



NORTH SHORE WINTER CLUB

Summer 2025 Program Guide



SUMMER REGISTRATION

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

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

April 22, 2025
Adult Tennis
Junior Tennis
Youth Camps
All Other Programs

Non Members **May 6, 2025**
10:00am All Programs



NORTH SHORE WINTER CLUB

Since 1958



SOMETHING FOR EVERYONE

HOCKEY | TENNIS | PICKLEBALL | AQUATICS | FITNESS | DINING

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2025 BOARD OF DIRECTORS

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DOUG BELL
Vice President

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

PROGRAM REGISTRATION INFORMATION



JOANNE FRY
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 April 22nd, 2025

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

Non Member Registration opens on Tue May 6th, 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 4 weeks (28 days) before program start
- **50% Refund:** up to 2 week (14 days) before program start
- **No Refund:** within 4 days (96 hours) of program start
- **The day the program starts is not included in the required notice period.**

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

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

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

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

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit <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

Female Face Off

From February 14th to 17th, the Club proudly hosted its largest Female Face Off Tournament to date. This event welcomed 26 U9 – U15 female teams from across the Lower Mainland and as far as the Yukon, making it a true showcase of talent and competition.

This incredible weekend wouldn't have been possible without the dedication of parents, team managers, committee volunteers, and staff—thank you for your hard work and commitment! With the bar set higher than ever, we can't wait to bring the excitement back next year for another unforgettable weekend of hockey. See you on the ice!



MEMBER MOMENTS



NSWC Classic Rockfest

The NSWC Mixed and Doubles Club Championships came to an electrifying close with a Classic Rockfest Party, complete with fantastic food, exciting prizes, and an unforgettable live performance by Johnny and the Walkers! A huge thank you to everyone who joined us for this incredible event, and congratulations to all of our champions!



Australian Open Grand Slams

Congratulations to the outstanding players who battled their way to the finals at the Australian Open Grand Slams!

MENS CHAMPIONS

Winners: Richard Vann and Slavi Aseov
Runners-Up: Bruno Fiorvento and Jason King

LADIES CHAMPIONS

Winners: Clair Carroll and Kara Gibson
Runners Up: Megan Frederick and Stephanie Fraser



MEMBER MOMENTS

U15 Hawks Bring Home the Banner!

A huge congratulations to our U15 Hawks, who secured the championship banner on home ice! The team had an absolutely dominant season, finishing with an incredible 27-1-1 record and claiming both the regular season banner and the playoff championship banner.

Their hard work, dedication, and teamwork paid off in a big way, culminating in a playoff run to remember. The entire community is proud of this achievement—way to go, Hawks!



U15 A1 Selects are Tier 1 Champions!

For the first time in ten years, the U15 A1 Selects have brought home the Tier 1 championship banner!

Heading into their final playoff game, the team needed to win by three goals to secure a spot at provincials, and by seven goals to claim the championship banner. With just nine minutes left in the third period, they were clinging to a 1-0 lead—but in an unbelievable display of resilience and firepower, they erupted for six more goals, finishing with a stunning 7-0 victory to punch their ticket to provincials and capture the title! Way to go!





SUMMER FRIDAY FUN NIGHTS

5:00PM - 9:00PM

ON FRIDAY NIGHTS, BRING YOUR CHILD(REN) TO THE CLUB FOR BOUNCY CASTELS, GAMES, SWIMMING & A MOVIE IN THE SENIOR LOUNGE. ALL SUPERVISED IN A SAFE ENVIRONMENT. AGES 3-9 YEARS

Complimentary to our members. Parent supervision required for children under 5 yrs. All children under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.



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

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 8 years of age must be accompanied and within arm's reach of an adult (16 or older) at all times unless they are enrolled in a registered program or have passed the Under 8 Swim Test. Children under the age of 8 who have passed the Under 8 Swim Test must wear an identifying wrist band.
- Children under 10 years of age must be supervised at all times.
- The kids' pool is unguarded and requires active parental supervision and participation at all times.
- When the "NO LIFEGUARD ON DUTY" sign is displayed, only individuals 19 and older may 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.**

Sets 1—3: 3:30pm—4:00pm

Sets 4—7: 10:30am—11:00am

Preschool 2

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

Sets 1—3: 3:30pm—4:00pm

Sets 4—7: 10:00am—10:30am

or 2:00pm—2:30pm

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.

Sets 1—3: 3:30pm—4:00pm

Sets 4—7: 10:30am—11:00am

or 2:00pm—2:30pm

Preschool 4

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

Sets 1—3: 4:00pm – 4:30pm

Sets 4—7: 10:30am—11:00am

or 2:00pm—2:30pm

Preschool 5

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

Sets 1—3: 4:00pm – 4:30pm

Sets 4—7: 10:30am—11:00am

or 2:00pm—2:30pm

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.

