

# SUMMER 2026 PROGRAM GUIDE



**NORTH SHORE  
WINTER CLUB**

*Since 1958*

## SUMMER REGISTRATION

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

### Members Apr 21, 2026

10:00am Adult Tennis

10:30am Junior Tennis

11:00am Hockey

11:30am All Other Programs

### Non Members May 5, 2026

10:00am

All Programs



# NORTH SHORE WINTER CLUB

*Since 1958*



# SOMETHING FOR EVERYONE

2 HOCKEY | TENNIS | PICKLEBALL | AQUATICS | FITNESS | DINING

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## 2026 BOARD OF DIRECTORS

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President

**DOUG BELL**  
Vice President

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Treasurer

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Director

**BRIAN LEE**  
Director

**TIM SHRIGLEY**  
Director

**DAVID NEALE**  
Director

**WADE BARTOK**  
Director

### 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**  
Director, Facilities  
cdalglish@nswc.ca



**FAWN GILL**  
Director, Marketing  
& 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  
& Recreation  
nraw@nswc.ca



**SARAH BILL**  
Coordinator, Events  
& Experience  
sbill@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 Apr 21st, 2026

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

### Non Member Registration opens on Tue May 5th, 2026

10:00am	All Programs
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## REGISTRATION

- Registration must be made online at [nsw.gametime.net](https://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](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 4 weeks (28 days) before program start
- **50% Refund:** up to 2 weeks (14 days) before program start
- **No Refund:** within 4 days (96 hours) of program start
- **The day the program starts is not included in the required notice period.**

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

- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.
- Changes and Cancellations exceeding 3 per membership 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](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
- Branded NSWC clothing & hats
- Sunglasses

## 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).

# NSWC BBQ

## BASH

**MUSIC, FOOD  
& DRINKS**

**6:00 PM START  
FRIDAYS ON THE  
TIKI DECK**



# FOOD & BEVERAGE



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



# EVENTS



## SARAH BILL

Coordinator, Events & Experience  
sbill@nswc.ca

## BIRTHDAY PARTY PACKAGES

### Celebrate Your Child's Special Day at NSWC!

Make your child's birthday unforgettable with one of our fun and easy party packages. From sports and bouncing to swimming, we take care of the details so you can relax and enjoy the celebration!

### SPORTBALL PACKAGE

Get the party moving with an action-packed Sportball session led by a certified instructor.

#### Includes:

- 1 hour of Sportball programming
- 1 hour private party room for food and cake

### BOUNCY CASTLE PARTY

Jump, bounce, and celebrate!  
This high-energy party is always a hit.

#### Includes:

- 1 hour bouncy castle rental
- Party host to assist with activities
- 1 hour private party room for food and cake

*Bouncy Castle Parties are available June–September and on Saturdays and Sundays from 11:00am–1:00pm only.*

### POOL PARTY

(June–August)

Make a splash with a fun-filled pool celebration!

#### Includes:

- 1 hour of swimming with games and pool toys
- 1 hour reserved party space on the Tiki Deck lawn

#### MEAL PLANS, Choose one for your party guests:

- **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)

#### PARTY DETAILS

- Packages include up to 16 guests
- Meal plans included for up to 16 guests
- Maximum 25 children per party
- Parent participation is required
- All event bookings must be made at least 10 days in advance

#### BOOKING INFORMATION

Connect with Sarah Bill, Events & Experience Coordinator, for more details and to book your party.  
sbill@nswc.ca

*\*Additional guest rates apply for parties over 16 children.*

Activity plans can have additional items added for a rental cost. In some circumstances, a host charge may be added based on activities and number of kids in attendance. Price includes tables, chairs, utensils, and plates. No outside food is permitted in the Club with the exception of birthday cake. Parties must be booked 4 weeks in advance, and final guest numbers are due 10 days prior to the event.



# **DOG DAY OF SUMMER**



**MONDAY, SEPTEMBER 7TH**

# 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](mailto: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 (applicable to children 6 or 7 years old).
- Children under 10 years of age must be supervised at all times.
- Children under 16 years of age must be accompanied by an adult 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.
- No glass is permitted within bounds of the pool at any point

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 PROGRAMS

### 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).

May 19-May 29 Mon-Fri 3:30pm-4:00pm	(Member & Non-Member) (Excluding May 18) Member: \$85.50	9 sessions Non-Member: \$108.90
Jun 1-Jun 12 Mon-Fri 3:30pm-4:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 15-Jun 26 Mon-Fri 3:30pm-4:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 29-Jul 10 Mon-Fri 10:00am-10:30am	(Member Only) (Excluding Jul 1) \$85.50	9 sessions
Jul 13-Jul 24 Mon-Fri 10:00am-10:30am	(Member Only) \$95	10 sessions
Jul 27-Aug 7 Mon-Fri 10:00am-10:30am	(Member Only) (Excluding Aug 3) \$85.50	9 sessions
Aug 10-Aug 21 Mon-Fri 10:00am-10:30am	(Member Only) \$95	10 sessions

## 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.

May 19-May 29	(Member & Non-Member)	
Mon-Fri	(Excluding May 18)	9 sessions
3:30pm-4:00pm	Member: \$85.50	Non-Member: \$108.90

Jun 1-Jun 12	(Member & Non-Member)	
Mon-Fri		10 sessions
3:30pm-4:00pm	Member: \$95	Non-Member: \$121

Jun 15-Jun 26	(Member & Non-Member)	
Mon-Fri		10 sessions
3:30pm-4:00pm	Member: \$95	Non-Member: \$121

