



NORTH SHORE WINTER CLUB

Summer 2024 Program Guide



SUMMER REGISTRATION

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

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

April 23rd, 2024
Adult Tennis
Junior Tennis
Youth Camps
All Other Programs

Non Members **May 7th, 2024**
10:00am All Programs



NORTH SHORE WINTER CLUB

Since 1958



SOMETHING FOR EVERYONE

HOCKEY | TENNIS | PICKLEBALL | AQUATICS | FITNESS | DINING

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2024 BOARD OF DIRECTORS

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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



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

PROGRAM REGISTRATION INFORMATION



JOANNE FRY
Supervisor, Member Services & Youth
jfy@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 April 23rd, 2024

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

Non Member Registration opens on May 7th, 2024

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 4 weeks (28 days) before program start
- **50% Refund:** up to 2 weeks (14 days) before program start
- **No Refund:** within 4 days (96 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

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
- NSWC Jibbitz (Croc Charms)

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 Valentines Day Social

The Valentine's Day pickleball social had a little bit of everything: games, drills, food in the lounge, chocolates, prizes and a little Valentine's Day Trivia. Thanks to everyone who participated! Always a good time!



Pickleball in Palm Desert

A wonderful group of NSWC women travelled to Palm Desert for an 18-hour pickleball camp. From dinks to drives to third shot drops it was game on! Thanks for such an amazing time!



Australian Open Grand Slams

Congratulations to our Winners: Kara Gibson and Sam Gutmanis, and Luie Dapavo and Richard Vann. And our Finalists: Leanne Mathias and Kristy Tafel, and Bruno Fiorvento and Rob Davidson



Senior Mens Win Gold

Congratulations to NSWC Senior Men "Ice Weasels" team on 1st place in the Tubbers Tournament in Nanaimo, B.C. Thank you for representing the NSWC in such a prestige provincial event. Way to go!



MEMBER MOMENTS

Tennis Club Champs

Game, Set, Match! Our Club Championships served up an ace of an event, leaving everyone in a racket of excitement! After the on-court action, we hit the court of Studio 54 for a smashing party! Party Go-ers grooved to the tennis beats and mingled, because at the NSWC, every event is a smash hit! Thank you to all who participated!



Pickleball Grand Slams



MEMBER MOMENTS

Female Face Off Hockey Tournament

The NSWC hosted its annual Female Face Off Tournament from February 16th-19th. What an exciting weekend of close games! Congrats to all three NSWC teams!

A big thank you to Scott Souter for the many many hours he put in at the tournament and a thank you to all our NSWC families for volunteering over the weekend! This event would not have been possible without everyone's contributions!



Pickleball & Pinot Night

Our fun group of ladies played 1.5 hours of pickleball then enjoyed wine and a charcuterie board while painting a take-home wine glass. Honorable mention goes to Layne Christensen... what painting talent!



MEMBER MOMENTS

U13 A1 Girls Win Provincials

Your NSWC Female U13 A1's are Provincial Champions!! An unforgettable season capped off by an incredible game. It was an entire team effort that led them to capture Gold! A stellar penalty kill, a hat-trick by Rachael Markert and a standout performance by Annika Ewankiw in net helped the girls to a 5-4 win over Surrey.

This team made history this season by being the first ever all-female team from Western Canada to be invited to the Quebec International Pee-Wee Hockey Tournament. They are also the first ever NSWC Female team to win a Provincial Banner!

Shout-out to the amazing coaching staff of Karen, Eric & Mori for an outstanding season! Way to go girls, you've made us all very very proud!



NSWC Host U15 Hockey Provincials



We would like to extend a huge thank you to all the staff members, coaches, volunteers, parents, and teams from around the province for an amazing week of hockey! Without all of you this would never be possible and we cannot express our gratitude enough!

Triple Fun Team Pickleball

On Saturday, January 6, the Triple Fun Pickleball Team tournament took place. What a day! We set a new NSWC record: 48 players and 8 pickleball courts in a non-stop event! Each team had a captain, a team name, team costume and team theme song. Music played throughout the event. Great fun, great sportsmanship and lots of laughs! Thank you to all who attended.





FEATURED ATHLETE

Oscar Brackstone

Age: 14

**How many years have you
been playing Hockey:**

6 Years

Favorite Stroke/Event: 100 Free is my
favorite but I also like 200 IM and 50 Free.

Biggest accomplishment: I think my
biggest accomplishment was qualifying
for Provincials in all my events last season.

Role Model: I don't really have
one. My dad swam when he was
younger and I look up to him.

Pre-Swim Rituals: I always do arm
swings and leg swings. I also try to focus
on what I need to do during my race.

Favourite pre-swim meal: Popeyes.

Other activities/hobbies: I really
enjoy skiing. I also play baseball
and love watching sports.

**Enjoy most about the Marlins Swim
Team:** I enjoy getting the chance
to compete at meets. I always look
forward to the Nanaimo swim meet. It
is the first weekend of summer and
it's fun being away with the team.

Enjoy most about NSWC: I like
spending time at the pool and
gym, and hanging with friends.



LET THE GAMES BEGIN!



COME JOIN IN THE EXCITEMENT FOR A DAY OF FRIENDLY COMPETITION AND FUN GAMES! MARK YOUR CALENDARS FOR SATURDAY, AUGUST 24TH AND BE PART OF THE 2024 FAMILY SUMMER GAMES!



