



# NORTH SHORE WINTER CLUB

## Fall 2025 Program Guide



### FALL REGISTRATION

Sign up at [www.nswc.ca](http://www.nswc.ca)  
or [nsw.gametime.net](http://nsw.gametime.net)

#### Members

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

#### July 22, 2025

Adult Tennis  
Junior Tennis  
Hockey  
All Other Programs

#### Non Members Aug 5, 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

### EXECUTIVE

**BRYCE ZUROWSKI**  
President

**DOUG BELL**  
Vice President

**PAUL BRACKSTONE**  
Secretary

**LEANNE DENNIS**  
Treasurer

[board@nswc.ca](mailto:board@nswc.ca)

### DIRECTORS

**ELSA ADAMICK**

**DEB GILL**

**KIM LYONS**

**BRIAN LEE**

**TIM SHRIGLEY**

### NORTH SHORE WINTER CLUB

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



@myNSWC



@myNSWC





# SENIOR MANAGEMENT TEAM



**KYLE TURRIS**  
General Manager  
kturris@nswc.ca



**RUSSELL RITCHIE**  
Controller  
rritchie@nswc.ca



**CASEY DALGLEISH**  
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cdalglish@nswc.ca



**FAWN GILL**  
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& Membership  
fgill@nswc.ca



**TIM PORTNOV**  
Director, Racquets  
tportnov@nswc.ca



**GARTH PROUSE**  
Director, Fitness  
gprouse@nswc.ca



**BEN MAXWELL**  
Director, Hockey  
bmaxwell@nswc.ca



**SHANE MCNEIL**  
Manager, F&B /  
Executive Chef  
smcneil@nswc.ca



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



**NATALIE RAW**  
Manager, Athletics &  
Executive Administration  
nraw@nswc.ca



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

# PROGRAM REGISTRATION INFORMATION



**JOANNE FRY**

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

## MEMBER SERVICES HOURS

**Monday – Sunday: 6:00am – 10:00pm**

Please visit [nswc.ca](https://nswc.ca) for the most updated information regarding registration or phone Member Services: 604-985-4135.

### Member Registration opens on Tue July 22nd, 2025

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

### Non Member Registration opens on Tue August 5th, 2025

10:00am	All Programs
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## REGISTRATION

- Registration must be made online at [nswc.gametime.net](https://nswc.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](mailto:cancellations@nswc.ca) and include the following:

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

## REFUNDS AS FOLLOWS:

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

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

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

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

- Changes and Cancellations exceeding 3 in a single season, per membership are subject to a 5% administrative fee.
- Hockey: Full refunds will be applicable to those whose team schedules conflict with hockey programming

## CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit <https://nswc.gametime.net/> for details.

## FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](https://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](mailto:catering@nswc.ca).**

# MEMBER MOMENTS

## TENNIS EVENTS

### NSWC FRENCH OPEN

*Congratulations to the Winners and Runners up of the Men's & Ladies French Open!*

#### MEN'S

Winners: Rick Wilson and Dan Payne

Runners Up: Mike Korbin and Richard Vann



#### LADIES

Winners: Paula Evans and Karen Minato

Runners Up: Claire Carroll and Pam Spadavecchia



## AQUATIC EVENTS

### MARLINS A&B SWIM MEET

The NSWC hosted its annual A&B Swim Meet from June 21-22. Congratulations to all who participated and a massive thank you to our incredible volunteers who make this event possible. We look forward to seeing you all on deck for the August Regional Meet!



### NANAIMO SWIM MEET

The team had a great weekend in Nanaimo from June 27-29 full of fun and cheering! They had approximately 30 swimmers each day making a final and many of them in multiple finals. At the hotel, swimmers ran in between the lake and the hot tub while others paddle boarded/kayaked. They cant wait to continue the fun next year!





# MEMBER MOMENTS

## PICKLEBALL EVENTS

### TRIPLE FUN

The Triple Fun Event on May 2nd brought out exciting competition and great energy! Teams were made up of two women and one man, and the day was filled with thrilling rallies and close matches. Congratulations to all the participants for a fantastic night of pickleball!

### PICKLEBALL & PINOT

What a fantastic evening we had on May 9th at our Ladies Pickleball & Pinot Night! A big thank you to everyone who joined us for a fun-filled night of pickleball, great wine, and even better company. We had a blast and can't wait to do it again!

### MIXED DOUBLES CLUB CHAMPIONSHIPS

32 players hit the courts on May 31 and June 1 for the Mixed Doubles Club Championships. Each team competed in a Round Robin and then a Main Draw. Over 3 hours of solid pickleball! Lots of smiles and good times!

*Congratulations to the winner and finalists!*

#### A DIVISION:

Katy Player & Ron Johnstone	1st place
Kerry Strongman & Par Noren	2nd place

#### B DIVISION:

Liz Palmer & Iain Davidson	1st place
Jamie & Jason Kerensky	2nd place



# MEMBER MOMENTS

## DANCE EVENTS

### OUTDOOR DANCE RECITAL

On Wednesday June 4th, the Club hosted its annual outdoor dance recital on the grass near the fitness centre.

Our amazing Dance with Christie program showed off their choreography and talent with this show stopping display.

We cant wait to see you all again next year!





# FOOD & BEVERAGE



**SHANE MCNEIL**  
Manager,  
F&B/ Executive Chef  
smcneil@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



# DANCE

FALL 2025



## CHRISTIE SAUNDERS

Dance Instructor

[dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com)

With over twenty five years experience in the dance industry and as a dance instructor, we have been fortunate to have Christie in charge of our dance program for the past nine years here at the NSWC. She has taught and choreographed all over the world and is thrilled to be back in her home town of North Vancouver. Christie has been a regular teacher at many schools over the years in London, UK, Vancouver, and the Okanagan.

Christie is passionate about dance. She is very confident in her expertise as a teacher and choreographer. She prides herself in not only instilling excellent technique but also encouraging performance and the love of dance. It is important to her that every child has a place to be creative, be active, and to learn all while having fun! The friendships she made, and the life skills she gained through dance are her most treasured. She looks forward to dancing with you!

## DANCE WITH CHRISTIE

Dance with Christie will be back in September with her full offering with recreational classes and the competitive dance program.

Recreational classes typically run in approximately 8 week sessions and are for ages 3.5years+. The competitive dance program runs from September to June and is by invitation only.

The fall dance schedule will be released in mid-July. If you have any questions regarding the fall dance program please email [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com).