Jun 29-Jul 10	(Member Only)	
Mon-Fri	(Excluding Jul 1)	9 sessions
10:00am-10:30am	\$85.50	

Jun 29-Jul 10	(Member Only)	
Mon-Fri	(Excluding Jul 1)	9 sessions
2:45pm-3:15pm	\$85.50	

Jul 13-Jul 24	(Member Only)	
Mon-Fri		10 sessions
10:00am-10:30am	\$95	

Jul 13-Jul 24	(Member Only)	
Mon-Fri		10 sessions
2:45pm-3:15pm	\$95	

Jul 27-Aug 7	(Member Only)	
Mon-Fri	(Excluding Aug 3)	9 sessions
10:00am-10:30am	\$85.50	

Jul 27-Aug 7	(Member Only)	
Mon-Fri	(Excluding Aug 3)	9 sessions
2:45pm-3:15pm	\$85.50	

Aug 10-Aug 21	(Member Only)	
Mon-Fri		10 sessions
10:00am-10:30am	\$95	

Aug 10-Aug 21	(Member Only)	
Mon-Fri		10 sessions
2:45pm-3:15pm	\$95	

## PRESCHOOL 3

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

May 19-May 29	(Member & Non-Member)	
Mon-Fri	(Excluding May 18)	9 sessions
3:30pm-4:00pm	Member: \$85.50	Non-Member: \$108.90

Jun 1-Jun 12	(Member & Non-Member)	
Mon-Fri		10 sessions
3:30pm-4:00pm	Member: \$95	Non-Member: \$121

Jun 15-Jun 26	(Member & Non-Member)	
Mon-Fri		10 sessions
3:30pm-4:00pm	Member: \$95	Non-Member: \$121

Jun 29-Jul 10	(Member Only)	
Mon-Fri	(Excluding Jul 1)	9 sessions
10:00am-10:30am	\$85.50	

Jun 29-Jul 10	(Member Only)	
Mon-Fri	(Excluding Jul 1)	9 sessions
2:45pm-3:15pm	\$85.50	

Jul 13-Jul 24	(Member Only)	
Mon-Fri		10 sessions
10:00am-10:30am	\$95	

Jul 13-Jul 24	(Member Only)	
Mon-Fri		10 sessions
2:45pm-3:15pm	\$95	

Jul 27-Aug 7	(Member Only)	
Mon-Fri	(Excluding Aug 3)	9 sessions
10:00am-10:30am	\$85.50	

Jul 27-Aug 7	(Member Only)	
Mon-Fri	(Excluding Aug 3)	9 sessions
2:45pm-3:15pm	\$85.50	

Aug 10-Aug 21	(Member Only)	
Mon-Fri		10 sessions
10:00am-10:30am	\$95	

Aug 10-Aug 21	(Member Only)	
Mon-Fri		10 sessions
2:45pm-3:15pm	\$95	

## PRESCHOOL 4

Children continue independent glides and kicking in deep water as well as jumping in, treading water for 10 seconds (wearing PFD), and opening their eyes under water. They will improve their independent floats and flutter kicks as well and be introduced to front crawl.

May 19-May 29 (Member & Non-Member)  
 Mon-Fri (Excluding May 18) 9 sessions  
 4:00pm-4:30pm Member: \$85.50 Non-Member: \$108.90

Jun 1-Jun 12 (Member & Non-Member)  
 Mon-Fri 10 sessions  
 4:00pm-4:30pm Member: \$95 Non-Member: \$121

Jun 15-Jun 26 (Member & Non-Member)  
 Mon-Fri 10 sessions  
 4:00pm-4:30pm Member: \$95 Non-Member: \$121

Jun 29-Jul 10 (Member Only)  
 Mon-Fri (Excluding Jul 1) 9 sessions  
 10:30am-11:00am Member: \$85.50

Jun 29-Jul 10 (Member Only)  
 Mon-Fri (Excluding Jul 1) 9 sessions  
 3:15pm-3:45pm Member: \$85.50

Jul 13-Jul 24 (Member Only)  
 Mon-Fri 10 sessions  
 10:30am-11:00am Member: \$95

Jul 13-Jul 24 (Member Only)  
 Mon-Fri 10 sessions  
 3:15pm-3:45pm Member: \$95

Jul 27-Aug 7 (Member Only)  
 Mon-Fri (Excluding Aug 3) 9 sessions  
 10:30am-11:00am Member: \$85.50

Jul 27-Aug 7 (Member Only)  
 Mon-Fri (Excluding Aug 3) 9 sessions  
 3:15pm-3:45pm Member: \$85.50

Aug 10-Aug 21 (Member Only)  
 Mon-Fri 10 sessions  
 10:30am-11:00am Member: \$95

Aug 10-Aug 21 (Member Only)  
 Mon-Fri 10 sessions  
 3:15pm-3:45pm Member: \$95

## 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.

May 19-May 29 (Member & Non-Member)  
 Mon-Fri (Excluding May 18) 9 sessions  
 4:00pm-4:30pm Member: \$85.50 Non-Member: \$108.90

Jun 1-Jun 12 (Member & Non-Member)  
 Mon-Fri 10 sessions  
 4:00pm-4:30pm Member: \$95 Non-Member: \$121

Jun 15-Jun 26 (Member & Non-Member)  
 Mon-Fri 10 sessions  
 4:00pm-4:30pm Member: \$95 Non-Member: \$121

Jun 29-Jul 10 (Member Only)  
 Mon-Fri (Excluding Jul 1) 9 sessions  
 10:30am-11:00am \$85.50

Jun 29-Jul 10 (Member Only)  
 Mon-Fri (Excluding Jul 1) 9 sessions  
 3:15pm-3:45pm \$85.50