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

Watermelon Salad

INGREDIENTS

DRESSING

- 2 tbs honey
- 2 tbs lime juice
- 1-2 tbs quality extra virgin olive oil
- pinch of salt

SALAD

- ½ watermelon peeled, cut into cubes
- 1 English or Hot House cucumber, cubed (about 2 cups cubed)
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- ½ cup crumbled feta cheese, more to your liking

DIECTIONS

1. Make the dressing: In a small bowl, whisk together the honey, lime juice, olive oil and pinch of salt. Set aside for a moment.
2. Make the Salad: In a large bowl or serving platter with sides, combine the watermelon, cucumbers, and fresh herbs.
3. Finish and Serve: Top the watermelon salad with the dressing and gently toss to combine. Top with the feta cheese and serve!





NSWC BBQ FRIDAYS

Starting Friday, June 14th, get your taste buds ready and join us for Friday Night Summer BBQS on the Tiki Deck! Every Friday at 5:00pm kick off your weekend with some sizzle!

The first Friday of each month join us for a themed BBQ!

JULY 12 • **HAWAIIAN BBQ**

AUG 9 • **SEAFOOD BOIL**

SEPT 6 • **TEXAS BBQ**

Friday Night BBQ - Adults \$26/Kids \$16
Themed BBQ Night - Adults \$38/Kids \$18

Aquatics

INQUIRIES: aquatics@nswc.ca

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 21 – 24 & May 27 – May 31

(No lessons May 20)

Set 2: Jun 3 – Jun 7 & Jun 10 – Jun 14

Set 3: Jun 17 – Jun 21 & Jun 24 – Jun 28

Lesson Sets 4 – 8

(Reserved for Members and their guests only.

There is no Non Member registration during these sets.)

Set 4: Jul 2 – Jul 5 & Jul 8 – Jul 12

(No lessons July 1)

Set 5: Jul 15 – Jul 19 & Jul 22 – Jul 26

Set 6: Jul 29 – Aug 2 & Aug 6 – Aug 9

(No lessons Aug 5)

Set 7: Aug 12 – Aug 16 & Aug 19 – Aug 23

PRICE PER SET:

Member: \$90 (30 min) \$115 (45 min)

Non Member: \$115 (30 min) \$140 (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 \$38 | Non Member \$53

45 min:

Member \$57 | Non Member \$79.50



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

Coach: Amy

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.

Starting May 21

Tues, Thurs | 8:30-9:30pm

Member Drop In: \$16 / class

Member 5 Pack: \$60

SWIM FOR LIFE AQUATIC REGISTRATION

Dates: TBD

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		

<p>Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...</p>	<p>Preschool 3</p> <p>Swimmer 1</p>	<p>Sunfish</p>	<p>Gliders Divers</p>
<p>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+...</p>	<p>Preschool 4</p> <p>Swimmer 1</p>	<p>Crocodile</p>	<p>Surfers</p>
<p>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+...</p>	<p>Preschool 5</p> <p>Swimmer 2</p>	<p>Whale</p>	<p>Dippers</p>
<p>Is 5 to 12 years and just starting out...</p>	<p>Swimmer 1</p>	<p>Swim Kids 1</p>	<p>Otter</p>
<p>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...</p>	<p>Swimmer 2</p>	<p>Swim Kids 2</p>	<p>Seal</p>
<p>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...</p>	<p>Swimmer 3</p>	<p>Swim Kids 3</p>	<p>Dolphin Swimmer</p>
<p>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...</p>	<p>Swimmer 4</p>	<p>Swim Kids 4 Swim Kids 5</p>	<p>Star 1</p>
<p>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...</p>	<p>Swimmer 5</p>	<p>Swim Kids 6</p>	<p>Star 2</p>
<p>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...</p>	<p>Swimmer 6</p>	<p>Swim Kids 7</p>	<p>Star 3</p>
<p>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...</p>	<p>Swimmer 7 / Rookie Patrol</p>	<p>Swim Kids 8</p>	<p>Star 4</p>
<p>Preferred successful completion – Swimmer 7 / Rookie Patrol</p>	<p>Swimmer 8 / Ranger Patrol</p>	<p>Swim Kids 9</p>	<p>Star 5</p>
<p>Preferred successful completion – Swimmer 8 / Ranger Patrol</p>	<p>Swimmer 9 / Star Patrol</p>	<p>Swim Kids 10</p>	<p>Star 6</p>
<p>Preferred successful completion – Swimmer 9 / Star Patrol</p>	<p>Bronze Star</p>		<p>Master Swimmer</p>

NSWC MASTERS SWIM PROGRAM

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
- ✓ Progressive fitness training

**COME JOIN THE POSITIVE, SOCIAL
ATMOSPHERE!**

TUESDAYS & THURSDAYS

8:30-9:30PM

\$16/DROP-IN

STARTS
MAY 21ST





SWIM WITH THE MARLINS!

NSWC's Marlins swim program develops competitive swimmers of all ages in a fun and focused environment. You and your swimmer will quickly see that while swimming is an individual sport, the Marlins have an incredibly strong sense of team.

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 promoting continual individual improvement within a strong team environment. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success.

PROGRAM FEATURES:

- ✓ Ages 5-18
- ✓ Swimmers assigned to training groups based on age and ability
- ✓ With 7-9 practices per week, you can build your own training schedule

REGISTER FOR 2024



QUESTIONS?

Email Michelle Green at marlins.registrar@nswc.ca

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. The Marlins offer 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 newer to swimming but comfortable in the water. 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. Swimmers who attend regularly and listen to the instruction will show dramatic improvements.

