISION 3 & 4

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

Sept 5 – Oct 31

(no session Oct 17)
Tue: 8 sessions | 8pm – 9pm
Member: \$216

Nov 7 – Dec 19

Tue: 7 sessions | 8pm – 9pm
Member: \$189

Sept 7 – Oct 26

Thur: 8 sessions | 10am – 11am
Member: \$216

Sept 7 – Oct 26

(no session Oct 19)
Thur: 7 sessions | 7pm – 8pm
Member: \$189

Nov 2 – Dec 12

Thur: 8 sessions | 7pm – 8pm
Member: \$216

Sept 8 – Oct 27

Fri: 8 sessions | 9am – 10am
Member: \$216

Nov 3 – Dec 22

Fri: 8 sessions | 9am – 10am
Member: \$216

ADULT DRILLS DIVISION 4 & 5

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

Sept 5 – Oct 31

(no session Oct 17)
Tue: 8 sessions | 7pm – 8pm
Member: \$216

Nov 7 – Dec 19

Tue: 7 sessions | 7pm – 8pm
Member: \$189

Sept 7 – Oct 26

Thur: 8 sessions | 10am – 11am
Member: \$216

Nov 2 – Dec 21

Thur: 8 sessions | 10am – 11am
Member: \$216

Sept 7 – Oct 26 (no session Oct 19)

Thur: 7 sessions | 8pm – 9pm
Member: \$189

Nov 2 – Dec 21

Thur: 8 sessions | 8pm – 9pm
Member: \$216

Sept 8 – Oct 27

Fri: 8 sessions | 10am – 11am
Member: \$216

Nov 3 – Dec 22

Fri: 8 sessions | 10am – 11am
Member: \$216

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.

Sept 11 – Dec 18

(No session Oct 2, Oct 9, Nov 13)
Mon: 12 sessions | 10am – 11am
Member: \$324

Sept 5 – Oct 24

Tue: 8 sessions | 10am – 11am
Member: \$216

Oct 31 – Dec 19

Tue: 8 sessions | 10am – 11am
Member: \$216

Sept 5 – Oct 31

(no session Oct 17)
Tue: 8 sessions | 6pm – 7pm
Member: \$216

Nov 7 – Dec 19

Tue: 7 sessions | 6pm – 7pm
Member: \$189

Sept 6 – Oct 25

(no session Oct 18)
Wed: 7 sessions | 8pm – 9pm
Member: \$189

Nov 1 – Dec 20

Wed: 8 sessions | 8pm – 9pm
Member: \$216

Sept 7 – Oct 26

Thur: 8 sessions | 11am – 12pm
Member: \$216

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.

Sept 11 – Dec 18
(No session Oct 2, Oct 9, Nov 13)
Mon: 12 sessions | 9am - 10am
Member: \$324

Sept 19 – Oct 31
Tue: 7 sessions | 9am - 10am
Member: \$189

Sept 20 – Nov 1
Wed: 7 sessions | 9am - 10am
Member: \$189

Sept 6 – Oct 25
(no session Oct 18)
Wed: 7 sessions | 7pm - 8pm
Member: \$189

Nov 1 – Dec 20
Wed: 8 sessions | 7pm - 8pm
Member: \$216

Sept 7 – Oct 26
Thur: 8 sessions | 9am - 10am
Member: \$216

Sept 7 – Oct 26
Thur: 8 sessions | 11am – 12pm
Member: \$216

Nov 2 – Dec 21
Thur: 8 sessions | 11am – 12pm
Member: \$216

MEN'S TENNIS TRAINING *(LEVEL 3.0 – 3.5 +)*

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

Sept 5 – Oct 24
Tue: 8 sessions | 9am - 10am
Member: \$216

Oct 31 – Dec 19
Tue: 8 sessions | 9am - 10am
Member: \$216

Sept 6 – Oct 25
(no session Oct 18)
Wed: 7 sessions | 6pm - 7pm
Member: \$189

Nov 1 – Dec 20
Wed: 8 sessions | 6pm - 7pm
Member: \$216

Sept 7 – Oct 26 (no session Oct 19)
Thur: 7 sessions | 7pm – 8pm
Member: \$189

Nov 2 – Dec 21
Thur: 8 sessions | 7pm – 8pm
Member: \$216

Sept 8 – Oct 27
Fri: 8 sessions | 10am – 11am
Member: \$216

Nov 3 – Dec 22
Fri: 8 sessions | 10am – 11am
Member: \$216

MEN'S TENNIS TRAINING *(LEVEL 4.0 +)*

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

Sept 11 – Dec 18
(No session Oct 2, Oct 9, Nov 13)
Mon: 12 sessions | 9am - 10am
Member: \$324