Jul 13-Jul 24 (Member Only)  
 Mon-Fri 10 sessions  
 10:30am-11:00am \$95

Jul 13-Jul 24 (Member Only)  
 Mon-Fri 10 sessions  
 3:15pm-3:45pm \$95

Jul 27-Aug 7 (Member Only)  
 Mon-Fri (Excluding Aug 3) 9 sessions  
 10:30am-11:00am \$85.50

Jul 27-Aug 7 (Member Only)  
 Mon-Fri (Excluding Aug 3) 9 sessions  
 3:15pm-3:45pm \$85.50

Aug 10-Aug 21 (Member Only)  
 Mon-Fri 10 sessions  
 10:30am-11:00am \$95

Aug 10-Aug 21 (Member Only)  
 Mon-Fri 10 sessions  
 3:15pm-3:45pm \$95

## SWIMMER PROGRAMS (5-12 YEARS)

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics.

### 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/reviews floats, glides with kicks, rolls and front crawl wearing PFD.

May 19-May 29 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) (Excluding May 18) Member: \$85.50	9 sessions Non-Member: \$108.90
Jun 1-Jun 12 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 15-Jun 26 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 29-Jul 10 Mon-Fri 10:30am-11:00am	(Member Only) (Excluding Jul 1) \$85.50	9 sessions
Jul 13-Jul 24 Mon-Fri 10:30am-11:00am	(Member Only) \$95	10 sessions
Jul 27-Aug 7 Mon-Fri 10:30am-11:00am	(Member Only) (Excluding Aug 3) \$85.50	9 sessions
Aug 10-Aug 21 Mon-Fri 10:30am-11:00am	(Member Only) \$95	10 sessions

### SWIMMER 2

Reviews key skills such as floats, glides, front and back crawl, treading, and flutter kick. Children will gain independence in the water and increase distances while building confidence in deep water.

May 19-May 29 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) (Excluding May 18) Member: \$85.50	9 sessions Non-Member: \$108.90
Jun 1-Jun 12 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 15-Jun 26 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) Member: \$95	10 sessions Non-Member: \$121
Jun 29-Jul 10 Mon-Fri 10:30am-11:00am	(Member Only) (Excluding Jul 1) \$85.50	9 sessions
Jun 29-Jul 10 Mon-Fri 2:15pm-2:45pm	(Member Only) (Excluding Jul 1) \$85.50	9 sessions
Jul 13-Jul 24 Mon-Fri 10:30am-11:00am	(Member Only) \$95	10 sessions
Jul 13-Jul 24 Mon-Fri 2:15pm-2:45pm	(Member Only) \$95	10 sessions
Jul 27-Aug 7 Mon-Fri 10:30am-11:00am	(Member Only) (Excluding Aug 3) \$85.50	9 sessions
Jul 27-Aug 7 Mon-Fri 2:15pm-2:45pm	(Member Only) (Excluding Aug 3) \$85.50	9 sessions
Aug 10-Aug 21 Mon-Fri 10:30am-11:00am	(Member Only) \$95	10 sessions
Aug 10-Aug 21 Mon-Fri 2:15pm-2:45pm	(Member Only) \$95	10 sessions



### SWIMMER 3

This level increases distances independently while improving coordination and safety in the water. Key skills such as breaststroke kick and kneeling dives are introduced.

May 19-May 29 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member) (Excluding May 18)	9 sessions
	Member: \$85.50    Non-Member: \$108.90	
Jun 1-Jun 12 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member)	10 sessions
	Member: \$95    Non-Member: \$121	
Jun 15-Jun 26 Mon-Fri 4:30pm-5:00pm	(Member & Non-Member)	10 sessions
	Member: \$95    Non-Member: \$121	
Jun 29-Jul 10 Mon-Fri 2:15pm-2:45pm	(Member Only) (Excluding Jul 1)	9 sessions
	\$85.50	
Jul 13-Jul 24 Mon-Fri 2:15pm-2:45pm	(Member Only)	10 sessions
	\$95	
Jul 27-Aug 7 Mon-Fri 2:15pm-2:45pm	(Member Only) (Excluding Aug 3)	9 sessions
	\$85.50	
Aug 10-Aug 21 Mon-Fri 2:15pm-2:45pm	(Member Only)	10 sessions
	\$95	

### SWIMMER 4

Breaststroke arms as well as standing dives are introduced and focused on. Swimmers should be able, or nearly able, to swim a full length of the pool with minimal assistance. Technique and water coordination will be emphasized.

May 19-May 29 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member) (Excluding May 18)	9 sessions
	Member: \$108.90    Non-Member: \$132.30	
Jun 1-Jun 12 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member)	10 sessions
	Member: \$121    Non-Member: \$147	
Jun 15-Jun 26 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member)	10 sessions
	Member: \$121    Non-Member: \$147	

Jun 29-Jul 10 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Jul 1)	9 sessions
	\$108.90	
Jun 29-Jul 10 Mon-Fri 3:00pm-3:45pm	(Member Only) (Excluding Jul 1)	9 sessions
	\$108.90	
Jul 13-Jul 24 Mon-Fri 11:15am-12:00pm	(Member Only)	10 sessions
	\$121	
Jul 13-Jul 24 Mon-Fri 3:00pm-3:45pm	(Member Only)	10 sessions
	\$121	
Jul 27-Aug 7 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Aug 3)	9 sessions
	\$108.90	
Jul 27-Aug 7 Mon-Fri 3:00pm-3:45pm	(Member Only) (Excluding Aug 3)	9 sessions
	\$108.90	
Aug 10-Aug 21 Mon-Fri 11:15am-12:00pm	(Member Only)	10 sessions
	\$121	
Aug 10-Aug 21 Mon-Fri 3:00pm-3:45pm	(Member Only)	10 sessions
	\$121	

### SWIMMER 5

Technique will continue to be refined while swimmers are challenged to swim longer distances (up to 3 lengths). Sprint swimming as well as head-up and under-water will be introduced.