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

To foster a fun and competitive program that develops a love a swimming and team engagement at all levels of contribution (swimmers, parents, coaches, committee and community).

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.

VALUES

Fun	Community feel
Fitness for life	Competitive
Healthy development	Inclusive
Social	Structured
Participate	

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 – marlins.registrar@nswc.ca

Program costs and registration information can be found on our website, www.nswc.ca

Dance

DANCE WITH CHRISTIE

Christie will be offering some 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.

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





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.



NATALIE MARSHALL

Natalie Marshall previously worked at the clinic as a Kinesiologist before completing her Masters of Physical Therapy at UBC. Natalie grew up on the North Shore playing competitive soccer and volleyball and now enjoys individual sports such as cycling, running, hiking

and skiing. She has experience working with both neurological and orthopaedic populations and is keen to help manage a variety of complex cases. Natalie will be offering custom bike fitting, plans to get involved with local sports teams, and intends to start up running and cycling clubs out of the North Shore location.



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 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 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.



FLIXZL REYES

Flixzl's interest in injury rehabilitation started when he first attended his first physiotherapy session at age 16 when he tore his UCL of his elbow while wrestling at a national tournament. He graduated from Vancouver Career College's Registered Massage Therapy

Program in 2022 as well as becoming a Certified Personal Trainer through the National Academy of Sports Medicine in 2022. Flixzl is very athletic, training in various combat sports with his main sport being wrestling as well as practicing MMA, jiu jitsu, and kickboxing. He also has interests in weightlifting and bodybuilding. He is very interested in rehabilitation of shoulder, knee, hip, and spine injuries

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



WEEK DATES

- 1 Jul 2 - Jul 5 (No camp July 1)
- 2 Jul 8- Jul 12
- 3 Jul 15 - Jul 19
- 4 Jul 22 - Jul 26
- 5 Jul 29 – Aug 2
- 6 Aug 6 – Aug 9 (No camp Aug 5th)
- 7 Aug 12 – Aug 16
- 8 Aug 19 – Aug 23

ACTIVITIES INCLUDE:

- Swimming
- Dance
- Martial Arts
- Soccer
- Basketball
- Sportball
- 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 1/week 6**

Drop in (if available)

Members: \$70 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. Email daycamps@nswc.ca for availability

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



JOANNE FRY
Supervisor, Member Services & Youth
daycamps@nswc.ca

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

**\$80/ month per child
(\$30 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.

Multi Sport Day Camps

Ages: 6 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.

Summer Friday Fun Nights!

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

Fridays: 5pm-9pm Starting May 31

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.

**Program is weather dependent*

**Program is open to members and their guests*



SUMMER 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)

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 FOR MEAL PLANS (up to 16 guests)

1. Pizza
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 1 month 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.



SUMMER

FRIDAY FUN NIGHTS

5:00PM - 9:00PM

ON FRIDAY NIGHTS, BRING YOUR CHILD(REN) TO THE CLUB FOR BOUNCY CASTELS, GAMES, SWIMMING & FINISH WITH A MOVIE IN THE SENIOR LOUNGE. ALL SUPERVISED IN A SAFE ENVIRONMENT. AGES 3-11 YEARS

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



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!



HAILEY HARKINS

Hailey grew up as a member at the NSWC playing hockey and swimming for the marlins. Hailey played 2 years of major midget for the Fraser Valley Rush. Hailey committed to play at Minot State University but decided to focus on school instead. Hailey went to Brock University

to study Kinesiology with a minor in sport injury management. Hailey's focus around training is to help their clients leave each session better than they came. Hailey will help you reach whatever goals you may have whether it is general fitness or sport specific.



Fitness



GARTH PROUSE
Director, 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 8

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



Minor Hockey



EVAN RICHARDSON
Interim Director, Hockey
erichardson@nswc.ca



JOSH WALLS
Hockey Faculty
Administrator
jwalls@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 2 – Aug 15

Tue & Thu: 14 sessions | 4:30pm – 5:15pm

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.

BEGINNER

Jul 2 – Aug 15

Tue & Thu: 14 sessions | 5:15pm – 6:30pm

Member \$230 | Non-Member \$345

ADVANCED

Jul 2 – Aug 15

Tue & Thu: 14 sessions | 6:30pm-7:15pm

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 8-12

U7 (2018 & 2019 Birth Year) 8:15-4:15pm

U9 (2016 & 2017 Birth Year) 8:30-4:30pm

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

JULY 15-19

U9 (2017 & 2018 Birth Year) 8:15-4:15pm

U11 (2014 & 2015 Birth Year) 8:30-4:30pm

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

JULY 22-26

U7 (2018 & 2019 Birth Year) 8:15-4:15pm

U9 (2016 & 2017 Birth Year) 8:30-4:30pm

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

JULY 29-AUG 2

U9 (2016 & 2017 Birth Year) 8:15-4:15pm

U11 (2012 & 2013 Birth Year) 8:30-4:30pm

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

AUG 6-9

U11 (2014 & 2015 Birth Year) 8:15-4:15pm

U13 (2012 & 2013 Birth Year) 8:30-4:30pm

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

AUG 12-16

U11 (2014 & 2015 Birth Year) 8:15-4:15pm

U13 (2012 & 2013 Birth Year) 8:30-4:30pm

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

AUG 19-23

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

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

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

AUG 26-30

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

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

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



Prep Camps

Description: These camps will be run by our AI 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 tryouts and the regular season. Full hockey equipment is required.