Sept 6 – Oct 25
Wed: 8 sessions | 9am - 10am
Member: \$216

Nov 1 – Dec 20
Wed: 8 sessions | 9am - 10am
Member: \$216

Sept 7 – Oct 26
Thur: 8 sessions | 9am - 10am
Member: \$216

Nov 2 – Dec 21
Thur: 8 sessions | 9am - 10am
Member: \$216

Sept 8 – Oct 27
Fri: 8 sessions | 9am - 10am
Member: \$216

Nov 3 – Dec 22
Fri: 8 sessions | 9am - 10am
Member: \$216

LADIES DOUBLES DAY LEAGUE *(LEVEL 2.0 – 3.5)*

This will be a competitive Match Play format with Coach Amy helping everyone with doubles positioning, tactics, and game strategy. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be kept up to date.

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

Sept 8 – Oct 27
Fri: 8 sessions | 11:45am – 1:00pm
Member: \$160

Nov 3 – Dec 22
Fri: 8 sessions | 11:45am – 1:00pm
Member: \$160

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 six (6) court bookings within a 7-day period. Maximum two (2) Prime-Time bookings.
- A player may also walk-on to empty courts by checking into front desk 15 minutes in advance of court time if the court is un-booked and empty.
- 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

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



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

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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

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Pickleball

FALL 2023

Adult Monday Night Socials

Sign-up for easy play doubles! Receive strategy and instruction in a competitive, fun, play-based environment.

Mon – ongoing

Sept 11 - Dec 18, 2023

(No sessions: Oct 2 & 9 and Nov 13)

Member: \$15 per social

Adult Drills and Play Beginner

(COACH AMY)

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

Sept 22 – Oct 27

Fri: 6 sessions | 8:00am-9:15am

Member: \$120

Adult Drills and Play Intermediate

(COACH AMY)

Sept 22 – Oct 27

Fri: 6 sessions | 9:15am-10:30am

Member: \$120

Adult Drills and Play Advanced

(COACH AMY)

Sept 22 – Oct 27

Fri: 6 sessions | 10:30-11:45

Member: \$120

Adult Drills and Play Beginner / Intermediate

(COACH BARRY & IRENE)

For players who enjoy a moderate pace and want to improve strategy and technique.

Sept 13 - Oct 4

Wed: 4 Sessions | 6:30pm - 7:45pm

Member: \$80

Sept 14 - Oct 5

Thur: 4 Sessions | 9:30am - 10:45am

Member: \$80

Adult Drills and Play Intermediate / Advanced

(COACH BARRY & IRENE)

For players who enjoy a fast and hard-hitting game that want to focus on improving touch, drops and dinks as well as drives.

Sept 13 - Oct 4

Wed: 4 Sessions | 7:45pm - 9:00pm

Member: \$80

Sept 14 - Oct 5

Thur: 4 Sessions | 10:45am – 12:00pm

Member: \$80





PICKLEBALL EVENTS

JANUARY – DECEMBER 2023

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

FRIDAY 20th

Bring a Guest Night 6pm-9pm

FEBRUARY

MONDAY 13th

Valentine's Day Social 6pm-9pm

APRIL

FRIDAY APRIL 14th

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

FRIDAY APRIL 21st

Pinot and Pickleball Night
Beginners 6pm-9pm

MAY

WEDNESDAY 3rd - SATURDAY 6th

Doubles Club Championship

SEPTEMBER

MONDAY 25th

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

OCTOBER

MONDAY 2nd

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

MONDAY 30th

Halloween Mixer 6:30m - 8:00pm

NOVEMBER

FRIDAY 17th

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

DECEMBER

MONDAY 11th

Christmas Social 6:30m - 8:00pm

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