May 19-May 29 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member) (Excluding May 18)	9 sessions
	Member: \$108.90    Non-Member: \$132.30	
Jun 1-Jun 12 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member)	10 sessions
	Member: \$121    Non-Member: \$147	
Jun 15-Jun 26 Mon-Fri 3:45pm-4:30pm	(Member & Non-Member)	10 sessions
	Member: \$121    Non-Member: \$147	
Jun 29-Jul 10 Mon-Fri 11:00am-11:45am	(Member Only) (Excluding Jul 1)	9 sessions
	\$108.90	
Jun 29-Jul 10	(Member Only)	

Mon-Fri 1:30pm-2:15pm	(Excluding Jul 1) \$108.90	9 sessions
Jul 13–Jul 24 Mon-Fri 11:00am-11:45am	(Member Only) \$121	10 sessions
Jul 13–Jul 24 Mon-Fri 1:30pm-2:15pm	(Member Only) \$121	10 sessions
Jul 27–Aug 7 Mon-Fri 11:00am-11:45am	(Member Only) (Excluding Aug 3) \$108.90	9 sessions
Jul 27–Aug 7 Mon-Fri 1:30pm-2:15pm	(Member Only) (Excluding Aug 3) \$108.90	9 sessions
Aug 10–Aug 21 Mon-Fri 11:00am-11:45am	(Member Only) \$121	10 sessions
Aug 10–Aug 21 Mon-Fri 1:30pm-2:15pm	(Member Only) \$121	10 sessions

### 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 and hypothermia.

Jun 29–Jul 10 Mon-Fri 1:30pm-2:15pm	(Member Only) (Excluding Jul 1) \$108.90	9 sessions
Jul 13–Jul 24 Mon-Fri 1:30pm-2:15pm	(Member Only) \$121	10 sessions
Jul 27–Aug 7 Mon-Fri 1:30pm-2:15pm	(Member Only) (Excluding Aug 3) \$108.90	9 sessions
Aug 10–Aug 21 Mon-Fri 1:30pm-2:15pm	(Member Only) \$121	10 sessions

### SWIMMER 7: ROOKIE PATROL

This program is for those that are strong and sufficient swimmers, able to swim 4 lengths of the pool and tread water comfortably for 1 minute. Participants will be introduced to basic life-saving skills such as assessing injuries and safe removals.

Jun 29–Jul 10 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Jul 1) \$108.90	9 sessions
Jul 13–Jul 24 Mon-Fri 11:15am-12:00pm	(Member Only) \$121	10 sessions
Jul 27–Aug 7 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Aug 3) \$108.90	9 sessions
Aug 10–Aug 21 Mon-Fri 11:15am-12:00pm	(Member Only) \$121	10 sessions

### SWIMMER 8: RANGER PATROL

Must have completed Rookie Patrol. Participants will expand on distance swimming and life-saving skills.

Jun 29–Jul 10 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Jul 1) \$108.90	9 sessions
Jul 13–Jul 24 Mon-Fri 11:15am-12:00pm	(Member Only) \$121	10 sessions
Jul 27–Aug 7 Mon-Fri 11:15am-12:00pm	(Member Only) (Excluding Aug 3) \$108.90	9 sessions
Aug 10–Aug 21 Mon-Fri 11:15am-12:00pm	(Member Only) \$121	10 sessions

## SWIMMER 9: STAR PATROL

Must have completed Ranger Patrol. Participants will expand on distance swimming and life-saving skills

<b>Jun 29–Jul 10</b> <b>Mon-Fri</b> <b>11:15am-12:00pm</b>	<b>(Member Only)</b> <b>(Excluding Jul 1)</b> <b>\$108.90</b>	<b>9 sessions</b>
<b>Jul 13–Jul 24</b> <b>Mon-Fri</b> <b>11:15am-12:00pm</b>	<b>(Member Only)</b> <b>\$121</b>	<b>10 sessions</b>
<b>Jul 27–Aug 7</b> <b>Mon-Fri</b> <b>11:15am-12:00pm</b>	<b>(Member Only)</b> <b>(Excluding Aug 3)</b> <b>\$108.90</b>	<b>9 sessions</b>
<b>Aug 10–Aug 21</b> <b>Mon-Fri</b> <b>11:15am-12:00pm</b>	<b>(Member Only)</b> <b>\$121</b>	<b>10 sessions</b>

## LIFESAVING PROGRAMS

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.

Bronze Star is a pre-Bronze Medallion training program that helps to prepare candidates for success in Bronze Medallion. 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.

<b>Aug 15-16</b> <b>10:00am-3:15pm</b>	<b>Sat-Sun</b> <b>\$130 + gst</b>	<b>2 sessions</b>
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### 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.Course Manual (CLSM), pocket mask & whistle are required (please reach out to [aquatics@nswc.ca](mailto:aquatics@nswc.ca) to purchase)

<b>Aug 24 –28</b> <b>8:30am-5:00pm</b>	<b>Mon-Fri</b> <b>\$513 + gst</b>	<b>5 sessions</b>
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## ADULT PROGRAMS (19+)

### 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.

<b>May 4–14</b> <b>Mon/Tues/Thurs</b> <b>8:00pm-9:00pm</b>	<b>(Member Only)</b> <b>\$108 + gst</b>	<b>6 sessions</b>
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### 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.