AUG 12-16 (M-F)

5 sessions

U11 (2014 & 2015 Birth Years)	Group 1 – 12:15-1:15pm
U11 (2014 & 2015 Birth Years)	Group 2 – 1:30-2:30pm
U13 (2012 & 2013 Birth Years)	Group 1 – 2:45-3:45pm
U13 (2012 & 2013 Birth Years)	Group 2 – 4:00-5:00pm

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

AUG 19-23 (M-F)

5 sessions

U11 (2014 & 2015 Birth Years)	Group 1 – 12:15-1:15pm
U11 (2014 & 2015 Birth Years)	Group 2 – 1:30-2:30pm
U13 (2012 & 2013 Birth Years)	Group 1 – 2:45-3:45pm
U13 (2012 & 2013 Birth Years)	Group 2 – 4:00-5:00pm
U15 (2009 & 2010 Birth Years)	5:30-6:30pm
U18 (2006-2007 Birth Years)	7:00-8:00pm

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

AUG 26-AUG 30 (M-F)

U11 (2014 & 2015 Birth Years)	Group 1 – 9:00-10:00am
U11 (2014 & 2015 Birth Years)	Group 2 – 10:15-11:15am
U11 (2014 & 2015 Birth Years)	Group 3 – 11:30-12:30pm
U13 (2012 & 2013 Birth Years)	Group 1 – 2:45-3:45pm
U13 (2012 & 2013 Birth Years)	Group 2 – 4:00-5:00pm
U15 (2010 & 2011 Birth Years)	5:15-6:15pm
U18 (2006-2007 Birth Years)	6:30-7:30pm
F U11 (2013 & 2014 Birth Years)	3:30-4:30pm
F U13 (2011 & 2012 Birth Years)	4:45-5:45pm
F U15 (2009 & 2010 Birth Years)	12:15-1:15pm
F U18 (2006-2007 Birth Years)	1:30-2:30pm

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

*F = Female



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. Instructor: Evan Richardson

AUG 6 – 9

Tue-Fri – 4 sessions

U9 (2016/2017 Birth years)	12:15pm – 1:15pm	HTC
U11 (2014/2015 Birth Years)	1:30pm – 2:30pm	HTC
U13 (2012/2013 Birth Years)	2:45pm – 3:45pm	Large Ice
U15/U18 (2007-2011 Birth Years)	4:00pm – 5:00pm	Large Ice

Members: \$180.00 | Non-Members: \$270.00

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 twice a week on Monday & Wednesday nights to improve your skills in a competitive atmosphere, the way hockey is meant to be played.

JULY 22-AUG 14

Mon & Wed | 7 sessions | No session Aug 5

U8/U9 (2016/2017 Birth Year)	5:15-6:15pm
U11 (2014/2015 Birth Year)	6:30-7:30pm
U13 (2012/2013 Birth Year)	7:45-8:45pm

Members: \$259 | Non-Members: \$388.50

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.

AUG 7 – 9 (W/F – 2 SESSIONS)

U7/U8 (Birth Years 2017-2018)	9am-9:45am
U9 (2016 Birth Year)	9:45am-10:30am
U11 (2014-2015 Birth Years)	10:45am-11:30am
U11/U13 (2012-2015 Birth Years)	11:30am-12:15pm
U13 (2012 & 2013 Birth Years)	12:30pm – 1:15pm
U15/U18 (2007-2011 Birth Years)	1:15pm-2:00pm

Member: \$74.00 | Non Member: \$111.00

AUG 12-AUG 16 (M/W/F - 3 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am-11:30am
 U11/U13 (2012-2015 Birth Years) 11:30am-12:15pm
 U13 (2012 & 2013 Birth Years) 12:30pm – 1:15pm
 U15/U18 (2007-2011 Birth Years) 1:15pm-2:00pm
 Members: \$111.00 | Non-Members: \$166.50

AUG 19-AUG 23 (M/W/F - 3 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am – 11:30am
 U11/U13 (2012-2015 Birth Years) 11:30am-12:15pm
 U13 (2012 & 2013 Birth Years) 12:30pm – 1:15pm
 U15/U18 (2007-2011 Birth Years) 1:15pm-2:00pm
 Members: \$111.00 | Non-Members: \$166.50

AUG 26-30 (M/W/F - 3 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U13 (2012 & 2013 Birth Years) 10:45am-11:30am
 U15/U18 (2007-2011 Birth Years) 11:30am-12:15pm
 U11 (2014-2015 Birth Years) 12:30pm-1:15pm
 U11/U13 (2012-2015 Birth Years) 1:15pm – 2:00pm
 Members: \$111.00 | Non-Members: \$166.50

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.

JUL 30-AUG 1 (T/TH – 2 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am – 11:30am
 U13 (2012 & 2013 Birth Years) 11:30am – 12:15pm (large ice)
 U11/U13 (2012-2015 Birth Years) 12:30pm-1:15pm (large ice)
 U15/U18 (2007-2011 Birth Years) 1:15pm – 2:00pm (large ice)
 Members: \$74.00 | Non-Members: \$111.00

AUG 6-AUG 8 (T/TH – 2 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am – 11:30am
 U11/U13 (2012-2015 Birth Years) 11:30am-12:15pm
 U13 (2012 & 2013 Birth Years) 12:30pm-1:15pm
 U15/U18 (2007-2011 Birth Years) 1:15pm – 2:00pm
 Members: \$74.00 | Non-Members: \$111.00

