



NORTH SHORE WINTER CLUB

Spring 2025 Program Guide



SPRING REGISTRATION

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

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

February 18, 2025
Adult Tennis
Junior Tennis
Hockey
All Other Programs

Non Members **March 4, 2025**
10:00am All Programs



NORTH SHORE WINTER CLUB

Since 1958



SOMETHING FOR EVERYONE

HOCKEY | TENNIS | PICKLEBALL | AQUATICS | FITNESS | DINING

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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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Executive Administration
nraw@nswc.ca



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

PROGRAM REGISTRATION INFORMATION



JOANNE FRY
Manager, Member Services & Youth
j fry@nswc.ca

MEMBER SERVICES HOURS

Monday – Sunday: 6:00am – 10:00pm

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

Member Registration opens on Tue Feb 18th, 2025

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

Non Member Registration opens on Tue Mar 4th, 2025

10:00am	All Programs
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REGISTRATION

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

PAYMENT

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

CANCELLATION POLICY

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

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

REFUNDS AS FOLLOWS:

- **100% Refund:** up to 2 weeks (14 days) before program start
- **50% Refund:** up to 1 week (7 days) before program start
- **No Refund:** within 2 days (48 hours) of program start
- **The day the program starts is not included in the required notice period.**

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

- Full refunds will be provided if a program is cancelled. Any

decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

- Changes and Cancellations exceeding 3 in a single season are subject to a 5% administrative fee.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit <https://nsw.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.

For facility rentals, room bookings and catering inquiries, please contact catering@nswc.ca.



JOIN THE NSWC ELITE HOCKEY DEVELOPMENT PROGRAM

LAUNCHING SEPTEMBER 2025

Embark on a journey of growth, development, and success with the North Shore Winter Club. Our 3-year program is meticulously crafted to provide high-end athletes with maximum exposure and opportunities to advance their hockey careers to the Junior, Major Junior, or NCAA levels. Beyond just getting them there, we focus on preparing our players to be impactful and influential members of their future teams. Combining high-level competition, expert coaching, and a supportive environment, our program ensures each player reaches their full potential and is ready to make a significant impact when they transition to higher leagues. Take the first step towards your hockey aspirations with NSWC and become part of a legacy of excellence.

WANT TO ELEVATE YOUR GAME?

Add yourself to the waitlist at
elitehockey@nswc.ca

MEMBER MOMENTS

TNT

From Thursday, December 19th, to Monday, December 23rd, the Club proudly hosted its largest annual athletic event, the TNT Hockey Tournament! With an impressive turnout of 57 teams, the Club buzzed with energy throughout the weekend. Between games, participants enjoyed pizza parties, holiday movies, hot chocolate, and special visits from Wolfie from the Junior A Wolfpack, Fin from the Canucks, and Buddy the Elf!

A massive thank you goes out to all the volunteers, sponsors, and staff for their hard work in making this event so great. We couldn't have done it without you!

We look forward to another successful 28th edition in 2025. See you then!



Santa's Breakfast

Thank you to everyone who joined us for Santa's Breakfast on Sunday, December 8th. We had one of our largest turnouts ever, hosting nearly 200 members! Families enjoyed a festive holiday meal and captured memories in our holiday photo booth. We look forward to seeing you again next year!

MEMBER MOMENTS

U19 Irish National Exhibition Team Visit

For the first time ever, Sport Ireland sent their National U19 Ice Hockey Team to Canada! The team arrived on October 25th, and we were beyond excited to host them. As part of their visit, the U18 AI team faced off against the Irish team in a friendly exhibition game on November 1st, which was broadcast live back to Ireland.

It was an unforgettable experience for everyone involved. A huge thank you to all those who filled the barn and provided such amazing support!



Teddy Bear Toss

What an amazing turnout at this year's Teddy Bear Toss on December 6th! We collected a whopping six large bags of toys! Our U18 leadership team made sure the toys were delivered to North Shore Family Services, and the participation from all three teams was absolutely fantastic! Thank you to all who participated and donated!



Christmas Tennis Mixer

Our Christmas Tennis Mixer served up some serious fun! From smashing volleys to decking the courts with festive cheer, players rallied together for a day full of spirited matches, laughter, and holiday cheer. Thank you to all participants!



MEMBER MOMENTS

Parent-Child Pickleball Mixer

Check out these photos from the recent, and awesome, Parent-Child Pickleball Mixer Night! It was a full house with 8 incredible parent-child teams! These kids sure know how to rock the pickleball court!



Kids Pickleball & Pizza Social

Our Pickleball & Pizza event for kids was tons of fun! It sold out in record time, and the energy was off the charts. The kids had an absolute blast, serving up some serious fun on the courts before enjoying a delicious pizza party. We look forward to hosting you all again!





AGES 3 - 11 YEARS

FRIDAY FUN NIGHTS

5:00PM - 9:00PM

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

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



FOOD & BEVERAGE



CHRISTINA ERDMAN
Manager,
F&B/ Executive Chef
cerdman@nswc.ca



FAITH SULLIVAN
Coordinator, Events
fsullivan@nswc.ca

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



Aquatics

Please note: Aquatic programs for members will be released in April 2025 during summer registration. Stay tuned for finalized program dates and times!

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. Whether you're looking to help your child develop their swimming skills or improve your own, we offer a variety of options.

Select from our 10-day Swim for Life lesson sets, or for a more personalized experience, opt for individual or semi-private lessons with our skilled instructors. We also offer Lifesaving Courses, such as Bronze Star, Bronze Medallion, and Bronze Cross, aimed at enhancing swimming proficiency through an introduction to water rescue. For adults looking to improve their swimming techniques, our Adult Master's program offers expert, individualized guidance.

For any inquiries or further details, feel free to reach out to us at aquatics@nswc.ca. We look forward to seeing you on deck!

Pool Rules and Reminders

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.
- The kids pool is unguarded and requires parental supervision and participation at all times.
- When the NO LIFEGUARD ON DUTY sign is up, only adults over the age of 19 are allowed to use the pool.