<b>Starts Tues May 19</b> <b>Tues/Thurs</b> <b>8:00pm-9:00pm</b>	<b>(Member Only)</b> <b>\$18 + gst/Session</b>	<b>Drop-in</b> <b>\$80 + gst/5 Pack</b>
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### 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.

To book, contact [aquatics@nswc.ca](mailto:aquatics@nswc.ca).

#### PRIVATE LESSONS:

**30 minutes: Member \$40 | Non-Member \$56**  
**45 minutes: Member \$60 | Non-Member \$84**

#### SEMI-PRIVATE LESSONS:

**30 minutes: Member \$26 | Non-Member \$40**  
**45 minutes: Member \$40 | Non-Member \$54**

#### CANCELLATION POLICY

100% Refund: up to 4 weeks (28 days) before program start  
50% Refund: up to 2 weeks (14 days) before program start  
No Refund: within 4 days (96 hours) of program start

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

# 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 techniques, working toward individual improvement within a supportive team environment. Depending on goals and group, swimmers registered in Intro or above have the opportunity to attend 90 to 120 + swim practices and seven swim meets over the course of our short season. The program also provides development meet events for those new to competitive swimming. Swimmers who have attended a district meet have the opportunity to swim in the Regional Championships and qualify to swim in Provincial Championships. Each year our program is proud to see many Marlins swimmers qualify! 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. The Marlins offer five training groups for swimmers aligned to age and/or skill. Please note that new Marlins will be assessed for group placement.

## MINI MARLINS

This division is geared to our youngest swimmers (ages 5 & 6). 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. Minis starts Jun 1, 2026 and runs until July 29, 2026.

## INTRO MARLINS

These swimmers (ages 7+) can swim the length of a pool without assistance and will begin to learn proper stroke techniques. Swimmers who attend regularly 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 Coaches- a testament to the strength and value of our program.

## OUR 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. Beginner swimmers must be able to swim at least one length of the pool unassisted.

## CONTACT

Registrar–[nswcmarlinsregistrar@gmail.com](mailto:nswcmarlinsregistrar@gmail.com)

Program costs, Marlins Committee contacts and registration information can be found on our website, [www.nswc.ca](http://www.nswc.ca)



# DANCE



**CHRISTIE SAUNDERS**  
Dance Instructor  
dancewithchristie@gmail.com

## 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.



# CHILD MINDING & CAMPS



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

**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

**Members: \$330 / week**

**\$264 / week 5**

**Drop in (if available)**

**Members: \$80 day**

**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

**Members: \$180 / week**

**\$144 / week 5**

## 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. 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.

WEEEEK	DATES
1.	July 6–July 10
2.	July 13–July 17
3.	July 20–July 24
4.	July 27–July 31
5.	Aug 4–Aug 7 (No Camp Aug 3rd)
6.	Aug 10–Aug 14
7.	Aug 17–Aug 21
8.	Aug 24–Aug 28

## SUMMER FRIDAY FUN NIGHTS!

**BOUNCY CASTLE: AGES 3-8**

**MOVIE: AGES 3-11 YEARS**

**(4 & under must be 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, 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**

*\*Program is weather dependent. Program is open to members and their guests. Does not run on Long Weekends*

**CAMP CANCELLATION POLICY**

- 100% Refund: up to 4 weeks (28 days) before program start
- 50% Refund: up to 2 weeks (14 days) before program start
- No Refund: within 4 days (96 hours) of program start.

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



5:00PM - 9:00PM

# SUMMER FRIDAY FUN NIGHTS

*BOUNCY CASTLE: AGES 3-8*  
*MOVIE: AGES 3-11 YEARS*

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

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



# FITNESS



## GARTH PROUSE

Director, Fitness  
gprouse@nswc.ca

## 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

## 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 ultra-marathon 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.

### EMILY SCORSE

Emily has been Personal Training for 14 years, and has created incredible lasting relationships throughout her career. She takes pride in her ability to not only help clients with their physical goals, yet also their mental well being. As a WNBF Pro Bikini Competitor, Emily understands how important discipline and motivation is to reach your goals, and she's here to help! She has trained a wide variety of clients including teenagers as young as 14, to seniors into their 90's. Emily is a people person, an empathic and compassionate person, and truly loves the fitness industry for all the positivity it brings to people.



# MINOR HOCKEY



## BEN MAXWELL

Director, Hockey  
bmaxwell@nswc.ca



## JOSH WALLS

Senior Coordinator, Hockey  
jwalls@nswc.ca



## JENN HANNA

Administrator, Hockey  
jhanna@nswc.ca

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

## MINOR HOCKEY

### LEARN TO SKATE (FOR HOCKEY)-HTC AGES: 3 YRS-5 YRS

This class focuses on building strong skating fundamentals, including proper stance, balance, and edge control. Learn to Skate is ideal for children looking to gain confidence and develop the skills needed before progressing to Cookie Monsters or U7.

Equipment required: helmet with cage, hockey gloves, and skates.

June 30-Aug 20    Tue & Thur: 16 Sessions    4:15pm-5:00pm  
Member \$320 | Non-Member \$560

### COOKIE MONSTERS: HTC AGES: 5-7 YRS

The Cookie Monsters Program will help introduce young players to the game of hockey. We will host multiple skill levels over the summer sessions to best suit your child's development. Players will learn foundational skills through a combination of drills and games in a fun, supportive environment. Groups will be organized by skill level and maturity to ensure a positive and successful experience for all participants. Full hockey equipment is required.