Sets 1—3: 4:30pm—5:00pm

**Sets 4—7: 10:00am—10:30am
or 2:30pm—3:00pm**

Swimmer 2

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

Sets 1—3: 4:30pm—5:00pm

**Sets 4—7: 10:00am—10:30am
or 2:30pm—3:00pm**

Swimmer 3

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

Sets 1—3: 4:30pm—5:00pm

**Sets 4—7: 10:00am—10:30am
or 2:30pm—3:00pm**

Swimmer 4

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

Sets 1—3: 3:45pm—4:30pm

**Sets 4—7: 11:00am—11:45am
or 3:00pm—3:45pm**

Swimmer 5

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

Sets 1—3: 3:45pm—4:30pm

**Sets 4—7: 11:00am—11:45am
or 3:00pm—3:45pm**

Swimmer 6

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

Sets 4—7: 11:45am—12:30pm

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.

Sets 4—7: 11:45am—12:30pm

Swimmer 8: Ranger Patrol

Must have completed Rookie Patrol.

Sets 4—7: 11:45am—12:30pm



Swimmer 9: Star Patrol

Must have completed Ranger Patrol.

Sets 4—7: 11:45am—12:30pm

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

LESSON SETS 1 – 3

(Open to Members & 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

(Members Only)

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: \$95 (30 min) \$121 (45 min)

Non Member: \$121 (30 min) \$147 (45 min)

LIFESAVING PROGRAMS

(12+) (Members Only)

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.

August 16 - 17 (Sat - Sun)

2 sessions

10:00am - 3:15pm

\$130.00 + gst

Bronze Medallion /Cross Combo

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

The Bronze Medallion/Cross Combo Course is designed for candidates that want to complete the first 2 courses of their National Lifeguarding program. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. The Bronze Cross portion of this course is worth TWO (2) Grade 11 High School Credits.

This course will include a 400 m time swim.

August 24-28 (Sun-Thurs)

5 sessions

8:30am-5:00pm

\$513.00 + gst



ADULT PROGRAMS

(19+) (Members Only)

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. Key skills include: floating, gliding, kicking, and body positioning.

May 5 - May 15 (Mon/Tues/Thurs)

6 sessions (Lanes 1 - 3)

8:00pm-9:00pm

\$108.00 + gst

INTRO TO ADULT MASTERS

After gaining basic skills, the Intro to Adult Masters program helps swimmers ease into structured workouts. This course reviews technique and builds endurance, preparing you for the North Shore Winter Club Masters Group. Participants must be able to swim a length of the pool with basic freestyle.

May 5 - May 15 (Mon/Tues/Thurs)

6 sessions (Lanes 4 - 6)

8:00pm-9:00pm

\$108.00 + gst



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 your individual needs.

Starts Tues May 20 (Tues/Thurs)

Drop-in

8:00pm - 9:00pm

\$18.00 + gst/Session

\$80.00 + gst/5 Pack



PRIVATE LESSONS

(All Ages)

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. Non-Member private lessons are available from May – June. Only Members and their guests from July - August.

RATES:

30 minutes: Member \$40

Non Member \$56

45 minutes: Member \$60

Non Member \$84

To book your private lessons, contact aquatics@nswc.ca.

SWIM FOR LIFE AQUATIC REGISTRATION

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

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

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

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



**THE DOG DAY OF
SUMMER
SUNDAY, SEPT. 7**



NORTH SHORE
WINTER CLUB

Dance

DANCE WITH CHRISTIE

Christie will be offering some summer workshops, and pop up classes throughout the summer. They will be announced soon. Please follow her on social media for all the latest updates.

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

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



Youth Camps & Child Minding



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

CHILD MINDING

Multi Sport Day Camps

Ages: 5 yrs to 9 yrs

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

WEEK DATES

- 1 Jul 2 - Jul 4
(No camp Jun 30/Jul 1)
- 2 Jul 7- Jul 11
- 3 Jul 14 - Jul 18
- 4 Jul 21 - Jul 25
- 5 Jul 28 – Aug 1
- 6 Aug 5 – Aug 8
(No camp Aug 4th)
- 7 Aug 11 – Aug 15
- 8 Aug 18 – Aug 22



ACTIVITIES INCLUDE:

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

What to Pack Each Day:

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

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

Full Day

Members: \$330 / week
 \$198 / Week 1
 \$264 / week 6

Drop in (if available)

Members: \$75 day

Add On

Members: \$180 / week
 \$108 / Week 1
 \$144 / week 6

Camps fill up quick! Please provide a minimum of 24 hours' notice for 1 day drop ins so we can ensure there is room available in the camp. Call 604-985-4135 or Email daycamps@nswc.ca.