# CHILD MINDING & CAMPS

FALL 2025



## JOANNE FRY

Manager, Member & Youth Services  
daycamps@nswc.ca



## CHILD MINDING

### KIDS CORNER (18 MOS-7 YRS)

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

#### HOURS OF OPERATION

Mon-Thu 4:00pm-8:00pm  
Fri 4:00pm-5:00pm

#### MEMBER PACKAGE

\$80/ mo per child (\$30 for each additional child)

#### MEMBER DROP IN

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

#### RESTRICTIONS

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

### FRIDAY FUN NIGHTS (3-9 YRS)

It's a family affair. The kids can enjoy bouncy castles and games supervised in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area. (parent supervision required for 3-5 yrs). This is complimentary for our Members.

Fri: 5:00pm-9:00pm (excluding long weekends)

## CAMPS

### PRO D DAY CAMPS (5-9 YRS)

Send your child(ren) for a full day of fun including arts & crafts, sports, visits to the park and more! Lunch & snacks included.

Date: TBD 9:00am-4:00pm  
\$80/day

#### CAMP CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start  
50% Refund: up to 1 week (7 days) before program start  
No Refund: within 2 days (48 hours) of program start

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





AGES 3 - 11 YEARS

# FRIDAY FUN NIGHTS

5:00PM - 9:00PM

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

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





# EVENTS

FALL 2025



## FAITH SULLIVAN

Coordinator, Events  
fsullivan@nswc.ca

With over five years of experience in event coordination, I bring a passion for creating memorable and seamless experiences of all kinds. From large-scale corporate events for brands like Arc'teryx and Mercedes at Grouse Mountain—welcoming over 1,000 guests—to intimate weddings, birthday parties, and celebrations of life. My background combines creativity, organization, and a deep understanding of event logistics. I'm excited to bring my expertise to our members and guests, and to help make every occasion truly special.

## BIRTHDAY PARTY PACKAGES

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

### SPORTBALL PACKAGE

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

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

### BOUNCY CASTLE PACKAGE

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

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

### HTC PACKAGE

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

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

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

### OPTIONAL ADD-ONS:

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

### MEAL PLANS, choose one:

- **Pizza and Veggies:** includes 2 slices of pizza and veggies with dip, 3 pitchers of pop/juice.
- **Chicken Strips with Fries:** includes 3 strips and fries, 3 pitchers of pop/juice.

### ADDITIONAL ADDS FOR MEAL PLANS (up to 16 guests)

1. Pizza
2. Nachos
3. Chicken Strips
4. Fries
5. Veggies & Dip Platter
6. Fruit Platter
7. Dessert Platter (assortment of squares, cookies)

### DETAILS:

Packages include up to 16 guests. Additional charges apply for over 16 guests (maximum of 25 children). Parent involvement is required. Price also includes private party room, tables, chairs, utensils, and plates.





# PUMPKIN CARVING

OCTOBER 28<sup>TH</sup> 2025  
5PM-7PM

Join us for our annual pumpkin carving event! Get creative with pumpkin carving, decorate delicious fall-themed cookies, and enjoy a variety of seasonal crafts and activities!







## GARTH PROUSE

Director, Fitness  
[gprouse@nswc.ca](mailto:gprouse@nswc.ca)

Garth is an industry veteran with over twenty years of experience training private clients, coaching teams, and teaching fitness classes. He has helped individuals of all ages—from children to seniors—reach their health and performance goals through a balanced, mechanics-focused approach to strength and conditioning.

A former member of Canada's National Rugby Team and BC Junior A Hockey alumni, Garth draws on his athletic background to design safe, effective programs that promote long-term progress.

As the Director of Fitness at the NSWC, he oversees all fitness operations, manages strength and conditioning for hockey, tennis, and swimming, and leads the development of new classes, fostering a positive and inclusive environment for all members.



## PERSONAL TRAINING

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: 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.



# PERSONAL TRAINING

FALL 2025

## PERSONAL TRAINERS



### GARTH PROUSE

Garth is an industry veteran with over twenty years of experience training private clients, coaching teams, and teaching fitness classes. He has helped individuals of all ages—from children to seniors—reach their health and performance goals through a balanced, mechanics-focused approach to strength and conditioning.

A former member of Canada's National Rugby Team and BC Junior A Hockey alumni, Garth draws on his athletic background to design safe, effective programs that promote long-term progress.

As the Director of Fitness at the NSWC, he oversees all fitness operations, manages strength and conditioning for hockey, tennis, and swimming, and leads the development of new classes, fostering a positive and inclusive environment for all members.



### 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.





# MINOR HOCKEY

FALL 2025



## BEN MAXWELL

Director, Hockey  
bmaxwell@nswc.ca

Ben grew up in North Vancouver and first hit the ice at the North Shore Winter Club when he was just five years old. From those early days until age fourteen, the NSWC was his hockey home—and the starting point of a journey that would take him around the world. After rising through junior hockey, Ben went on to enjoy a 15-year professional career, playing in the sport's top leagues: the NHL, KHL, SHL, AHL, Switzerland's NLA, and Finland's Liiga.

Since hanging up his skates, Ben has stayed deeply involved in the sport, sharing his knowledge through coaching and hockey operations. A lifelong competitor with a passion for mentorship, he's driven by helping young athletes grow—both on and off the ice.

Ben and Ana are proud parents to Oliver and Evelina. After ten years living abroad, they returned to North Vancouver in 2023. Now back on the North Shore, Ben is enjoying time in the mountains with his family and giving back to the same hockey community that helped launch his career.

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

## MINOR HOCKEY

### LEARN TO SKATE

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.

#### LEARN TO SKATE 1 (3 YRS – 5 YRS)

Sep 27 – Dec 13 (No session Oct 11th & Nov 8th)  
Sat 10:30-11:15am 10 sessions  
Member: \$170 Non-Member: \$340

#### LEARN TO SKATE 2 (3 YRS – 5 YRS)

Sep 27 – Dec 13 (No session Oct 11th & Nov 8th)  
Sat 11:15-12:00pm 10 sessions  
Member: \$170 Non-Member: \$340

### COOKIE MONSTERS

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

#### BEGINNER (5 YRS – 7 YRS)

Sep 20 – Dec 13 (No session Oct 11th & Nov 8th, Nov 11th)  
Tue & Sat: 4:15pm – 5:00pm, Sat: 9:45am – 10:30am  
22 sessions Member: \$352 Non Member: \$660

#### INTERMEDIATE (5 YRS – 7 YRS)

Sep 20 – Dec 13 (No session Oct 11th & Nov 8th, Nov 11th)  
Tue & Sat: 5:00pm – 5:45pm, Sat: 8:45-9:30am  
22 sessions Member: \$352 Non Member: \$660

#### ADVANCED (5 YRS – 7 YRS)

Sep 20 – Dec 13 (No session Oct 11th & Nov 8th, Nov 11th)  
Tue & Sat: Tue 5:45pm – 6:30pm, Sat: 8:00am – 8:45am  
22 sessions Member: \$352 Non Member: \$660



## JOSH WALLS

Coordinator, Hockey  
jwalls@nswc.ca

Josh has a strong connection to the North Shore Winter Club, having played minor hockey here from the ages of 13 to 17. During his time at the Club, he competed at a high level, representing the Winter Club across North America and contributing to the team's success, including a victory in the Midget AA U18 Cactus Cup in Arizona.