#### BEGINNER

June 30-Aug 20    5:00pm-5:45pm    Tue & Thur: 16 Sessions  
Member \$320 | Non-Member \$560

#### ADVANCED

June 30-Aug 20    5:45pm-6:30pm    Tue & Thur: 16 Sessions  
Member \$320 | Non-Member \$560

### SUMMER CAMPS: HTC

Our NSWC Summer Hockey Camps are a great way to keep your kids active and improve their hockey skills over the summer break. These camps include both on- and off-ice development sessions led by professional coaches, ensuring players continue to improve while having fun. Lunch is included.

July 6-July 10  
U7/U9 (2018-2021 Birth Year)    8:00-3:15pm  
Female U11/U13 (2014-2017)    8:45-4:00pm  
Members: \$450 | Non-Members \$595

July 13-July 17  
U7/U9 (2018-2021 Birth Year)    8:00-3:15pm  
U11 (2016 & 2017 Birth Year)    8:45-4:00pm  
Members: \$450 | Non-Members \$595

**July 20–July 24**

U7/U9 (2018-2021 Birth Year) 8:00-3:15pm  
 U11 (2016 & 2017 Birth Year) 8:45-4:00pm  
 Female U9/U11 (2016-2019 Birth Year) 8:45-4:00pm  
 Members: \$450 | Non-Members \$595

**July 27–July 31**

U7 (2020 & 2021 Birth Year) 8:00-3:15pm  
 Female U11 (2016 & 2017 Birth Year) 8:45-4:00pm  
 Members: \$450 | Non-Members \$595

**Aug 4–Aug 7 (Holiday Monday)**

U9 (2018 & 2019 Birth Year) 8:00-3:15pm  
 U11 (2016 & 2017 Birth Year) 8:45-4:00pm  
 Members: \$360 | Non-Members \$475

**Aug 10–Aug 16**

U7 (2020 & 2021 Birth Year) 8:00-3:15pm  
 U9 (2018 & 2019 Birth Year) 8:45-4:00pm  
 Members: \$450 | Non-Members \$595

**Aug 17–Aug 21**

U9 (2018 & 2019 Birth Year) 8:00-3:15pm  
 U11 (2016 & 2017 Birth Year) 8:45-4:00pm  
 Members: \$450 | Non-Members \$595

**Aug 24–Aug 29**

U7 (2020 & 2021 Birth Year) 8:00-3:15pm  
 U9 (2018 & 2019 Birth Year) 8:45-4:00pm  
 Members: \$450 | Non-Members \$595

**SMALL AREA GAMES**

**Instructor: Malcolm Gould**

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

**July 6–July 29 Mon & Wed 8 sessions**  
 U7/U9 (2018-2021 Birth Year) 4:15pm–5:15pm  
 U11 (2016 & 2017 Birth Year) 5:30pm–6:30pm  
 U13/U15 (2012-2015 Birth Years) 6:45pm–7:45pm  
 Members: \$320 | Non-Members: \$480

**POWER SKATING**

**Instructor: Karen Kos**

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

U7 (Birth Years 2020 & 2021)	9:15am–10:00am
U9 (2018 & 2019 Birth Year)	10:00am–10:45am
U11 (2016 & 2017 Birth Years)	11:00am–11:45am
U13 (2014 & 2015 Birth Years)	11:45am–12:30pm
U15/U18 (2009-2013 Birth Years)	12:45pm–1:30pm

**Aug 5–Aug 7 (W/F-2 sessions)**  
 Members: \$80.00 | Non-Members: \$120.00

**Aug 10–Aug 14 (M/W/F-3 sessions)**  
 Members: \$120.00 | Non-Members: \$180.00

**Aug 17–Aug 21 (M/W/F-3 sessions)**  
 Members: \$120.00 | Non-Members: \$180.00

**Aug 24–Aug 28 (M/W/F-3 sessions)**  
 Members: \$120.00 | Non-Members: \$180.00

**PUCK SKILLS**

**Instructor: Clint Colebourn**

The Puck Skills program is designed for high-level development of puck control, handling, and execution at speed. Players will progress through advanced, game-relevant drills that challenge hand speed, dexterity, and coordination in a variety of situations. As ability increases, players will apply these skills in competitive scenarios such as 1-on-1 play, puck protection, and creating shooting lanes. Full hockey equipment is required.

<b>Aug 5–Aug 28 Mon / Wed / Fri</b>	<b>11 Sessions</b>
U9 (2018 & 2019)	4:15pm–5:15pm
U11 (2016 & 2017 Birth Years)	5:30pm–6:30pm
U13 (2014 & 2015)	6:45pm–7:45pm
U15/U18 (2009-2013 Birth Years)	8:00pm–9:00pm
Members: \$440   Non-Members: \$660	

## BATTLE CAMP

**Instructor:** Jacob Wong

Battle Camp focuses on puck protection, body contact (age-appropriate), and competitive battle situations. Players will be challenged to apply their skills under pressure, using body positioning, leverage, and technique to protect the puck, evade defenders, and create scoring opportunities. Conditioning is integrated throughout to match game demands. Full hockey equipment is required.

**Aug 3–20** (Tues / Thur) **6 Sessions**  
 U11 (2016 & 2017 Birth Years) **10:00am–11:00am**  
 U13 (2014 & 2015) **11:15am–12:15pm**  
 U15/U18 (2009-2013 Birth Years) **12:30pm–1:30pm**  
**Members: \$240 | Non-Members: \$360**

## SKATING THAT TRANSLATES

**Instructor:** Ben Payne

Ben Payne and PH Development deliver a unique approach to skating focused on game-translatable movement patterns. Sessions emphasize not only how to skate effectively, but why each movement matters within game situations.