NSWC Day Camp Add On

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

Summer Friday Fun Nights!

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

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

Fridays: 5pm—9pm Starting Friday June 6th

**Program is weather dependent*

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





FAITH SULLIVAN
Coordinator, Events
fsullivan@nswc.ca

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).

Pool Party Package

Includes: One hour of swimming including games and pool toys, and one hour reserved space on our Tiki deck lawn for food. (16 meal plans included, additional rates apply if over 16 in attendance) (Available June through Aug).

\$375

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 also includes private party room, tables, chairs, utensils, and plates. No outside food is permitted, except for birthday cakes.

BOOKING:

Parties must be booked at least 4 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: \$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: \$65

3 – Member: \$55

4 – Member: \$45

5 – Member: \$40

6 – Member: \$35

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

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

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

10 Pass: Member \$190

20 Pass: Member \$340

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
bmaxwell@nswc.ca



JOSH WALLS
Coordinator, Hockey
jwalls@nswc.ca

**GENERAL
INQUIRIES EMAIL**
hockey@nswc.ca

Learn to Skate (For Hockey) – HTC

Ages: 3 yrs - 5 yrs

This class will focus on hockey player's foundations, set up, stance, edge control and balance. Learn to Skate is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or U7. Equipment needed: Helmet with cage, hockey gloves, skates.

July 3 – Aug 19

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

Member \$230 | Non-Member \$345

Cookie Monsters: HTC

Ages: 5-7 yrs

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

BEGINNER

July 3 – Aug 19

Tue & Thu: 14 sessions | 5:15pm – 6:00pm

Member \$230 | Non-Member \$345

ADVANCED

July 3 – Aug 19

Tue & Thu: 14 sessions | 6:00- 6:45pm

Member \$230 | Non-Member \$345

Summer Camps: HTC

(8:45-10am/10:15-11:30 & 1:30-2:45pm/3-4:15pm)

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

JULY 7-11

U7/U9 (2017 - 2020 Birth Year) 8:15-4:15pm

U11 (2015 & 2016 Birth Year) 8:30-4:30pm

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

JULY 14-18

U7/U9 (2017 - 2020 Birth Year) 8:15-4:15pm

U11 (2015 & 2016 Birth Year) 8:30-4:30pm

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

JULY 21-25

U7 (2019 & 2020 Birth Year) 8:15-4:15pm

U9 (2017 & 2018 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545

JULY 28-AUG 1

U7 (2019 & 2020 Birth Year) 8:15-4:15pm

U9 (2017 & 2018 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545

AUG 5-8

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

U11 (2015 & 2016 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545

AUG 11-15

U11 (2015 & 2016 Birth Year) 8:30-4:30pm

U13 (2013 & 2014 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545

AUG 18-22

U11 (2015 & 2016 Birth Year) 8:30-4:30pm

U13 (2013 & 2014 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545

AUG 25-29

U7 (2019 & 2020 Birth Year) 8:15-4:15pm

U9 (2017 & 2018 Birth Year) 8:30-4:30pm

Members: \$400 | Non-Members \$545



Prep Camps: *Large Ice*

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

AUG 11-15 (M-F)

U11 (2015 & 2016 Birth Years) Group 1 – 12:15-1:15pm

U11 (2015 & 2016 Birth Years) Group 2 – 1:30-2:30pm

U13 (2013 & 2014 Birth Years) Group 1 – 2:45-3:45pm

U13 (2013 & 2014 Birth Years) Group 2 – 4:00-5:00pm

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

AUG 18-22 (M-F)

U11 (2015 & 2016 Birth Years) Group 1 – 12:15-1:15pm

U11 (2015 & 2016 Birth Years) Group 2 – 1:30-2:30pm

U13 (2013 & 2014 Birth Years) Group 1 – 2:45-3:45pm

U13 (2013 & 2014 Birth Years) Group 2 – 4:00-5:00pm

U15 (2011 & 2012 Birth Years) – 5:15-6:15pm

U18 (2008-2010 Birth Years) – 6:30-7:30pm

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

AUG 25-AUG 29 (M-F)