The pool schedule is carefully developed on an annual basis, with a focus on accommodating all programs and activities. Every user group is thoughtfully considered to ensure a balanced and enjoyable experience for all. Pool hours and lane allocations will be available for view on Gametime.

LIFESAVING SOCIETY SWIM FOR LIFE

PRESCHOOL PROGRAMS

(3-5 Years)

The Swim for Life Preschool Programs give 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.

Preschool 1

This is a transitional level that transfers the preschooler from the care of the parent to the instructor. Using games and activities, swimmers learn to enter and exit water, jump into chest deep water, put face in water, blow bubbles and float on front and back (with assistance).

****This is a parent participation class.***

Preschool 2

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

Preschool 3

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

Preschool 4

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

Preschool 5

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

SWIMMER PROGRAMS

(5-12 Years)

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

Swimmer 1

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

Swimmer 2

A second orientation level which helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a personal flotation device (PFD). The child will be taught interval training: 4x5 m flutter kick with 20 second rests.

Swimmer 3

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

Swimmer 4

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

Swimmer 5

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

Swimmer 6

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

Swimmer 7: 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.

Swimmer 8: Ranger Patrol

Must have completed Rookie Patrol.

Swimmer 9: Star Patrol

Must have completed Ranger Patrol.

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 20 – 23 & May 26 – May 30
(No lesson May 19)**

Set 2: Jun 2 – Jun 6 & Jun 9 – Jun 13

Set 3: Jun 16 – Jun 20 & Jun 23 – Jun 27

LESSON SETS 4 – 7

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

**Set 4: June 30 – Jul 4 & Jul 7 – Jul 11
(No lesson July 1)**

Set 5: Jul 14 – Jul 18 & Jul 21 – Jul 25

**Set 6: Jul 28 – Aug 1 & Aug 5 – Aug 8
(No lesson Aug 4)**

Set 7: Aug 11 – Aug 15 & Aug 18 – Aug 22

PRICE PER SET:

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

Non Member: \$115 (30 min) \$140 (45 min)

LIFESAVING COURSES & PROGRAMS:

LEARN FOR LIFE

Lifesaving programs are designed to educate participants on the key WaterSmart messages that help prevent drowning. Participants learn how to recognize when someone is in trouble and how to safely perform water rescues in everyday environments.

Bronze Star

Prerequisites: None.

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Dates: TBD

Bronze Medallion

Prerequisites: Minimum 13 years of age or Bronze Star award.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Dates: TBD

Bronze Cross

Prerequisites: Bronze Medallion, must show proof of certification.

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Dates: TBD



ADULT PROGRAMS

Learn To Swim

The Learn to Swim for Adults program is perfect for beginners or those looking to refresh their skills. It focuses on building water confidence and basic swimming techniques in a supportive environment.

Coach: TBD
Dates: TBD

Intro To Adult Masters

Prerequisites: Must be able to swim a length of the pool with basic freestyle.

After gaining basic skills, the Intro to Adult Masters program, led by Coach Amy, helps swimmers ease into structured workouts. This course reviews technique and builds endurance, preparing you for the North Shore Winter Club Masters Group.

Coach: Amy
Dates: TBD

Drop-In Masters

For ongoing training, Drop-In Masters offers structured swim sessions for adults focusing on fitness, stroke improvement, and cardiovascular conditioning. Led by an experienced coach, these sessions help swimmers refine their strokes, improve efficiency, and build endurance. Whether you're aiming to enhance technique, increase speed, or build strength, each session is tailored to meet individual needs.

Coach: Amy
Starts May 20
\$16/ class | Member 5 Pack: \$60

PRIVATE LESSONS

Private Swim Lessons are conducted by certified Lifesaving Society Swim Instructors. These lessons help enhance your comfort in the water, improve stroke technique, and optimize your swim workouts. Offering the highest level of flexibility and personalized attention, private lessons are ideal for swimmers of all ages.

RATES:

30 minutes:
Member \$38 | Non Member \$53

45 minutes:
Member \$57 | Non Member \$79.50

To book your private lessons, contact our Aquatic Supervisor at aquatics@nswc.ca. Please note: inquiries will be responded to starting in April.



SWIM FOR LIFE AQUATIC REGISTRATION

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

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

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

Marlins Swim Program

ABOUT

The Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May and mid-August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers registered in Intro or above, 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-6yrs

This division is geared to our youngest swimmers (ages 5 & 6) and those newer to swimming but comfortable in the water. Swimmers must be able to completely submerge their body under water, push off from the wall without assistance, and swim back to the wall on their own.

Intro Marlins

Ages: 7yrs+

These swimmers (ages 7+) 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
Inclusive	Social
Structured	Participate
Healthy development	

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



SWIM WITH THE MARLINS!

INFORMATION NIGHT:
THURSDAY APRIL 10 @ 6:30 – 7:30PM

Come and learn more about the Marlins swim team – ask questions of our Coaches & Committee Members.

- ✓ **Meet the Coaches**
- ✓ **Try on Swimsuit & Parka samples**
- ✓ **Trade in & Trade up Marlins Gear**

Full Marlins Requirements

- Can swim one full length of the pool unassisted (doesn't need to be perfect!)
- All new Marlins will be assessed in the pool to help with practice group placement and to confirm minimum ability criteria is met.

Mini Marlins Requirements

- 5 – 6-year-olds (must be 5 by end of swim season)
- Comfortable jumping in the water and swimming back to the wall unassisted
- Blowing bubbles with face in the water
- Can push off the wall on their own and swim back

QUESTIONS & REGISTRATION INFO:
Email marlins.registrar@nswc.ca

Dance

DANCE WITH CHRISTIE

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

For pop up classes and workshops please follow Christie on Instagram: [dancewithchristie](#)

Sampler

Ages: 3.5 yrs–6yrs

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

Instructor: Dance with Christie

Apr 9- May 21*

Wed: 7 sessions

5:45pm – 6:30pm

Member: \$133 | Non Member: \$138.25

**please note there may be a class cancellation in this session due to competition schedule*

Jazz/Hip Hop Open Level

Ages: 5.5+ yrs

This class is for all levels, beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music.