After his time at the NSWC, Josh advanced to the Kootenay International Junior Hockey League (KIJHL), where he played for the Kamloops Storm. Following his junior hockey career, he transitioned to academics, earning a Bachelor of Sport Management degree from Brock University.

Josh's passion is to help young athletes navigate their minor hockey journey, fostering their development both on and off the ice. While playing hockey, Josh focused on his leadership capabilities, and his IQ for the game which he will share with other hockey players at the NSWC so that they are able to take their game to the next level and push themselves on and off the ice.

### GENERAL INQUIRIES EMAIL

hockey@nswc.ca

## POWER EDGE PRO

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

Sep 21 – Dec 7

(No session Oct 12th & Nov 9th)

Sun:

3:45-4:45pm

U13 (11 – 12 yrs)

7:30-8:30pm

U11 (9 – 10 yrs)

5:00-6:00pm

U8/U9 (6 – 8 yrs)

6:15-7:15pm

U15/U18 (13 – 17 yrs)

10 sessions

Member: \$550

Non Member: \$825

Coach: Cole Todd

## POWER SKATING

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

Sep 21 – Dec 7

(No session Oct 12th & Nov 9th)

Sun:

3:15-4:00pm

U7/U8 (5 – 7 yrs)

4:00-4:45pm

U9 (7 – 8 yrs)

4:45-5:30pm

U15/U18 (13 – 17 yrs)

5:45-6:30pm

U11 (9 – 10 yrs)

6:30-7:15pm

U11 (9 – 10 yrs)

7:15-8:00pm

U13 (11 – 12 yrs)

10 sessions

Member: \$400

Non Members: \$600

Coach: Karen Kos

## PUCK SKILLS

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

Sep 19 – Dec 12

(No session Oct 10th & Nov 7th)

Fri:

5:15pm – 6:15pm

U11 (9 – 10 yrs)

6:30pm – 7:30pm

U8/U9 (6 – 8 yrs)

7:45pm – 8:45pm

U13/U15 (11 – 14 yrs)

11 sessions

Member: \$450

Non Member: \$675



## D-SKILLS (FORWARDS & DEFENSE)

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding their toolbox with a better understanding of the position. Skills and tactics covered include defense specific skating and movement patterns, deception, defense at and away from the puck, transitional play, offensive zone play and 1/1's. Full hockey equipment is required.

**Sep 27 – Dec 13** (No session Oct 11th & Nov 8th)  
**Sat:**  
 12:45pm – 1:45pm U11 (9 – 10 yrs)  
 2:00pm – 3:00pm U9 (7 – 8 yrs)  
 3:15pm – 4:15pm U13/U18 (11 – 17 yrs)  
 10 sessions Member: \$400 Non Members: \$600  
 Coach: Andy Willigar & Jacob Wong

## SKATING THAT TRANSLATES®

Ben Payne's SKTT program focuses on game specific power skating and edge work. At Skating That Translates® players will not only learn "HOW" to effectively Skate but the importance of the "WHY" and "WHERE". The game of hockey is predicated on recurring movement patterns. The more times players are put in game-like environments in practice and development sessions, the higher probability to execute when they encounter these situations come game time. For example, from attacking the defense and defending oncoming players, to Agility and mobility to create space and separation in small areas on both the defensive and offensive side of the puck all require technical and tactical ability. The Skating That Translates® System is complete with 3 phases. "Skill to GAME". The phases are subjective to the player's age and level.

Skating That Translates develops the entire skill set of a player and builds layers on top of the foundation of skating. If you cannot skate you cannot handle the puck, pass or shoot efficiently. Therefore you will not be effective in an individual tactical and team setting. Skating That Translates® takes power skating and "Edge-work" a step further in a full comprehensive program. Ben Payne and SKTT teach the "HOW" & "WHY" in skating and skill development to build and develop your son or daughter as a complete player. Age and skill level is subjective to the above. Full hockey equipment is required.

### LEARNING OUTCOMES:

- **SKATING FUNDAMENTALS:** Themed Edge Work and Power Skating
- **PUCK SKILL FUNDAMENTALS:**
- Puck control, stick hand and puck placement, & passing
- **OFFENSIVE & DEFENSIVE TACTICS:**
- Game scenario exercises / Game Play

*NOTE: THIS PROGRAM IS SUBJECTIVE TO THE RESPONSE OF THE PLAYER. All themes may not be covered based on player comprehension.*

**Sep 27 – Dec 13** (No session Oct 11th & Nov 8th)  
**Sat:**  
 8:00am – 9:00am U9 (7 – 8 yrs)  
 9:00am – 10:00am U11 (9 – 10 yrs)  
 10:15am – 11:15am U13 (11 – 12 yrs)  
 11:30am – 12:30pm U15/U18 (13 – 17 yrs)  
 10 sessions Member: \$400 Non Members: \$600  
 Coach: Ben Payne

## FEMALE ADULT SKILLS & 3ON3

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

**Sep 26 – Dec 12**  
**Sat** 7:30-8:30pm 12 sessions  
 Member: \$180 Non Member: \$270

## FEMALE DEVELOPMENT

Elevate your game with our Female Hockey Skill Development Program. Focus on detailed skating and puck skills to quickly enhance your performance on the ice. Our expert coaches provide personalized instruction to improve technique, shooting and puck control. Join us for a supportive and empowering training environment. Perfect for athletes that want to take control of their own development. Full hockey equipment is required.

**Sep 27 – Dec 13** (No session Oct 11th, Nov 8th)  
**Sat:**  
 4:30pm – 5:30pm U7/U9 (6 – 8 yrs)  
 5:45pm – 6:45pm U11/U13 (9 – 12 yrs)  
 7:00pm – 8:00pm U15/U18 (13 – 17 yrs)  
 10 sessions Member: \$400  
 Non Members: \$600



## GOALIE SKATE

We are offering a Summer Goalie Development Drop in for all goalies. These sessions focus on improving individual skills, techniques, confidence, and consistency. Goaltenders will work on fundamental skills such as save techniques, rebound control, body positioning, angles, and depth, among other key areas. Being a goalie demands balance, adaptability, and a relentless drive to stop the puck. Members and Non Members, Sign up today!