U11 (2015 & 2016 Birth Years) Group 1 – 8:30 – 9:30am

U11 (2015 & 2016 Birth Years) Group 2 – 9:45 – 10:45am

U11 (2015 & 2016 Birth Years) Group 3 – 11:00 – 12:00pm

U13 (2013 & 2014 Birth Years) Group 1 – 2:45-3:45pm

U13 (2013 & 2014 Birth Years) Group 2 – 4:00-5:00pm

U15 (2011 & 2012 Birth Years) – 5:15-6:15pm

U18 (2008-2010 Birth Years) – 6:30-7:30pm

Female U11 (2015 & 2016 Birth Years) – 3:30-4:30pm

Female U13 (2013 & 2014 Birth Years) – 4:45-5:45pm

Female U15 (2011 & 2012 Birth Years) – 12:15-1:15pm

Female U18 (2008-2010 Birth Years) – 1:30-2:30pm

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

Small Area Games: *Large Ice*

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

July 21-Aug 13 | 9 sessions

Mon & Wed | No session Aug 4

U8/U9 (2017 & 2018 Birth Year) – 5:15-6:15pm

U11 (2015 & 2016 Birth Year) – 6:30-7:30pm

U13 (2013 & 2014 Birth Years) – 7:45-8:45pm

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

Power Skating: *Small Ice*

Instructor: Karen Kos

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

No class Aug 4

U7/U8 (Birth Years 2019 & 2020)– 9am-9:45am

U9 (2017 & 2018 Birth Year) – 9:45am-10:30am

U13 (2013 & 2014 Birth Years) – 10:45am-11:30am

U11/U13 (2013-2016 Birth Years) – 11:30am-12:15pm

U11 (2015 & 2016 Birth Years) – 12:30pm-1:15pm

U15/U18 (2008-2012 Birth Years) – 1:15pm-2:00pm

Aug 6-Aug 8 (W/F - 2 sessions)

Members: \$75.00 | Non-Members: \$110.00

Aug 11-Aug 15 (M/W/F - 3 sessions)

Members: \$112.50 | Non-Members: \$165.00

Aug 18-Aug 22 (M/W/F - 3 sessions)

Members: \$112.50 | Non-Members: \$165.00

Aug 25-29 (M/W/F - 3 sessions)

Members: \$112.50 | Non-Members: \$165.00

Dynamic Sk-8 Think: *Small Ice*

Instructor: Victor Kraatz

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

U7/U8 (Birth Years 2019 & 2020)– 9am-9:45am

U9 (2017 & 2018 Birth Year) – 9:45am-10:30am

U13 (2013 & 2014 Birth Years) – 10:45am-11:30am

U11/U13 (2013-2016 Birth Years) – 11:30am-12:15pm

U11 (2015 & 2016 Birth Years) – 12:30pm-1:15pm

U15/U18 (2008-2012 Birth Years) – 1:15pm-2:00pm

Jul 29-Jul 31 (T/Th – 2 sessions)

Members: \$75.00 | Non-Members: \$110.00

Aug 5-Aug 7 (T/Th – 2 sessions)

Members: \$75.00 | Non-Members: \$110.00

Aug 12-Aug 14 (T/Th – 2 sessions)

Members: \$75.00 | Non-Members: \$110.00

Aug 19-Aug 21 (T/Th – 2 sessions)

Members: \$75.00 | Non-Members: \$110.00

Skating that Translates: Small Ice

Instructor: Ben Payne

Ben Payne and PH Development provide a unique service that focuses on skating movements and patterns that are utilized in the game today. It's imperative to find the game connection in our skating and at PH Development sessions. Power Skating and edge work are game specific focusing not only on the "HOW" to effectively Skate but the proverbial "WHY."

The game of hockey is predicated on reoccurring movement patterns. The more times players are put in game like environments in practice and development sessions, the higher probability for a high success rate when they encounter these situations come game time.

Players must be able to identify the game translatable component. These movements not only require a high level of physical skill and technique to execute, but a sense of understanding of the significance behind the movement patterns.

Skating That Translates takes power skating and edgework one step further. Skating Development and Hockey IQ rolled into one program. Full hockey equipment is required.

AUG 5-AUG 8 (4 SESSIONS) - TU-F

U8/U9 (2017-2018 Birth Year) – 4:15-5:15pm
 U11 (2015 & 2016 Birth Years) – 5:30-6:30pm
 U13 (2013 & 2014 Birth Years) – 6:45-7:45pm
 U15-U18 (2008-2012 Birth Years) – 8:00-9:00pm
 Members: \$160.00 | Non-Members: \$240.00

Aug 11-Aug 15 (5 sessions) – M-F

U8/U9 (2017-2018 Birth Year) – 4:15-5:15pm
 U11 (2015 & 2016 Birth Years) – 5:30-6:30pm
 U13 (2013 & 2014 Birth Years) – 6:45-7:45pm
 U15-U18 (2008-2012 Birth Years) – 8:00-9:00pm
 Members: \$200.00 | Non-Members: \$300.00