Instructor: Dance with Christie

Apr 9- May 21*

Wed: 7 sessions

6:30pm – 7:15pm

Member: \$133 | Non Member: \$138.25

**please note there may be a class cancellation in this session due to competition schedule*

Musical Theatre Club (MTC)

Ages: 6+ yrs

At Musical Theatre Club (MTC) students will learn three disciplines: Singing, Drama and Dance. The class will explore classic and new musicals such as: Annie, Seussical the Musical, Frozen, Descendants, Grease, Wizard of Oz and Wicked. Students will learn to act out scenes, play drama games, as well as learn songs and dances.

Instructor: Dance with Christie

Apr 9- May 21*

Wed: 7 sessions

7:15pm – 8pm

Member: \$133 | Non Member: \$138.25

**please note there may be a class cancellation in this session due to competition schedule*

Acro

Acro is a style of dance that combines dance technique with acrobatic elements. It is defined by its athletic character, its choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Students will safely learn basic acrobatic elements such as rolls, handstands, and cartwheels. They will also do some partner work. This class is taught by the amazing Acrobatic Arts certified instructor Miss Kiana. These classes run the first and last Sunday of the month.

Instructor: Dance with Christie with Miss Kiana

Mar 30, Apr 6, Apr 27, May 4, May 25, Jun 1*

Sun: 6 sessions

3:30pm – 4:30pm ACRO 1 – open level

4:30pm – 5:30pm ACRO 2 – age 9+ or invitation

Member: \$130.50 | Non Member: \$135

**please note there may be a class cancellation in this session due to competition schedule*

Competitive Groups

Pre-requisites required. These groups will be entering 3-4 dance competition in the spring. The Program will run from September to end of May. Dancers are required to attend all classes and must have previously completed at least 3x 8 week sessions of Jazz/ Hip Hop with Christie. This program is by invite only. For more information please email dancewithchristie@gmail.com

Instructor: Dance with Christie



Youth Camps & Child Minding



Friday Fun Nights

(excluding long weekends)

5pm-9pm

It's a family affair. The kids can enjoy bouncy castles and games supervised in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area. This is complimentary for our Members. Please note that due to the fact that children can come and go from these areas, parent supervision is required if the child is under 5 years of age

Pro D Day Camp

May 5, 2025

Ages 5 yrs- 9 yrs

Send your child(ren) for a full day of fun including arts & crafts, sports, visits to the park and more! Camp runs 9:00am-4:00pm. (Pick up and drop off at the front entrance) Lunch & snacks included.

\$80/day



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

variety of activities, including games, art and crafts, music and movement, science exploration and reading.

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

HOURS OF OPERATION

Mon – Thurs : 4pm – 8pm

Friday – 4pm – 5pm

Friday Fun Night – 5pm – 9pm

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.



Spring Break Multi-Sport Day Camp

Ages: 5 yrs–9yrs

Keep your child(ren) active and entertained this spring break with NSWC's Multi-Sport Day Camps! Packed with exciting activities like sports, crafts, and more, our camps provide a safe and supervised environment for your little ones to enjoy. Lunches and snacks are included.

ACTIVITIES CAN INCLUDE:

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

March 17–21 & March 24–28

Camp drop off: 9am

Members: \$300 (week 1), \$300 (week 2)

Drop in (if available)

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 confirmation.

BIRTHDAY PARTY PACKAGES

Celebrate your child's special day at NSWC with one of our exciting party packages!

Sportball Package

Includes: One hour of Sportball with a registered instructor and one-hour room rental for food.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

Bouncy Castle Package

Includes: One-hour bouncy castle rental with a party host and one-hour room rental for food and cake.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

HTC Package

Includes: One-hour private HTC ice rental and one-hour room rental for food and cake.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

Note: NSWC does not supply skates or gear. Full gear and helmets are required.

OPTIONAL ADD-ONS:

Additional items can be added for a rental fee. A host charge may apply based on activities and the number of kids.

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
4. Fries
5. Veggies & Dip Platter
6. Fruit Platter
7. Dessert Platter (assortment of squares, cookies)

DETAILS:

Packages include up to 16 guests. Additional charges apply for over 16 guests (maximum of 25 children). Parent involvement is required. Price includes tables, chairs, utensils, and plates. No outside food is permitted, except for birthday cakes.

BOOKING:

Parties must be booked at least 2 weeks in advance. Final guest numbers are due 1 week prior to the event. For inquiries or to book, email catering@nswc.ca.

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 two 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.



Minor Hockey



KYLE TURRIS
Director, Hockey
kturris@nswc.ca



BEN MAXWELL
Manager, Hockey
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JOSH WALLS
Coordinator, Hockey
jwalls@nswc.ca

GENERAL INQUIRIES EMAIL
hockey@nswc.ca

Learn To Skate (Hockey)

Ages: 3 yrs – 5 yrs

This class is designed to build a strong foundation for young hockey players by focusing on setup, stance, edge control, and balance. Learn to Skate is the perfect starting point for children looking to gain confidence on the ice and develop the essential skills needed before joining Cookie Monsters or H1. Required equipment includes a helmet with a cage, hockey gloves, and skates.

LEARN TO SKATE 1

Apr 5 – Jun 21 | Sat: 10 sessions (No Skate April 19 or May 24)
8:15am – 9am
Members: \$165 | Non-Member: \$330

LEARN TO SKATE 2

Apr 5 – Jun 21 | Sat: 10 sessions (No Skate April 19 or May 24)
9am – 9:45am
Members: \$165 | Non-Member: \$330

Cookie Monsters

Ages: 5 yrs – 7 yrs

The NSWC Cookie Monster Program is designed to introduce young players to the exciting game of hockey in a fun and supportive environment. This spring, we'll offer sessions tailored to different skill levels to ensure the best fit for your child's development. Through a mix of engaging drills and games, we'll focus on teaching the fundamentals of hockey while fostering a love for the sport. Players will be grouped by skill level and maturity to create an atmosphere that sets them up for success. Please note that full hockey equipment is required.