Hockey is built on repeatable movement patterns. By training in game-like environments, players increase their ability to execute under pressure and transfer skills directly into competition.

This program goes beyond traditional power skating and edge work, combining skating development with hockey IQ to create more effective, game-ready players. Full hockey equipment is required.

**August 4–6** (Tues / Thurs) **2 Sessions**  
 U11/U13 (2014-2017 Birth Year) **6:45pm–7:45pm**  
 U15/U18 (2009-2013 Birth Years) **8:00pm–9:00pm**  
**Members: \$80.00 | Non-Members: \$120.00**

**August 11–13** (Tues / Thurs) **2 Sessions**  
 U11/U13 (2014-2017 Birth Year) **6:45pm–7:45pm**  
 U15/U18 (2009-2013 Birth Years) **8:00pm–9:00pm**  
**Members: \$80.00 | Non-Members: \$120.00**

**August 17–20** (Tues / Thur) **2 Sessions**  
 U11/U13 (2014-2017 Birth Year) **6:45pm–7:45pm**  
 U15/U18 (2009-2013 Birth Years) **8:00pm–9:00pm**  
**Members: \$80.00 | Non-Members: \$120.00**

## PREP CAMPS: LARGE ICE

**Instructor:** A1/A2 Coaches

Description: These camps will be run by our A1 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 17-21 (M-F)**  
 U11 (2016 & 2017 Birth Years) **Group 1**  
 U11 (2016 & 2017 Birth Years) **Group 2**  
 U13 (2014 & 2015 Birth Years) **Group 1**  
 U13 (2014 & 2015 Birth Years) **Group 2**  
 U15 (2012 & 2013 Birth Years)  
**Members: \$175 | Non-Members \$275**

**Aug 24-28 (M-F)**  
 U11 (2016 & 2017 Birth Years) **Group 1**  
 U11 (2016 & 2017 Birth Years) **Group 2**  
 U13 (2014 & 2015 Birth Years) **Group 1**  
 U13 (2014 & 2015 Birth Years) **Group 2**  
 U15 (2012 & 2013 Birth Years)  
 U18 (2009-2011 Birth Years)  
**Members: \$175 | Non-Members \$275**

**Aug 31-Sept 3 (Long weekend) (M-Thur)**  
 U11 (2016 & 2017 Birth Years) **Group 1**  
 U11 (2016 & 2017 Birth Years) **Group 2**  
 U11 (2016 & 2017 Birth Years) **Group 3**  
 U13 (2014 & 2015 Birth Years) **Group 1**  
 U13 (2014 & 2015 Birth Years) **Group 2**  
 U15 (2012 & 2013 Birth Years)  
 U18 (2009-2011 Birth Years)  
 Female U11 (2016 & 2017 Birth Years)  
 Female U13 (2014 & 2015 Birth Years)  
 Female U15 (2012 & 2013 Birth Years)  
 Female U18 (2009-2011 Birth Years)  
**Members: \$175 | Non-Members \$275**

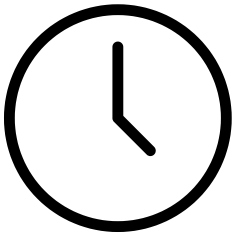
The times and location of the Prep Camps listed will be confirmed once the ice schedule is finalized at a later time.

### \*NOTE FROM HOCKEY DEPARTMENT

*Due to our ongoing renovation project, all listed programs may be adjusted, relocated, or modified at the discretion of the Hockey Department and coaching staffs. We will make every effort to communicate any changes promptly to all relevant groups. In addition, we are exploring opportunities to expand programming on outsourced ice to ensure all members have access to adequate ice time throughout the summer. Please stay tuned to the Winterhawks Weekly newsletter and socials for the latest updates.*

# 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



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



## ADULT PICKLEBALL

### **PICKLEBALL -- NOVICE AND INTERMEDIATE**

For intermediate and novice players ready to improve on drops, resets and drives through drills, games and play.

July 8-July 29	Wed	7:15pm-8:30pm
Sessions-4	Member: \$120	Coach Mark

Aug 5, 19, 26	Wed	7:15pm-8:30pm
Sessions-3	Member: \$90	Coach Mark

### **PICKLEBALL-INTERMEDIATE**

For intermediate players ready to improve on drops, resets and drives through drills, games and play.

July 8-July 29	Wed	7:15pm-8:30pm
Sessions-4	Member: \$120	Coach Mark

Aug 5, 19, 26	Wed	7:15pm-8:30pm
Sessions-3	Member: \$90	Coach Mark

### **PICKLEBALL-INTERMEDIATE**

For intermediate players ready to improve on drops, resets and drives through drills, games and play.

July 4-July 18	Sat	10:30am -11:45am
Sessions-3	Member: \$90	Coach Mark



## PICKLEBALL-INTERMEDIATE AND ADVANCED

For Intermediate and Advanced players interested in elevating their game to a higher level for competitive match play in social or tournament arenas.

July 8-July 29 Sessions-4	Wed Member: \$120	6:00pm-7:15pm Coach Mark
July 4-July 18 Sessions-3	Sat Member: \$90	9:15am-10:30am Coach Mark
Aug 5, 19, 26 Sessions-3	Wed Member: \$90	6:00pm-7:15pm Coach Mark

## ADULT KIDS

### PICKLEBALL-KIDS 9+ YRS

Bring your own paddles (or rent from the Front Desk, \$5) Supervisors will be on-hand to help with instructions/scoring and provide a friendly format to keep things moving.