Aug 18-Aug 22 (5 sessions) – M-F

U8/U9 (2017-2018 Birth Year) – 4:15-5:15pm
 U11 (2015 & 2016 Birth Years) – 5:30-6:30pm
 U13 (2013 & 2014 Birth Years) – 6:45-7:45pm
 U15-U18 (2008-2012 Birth Years) – 8:00-9:00pm
 Members: \$185.00 | Non-Members: \$275.00

Battle Camp: HTC

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

AUG 18-22 (M-W-F)

3 sessions

U11 (2015 & 2016 Birth Years) – 4:30-5:30pm
 U15/U18 (2008-2012 Birth Years) - 5:45-6:45pm
 U13 (2013 & 2014 Birth Years) – 7:00-8:00pm

AUG 25-29 (M-W-F)

3 sessions

U15/U18 (2008-2012 Birth Years) – 4:30-5:30pm
 U11 (2015 & 2016 Birth Years) – 5:45-6:45pm
 U13 (2013 & 2014 Birth Years) – 7:00-8:00pm
 Members: \$ | Non-Members: \$

Puck Skills: HTC

The puck skills program is meant to develop multiple aspects related to the handling and movement of the puck. This class will provide sequential advancement of ability from the very basics to elite dependent on the players' current state. With the correct drills the player develops new dexterity in their hands as they are asked to put the puck in new positions of reach, with different areas of the blade, and with new levels of speed. This also increases overall stamina in the muscles used in these hand skills. As the player advances in ability they will be introduced to different situational moves such as 1 on 1 plays off the rush, out of corner, opening up shot lanes etc. Overall the player develops a completely improved feel for the puck as the connection between their hands, stick and puck is dramatically increased. Full hockey equipment required.

AUG 6-8 (W-F)

2 sessions

U11 (2015 & 2016 Birth Years) – 4:30-5:30pm
 U8/U9 (2017-2018 Birth Year) – 5:45-6:45pm
 U13/U18 (2008-2014 Birth Years) – 7:00-8:00pm
 Members: \$80 | Non-Members: \$120.00

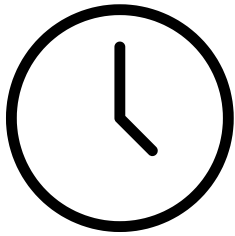
AUG 11-AUG 15 (M-W-F)

U11 (2015 & 2016 Birth Years) – 4:30-5:30pm
 U8/U9 (2017-2018 Birth Year) – 5:45-6:45pm
 U13/U18 (2008-2014 Birth Years) – 7:00-8:00pm
 Members: \$150 | Non-Members: \$220



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
amywalker@shaw.ca

SUMMER 2025

ADULT DRILLS AND PLAY

ADVANCED ONLY

(Coach Mark)

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

July 2 – July 23

Wed: 4 Sessions

6:00pm – 7:15pm

Member: \$100

July 30 – Aug 27

Wed: 4 Sessions

6:00pm – 7:15pm

Member: \$100

No class Aug 13, 2025

July 5 – Aug 2

Sat: 4 Sessions

9:15-10:30am

Member: \$100

No class July 26, 2025

ADULT DRILLS AND PLAY

BEGINNER/INTERMEDIATE

(Coach Mark)

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

July 2 – July 23

Wed: 4 Sessions

7:15pm – 8:30pm

Member: \$100

July 30 – Aug 27

Wed: 4 Sessions

7:15pm – 8:30pm

Member: \$100

No class Aug 13, 2025

July 5 – Aug 2

Sat: 4 Sessions

10:30-11:45am

Member: \$100

No class July 26, 2025

ADULT FREE MEMBER SOCIAL

Mix-and-match member led social. Maximum 16 players. 3.5-4.0+ players only.

Mon: July 14 | 7:15-8:30pm

To participate you must register in GameTime

DUAL TENNIS AND PICKLEBALL EVENT

Sat: August 23

Get ready to serve, volley, and dink your way to victory in the 1st Dual Paddle and Racquet Tournament! Event will be played on the indoor courts and the new rooftop courts. Sign-up with a partner. Two divisions: A and B.





PICKLEBALL EVENTS

APRIL - AUGUST 2025

REGISTRATION FOR ALL EVENTS ON GAMETIME

APRIL

21

2.0-2.5 Advanced Beginner Workshop

Coach Amy

MAY

2

4.0 Triple Fun Event

9

Adult Pinot & Pickleball Social

1 spot left!

30

-JUNE 1

Club Championships: Mixed Doubles

(Please note: Gender Doubles Club Championships October 3-5)

JUNE

7

3.5-4.0 Intermediate/Advanced Workshop

Coach Barry & Mark

AUGUST

23

Dual Tennis and Pickleball Event

Upcoming! Stay Tuned!