BEGINNER

Apr 1 – Jun 21 | Tue & Sat: 22 sessions (No Skate April 19 or May 24)
Tue: 4pm – 4:45pm | Sat: 9:45am – 10:30am
Member: \$365 | Non-Member: \$730

INTERMEDIATE

Apr 1 – Jun 21 | Tue & Sat: 22 sessions (No Skate April 19 or May 24)
Tue: 4:45pm – 5:30pm | Sat: 10:30am – 11:15am
Member: \$365 | Non-Member: \$730

ADVANCED

Apr 1 – Jun 21 | Tue & Sat: 22 sessions (No Skate April 19 or May 24)
Tue: 5:30pm – 6:15pm | Sat: 11:30am – 12:15pm
Member: \$365 | Non-Member: \$730

Power Skating

Elevate your game with high-performance training focused on explosive speed and power, led by NSWC's Karen Kos. This program combines power skating, quick feet drills, dynamic agility, and stride refinement, all delivered in a fast-paced and educational environment. Full hockey equipment is required.

Coach: Karen Kos

Apr 6 – Jun 15 | Sun: 9 sessions (No Skate April 20 or May 25)

4:15pm – 5:00pm U7/U8 (2017 & 2018 Birth Year)
5:00pm – 5:45pm U9 (2016 Birth Year)
5:45pm – 6:30pm U11 (2014 & 2015 Birth Year)
6:45pm – 7:30pm U11 (2014 & 2015 Birth Year)
7:30pm – 8:15pm U13 (2012 & 2013 Birth Year)
8:30pm – 9:15pm U15/U18 (2007-2011 Birth Year)
Member: \$360 | Non-Member: \$540

Puck Skills

The Puck Skills Program is designed to enhance every aspect of puck handling and movement, tailored to the player's current skill level – from foundational basics to elite techniques. Through progressive drills, players will develop greater hand dexterity by learning to control the puck in new positions, using different parts of the blade, and increasing their speed. This training also builds stamina in the muscles required for precise hand skills. As players advance, they'll be introduced to situational moves, 1 on 1 plays off the rush, battling out of the corner, and creating shot lanes. By the end of the program, players will experience a significant improvement in their puck control, with a stronger connection between their hands, stick, and puck. Full hockey equipment is required.

Coach: Tyson Mulock

Apr 4 – Jun 20

Fri: 10 sessions (No Skate April 18 or May 23)
5:15pm – 6:15pm U8/U9 (2015- 2017 Birth Years)
6:30pm – 7:30pm U11 (2014 Birth Year)
7:45pm – 8:45pm U13-U18 (2007-2013 Birth Year)
Member: \$400 | Non-Member: \$600

Power Edge Pro

Power Edge Pro (PEP) is an advanced on-ice player development system that uses proprietary equipment and training patterns, trusted by top pros like Connor McDavid and Connor Bedard. This innovative system focuses on Reactive Countering Training, combining multiple motor skills at once to enhance small-area game performance and deceptive movement. All drills are performed with puck control and are designed to deliver significantly more repetition than traditional practice methods, accelerating the development of elite skills. Our fully certified coaches are equipped to maximize every player's growth through this cutting-edge training. Full hockey equipment is required.

Coach: Cole Todd

Apr 6 – Jun 22

Sun: 10 sessions (No Skate April 20 or May 25)

4:30pm – 5:30pm U11 (2014-2015 Birth Years)

5:30pm – 6:30pm U8/U9 (2016-2017 Birth Years)

6:45pm – 7:45pm U13 (2012-2013 Birth Years)

8:00pm – 9:00pm U15/U18 (2007-2011 Birth Years)

Members: \$550 | Non-Member: \$825

***Maximum 16 registrants per class.**

***Please register in your birth year.**

Skating That Translates

Ben Payne's Skating That Translates (SKTT) program focuses on game-specific power skating and edge work, providing players with both the technical skills and the tactical understanding needed for success. At SKTT, players learn not just "how" to skate effectively but also the importance of the "why." By replicating recurring movement patterns in game-like environments, players develop essential skills like attacking and defending the rush, creating space, and improving agility and mobility in small areas. This comprehensive approach builds on a strong skating foundation, ensuring players can handle the puck, pass, and shoot with greater efficiency and effectiveness.

LEARNING OUTCOMES:

Skating Fundamentals: Mastering upper body control and posture during edge work. Inside, outside, and flat edges. Glide turns and tight turns. Forward/backward crossovers and crossunders. Pivots process: transitions between forwards and backwards.

Puck Skill Fundamentals: Puck control, placement, and passing

Offensive & Defensive Tactics: Developing smart skating attack angles. Forwards-to-backwards and backwards-to-forwards transitions. Note: this program is tailored to each player's development. Some themes may not be covered, depending on individual comprehension. Full hockey equipment is required.

Coach: Ben Payne

Apr 10 – Jun 19 | Thur: 11 sessions

4:15pm – 5:15pm U8/U9 (2016 & 2017 Birth Years)

5:15pm – 6:15pm U11 (2014 & 2015 Birth Year)

6:30pm – 7:30pm U13 (2012 & 2013 Birth Year)

7:45pm – 8:45pm U15/U18 (2007-2011 Birth Years)

Member: \$440 | Non-Member: \$660

Body Contact

Body contact is an essential skill in hockey and a key part of the game today. For players transitioning from non-contact hockey, this program will teach how to use the body effectively – not only to protect themselves and separate opponents from the puck but also to maintain puck possession and create opportunities to make plays. Key focuses include keeping your head up, learning to accept contact, leaning on opponents, and spinning off pressure. This program will equip players with the techniques needed to stay safe and use body contact to their advantage.

Coach: Jon Woodyard

Apr 1 – Jun 17 | Tues: 12 sessions

6:30pm – 7:30pm U15 (2011 & 2012 Birth Years)

7:45pm – 8:45pm U15 & U18 (2010 – 2007 Birth Years)

Member: \$360 | Non-Member: \$540

NSWC Spring Goalie Development

We are offering a Spring Goalie Development Camp for all goalies. These camps focus on improving individual skills, techniques, confidence, and consistency. Goaltenders will work on fundamental skills such as save techniques, rebound control, body positioning, angles, and depth, among other key areas. Being a goalie demands balance, adaptability, and a relentless drive to stop the puck. This camp will prepare you for whatever the 2025/26 season brings. Sign up today!