AUG 13-AUG 15 (T/TH – 2 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am – 11:30am
 U11/U13 (2012-2015 Birth Years) 11:30am-12:15pm
 U13 (2012 & 2013 Birth Years) 12:30pm-1:15pm
 U15/U18 (2007-2011 Birth Years) 1:15pm – 2:00pm
 Members: \$74.00 | Non-Members: \$111.00

AUG 20-AUG 22 (T/TH – 2 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U11 (2014-2015 Birth Years) 10:45am – 11:30am
 U11/U13 (2012-2015 Birth Years) 11:30am-12:15pm
 U13 (2012 & 2013 Birth Years) 12:30pm-1:15pm
 U15/U18 (2007-2011 Birth Years) 1:15pm – 2:00pm
 Members: \$74.00 | Non-Members: \$111.00

AUG 27-AUG 29 (T/TH – 2 SESSIONS)

U7/U8 (2017-2018 Birth Years) 9am-9:45am
 U9 (2016 Birth Year) 9:45am-10:30am
 U13 (2012 & 2013 Birth Years) 10:45am-11:30am
 U15/U18 (2007-2011 Birth Years) 11:30am – 12:15pm
 U11 (2014-2015 Birth Years) 12:30pm-1:15pm
 U11/U13 (2012-2015 Birth Years) 1:15pm-2:00pm
 Members: \$74.00 | Non-Members: \$111.00

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 reoccurring 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.

AUG 6-AUG 9 (4 SESSIONS) - TU-F

U8/U9 (2017-2016 Birth Years) 4:15-5:15pm
 U11 (2014-2015 Birth Years) 5:30-6:30pm
 U13 (2012-2013 Birth Years) 6:45-7:45pm
 U15-U18 (2011-2007 Birth Years) 8:00-9:00pm
 Members: \$148.00 | Non-Members: \$222.00

AUG 12-AUG 16 (5 SESSIONS) – M-F

U8/U9 (2017-2016 Birth Year)	4:15-5:15pm
U11 (2014-2015 Birth Year)	5:30-6:30pm
U13 (2012-2013 Birth Year)	6:45-7:45pm
U15-U18 (2011-2007 Birth Years)	8:00-9:00pm
Members: \$185.00 Non-Members: \$277.50	

AUG 19-AUG 23 (5 SESSIONS) – M-F

U8/U9 (2017-2016 Birth Year)	4:15-5:15pm
U11 (2014-2015 Birth Year)	5:30-6:30pm
U13 (2012-2013 Birth Year)	6:45-7:45pm
U15-U18 (2011-2007 Birth Years)	8:00-9:00pm
Members: \$185.00 Non-Members: \$277.50	

Defensive Skills and Tactics

This program will focus on the fundamentals which make modern defenders impactful in all three zones. Today's game requires defenseman to be efficient at breaking up an attack while quickly transitioning to support offensively.

Full hockey equipment is required.

COACH: ANDY WILLIGAR

KEY LEARNINGS:

- Puck retrievals
- Reading offensive pressure
- Defending using body & stick position
- Neutral zone gap control & transition play
- Supporting in the offensive zone
- Walking the blue line & point shots

D SKILLS: AUG 12-16 (TU-TH-F) | 3 SESSIONS

U9 (2017/2018 Birth Years)	5:15-6:15pm
U11 (2014/2015 Birth Years)	6:30-7:30pm
U13 (2012/2013 Birth Years)	7:45-8:45pm
U15/U18 (2007-2011 Birth Years)	9:00-10:00pm
Members: \$111.00 Non-Members: \$166.50	

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 19-23 (M-F) 5 SESSIONS

U11 (2014/2015 Birth Years)	4:30-5:30pm
U13 (2012/2013 Birth Years)	5:45-6:45pm
U15/U18 (2007-2011 Birth Years)	7:00-8:00pm
Members: \$185 Non-Members: \$235	

AUG 26-30 (M-F) 5 SESSIONS

U11 (2014/2015 Birth Years)	4:30-5:30pm
U13 (2012/2013 Birth Years)	5:45-6:45pm
U15/U18 (2007-2011 Birth Years)	7:00-8:00pm
Members: \$185 Non-Members: \$235	

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 7-9 (W-F) 2 SESSIONS

U11 (2014/2015 Birth Years)	4:30-5:30pm
U13-U18 (2007-2013 Birth Years)	5:45-6:45pm
U8/U9 (2016/2017 Birth Years)	7:00-8:00pm

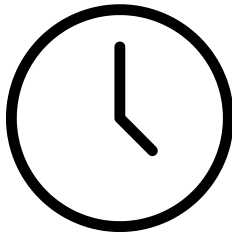
AUG 12-AUG 18 (M-W-F) 3 SESSIONS

U11 (2014/2015 Birth Years)	4:30-5:30pm
U13-U18 (2007-2013 Birth Years)	5:45-6:45pm
U8/U9 (2016/2017 Birth Years)	7:00-8:00pm
Members: \$111.00 Non-Members: \$166.50	