Note: Mixed Doubles Workshop in May before Club Championships. Date to be determined.

NSWC 2025

Summer smash

**MEN'S & WOMEN'S DOUBLES
TENNIS TOURNAMENT**



**AUGUST 9 -16
SATURDAY TO SATURDAY**

**ENTRIES OPEN IN JUNE
REGISTER EARLY AS NUMBERS ARE LIMITED**

All participants and levels welcome. Register on **NSWC gametime**.

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

HELL WEEK DIV 1-2 + MENS 4.0

This summer the Adult Tennis Hell week sessions will be broken up based on what league teams you play on.

The 9am – 10:30am class will be strictly for ladies who participate on Division 1-2 teams and for 4.0 men.

The 10:30am – 12:00pm class will be strictly for ladies who participate on Division 3-4-5 teams and for 3.0 - 3.5 men.

LADIES: YOU MUST BE A MEMBER OF A LADIES DIV 1-2 TEAM TO SIGN UP FOR THIS GROUP.

MEN: YOU MUST BE LEVEL 4.0 TO SIGN UP FOR THIS GROUP.

BACK FOR SUMMER 2025!

Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all!

WEEK 1

**Jun 30 - Jul 4 | Mon-Fri: 4 Sessions
(No Session Tuesday, Jul 1)
10am-11:30am | Member: \$162.00**

WEEK 2

**Jul 7 - Jul 11 | Mon-Fri: 5 Sessions
10am-11:30am | Member: \$202.50**

WEEK 3

**Jul 14 - Jul 18 | Mon-Fri: 5 Sessions
10am-11:30am | Member: \$202.50**

WEEK 4

**Jul 21 - Jul 25 | Mon-Fri: 5 Sessions
10am-11:30am | Member: \$202.50**

WEEK 5

**Jul 28 - Aug 1 | Mon-Fri: 5 Sessions
10am-11:30am | Member: \$202.50**

WEEK 6

**Aug 4 - Aug 8 | Mon-Fri: 5 Sessions
9am-10:30am | Member: \$202.50**

WEEK 7

**Aug 11 - Aug 15 | Mon-Fri: 5 Sessions
9am-10:30am Member: \$202.50**

WEEK 8

**Aug 18 - Aug 22 | Mon-Fri: 5 Sessions
9am-10:30am | Member: \$202.50**

ADULT DRILLS

HELL WEEK DIV 3-4-5 + MENS 3.0-3.5

This summer the Adult Tennis Hell week sessions will be broken up based on what league teams you play on. The 9am – 10:30am class will be strictly for ladies who participate on Division 1-2 teams and for 4.0 men. The 10:30am – 12:00pm class will be strictly for ladies who participate on Division 3-4-5 teams and for 3.0 - 3.5 men.

LADIES: You must be a member of a ladies div 3-4-5 team to sign up for this group.

MEN: You must be level 3.0-3.5 To sign up for this group.

BACK FOR SUMMER 2025!

Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all! **WEATHER PERMITTING, OUTDOOR ONLY.** (there will be refunds for rainouts)

WEEK 1

**Jun 30 - Jul 4 | Mon-Fri: 4 Sessions
(No Session Tue, Jul 1)
11:30am-1pm | Member: \$162.00**

WEEK 2

**Jul 7 - Jul 11 | Mon-Fri: 5 Sessions
11:30am-1pm | Member: \$202.50**

WEEK 3

**Jul 14 - Jul 18 | Mon-Fri: 5 Sessions
11:30am-1pm | Member: \$202.50**

WEEK 4

**Jul 21 - Jul 25 | Mon-Fri: 5 Sessions
11:30am-1pm | Member: \$202.50**

WEEK 5

**Jul 28 - Aug 1 | Mon-Fri: 5 Sessions
11:30am-1pm | Member: \$202.50**

WEEK 6

**Aug 4 - Aug 8 | Mon-Fri: 5 Sessions
10:30am-12pm | Member: \$202.50**

WEEK 7

**Aug 11 - Aug 15 | Mon-Fri: 5 Sessions
10:30am-12pm | Member: \$202.50**

WEEK 8

**Aug 18 - Aug 22 | Mon-Fri: 5 Sessions
10:30am-12pm | Member: \$202.50**



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.