Coach: Sam Huston

Apr 4 – Jun 20 | Fri: 10 sessions (No Skate April 18 or May 23)

4:00pm – 5:00pm U7-U11 (2015-2019 Birth Years)

5:00pm – 6:00pm U13 – U18 (2008-2014 Birth Years)

Member: \$360 | Non-Member: \$540

***Per Session Registration - Members: \$40.00 per session | Non-Member: \$60.00 per session**

***If registering on a per session basis you must register by Wednesday at 5pm each week. 10 Goalie Max.**

NSWC Female Development

This program is designed to elevate the skills of young female players through focused, on-ice training. This program is tailored to different age groups and emphasizes key hockey fundamentals, including skating, puck handling, shooting, and overall hockey ability. Our experience coaches will work closely with each player to refine their skills in a supportive and challenging environment. Whether you're looking to improve your technique or enhance your confidence on the ice, this program will provide the tools to help you take your game to the next level.

Apr 5 – Jun 21 | Sat: 10 sessions (No Skate April 19 or May 24)

1:15pm – 2:15pm U7/U9 (2016-2019 Birth Years)

2:30pm – 3:30pm U11/U13 (2012-2015 Birth Years)

3:45pm – 4:45pm U15/U18 (2007-2011 Birth Years)

Members: \$300 | Non-Member: \$450

FEATURED ATHLETE

Chloe Primerano

What inspired you to start playing hockey, and how did you get your start in the sport?

My brother inspired me to start playing hockey as I always wanted to do everything that he was doing.

Can you describe your most memorable game or moment on the ice?

The most memorable game was either my first game with the Senior National Team or the U18 World Championship Final where we won the gold medal.

How has your training at the NSWC helped you progress in your career?

My training at NSWC has helped me so much with my development as a player. Having access to great skills coaches and ice at all times of the day allowed me to improve over the past years.

What's the most important lesson you've learned through your experience in hockey?

The most important lesson that I have learned from hockey is to be where your feet are and in the moment because it all goes by fast.

What advice would you give to younger players who aspire to play at a high level?

Advice that I give to younger players is to continue to work their hardest and also to enjoy every moment and experience that you have.

Can you share a moment where the NSWC hockey program made a significant impact on your development?

One moment where the NSWC made an impact on my development was open ice. Having the opportunity to use the ice at any time, playing 1v1 or practicing little skills has helped my development and creativity so much from when I was younger until now.



What does being part of the NSWC hockey community mean to you?

Being a part of the NSWC hockey community means the world to me and I have made so many lifelong friends and have had the opportunity to be a part of so many amazing experiences and events that I will remember forever.

When not playing hockey, what are your other hobbies?

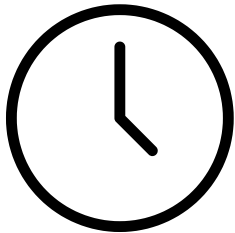
When I'm not playing hockey some other hobbies that I have are playing pickleball or playing golf.

What qualities do you believe are essential to be successful in hockey?

Qualities that I believe are essential to be successful in hockey are hard work and love for the game. Having that love for the game will take you very far and will bring you so many amazing opportunities.

SKATE SHARPENING

BY TIME OUT SPORTS



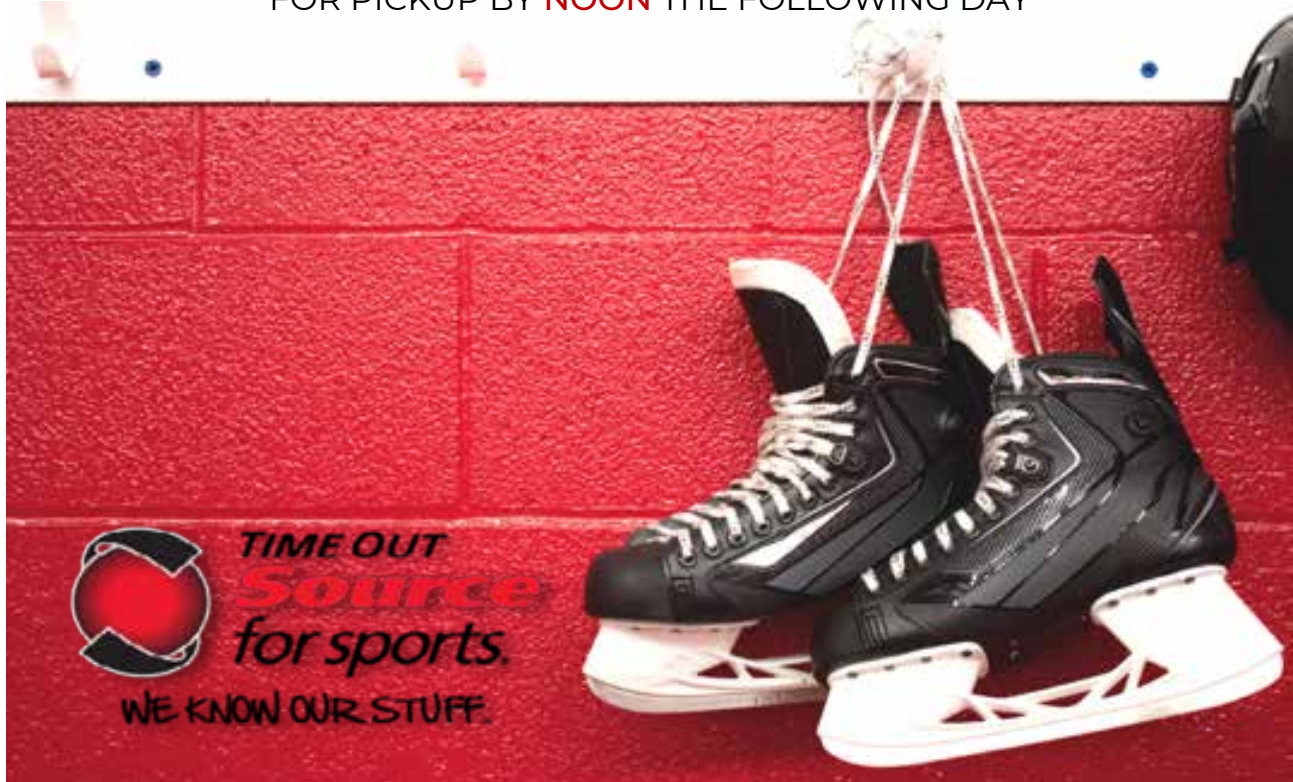
PICK UP YOUR SKATES AFTER
4 HOURS IF DROPPED OFF AT MEMBER
SERVICES BETWEEN 10AM & 2PM

PASSES ARE AVAILABLE FOR
PURCHASE AT MEMBER SERVICES

SINGLE
\$12.50
+ TAX

10 PACK
\$90
+ TAX

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



TIME OUT
Source
for sports.