SKATE SHARPENING

BY TIME OUT SPORTS



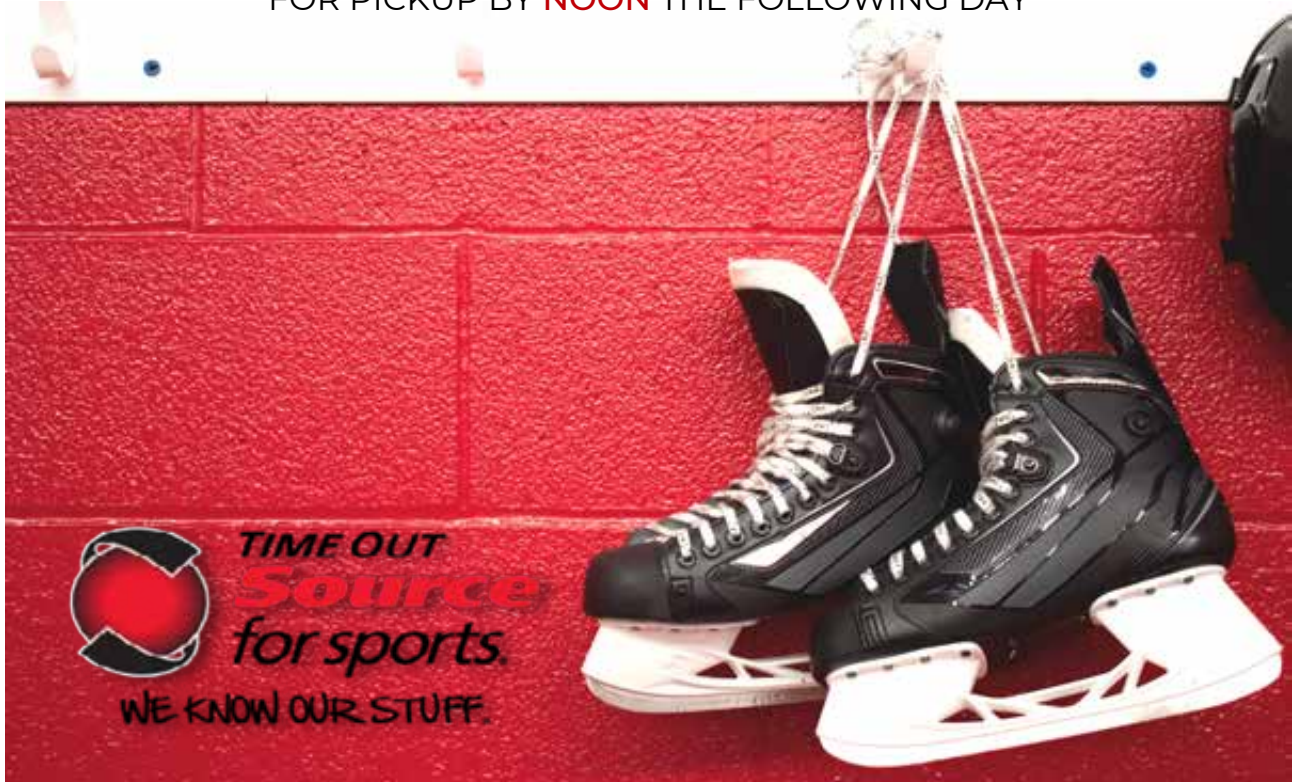
PICK UP YOUR SKATES AFTER
4 HOURS IF DROPPED OFF AT MEMBER
SERVICES BETWEEN 10AM & 2PM

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



TENNIS COACHES



FABIO WALKER
Director, Tennis



NICOLE MCLENNAN
Head of Junior
Development



AMY WALKER
Tennis Pro



CHRIS STEAD
Tennis Pro



TIM PORTNOV
Tennis Pro



LYNNE SCHWEITZER
Tennis Pro



ADRIAN OZEWICZ
Tennis Pro



IVERSON GUAN
Tennis Pro

Adult Tennis



FABIO WALKER
 Director, Tennis
 fwalker@nswc.ca

HELL WEEK

Please note: All programming is subject to change.

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 2 – July 5 | Mon - Fri – 4 classes
 9:00am - 10:30am | Member - \$112.00

WEEK 2

July 8 – July 12 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 3

July 15 – July 19 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 4

July 22 – July 26 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 5

July 29 – Aug 2 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 6

Aug 6 – Aug 9 | Tue - Fri – 4 classes
 9:00am – 10:30am | Member - \$112.00

WEEK 7

Aug 12 – Aug 16 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 8

Aug 19 – Aug 23 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

WEEK 9

Aug 26 – Aug 30 | Mon - Fri – 5 classes
 9:00am – 10:30am | Member - \$140.00

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 2 – July 5 | Mon - Fri – 4 classes
 10:30am – 12pm | Member - \$112.00

WEEK 2

July 8 – July 12 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 3

July 15 – July 19 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 4

July 22 – July 26 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 5

July 29 – Aug 2 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 6

Aug 6 – Aug 9 | Tue - Fri – 4 classes
 10:30am – 12pm | Member - \$112.00

WEEK 7

Aug 12 – Aug 16 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 8

Aug 19 – Aug 23 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00

WEEK 9

Aug 26 – Aug 30 | Mon - Fri – 5 classes
 10:30am – 12pm | Member - \$140.00





ADULT DRILLS

DIV 3-4-5 – WED

FOR DIV 3-4-5 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!

July 3 – Aug 28

Wed – 6 sessions (no class Aug 7 & 14)

5pm – 6pm | Member - \$168.00

DIV 3-4-5 – THURS

FOR DIV 3-4-5 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!

July 4 – Aug 29 | Thurs – 6 sessions

(no class Aug 8 & 15)

4pm – 5pm | Member - \$168.00

DIV. 3-4-5 TUE

FOR DIV 3-4-5 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!

July 2 – Aug 27 | Tues – 6 sessions

(no class Aug 6 & 13)

5pm – 6pm | Member - \$168

BEGINNER (LEVEL 1.0 – 1.5) TUE

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.