Jun 30 – Jul 28 | Mon: 5 sessions
4-5PM | Member: \$135.00

Aug 4 - Aug 25 | Mon: 4 sessions
4-5PM | Member: \$108.00

Jul 1 – Jul 29 | Tue: 4 sessions
(No Session Jul 1)
4-5PM | Member: \$108.00

Jul 1 – Jul 29 | Tue: 4 sessions
(No Session Jul 1)
5-6PM | Member: \$108.00

Aug 5 - Aug 26 | Tue: 4 sessions
4-5PM | Member: \$108.00

Aug 5 - Aug 26 | Tue: 4 sessions
5-6PM | Member: \$108.00

Jul 2 - Jul 30 | Wed: 5 sessions
4-5PM | Member: \$135.00

Aug 6 - 27 | Wed: 4 sessions
4-5PM | Member: \$108.00

Jul 3 - Jul 31 | Thu: 5 sessions
4-5PM | Member: \$135.00

Jul 3 - Jul 31 | Thu: 5 sessions
5-6PM | Member: \$135.00

Aug 7 - Aug 28 | Thu: 4 sessions
5-6pm | Member: \$108.00

Aug 7 - Aug 28 | Thu: 4 sessions
4-5pm | Member: \$108.00

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.

Jun 30 – Jul 28 | Mon: 5 sessions
4-5PM | Member: \$135.00

Jun 30 – Jul 28 | Mon: 5 sessions
5-6PM | Member: \$135.00

Aug 4 - Aug 25 | Mon: 4 sessions
4-5PM | Member: \$108.00

Aug 4 - Aug 25 | Mon: 4 sessions
5-6PM | Member: \$108.00

Jul 1 – Jul 29 | Tue: 4 sessions
(No Session Jul 1)
4-5PM | Member: \$108.00

Aug 5 - 26 | Tue: 4 sessions
4-5PM | Member: \$108.00

Jul 2 - Jul 30 | Wed: 5 sessions
4-5PM | Member: \$135.00

Jul 2 - Jul 30 | Wed: 5 sessions
5-6PM | Member: \$135.00

Aug 6 - Aug 27 | Wed: 4 sessions
4-5PM | Member: \$108.00

Aug 6 - Aug 27 | Wed: 4 sessions
5-6PM | Member: \$108.00

Jul 3 - Jul 31 | Thu: 5 sessions
4-5PM | Member: \$135.00

Aug 7 - Aug 28 | Thu: 4 sessions
4-5PM | Member: \$108.00

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!

Jul 1 – Jul 29 | Tue: 4 sessions
(No Session Jul 1)
6-7PM | Member: \$108.00

Aug 5 - Aug 26 | Tue: 4 sessions
6-7PM | Member: \$108.00

Jul 3 - Jul 31 | Thu: 5 sessions
6-7PM | Member: \$135.00

Aug 7 - Aug 28 | Thu: 4 sessions
6-7PM | Member: \$108.00



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!

Jun 30 - Jul 28 | Mon: 5 sessions
6-7PM | Member: \$135.00

Aug 4 - Aug 25 | Mon: 4 sessions
6-7PM | Member: \$108.00

Jul 2 - Jul 30 | Wed: 5 sessions
6-7PM | Member: \$135.00

Aug 6 - Aug 27 | Wed: 4 sessions
6-7PM | Member: \$108.00

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!

Jul 1 - Jul 29 | Tue: 4 sessions
(No Session Jul 1)
5-6PM | Member: \$108.00

Aug 5 - Aug 26 | Tue: 4 sessions
5-6PM | Member: \$108.00

Jul 3 - Jul 31 | Thu: 5 sessions
6-7PM | Member: \$135.00

Aug 7 - Aug 28 | Thu: 4 sessions
6-7PM | Member: \$108.00

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!

Jun 30 - Jul 28 | Mon: 5 sessions
6-7PM | Member: \$135.00

Aug 4 - Aug 25 | Mon: 4 sessions
6-7PM | Member: \$108.00

Jul 2 - Jul 30 | Wed: 5 sessions
6-7PM | Member: \$135.00

Aug 6 - Aug 27 | Wed: 4 sessions
6-7PM | Member: \$108.00

Jul 3 - Jul 31 | Thu: 5 sessions
5-6PM | Member: \$135.00

Aug 7 - Aug 28 | Thu: 4 sessions
5-6PM | Member: \$108.00

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!

Jun 30 - Jul 28 | Mon: 5 sessions
5-6PM | Member: \$135.00

Aug 4 - Aug 25 | Mon: 4 sessions
5-6PM | Member: \$108.00

Jul 1 - Jul 29 | Tue: 4 sessions
(No Session Jul 1)
6-7PM | Member: \$108.00

Aug 5 - Aug 26 | Tue: 4 sessions
6-7PM | Member: \$108.00

Jul 2 - Jul 30 | Wed: 5 sessions
5-6PM | Member: \$135.00

Aug 6 - Aug 27 | Wed: 4 sessions
5-6PM | Member: \$108.00



Junior Tennis



TIM PORTNOV
 Director, Racquets
 tportnov@nswc.ca

RED/ORANGE BALL TENNIS

**Monday to Friday - 9:00am - 12:00pm
 (Ages 6 - 8)**

Tennis, Pickleball, and Swimming every day! Red/Orange Ball Tennis - develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court and easy play tennis balls.