WE KNOW OUR STUFF.

Pickleball



AMY WALKER
Tennis/Pickleball Pro
awalker@nswc.ca

SPRING 2025

ADULT DRILLS AND PLAY BEGINNER/INTERMEDIATE:

(Coach Irene)

This class is for easy play and new players. Learn technique, basic tactics and footwork.

Apr 9 - Apr 23 | Wed: 3 Sessions
6:00pm - 7:15pm | Member: \$75

Apr 9 - Apr 23 | Wed: 3 Sessions
7:15pm - 8:30pm | Member: \$75

Apr 10 - Apr 24 | Thur: 3 Sessions
9:15am - 10:30am | Member: \$75

Apr 10 - Apr 24 | Thur: 3 Sessions
10:30am - 11:45am | Member: \$75

May 28 - June 11 | Wed: 3 Sessions
6:00pm - 7:15pm | Member: \$75

May 28 - June 11 | Wed: 3 Sessions
7:15pm - 8:30pm | Member: \$75

May 29 - June 12 | Thur: 3 Sessions
9:15am - 10:30am | Member: \$75

May 29 - June 12 | Thur: 3 Sessions
10:30am - 11:45am | Member: \$75

ADULT DRILLS AND PLAY ADVANCED ONLY:

(Coach Barry)

For players who enjoy a fast and hard-hitting game that want to focus on improving strategy and advanced skills.

Apr 9 - Apr 23 | Wed: 3 Sessions
6:00pm - 7:15pm | Member: \$75

Apr 9 - Apr 23 | Wed: 3 Sessions
7:15pm - 8:30pm | Member: \$75

Apr 10 - Apr 24 | Thur: 3 Sessions
9:15am - 10:30am | Member: \$75

Apr 10 - Apr 24 | Thur: 3 Sessions
10:30am - 11:45am | Member: \$75

May 28 - June 11 | Wed: 3 Sessions
6:00pm - 7:15pm | Member: \$75

May 28 - June 11 | Wed: 3 Sessions
7:15pm - 8:30pm | Member: \$75

May 29 - June 12 | Thur: 3 Sessions
9:15am - 10:30am | Member: \$75

May 29 - June 12 | Thur: 3 Sessions
10:30am - 11:45am | Member: \$75

ADULT DRILLS AND PLAY BEGINNER / NOVICE:

(Coach Amy / Coach Mark)

Rise, shine and pickleball. Come join an easy play class and work on fundamentals including technique, tactics and strategy. This class is for all easy play and new players.

Apr 4 - May 2 | Fri: 4 Sessions
8:00am-9:15am | Member: \$100
No Class Apr 18

May 9 - May 30 | Fri: 4 sessions
8:00am-9:15am | Member: \$100

June 6 - June 27 | Fri: 4 sessions
8:00am-9:15am | Member: \$100

ADULT DRILLS AND PLAY INTERMEDIATE:

(Coach Amy / Coach Mark)

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

Apr 4 - May 2 | Fri: 4 Sessions
9:15am-10:30am | Member: \$100
No Class Apr 18

May 9 - May 30 | Fri: 4 sessions
9:15am-10:30am | Member: \$100

June 6 - June 27 | Fri: 4 sessions
9:15am-10:30am | Member: \$100

ADULT DRILLS AND PLAY ADVANCED:

(Coach Amy / Coach Mark)

For advanced players who want to achieve a well-rounded game with advanced shots and skills.

Apr 4 - May 2 | Fri: 4 Sessions
10:30am-11:45am | Member: \$100
No Class Apr 18

May 9 - May 30 | Fri: 4 sessions
10:30am-11:45am | Member: \$100

June 6 - June 27 | Fri: 4 sessions
10:30am-11:45am | Member: \$100



ADULT DRILLS AND PLAY

ADVANCED:

(Coach Mark)

For advanced players who want to achieve a well-rounded game with advanced shots and skills

Apr 5 – May 3 | Sat: 4 Sessions

9:15-10:30am | Member: \$100

No Class Apr 19

May 10 – May 31 | Sat: 4 Sessions

9:15-10:30am | Member: \$100

June 7 – June 28 | Sat: 3 Sessions

9:15-10:30am | Member: \$75

No Class June 21

ADULT DRILLS AND PLAY

INTERMEDIATE:

(Coach Mark)

For intermediate players who want to improve their skills with drills and instructional play time (Coach Mark).

Apr 5 – May 3 | Sat: 4 Sessions

10:30-11:45am | Member: \$100

No Class Apr 19

May 10 – May 31 | Sat: 4 Sessions

10:30-11:45am | Member: \$100

June 7 – June 28 | Sat: 3 Sessions

10:30-11:45am | Member: \$75

No Class June 21

ADULT FREE MEMBER SOCIALS:

Mix-and-match member led socials.

Maximum 20 players. 3.5-4.0+ players only.

Mon Apr 7 | 7:15-8:30pm

Mon May 19 | 7:15-8:30pm

To participate you must register in

GameTime

ADULT 'ADVANCED BEGINNER' WORKSHOP:

Coach Amy:

Players in this workshop know how to keep score, rotate, and the basics of pickleball. This class is the next step to improve technique and strategy.

Mon: Apr 21 | 6:00-8:00pm

Member: \$30

TRIPLE FUN – A TEAM EVENT

LEVEL: 4.0+ (For players who enjoy a hard and fast paced ball).