Sept 24 – Dec 10 (No session Oct 12th & Nov 9th)

20 Sessions

Wed 6:15-7:15am, 7:15-8:15am

Sun 8:00-9:00am, 9:00-10:00am

Member: \$50 Per Session, Non-Member: \$70 Per session

Coach: Sam Huston

## U13 SKILLS (11-12 YRS)

U13's have the ability to sign up for extra development in the mornings run by Development Coach Cole Todd. This skate will work on individual skills to enhance a player's game to the next level. This skate is open to all level groups (A1 through A4).

Sept 23 – Dec 9 (No session Nov 11th)

Tue 7:15-8:15am

11 Sessions

Member: \$440

## U11 SKILLS (9-10 YRS)

U11's have the ability to sign up for extra development in the mornings run by Development Coach Cole Todd. This skate will work on individual skills to enhance a player's game to the next level. This skate is open to all level groups (A1 through A4).

Sept 25 – Dec 11

(No session Oct 9th)

Thu

7:15-8:15am

11 Sessions

Member: \$440

## CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start

50% Refund: up to 1 week (7 days) before program start

No Refund: within 2 days (48 hours) of program start

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca) and include the following:

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





# SR. MEN'S HOCKEY

FALL 2025



## PHILOSOPHY

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

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

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

## DIVISION 1

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

## DIVISION 2

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

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

## ANNUAL ALL STAR GAME

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

## PLAYOFFS & BANQUET

Competition ramps up in early 2026 as teams in each division compete for the coveted Sr. Men's Championship Trophies! Playoffs conclude in March with Championship games for both Divisions, followed by a wrap up banquet held at the NSWC.

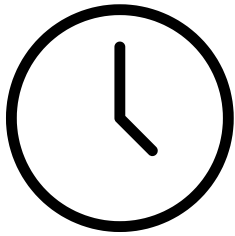
## REGISTRATION & FEES

Registration will be available early August.

# SKATE SHARPENING

BY TIME OUT SPORTS

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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.



PAUL SHELLARD MEMORIAL NSWTC 2025  
**Fall Classic**  
MIXED DOUBLES TENNIS TOURNAMENT



**OCTOBER 18-25**  
**SATURDAY TO SATURDAY**



- REGISTRATION OPENS EARLY SEPTEMBER
- LIMITED ENTRIES AVAILABLE
- BOTH PLAYERS MUST REGISTER EARLY TO SECURE YOUR SPOT

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

# PICKLEBALL



## AMY WALKER

Tennis/Pickleball Pro  
amywalker@shaw.ca

Amy began playing pickleball in 2018 in Palm Desert, California. She competed in the Desert Pickleball League Division 1 for two seasons and in her final season was undefeated on Court 1. Amy teamed with daughter Angie to win Silver at the USA National Qualifier Women's Doubles in Idaho in 2019. Amy went on to compete in the Margaritaville Pickleball National Championships in California and win Gold with husband, Fabio, in the Kelowna Open Mixed Doubles Championships. Amy looks forward to coaching and passing along her love for the game to players at the NSWC! Amy is a Certified USAPA Pickleball Coach.



## PICKLEBALL

### ADULT DRILLS & PLAY BEGINNER/INTERMEDIATE

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

Sept 3-Sept 17		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Irene	
Sept 3-Sept 17		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Irene	
Sept 4-Sept 18		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Irene	
Sept 4-Sept 18		
Thu	11:00am-12:00pm	3 Sessions
Member: \$75	Coach Irene	
Sept 24-Oct 8		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Irene	
Sept 24-Oct 8		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Irene	
Sept 25-Sept Oct 9		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Irene	
Sept 25-Sept Oct 9		
Thu	11:00am-12:00pm	3 Sessions
Member: \$75	Coach Irene	
Oct 29-Nov 12		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Irene	
Oct 29-Nov 12		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Irene	
Oct 30-Nov 13		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Irene	



**ADVANCED**

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

Sept 3-Sept 17		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Barry	
Sept 3-Sept 17		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Barry	
Sept 4-Sept 18		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Barry	
Sept 4-Sept 18		
Thu	11:00am-12:00pm	3 Sessions
Member: \$75	Coach Barry	
Sept 24-Oct 8		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Barry	
Sept 24-Oct 8		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Barry	
Sept 25-Sept Oct 9		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Barry	
Sept 25-Sept Oct 9		
Thu	11:00am-12:00pm	3 Sessions
Member: \$75	Coach Barry	
Oct 29-Nov 12		
Wed	7:00pm-8:00pm	3 Sessions
Member: \$75	Coach Barry	
Oct 29-Nov 12		
Wed	8:00pm-9:00pm	3 Sessions
Member: \$75	Coach Barry	
Oct 30-Nov 13		
Thu	10:00am-11:00am	3 Sessions
Member: \$75	Coach Barry	

**NOVICE (2.0-2.5)**

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

Sept 5-Oct 3		
Fri	8:00am-9:00am	5 Sessions
Member: \$125	Coach Amy/Mark	
Oct 10-Nov 7		
Fri	8:00am-9:00am	5 sessions
Member: \$125	Coach Amy/Mark	
Nov 14-Dec 12		
Fri	8:00am-9:00am	5 sessions
Member: \$125	Coach Amy/Mark	

**INTERMEDIATE (3.0-3.5)**

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

Sept 5-Oct 3		
Fri	9:00am-10:00am	5 Sessions
Member: \$125	Coach Amy/Mark	
Oct 10-Nov 7		
Fri	9:00am-10:00am	5 sessions
Member: \$125	Coach Amy/Mark	
Nov 14-Dec 12		
Fri	9:00am-10:00am	5 sessions
Member: \$125	Coach Amy/Mark	
Sept 6-Oct 4		
Sat	11:00am-12:00pm	5 Sessions
Member: \$125	Coach Mark	
Oct 18-Nov 15		
Sat	11:00am-12:00pm	5 Sessions
Member: \$125	Coach Mark	
Nov 22-Dec 13		
Sat	11:00am-12:00pm	4 Sessions
Member: \$100	Coach Mark	



ADVANCED (3.75-4.0+)

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

Sept 5–Oct 3		
Fri	10:00am-11:00am	5 Sessions
Member: \$125	Coach Amy/Mark	
Oct 10–Nov 7		
Fri	10:00am-11:00am	5 sessions
Member: \$125	Coach Amy/Mark	
Nov 14–Dec 12		
Fri	10:00am-11:00am	5 sessions
Member: \$125	Coach Amy/Mark	
Sept 6–Oct 4		
Sat	10:00am-11:00am	5 Sessions
Member: \$125	Coach Mark	
Oct 18–Nov 15		
Sat	10:00am-11:00am	5 Sessions
Member: \$125	Coach Mark	
Nov 22–Dec 13		
Sat	10:00am-11:00am	4 Sessions
Member: \$100	Coach Mark	



WOMEN’S GRAND SLAM

INTERMEDIATE/ADVANCED GRID PLAY (3.25-4.0)

Mix & match competitive pickleball followed by appetizers in the lounge at 8:00pm.