Pickleball - This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively.

PLUS – supervised fun Pool time!

PLEASE NOTE - You can "add on" to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before

their Tennis Program. This is a great idea for those parents that need all day supervision for their children. The Multi Sport Camp offers different activities for your child to participate in a safe, supervised environment. To sign up for ALL DAY option please go to "DAY CAMP" and sign up for "MULTI SPORT ADD ON" for the dates you have also selected as your Tennis program.

WEEK 1

**Jun 30 - Jul 4 | Mon-Fri: 4 Sessions
 (No Session Tuesday, Jul 1)
 9am-12pm | Member: \$216.00**

WEEK 2

**Jul 7 - Jul 11 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**

WEEK 3

**Jul 14 - Jul 18 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**

WEEK 4

**Jul 21 - Jul 25 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**

WEEK 5

**Jul 28 - Aug 1 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**

WEEK 6

**Aug 4 - Aug 8 | Mon-Fri: 4 Sessions
 (No Session Aug 4)
 9am-12pm | Member: \$216.00**

WEEK 7

**Aug 11 - Aug 15 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**

WEEK 8

**Aug 18 - Aug 22 | Mon-Fri: 5 Sessions
 9am-12pm | Member: \$270.00**



GREEN BALL TENNIS

**Monday to Friday - 12:00pm - 3:00pm
(Ages 9 - 11)**

Tennis, Pickleball and Swimming every day! GREEN BALL TENNIS tennis is designed to develop fundamental tennis skills required in game situations. Coaches will focus on technical skills and provide lots of games and opportunity for success.

PICKLEBALL instruction will cover groundstrokes, serve, volleys, how to initiate a point, and scoring. Kids will play mini matches!

PLUS - supervised POOL TIME!
PLEASE NOTE - You can "add on" to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those parents that need all day supervision for their children. The Multi Sport Camp offers different activities for your child to participate in a safe, supervised environment. To sign up for ALL DAY option please go to "DAY CAMP" and sign up for "MULTI SPORT ADD ON" for the dates you have also selected as your Tennis program.

WEEK 1

**Jun 30 - Jul 4 | Mon-Fri: 4 Sessions
(No Session Tuesday, Jul 1)
12pm-3pm | Member: \$216.00**

WEEK 2

**Jul 7 - Jul 11 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

WEEK 3

**Jul 14 - Jul 18 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

WEEK 4

**Jul 21 - Jul 25 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

WEEK 5

**Jul 28 - Aug 1 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

WEEK 6

**Aug 4 - Aug 8 | Mon-Fri: 4 Sessions
(No Session Aug 4)
12pm-3pm | Member: \$216.00**

WEEK 7

**Aug 11 - Aug 15 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

WEEK 8

**Aug 18 - Aug 22 | Mon-Fri: 5 Sessions
12pm-3pm | Member: \$270.00**

U14 AND U16 CHAMPS

**Monday to Friday - 2:00pm - 4:00pm
(Ages 13-16)**

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

WEEK 1

**Jun 30 - Jul 4 | Mon-Fri: 4 Sessions
(No Session Tuesday, Jul 1)
2pm-4pm | Member: \$216.00**

WEEK 2

**Jul 7 - Jul 11 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**

WEEK 3

**Jul 14 - Jul 18 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**

WEEK 4

**Jul 21 - Jul 25 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**

WEEK 5

**Jul 28 - Aug 1 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**

WEEK 6

**Aug 4 - Aug 8 | Mon-Fri: 4 Sessions
(No Session Aug 4)
2pm-4pm | Member: \$216.00**

WEEK 7

**Aug 11 - Aug 15 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**

WEEK 8

**Aug 18 - Aug 22 | Mon-Fri: 5 Sessions
2pm-4pm | Member: \$270.00**



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 racquet sports and work closely with Club staff to ensure that policies, procedures, tournaments and events meet the needs of the tennis and pickleball 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 racquets 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.
- From June 1 – September 30, a player may have a maximum of six (6) advanced court bookings within a 7-day period. Maximum three (3) advanced 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 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.

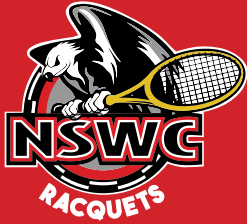
Court Rental

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 Sunday, August 3rd 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 17th

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

THURSDAY 18th

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

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- 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

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

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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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