Fri: May 2 | 6:00-9:00pm

Member: \$40 per player /

3 players per team

ADULT PINOT & PICKLEBALL

NOVICE/INTERMEDIATE SOCIAL

Enjoy a Friday night of mix-and-match pickleball with friends. Meet in the Lounge afterwards for a glass of wine and a charcuterie board.

Fri: May 9

Pickleball 6:00-7:15pm

Social 7:15pm

Member: \$30

WOMEN'S GRAND SLAM

INTERMEDIATE/ADVANCED

GRID TOURNAMENT

Mix & match competitive pickleball followed by appetizers and award presentation in Lounge.

Fri: May 23

6:00-8:00pm Pickleball

8:00pm Meet in Lounge

Member: \$35

MEN'S GRAND SLAM

INTERMEDIATE/ADVANCED

GRID TOURNAMENT

Mix & match competitive pickleball followed by appetizers and award presentation in Lounge.

Fri: May 30

6:00-8:00pm Pickleball

8:00pm Meet in Lounge

Member: \$35

ADULT INTERMEDIATE WORKSHOP

Join Coach Mark and Coach Barry for a great opportunity to improve your pickleball skills. Participants will rotate courts and receive instruction from both coaches.

Sat: June 7

4:00-6:00pm

16 players maximum

Member: \$40

TENNIS COACHES



TIM PORTNOV
Director, Racquets



NICOLE MCLENNAN
Head of Junior Performance
and Development



FABIO WALKER
Tennis Pro



AMY WALKER
Tennis Pro



CHRIS STEAD
Tennis Pro



LYNNE SCHWEITZER
Tennis Pro



ADRIAN OZEWICZ
Tennis Pro



KELLY OCKELOEN
Tennis Pro



VADIM KORKH
Tennis Pro

PICKLEBALL COACHES



IRENE MAH
Pickleball Pro



BARRY MAH
Pickleball Pro



MARK JONES
Pickleball Pro



AMY WALKER
Pickleball Pro

Adult Tennis



TIM PORTNOV
Director, Racquets
tportnov@nswc.ca

ADULT DRILLS DIVISION 2 & 3

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

April 3 – June 19
Thu: 12 sessions
11am – 12pm
Member: \$324

ADULT DRILLS DIVISION 3 & 4

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

April 1 – June 17
Tue: 12 sessions
8pm – 9pm
Member: \$324

March 31 – June 16
Mon: 11 sessions (no session May 19)
10am – 11am
Member: \$297

April 4 – June 20
Fri: 11 sessions (no session April 18)
11am – 12pm
Member: \$297

ADULT DRILLS DIVISION 4 & 5

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

April 1 – June 17
Tue: 12 sessions
7pm – 8pm
Member: \$324

April 3 – June 19
Thu: 12 sessions
10am – 11am
Member: \$324

April 4 – June 20
Fri: 11 sessions (no session April 18)
10am – 11am
Member: \$297

ADULT DRILLS BEGINNER (LEVEL 1.0 – 1.5)

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

March 31 – June 16
Mon: 11 sessions (no session May 19)
10am – 11am
Member: \$297

April 1 – June 17
Tue: 12 sessions
10am – 11am
Member: \$324

April 1 – June 17
Tue: 12 sessions
6pm – 7pm
Member: \$324

April 2 – June 18
Wed: 12 sessions
8pm – 9pm
Member: \$324

April 3 – June 19
Thu: 12 sessions
11am – 12pm
Member: \$324

April 3 – June 19
Thu: 12 sessions
7pm – 8pm
Member: \$324

April 4 – June 20
Fri: 11 sessions (no session April 18)
10:30am – 11:30am
Member: \$297





ADULT DRILLS *INTERMEDIATE - (LEVEL 2.0 - 2.5)*

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

March 31 – June 16

Mon: 11 sessions (no session May 19)

9am - 10am

Member: \$297

April 1 – June 17

Tue: 12 sessions

9am – 10am

Member: \$324

April 2 – June 18

Wed: 12 sessions

7pm – 8pm

Member: \$324

April 3 – June 19

Thu: 12 sessions

10am – 11am

Member: \$324

April 3 – June 19

Thu: 12 sessions

8pm – 9pm

Member: \$324

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

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

April 1 – June 17

Tue: 12 sessions

9am – 10am

Member: \$324

April 2 – June 18

Wed: 12 sessions

6pm – 7pm

Member: \$324

April 3 – June 19

Thu: 12 sessions

6pm – 7pm

Member: \$324

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

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

March 31 – June 16

Mon: 11 sessions (no session May 19)

9am - 10am

Member: \$297

April 2 – June 18

Wed: 12 sessions

9am - 10am

Member: \$324

April 3 – June 19

Thu: 12 sessions

9am – 10am

Member: \$324

April 4 – June 20

Fri: 11 sessions (no session April 18)

9am – 10am

Member: \$297

LADIES DOUBLES DAY LEAGUE

(LEVEL 2.0 - 3.5)

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

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

April 4 – June 20

Fri: 11 sessions (no session April 18)

11:45am – 1:00pm*

Member: \$297

**Some weeks this class will start at 12:30pm due to the regular league taking up the courts. You will be notified ahead of time.*



Junior Tennis



TIM PORTNOV
Director, Racquets
tportnov@nswc.ca

RED BALL TENNIS

(ages 5-7)

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

Apr 5 – June 21
Sat: 12 sessions
12pm – 1pm
Member: \$324
Non Member: \$428

Apr 1 – June 17
Tue: 12 sessions
3:30pm – 4:30pm
Member: \$324
Non Member: \$428

Apr 4 – June 20
Fri: 11 sessions (No Session April 18)
3:30pm – 4:30pm
Member: \$297
Non Member: \$392

ORANGE BALL TENNIS

(ages 8-10)

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

Apr 5 – June 21
Sat: 12 sessions
1pm – 2pm
Member: \$324
Non Member: \$428

Apr 1 – June 17
Tue: 12 sessions
3:30pm – 4:30pm
Member: \$324
Non Member: \$428

Apr 4 – June 20
Fri: 11 sessions (No Session April 18)
3:30pm – 4:30pm
Member: \$297
Non Member: \$392

GREEN BALL TENNIS

(ages 11-12)

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

Apr 5 – June 21
Sat: 12 sessions
2pm – 3pm
Member: \$324
Non Member: \$428

Apr 1 – June 17
Tue: 12 sessions
3:30pm – 4:30pm
Member: \$324
Non Member: \$428

Apr 4 – June 20
Fri: 11 sessions (No Session April 18)
3:30pm – 4:30pm
Member: \$297
Non Member: \$392

TEEN TENNIS – SAT

(ages 12+)

This group is for the beginner/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills (technical/ tactical/physical) to learn the game.