Sept 12		
Fri	6:00pm-8:00pm	Member: \$35

MEN’S PICKLEBALL & PINTS

INTERMEDIATE/ADVANCED GRID PLAY (3.25-4.0)

Mix & match competitive pickleball followed by appies and pints in lounge at 8:00pm.

Sept 19		
Fri	6:00-8:00pm	Member: \$35

MEN'S & WOMEN'S DOUBLES STRATEGY

GET READY FOR THE CLUB CHAMPIONSHIPS ON OCTOBER 5.

ADULT 2.0 – 3.0 WORKSHOP

This clinic works on serves, returns, drives and volleys. Learn strategies that will give you an advantage when competing. All players must register with a partner.

Sept 15		
Mon	6:00pm-8:00pm	Member: \$50

ADULT 3.5 - 4.0+ WORKSHOP

This clinics learns strategies to create a competitive advantage. All players must register with a partner.

Sept 22		
Mon	6:00pm-8:00pm	Member: \$60

ADULT DOUBLES CLUB CHAMPIONSHIPS

Find a partner and sign-up!

Oct 4		
Sat	9:00am	Levels: A 3.75-4.0+ / B 3.0-3.5 / C 2.0-2.5
Price: TBD		



## MLP (MINOR LEAGUE PICKLEBALL)

### TEAM EVENT

4 players per team (two men and two women). \$30 per player.

**Oct 25**

**Sat** 4:00pm Levels: A 3.75-4.0+ / B: 3.0-3.5  
Member: \$30

## PINOT & PICKLEBALL

### NOVICE/INTERMEDIATE SOCIAL (2.0-3.0)

Enjoy a Friday night of mix-and-match pickleball with friends. Players will be grouped by level. Meet in the Lounge at 7:15pm for a glass of wine and appetizers.

**Oct 17**

**Fri** 6:00pm-7:15pm Member: \$30

## HALLOWEEN SOCIAL

Dress up and join your friends in a coach-led social. All levels welcome. Players will be grouped by level. Prize for best costume.

**Oct 27**

**Mon** 6:00pm-7:15pm Member: \$15

## GUESTS PLAY FOR FREE

Each member is allowed to bring one guest. 16 players max (8 members, 8 guests). Social does not count towards guest quota.

**Nov 7** **Fri** 7:15pm-9:15pm  
**Dec 22** **Mon** 7:15pm-9:15pm

## FREE YOUTH PICKLEBALL SOCIAL (9+ YRS)

Child must have played pickleball before and have a general knowledge of the game and how to score.

**Nov 14** **Fri** 6:00pm-7:15pm

## FREE ADULT MEMBER-LED SOCIALS

Mix-and-match member-led socials. Maximum 16 players. 3.5-4.0+ players only. Register in Gametime. Dress up in Holiday colours for the Dec 15 social!

**Sept 8, Oct 20, Nov 17, Dec 15** **Mon** 7:15pm-8:30pm

### CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start

50% Refund: up to 1 week (7 days) before program start

No Refund: within 2 days (48 hours) of program start

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca). and include the following:

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



# PICKLEBALL

## Club Championships

**SATURDAY, OCTOBER 4, 2025**

**SIX DIVISIONS:**

**Men's Doubles: A, B, C**

**Women's Doubles: A, B, C**

Serve, volley and dink your way to a fun-filled day! Find a partner and sign-up in GameTime.

**ONE DAY ONLY.  
MARK YOUR CALENDAR!**



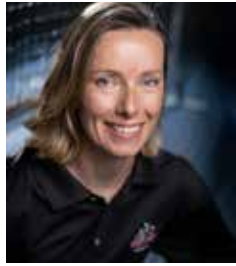
**Questions?** Contact Amy Walker at [amywalker@shaw.ca](mailto:amywalker@shaw.ca)



# 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

# JUNIOR TENNIS

FALL 2025



## TIM PORTNOV

Director, Racquets  
tportnov@nswc.ca

Tim was born in Moscow, Russia, and moved to Vancouver when he was 9 years old. As a junior he won the U14 and U16 BC provincial titles and was ranked number one in the province in all junior age categories from U12-U18. He also made it to two National finals when he was 14 years old and was ranked number one in Canada for boys U14 in the summer of 2010. Tim went on to represent Tennis Canada at the Junior Davis Cup in Florida where Canada placed 4th overall. He also represented Canada in some of the biggest international junior tournaments such as Le Petits in France, Orange Bowl in Miami, and Eddie Herr in Bradenton, Florida. Tim had multiple shoulder dislocations and had surgery to fix his shoulder in 2013 before going off to play NCAA Division 1 college tennis for James Madison University in Virginia. Unfortunately his shoulder did not hold up and he was forced to transfer to The University of British Columbia where he finished the last two years of his undergraduate degree, majoring in Political Science.



## JUNIOR TENNIS

### RED BALL (5-7 YRS)

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

Sept 6–Dec 13

Sat	12:00pm–1:00pm	15 sessions
Member: \$450	Non Member: \$594	

Sept 2–Dec 16

Tue	(excluding statutory holidays) 3:30pm–4:30pm	
14 sessions	Member: \$420	Non Member: \$554.50

Sept 5–Dec 19

Fri	3:30pm–4:30pm	16 sessions
Member: \$480	Non Member: \$634	

### ORANGE BALL (8-10 YRS)

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

Sept 6–Dec 13

Sat	1:00pm–2:00pm	15 sessions
Member: \$450	Non Member: \$594	

Sept 2–Dec 16 (

Tue	excluding statutory holidays) 3:30pm–4:30pm	14 sessions
Member: \$420	Non Member: \$554.50	

Sept 5–Dec 19

Fri	3:30pm–4:30pm	16 sessions
Member: \$480	Non Member: \$634	



## GREEN BALL (11-12 YRS)

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

Sept 6–Dec 13

Sat 2:00pm–3:00pm  
15 sessions Member: \$450 Non Member: \$594

Sept 2–Dec 16 (excluding statutory holidays)  
Tue 3:30pm–4:30pm 14 sessions  
Member: \$420 Non Member: \$554.50

Sept 5–Dec 19  
Fri 16 sessions 3:30pm–4:30pm  
Member: \$480 Non Member: \$634

## TEEN TENNIS (14-18 YRS)

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

Sept 6–Dec 13

Sat 3:00pm–4:00pm 15 sessions

Member: \$450 Non Member: \$594

## U12 / U14 CHAMPS (12-14 YRS)

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.