July 2 – Aug 27 | Tues – 6 sessions

(no class Aug 6 & 13)

4pm - 5pm | Member - \$168

BEGINNER (LEVEL 1.0 – 1.5) THURS

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.

July 4 – Aug 29

Thurs – 6 sessions (no class Aug 8 & 15)

5pm – 6pm | Member - \$168.00

INTERMEDIATE (LEVEL 2.0 – 2.5) – WED

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.

July 3 – Aug 28

Wed – 6 sessions (no class Aug 7 & 14)

4pm - 5pm | Member - \$168.00

INTERMEDIATE (LEVEL 2.0 – 2.5) – THURS

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.

July 4 – Aug 29

Thurs – 6 sessions (no class Aug 8 & 15)

6pm – 7pm | Member - \$168.00

MEN'S TENNIS TRAINING (LEVEL 3.5 AND UP) – WED

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

July 3 – Aug 28

Wed – 6 sessions (no class Aug 7 & 14)

6pm – 7pm | Member - \$168.00

MEN'S TENNIS TRAINING (LEVEL 3.5 AND UP) – TUE

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

July 2 – Aug 27

Tues – 6 sessions (no class Aug 6 & 13)

6pm – 7pm | Member - \$168

Junior Tennis



FABIO WALKER
 Director, Tennis
 fwalker@nswc.ca

RED & ORANGE BALL

Please note: All programming is subject to change.

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 2 – July 5

Mon - Fri - 4 classes | 9:00am – 12:00pm
 Member – \$204 | Non Member - \$264

WEEK 2

July 8 – July 12

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 3

July 15 – July 19

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 4

July 22 – July 26

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 5

July 29 – Aug 2

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 6

Aug 6 – Aug 9

Tue - Fri - 4 classes | 9:00am – 12:00pm
 Member – \$204 | Non Member - \$264

WEEK 7

Aug 12 – Aug 16

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 8

Aug 19 – Aug 23

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330

WEEK 9

Aug 26 – Aug 30

Mon - Fri - 5 classes | 9:00am – 12:00pm
 Member – \$255 | Non Member - \$330



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 2 – July 5
Mon - Fri - 4 classes | 12:00pm – 3:00pm
Member – \$204 | Non Member - \$264

WEEK 2

July 8 – July 12
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 3

July 15 – July 19
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 4

July 22 – July 26
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 5

July 29 – Aug 2
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 6

Aug 6 – Aug 9
Tue - Fri - 4 classes | 12:00pm – 3:00pm
Member – \$204 | Non Member - \$264

WEEK 7

Aug 12 – Aug 16
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 8

Aug 19 – Aug 23
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

WEEK 9

Aug 26 – Aug 30
Mon - Fri - 5 classes | 12:00pm – 3:00pm
Member – \$255 | Non Member - \$330

U16 TEEN/ CHAMPS TENNIS

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. (Not for beginners. Players should be able to rally)

WEEK 1

July 2 - 4
Mon - Thu - 3 classes | 2:00pm – 4:00pm
Member – \$150 | Non Member - \$192

WEEK 2

July 8 - 11
Mon - Thu - 4 classes | 2:00pm – 4:00pm
Member – \$200 | Non Member - \$256

WEEK 3

July 15 - 18
Mon - Thu - 4 classes | 2:00pm – 4:00pm
Member – \$200 | Non Member - \$256

WEEK 5

July 29 – Aug 1
Mon - Thu - 4 classes | 2:00pm – 4:00pm
Member – \$200 | Non Member - \$256

WEEK 8

Aug 19 - 22
Mon - Thu - 4 classes | 2:00pm – 4:00pm
Member – \$200 | Non Member - \$256

WEEK 9

Aug 26 - 29
Mon - Thu - 4 classes | 2:00pm – 4:00pm
Member – \$200 | Non Member - \$256



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.

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).

COURT BOOKINGS

6:45am-9:45pm Monday - Sunday

PRIME TIME HOURS

6:00pm - 8:30pm 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 five (5) court bookings within a 7-day period. Maximum two (2) Prime-Time bookings.
- Only doubles will be permitted during Prime Time.
- 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.
- Private and Semi-Private lessons will count towards weekly booking entitlements.

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 \$15 + 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.

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	\$85
Adult Semi Private	\$52.50 each
Adult Group of 3	\$42.50 each
Adult Group of 4	\$36.50 each

JUNIOR

Jr. Private	\$75
Jr. Semi Private	\$42.50 each
Jr. Group of 3	\$37.50 each
Jr. Group of 4	\$32.50 each

Adult & Junior Hitting Sessions \$55

Pickleball



Men & Women Mixed and Gender Doubles Social

Join Coach Amy for 2 hours of pickleball. 1st hour is Mixed Doubles Round Robin. 2nd hour is Gender Doubles Round Robin. Must sign-up with a partner.

Fri Jul 5

6:00-8:00pm

Member: \$20

Adult Monday Night Socials

Sign-up for doubles! Meet new friends and receive strategy and instruction in a competitive, fun, play-based environment.

Mon: Jul 8, Aug 19

6:00pm-7:15pm

Member: \$15 per social

PICKLEBALL SUMMER 2024 SCHEDULE

July & August

Stat holidays and events for Summer 2024 programming:

Canada Day, Monday July 1

BC Day Monday August 5

Summer Smash August 11 – 17

Adult Drills and Play Advanced

For advanced players who enjoy a fast and hard-hitting game.

This class will focus on doubles strategy and the transition zone.