Apr 5 – June 21
Sat: 12 sessions
3pm – 4pm
Member: \$324
Non Member: \$428



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 service, 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

Racquets Committee

The Racquets 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 Racquets 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 Member Services.
- 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 – Thursday

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 Member Services or by calling Member Services: 604-985-4135. Tennis membership application forms are available from Member Services. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at Member Services.

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).
- Bookings for court 7 can only be made on the same day by calling Member Services. Please note court 7 is reserved for pickleball exclusively on Monday and Friday evenings from 6:00-9:00pm.
- A player may have a maximum of five (5) advanced court bookings within a 7-day period. Maximum two advanced (2) primetime bookings per week.
- During Prime-time (Monday – Thursday 6:00pm, 7:15pm) only doubles will be permitted. All players must be listed 48 hours in advance in Gametime.
- A player may also walk-on to empty courts by checking into the front desk 15 minutes in advance 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 twenty-four (24) hours before the booked time or a late cancel fee of \$15.00 + GST per court will be charged. No shows will receive a \$50.00 + GST fee per listed player.

Walk-On For Vacant Courts

If a court is available for walk-on, players must check in with Member Services 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 Member Services.

No Shows

A court that is not claimed within fifteen (15) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at Member Services. If you know you will be late, please call Member Services 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 two (2) times in a given month.
- A Guest fee of \$15 + GST for juniors and \$20 + 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 Member Services to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with Member Services 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 Racquets Director. To avoid any conflict on court allocation, please forward this information to the Racquets 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.

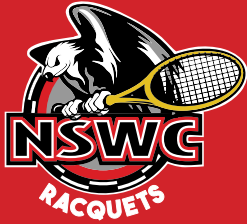
Court Rental

Requests for court rental must be approved by the Racquets Director, tportnov@nswc.ca

Tennis Private Lessons Members

Private	\$90
Semi Private	\$52.50 each
Group of 3	\$42.50 each
Group of 4	\$36.50 each
Hitting Sessions	\$60





TENNIS EVENTS

JANUARY - DECEMBER 2025

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

SUNDAY 19th - SATURDAY 25th

Club Championships Mixed Doubles

Deadline Wednesday, January 15th at 10:00pm.

WEDNESDAY 29th

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

THURSDAY 30th

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

FEBRUARY

SUNDAY 2nd - SATURDAY February 8th

Club Championships Men's & Women's Doubles

Deadline Wednesday, January 29th at 10:00pm.

APRIL

APRIL - JUNE

Men's and Women's Spring League

MAY

WEDNESDAY 21st

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

THURSDAY 22nd

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

JUNE

WEDNESDAY 25th

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

THURSDAY 26th

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

AUGUST

SATURDAY 9th - SATURDAY 16th

SUMMER SMASH Doubles Tournament

Deadline Tuesday, August 6th 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 18th

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

THURSDAY 19th

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

SUNDAY 21st - SATURDAY 27th

Club Championships Singles

Deadline Wednesday, September 17th at 10:00pm.

OCTOBER

SATURDAY 18th - SATURDAY 25th

PAUL SHELLARD Fall Classic

Mixed Doubles Tournament

Deadline Tuesday October 15th at 10:00pm.

- Open to the public

Great tennis with great nightly food and entertainment features

OCTOBER - FEBRUARY

Women's Dogwood League

NOVEMBER

FRIDAY 14th - SUNDAY 16th

6th Annual Triple Threat Mixed Team Tennis Event

- All levels welcome!

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

- Matches Sat 15th & Sun 16th 9:00AM - 6:00PM

- Prize money for winners!

DECEMBER

SUNDAY 14th

Christmas Mixer

- Sponsored by the Tennis Committee - No charge

- Prizes for the best Christmas outfit

- Winners' celebration in the bar

Please note that these dates are correct at time of printing. Subject to change.

GREG JOHNSON

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AT THE NORTH SHORE WINTER CLUB

an 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

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.

Physiotherapists



SHELDON CROUSE

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

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



DIEGO GROSSLING

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

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



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.



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.



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.



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.



JAIME PAQUETTE

Jaime has been working as a Registered Massage Therapist (RMT) since graduating from the Vancouver College of Massage Therapy program over 10 years ago. She is particularly interested in treating headaches, repetitive strains, pregnancy-related issues, and sports

injuries. Her treatments often incorporate Swedish (relaxation) massage, trigger point release, and instrument-assisted soft tissue mobilization. In her free time, Jaime enjoys cooking, hiking, and camping. Having grown up and currently living on the North Shore, Jaime is thrilled to be a part of the AMSMC team!

Kinesiologists



NICK BELMONTE

Nick's passion for injury prevention and rehabilitation came about in the 10th grade when he suffered a concussion playing in a Team BC Football tournament in Saskatchewan. Nick graduated from Douglas College earning a Bachelor of Physical Education and

Coaching degree with a Kinesiology specialization, becoming a Registered Kinesiologist shortly after. He has been working as a Fundamental Movements Coach and Trainer with GameReady Fitness since 2019, working with a diverse spectrum of athletes. Additionally, Nick has been coaching Wide Receivers for the Fox 40 Canada Football Chat Prospect Games since 2022. He also worked as a Physical Education Assistant at St. Helen's Elementary School in Burnaby and occasionally helps coach Wide Receivers at Notre Dame Regional Secondary School. Nick continues to be involved in sport, playing flag football, soccer, and basketball recreationally and is passionate about health/fitness.



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.



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