Sept 2–Dec 16 (excluding statutory holidays)

Tue 4:30pm–6:00pm 14 sessions  
Member: \$630 Non Member: \$832

Sept 5–Dec 19  
Fri 16 sessions 4:30pm–6:00pm  
Member: \$720 Non Member: \$950.50

### CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start

50% Refund: up to 1 week (7 days) before program start

No Refund: within 2 days (48 hours) of program start

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca) and include the following:

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



# ADULT TENNIS

FALL 2025

## ADULT DRILLS

### DIVISION 2 & 3

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

Sept 4-Dec 18  
Thu 11:00am-12:00pm 16 sessions  
Member: \$480

### DIVISION 3 & 4

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

Sept 2-Dec 16 (excluding statutory holidays)  
Tue 8:00pm-9:00pm 14 sessions  
Member: \$420

Sept 8-Dec 15 (excluding statutory holidays)  
Mon 10:00am-11:00am 14 sessions  
Member: \$420

Sept 5-Dec 19  
Fri 11:00am-12:00pm 16 sessions  
Member: \$480.00

### DIVISION 4 & 5

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

Sept 2-Dec 16 (excluding statutory holidays)  
Tue 7:00pm-8:00pm 14 sessions  
Member: \$420.00

Sept 4-Dec 18  
Thu 10:00am-11:00am 16 sessions  
Member: \$480.00

Sept 5-Dec 19  
Fri 10:00am-11:00am 16 sessions  
Member: \$480.00





## BEGINNER (LEVEL 1.0–1.5)

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

Sept 8-Dec 15 (excluding statutory holidays)  
 Mon 10:00am–11:00am 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 14 sessions 10:00am–11:00am  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 11:00am–12:00pm 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 11:00am–12:00pm 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 6:00pm–7:00pm 14 sessions  
 Member: \$420

Sept 3–Dec 17  
 Wed 8:00pm–9:00pm 16 sessions  
 Member: \$480

Sept 4-Dec 18  
 Thu 8:00am–9:00am 16 sessions  
 Member: \$480

Sept 4-Dec 18  
 Thu 11:00am–12:00pm 16 sessions  
 Member: \$480

Sept 4-Dec 18  
 Thu 7:00pm–8:00pm 16 sessions  
 Member: \$480

Sept 5-Dec 19  
 Fri 10:30am–11:30am 16 sessions  
 Member: \$480

## INTERMEDIATE (LEVEL 2.0–2.5)

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

Sept 8-Dec 15 (excluding statutory holidays)  
 Mon 9:00am–10:00am 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 9:00am–10:00am 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 12:00pm–1:00pm 14 sessions  
 Member: \$420

Sept 2-Dec 16 (excluding statutory holidays)  
 Tue 12:00pm–1:00pm 14 sessions  
 Member: \$420

Sept 3–Dec 17  
 Wed 7:00pm–8pm 16 sessions  
 Member: \$480

Sept 4-Dec 18  
 Thu 9:00am–10:00am 16 sessions  
 Member: \$480

Sept 4-Dec 18  
 Thu 16 sessions 10:00am–11:00am  
 Member: \$480

Sept 4-Dec 18  
 Thu 16 sessions 8:00pm–9:00pm  
 Member: \$480



## MEN’S TENNIS TRAINING

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

### LEVEL 3.0–3.5+

Sept 2-Dec 16	(excluding statutory holidays)	
Tue	9:00am–10:00am	
14 sessions	Member: \$420	
Sept 3-Dec 17	(excluding statutory holidays)	
Wed	6:00pm–7:00pm	
16 sessions	Member: \$480	
Sept 4-Dec 18		
Thu	6:00pm–7:00pm	16 sessions
Member: \$480		

### LEVEL 4.0 +

Sept 8-Dec 15	(excluding statutory holidays)	
Mon	9:00am–10:00am	14 sessions
Member: \$420		
Sept 3-Dec 17		
Wed	9:00am–10:00am	16 sessions
Member: \$480		
Sept 4-Dec 18		
Thu	9:00am–10:00am	16 sessions
Member: \$480		
Sept 5-Dec 19		
Fri	9:00am–10:00am	16 sessions
Member: \$480		

## LADIES DOUBLES DAY LEAGUE

### LEVEL 2.0 – 3.5

This will be a competitive Match Play format with Coach Lynne helping everyone organize their matchups. Keep in mind this is for players who are beginner level and NOT on a Tennis BC spring league roster. Lynne will manage your scores and move players up and down the courts based on level of play and results. You can expect to play a variety of different players each week.

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

Sept 5-Dec 19		
Fri	11:45am–1:00pm	16 sessions
Member: \$600		

### CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start  
50% Refund: up to 1 week (7 days) before program start  
No Refund: within 2 days (48 hours) of program start

- Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca). and include the following:
- The name of the participant
  - The name of the program
  - The start date & time of the program





# COMPETITIVE TENNIS

FALL 2025



## NICOLE MCLENNAN

Head of Junior Performance  
and Development  
[juniortennis@nswc.ca](mailto:juniortennis@nswc.ca)

Nicole McLennan is Tennis Canada High Performance Coach 3 Certified and was selected to enter the Tennis Canada High Performance Mentorship Program, which she completed in 2017. Along with NSWC Coach Sarah Kadi, Nicole created a girl's group initiative that aims to provide an environment that matches the needs of young girls in sport. Nicole has also spent time working with the CAC/CAAWS Female Coach Mentorship Program. Currently, Nicole is working in U14 development at the NSWC and travelling with players as a Tennis Canada U12 National Tour Coach and Tennis BC Provincial Coach. Nicole was the 2014 Tennis BC High Performance Coach of the Year and has a BA in Psychology from the University of British Columbia.



## COMPETITIVE PROGRAMS

### U9 ORANGE

This program is for players wanting to compete in Tennis BC U9 Future Star Tournaments. Players in this program will use the orange court and orange ball to aid in the development of the fundamental skills needed for an all-court game.