Jul 10, 17, 24

Wed: 3 sessions

6:00-7:15pm

Member: \$75

8 players max



Adult Drills and Play Intermediate

For players who enjoy a moderate pace and want to improve skills: dinks, volleys, drives and third shot drops.

Jul 10, 17, 24

Wed: 3 sessions

7:15-8:30pm

Member: \$75

8 players max

Child/Parent (Guardian) Mixer

Sign-up for easy play doubles with your kid! Please note: Adult and Child must have prior pickleball experience and basic knowledge on how to score and rotate. The mixer will include mini games to 8 points. (Child must be 10 years old and up or be an intermediate player).

Mon Jul 22

6:00pm-7:15pm

Member: \$15 per player

Free Cookie for Child





PICKLEBALL EVENTS

JANUARY - DECEMBER 2024

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

SATURDAY 6th

Triple Fun - Team Event
3.0-3.5 Division: 9am-12pm
4.0+ Division: 1:30pm-4:30pm

MONDAY 15th

Women's Grand Slam Event 1
Intermediate/Advanced 6pm-9pm

MONDAY 22nd

Men's Grand Slam Event
Intermediate/Advanced 6pm-9pm

FEBRUARY

MONDAY 12th

Valentine's Day Social
All-levels welcome 6pm-9pm

MONDAY 26th

Pinot and Pickleball Night
Easy Play 6pm-9pm

APRIL

MONDAY 8th

Triple Fun - Team Event
3.0-3.5 Division: 6pm-9pm

MONDAY 15th

Triple Fun - Team Event
4.0+ Division: 6pm-9pm

SATURDAY 20th

Pacific Assistance Dogs Society
Charity Tournament All Day

MAY

SATURDAY 25th

Women's Doubles Club Championships
All Levels All Day

SUNDAY 26th

Men's Doubles Club Championships
 Mixed Doubles Club Championships
All Levels All Day

JUNE

MONDAY 3rd

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

SATURDAY 29th

Spring Smash - Citywide
Women's Doubles All Day

SUNDAY 30th

Spring Smash - Citywide
Men's Doubles All Day

SEPTEMBER

MONDAY 23rd

Triple Fun - Team Event
3.0-3.5 Division: 6pm-9pm

MONDAY 30th

Triple Fun - Team Event
4.0+ Division: 6pm-9pm

OCTOBER

MONDAY 14th

Women's Grand Slam Event 2
Intermediate/Advanced 6pm-9pm

MONDAY 28th

Halloween Mixer
All-levels welcome 6pm-7:30pm

DECEMBER

MONDAY 2nd

Christmas - Team Event
3.0-3.5 Division: 6pm-9pm

MONDAY 9th

Christmas - Team Event
4.0+ Division: 6pm-9pm

For more info contact:

Amy Walker | Pickleball Pro & Coordinator | awalker@nswc.ca

or check out our website at: **www.nswc.ca**



TENNIS EVENTS

JANUARY - DECEMBER 2024

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

WEDNESDAY 10th
Women's Australian Open Grand Slam #1 5:45PM

THURSDAY 11th
Men's Australian Open Grand Slam #1 5:45PM

SUNDAYS JAN 14th - FEB 25th
Men's In-house doubles league 3:30PM/5:00pm

MONDAY 29th - SATURDAY Feb 3rd
Club Championships
Men's & Women's Singles
Deadline Wednesday, January 24th at 10:00pm.

FEBRUARY

MONDAY 12th - SATURDAY 17th
Club Championships
Mixed Doubles
Deadline Wednesday, February 7th at 10:00pm.

SUNDAY 25th - SATURDAY MARCH 2nd
Club Championships
Men's & Women's Doubles
Deadline Wednesday, February 21st at 10:00pm.

APRIL

APRIL - JUNE
Men's and Women's Spring League

MAY

WEDNESDAY 22nd
Men's French Open Grand Slam #2 5:45PM

THURSDAY 23rd
Women's French Open Grand Slam #2 5:45PM

JUNE

WEDNESDAY 19th
Men's Wimbledon Grand Slam #3 5:45PM

THURSDAY 20th
Women's Wimbledon Open Grand Slam #3 5:45PM

AUGUST

SUNDAY 11th - SATURDAY 17th

SUMMER SMASH
Doubles Tournament

Deadline Tuesday, August 7th 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 11th
Men's US Open Grand Slam #4 5:45PM

THURSDAY 12th
Women's US Open Grand Slam #4 5:45PM

OCTOBER

SATURDAY 19th - SATURDAY 26th
PAUL SHELLARD Fall Classic
Mixed Doubles Tournament

Deadline Tuesday October 16th at 10:00pm.

- Open to the public

Great tennis with great nightly food and entertainment features

OCTOBER - FEBRUARY
Women's Dogwood League

OCTOBER - DECEMBER
Women's In-house League Sundays

NOVEMBER

FRIDAY 15th - SUNDAY 17th
5th Annual Triple Threat Mixed Team Tennis Event

- All levels welcome!

- Friday night Team Draw & Social 6:00PM - 8:00PM

- Matches Sat 16th & Sun 17th 9:00AM - 6:00PM

- Prize money for winners!

DECEMBER

SUNDAY 15th
Christmas Mixer

- Sponsored by the Tennis Committee - No charge

- Prizes for the best Christmas outfit

- Winners' celebration in the bar

For more info contact:

Fabio Walker | NSWC Director of Racquets | fwalker@nswc.ca

or check out our website at: www.nswc.ca

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