Sept 2–Dec 19	(excluding statutory holidays)	
Mon, Tue, Fri	4:30pm–6:00pm	
Wed	7:00am–8:30am	60 sessions
Member: \$2775	Non-Member: \$3639	

### U10 GREEN

This program is for players wanting to compete in Tennis BC U10 Future Star tournaments. Players in this program will use a full court and a green ball to build on the fundamental skill taught in the orange program and to build the foundation needed to transition to the regular ball U12/U14 Competitive and Provincial programs.

Sept 2–Dec 19	(excluding statutory holidays)	
Mon	7:00am–8:30am	
Tue, Wed, Thu, Fri	4:30pm–6:00pm	76 sessions
Member: \$3495	Non-Member: \$4589.40	

### U12/ U14

This program is for players who are currently competing or hoping to start competing in 2-star and 3-star Tennis BC sanctioned tournaments. Players are expected to commit to the Afternoon Program (Mon, Wed, Thu) and one or two morning sessions (Tue and/or Fri) for a minimum of 4-days/week.

#### AFTERNOON PROGRAM

Sept 2–Dec 19	(excluding statutory holidays)	
Mon, Wed, Thu	3:30pm–6:00pm	46 sessions
Member: \$3525	Non-Member: \$4629	

#### MORNING PROGRAMS

Sept 2–Dec 19	(excluding statutory holidays)	
Tue	6:45am–8:45am	14 sessions
Member: \$840	Non-Member: \$1108.80	

Sept 2–Dec 19	(excluding statutory holidays)	
Fri	6:45am–8:45am	16 sessions
Member: \$960	Non-Member: \$1267.20	

U14/U16 PROVINCIAL

This program is for players competing in 3.5-star, Selections Series, and Provincial tournaments. Players are expected to be regularly competing in Tennis BC or Tennis Canada sanctioned events. Players are expected to commit to the Afternoon Program (Mon, Wed, Thu) and one or two morning sessions (Tue and/or Fri) for a minimum of 4-days/week.

AFTERNOON PROGRAM

Sept 2–Dec 19	(excluding statutory holidays)	
Mon, Wed, Thu	3:30pm–6:00pm	46 sessions
Member: \$3525	Non-Member: \$4629	

MORNING PROGRAMS

Sept 2–Dec 19	(excluding statutory holidays)	
Tue	6:45am–8:45am	14 sessions
Member: \$840	Non-Member: \$1108.80	

Sept 2–Dec 19	(excluding statutory holidays)	
Fri	6:45am–8:45am	16 sessions
Member: \$960	Non-Member: \$1267.20	

U18 PROVINCIAL

This program is for players competing in Selection Series, Provincial, National, and ITF Junior tournaments. We understand that at this level players are often travelling to compete so have designed this program in a way that players can register for the combination of days that fits their schedule.

Sept 2–Dec 19	(excluding statutory holidays)	
Mon	1:30pm–3:30pm	14 sessions
Member: \$865		

Sept 2–Dec 19	(excluding statutory holidays)	
Tue	1:30pm–3:30pm	14 sessions
Member: \$865		

Sept 2–Dec 19	(excluding statutory holidays)	
Wed	1:30pm–3:30pm	16 sessions
Member: \$985		

Sept 2–Dec 19	(excluding statutory holidays)	
Thu	1:30pm–3:30pm	16 sessions
Member: \$985		

Sept 2–Dec 19	(excluding statutory holidays)	
Fri	1:30pm–3:30pm	16 sessions
Member: \$985		

CANCELLATION POLICY

- 100% Refund: up to 2 weeks (14 days) before program start
- 50% Refund: up to 1 week (7 days) before program start
- No Refund: within 2 days (48 hours) of program start

Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca). and include the following:

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





## 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
<b>1.0</b>	I'm just starting to play tennis			
<b>1.5</b>	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
<b>2.0</b>	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.
<b>2.5</b>	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.
<b>3.0</b>	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.
<b>3.5</b>	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.
<b>4.0</b>	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.
<b>4.5</b>	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.
<b>5.0</b>	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](http://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.
- Starting October 1, 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.
- Prime-time (Monday – Thursday 6:00pm, 7:15pm). All players must be listed 48 hours in advance in Gametime.
- 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, [tpornov@nswc.ca](mailto:tpornov@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

Great tennis with great nightly food and entertainment features

##### **OCTOBER - FEBRUARY**

Women's Dogwood League

#### NOVEMBER

##### **FRIDAY 14th - SUNDAY 16th**

6th Annual Triple Threat Mixed Team Tennis Event

- All levels welcome!

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

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

- Prize money for winners!

#### DECEMBER

##### **SUNDAY 14th**

Christmas Mixer

- Sponsored by the Tennis Committee - No charge

- Prizes for the best Christmas outfit

- Winners' celebration in the bar

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





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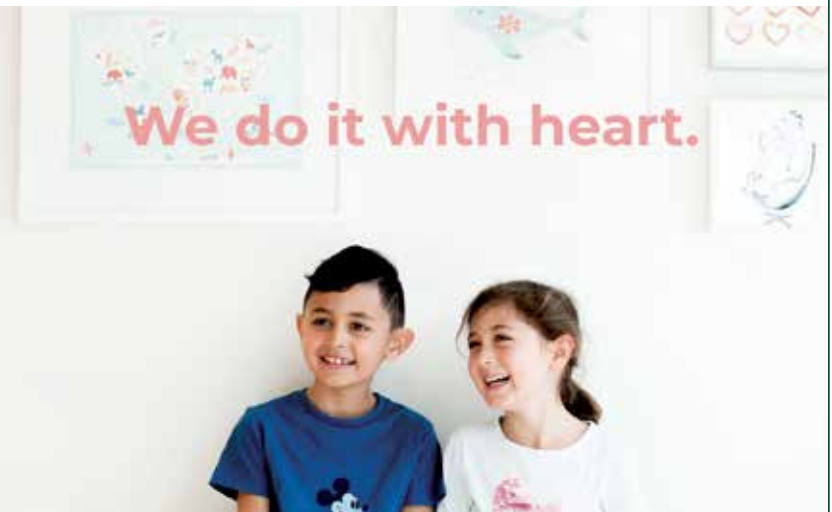
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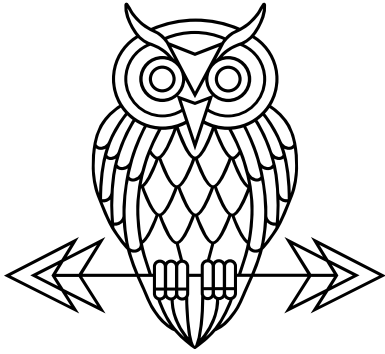
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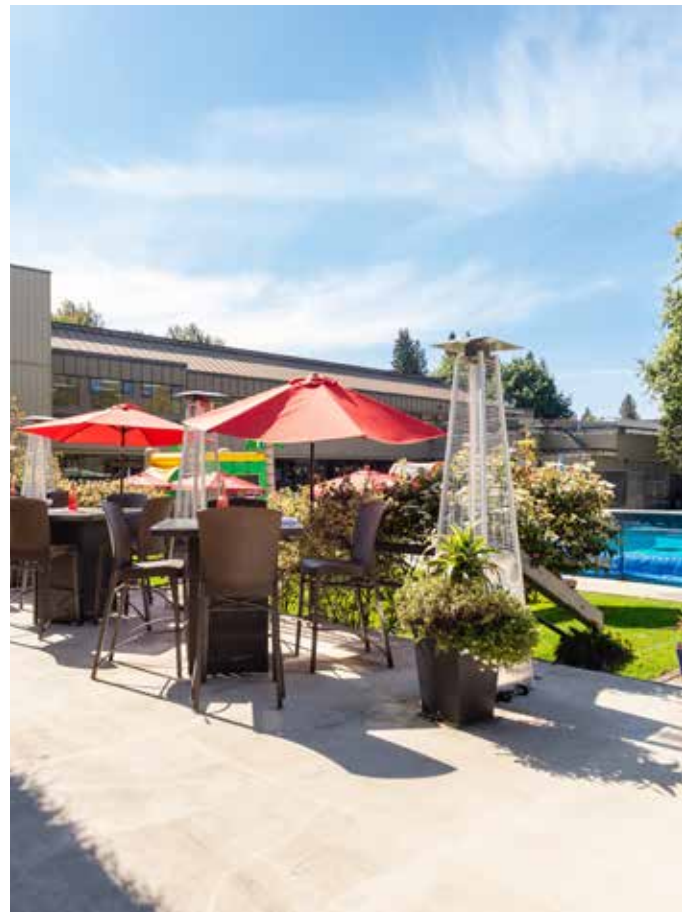


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## Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

an Building B, close to the Fitness Centre. The innovative clinic provides Physiotherapy, Massage Therapy, Clinical Kinesiology, Dry Needling/IMS and specialized services such as Concussion Management and Running Assessments. They are focused on helping patients feel and move better, so they can perform better.

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

### PATIENT COORDINATOR TEAM

The AMSMC Patient Coordinator Team is happy to help you schedule an appointment and visit the clinic safely. For more information about AMSMC or to book an appointment, feel free to drop by, call 604-980-0222, or visit their website at [www.allanmcgavinphysio.com](http://www.allanmcgavinphysio.com). Move Well. Perform Better!



### MEET THE TEAM

## CHIROPRACTOR



### DR. TYLER HUNSBERGER

Tyler completed a Bachelor of Science in Exercise Science on a four-year tennis scholarship from Bloomsburg University of Pennsylvania. From there, he obtained his Bachelor of Science in Human Biology and Doctor of Chiropractic from the National University of Health Sciences in Chicago.

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

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

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



## PHYSIOTHERAPISTS



### SHELDON CROUSE

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

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



### DIEGO GROSSLING

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

He completed a Master of Science

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



### RYAN HILL

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

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



### ERIN LITTLE

Originally from Calgary, Erin moved to Vancouver to complete her Bachelor of Kinesiology and Master of Physical Therapy at the University of British Columbia before recently settling in North Vancouver.

She strongly believes in the importance of lifelong movement and enjoys working with clients across all ages and stages. Whether returning to sport or activity, her treatment approach combines education, manual therapy, and exercise prescription to create an individualized and comprehensive recovery plan. Erin works collaboratively with her clients to help them achieve their goals.

Erin started her career in the acute setting and has a wide range of clinical experience, including postoperative recovery and neurological rehabilitation. She grew up playing competitive soccer and it was her own experiences with physiotherapy that led her to pursue the profession and continues to drive an interest in injury prevention at the youth sports level.

Beyond the clinic, Erin loves to explore the mountains and can often be found hiking, cross-country skiing or running the local trails with her puppy.



### NATALIE MARSHALL

Natalie Marshall previously worked at the clinic as a Kinesiologist before completing her Masters of Physical Therapy at UBC.

Natalie grew up on the North Shore playing competitive soccer and volleyball and now enjoys individual sports such as cycling, running, hiking and skiing. She

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



## MASSAGE THERAPISTS



### JARED BIR

Jared was born and raised in Squamish, B.C and always had an interest in sports science due to his active lifestyle. Jared received a soccer scholarship to play for Quest University Canada in 2012 where he played for two seasons before transferring to the University of British Columbia to

complete his Bachelor's Degree in Kinesiology in 2015. Following this, Jared was accepted to the Massage Therapy program at the Vancouver College of Massage Therapy, which he graduated from in 2017. He has learned a variety of modalities including relaxation, deep tissue, sports massage, and rehabilitation. Outside of work, Jared continues to live a very active lifestyle playing soccer and practicing various forms of mixed martial arts.



### FLIXZL REYES

Flixzl's interest in injury rehabilitation started when he first attended his first physiotherapy session at age 16 when he tore his UCL of his elbow while wrestling at a national tournament. He graduated from Vancouver Career College's Registered Massage Therapy Program in 2022 as well

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



### JAIME PAQUETTE

Jaime has been working as a Registered Massage Therapist (RMT) since graduating from the Vancouver College of Massage Therapy program over 10 years ago.

She is particularly interested in treating headaches, repetitive strains, pregnancy-related issues, and sports injuries. Her

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

## KINESIOLOGISTS



### NICK BELMONTE

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

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



### HENRY GAO

Henry began his journey into physical health and rehabilitation as a volunteer assisting spinal cord injury, stroke and car accident patients with walking. After wanting to gain more experience with exercise prescription, Henry volunteered at UBC BodyWorks, leading exercise classes

for older adults. Wanting further experience working 1-on-1 with clients, he worked at Fitness World as a Personal Trainer. Upon graduating from UBC Kinesiology for Interdisciplinary Studies, Henry became a Registered Kinesiologist so that he could continue to help people reach their goals and return to sport or work. Henry applies an evidence-informed approach to determine the best course of action to treat patients. During his free time, Henry enjoys playing Ultimate Frisbee, weightlifting, and running.



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