*PLEASE NOTE: Child must have played pickleball before and should have general knowledge of how to play and score. Supervisors will help but this is not an event for beginners.*

Aug 18 Sessions-1	Tues Member: \$10	7:00pm-8:30pm
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# TENNIS COACHES



**TIM PORTNOV**  
Director, Racquets



**ADRIAN OZEWICZ**  
Senior Racquets Coordinator



**NICOLE MCLENNAN**  
Head of Junior Performance  
and Development



**AMY WALKER**  
Tennis Pro



**CHRIS STEAD**  
Tennis Pro



**LYNNE SCHWEITZER**  
Tennis Pro



**FABIO WALKER**  
Tennis Pro



**JARED CONNELL**  
Tennis Pro



**KELLY OCKELOEN**  
Tennis Pro



**VADIM KORKH**  
Tennis Pro



**ANGUS NOGUCHI**  
Tennis Pro



**LUKA VUKOVIC**  
Tennis Pro

# PICKLEBALL COACHES



**IRENE MAH**  
Pickleball Pro



**BARRY MAH**  
Pickleball Pro



**MARK JONES**  
Pickleball Pro



**AMY WALKER**  
Pickleball Pro

# JUNIOR TENNIS



## TIM PORTNOV

Director, Racquets  
tportnov@nswc.ca



## JUNIOR TENNIS

### RED/ORANGE BALL TENNIS, PICKLEBALL AND SWIMMING WEEK-LONG CAMP!

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

This program will include 1hr tennis, 1hr pickleball, and 1hr of swimming every day. TENNIS Red/Orange ball-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

July 6-10                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 2

July 13-17                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 3

July 20-24                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 4

July 27-31                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 5

August 4-7                      TUE-FRI                      9:00AM-12:00PM  
Sessions-4                      Member: \$240

#### WEEK 6

August 10-14                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 7

August 17-21                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

#### WEEK 8

August 24-28                      MON-FRI                      9:00AM-12:00PM  
Sessions-5                      Member: \$300

## GREEN BALL TENNIS, PICKLEBALL AND SWIMMING WEEK-LONG CAMP!

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

This program will include 1hr tennis, 1hr pickleball, and 1hr of swimming every day. TENNIS Green ball 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 ground-strokes, 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

July 6-10                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 2

July 13-17                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 3

July 20-24                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 4

July 27-31                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 5

August 4-7                      TUE-FRI                      12:00PM-3:00PM  
Sessions-4                      Member: \$240

### WEEK 6

August 10-14                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 7

August 17-21                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

### WEEK 8

August 24-28                      MON-FRI                      12:00PM-3:00PM  
Sessions-5                      Member: \$300

## U14 AND U16 CHAMPS

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

This is the ideal way to develop your tennis skills in a fun and cooperative environment for juniors playing between levels 2.0-3.0. 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. Get ready to work hard and improve your game all summer long.

### WEEK 1

July 6-10                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 2

July 13-17                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 3

July 20-24                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 4

July 27-31                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 5

August 4-7                      TUE-FRI                      2:00PM-4:00PM  
Sessions-4                      Member: \$240

### WEEK 6

August 10-14                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 7

August 17-21                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300

### WEEK 8

August 24-28                      MON-FRI                      2:00PM-4:00PM  
Sessions-5                      Member: \$300



# ADULT TENNIS

## ADULT DRILLS

### HELL WEEK LADIES DIV 1-2 + MENS 4.0

Hell Week is back for 2026!! You know the drill—come ready to work hard and sweat. The pace is quick and the temperature gets hot on our roof! 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!

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

#### WEEK 1

July 6-10  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 2

July 13-17  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 3

July 20-24  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 4

July 27-31  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 5

August 4-7  
Sessions-4  
TUE-FRI  
Member: \$162.00

#### WEEK 6

August 10-14  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 7

August 17-21  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 8

August 24-28  
Sessions-5  
MON-FRI  
Member: \$202.50

### HELL WEEK LADIES DIV 3-4-5 (OR 3.0+ LEVEL) + MENS 3.0-3.5

Hell Week is back for 2026!! You know the drill—come ready to work hard and sweat. The pace is quick and the temperature gets hot on our roof! 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!

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

*LADIES: YOU MUST BE A MEMBER OF A LADIES DIV 3-4-5 TEAM OR BE LEVEL 3.0 + TO SIGN UP FOR THIS GROUP.*

*MEN: YOU MUST BE LEVEL 3.0-3.5 TO SIGN UP FOR THIS GROUP.*

#### WEEK 1

July 6-10  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 2

July 13-17  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 3

July 20-24  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 4

July 27-31  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 5

August 4-7  
Sessions-4  
TUE-FRI  
Member: \$162.00

#### WEEK 6

August 10-14  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 7

August 17-21  
Sessions-5  
MON-FRI  
Member: \$202.50

#### WEEK 8

August 24-28  
Sessions-5  
MON-FRI  
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.

July 6-27 Sessions-4	Mon Member: \$120.00	6:00pm-7:00pm
August 17-24 Sessions-2	Mon Member: \$60.00	6:00pm-7:00pm
July 8-29 Sessions-4	Wed Member: \$120.00	6:00pm-7:00pm
August 5-26 (excluding August 12) Sessions-3	Wed Member: \$90.00	6:00pm-7:00pm
July 9-30 Sessions-4	Thu Member: \$120.00	6:00pm-7:00pm
August 6-27 (excluding August 13) Sessions-3	Thu Member: \$90.00	6:00pm-7:00pm

### 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.

July 6-27 Sessions-4	Mon Member: \$120.00	5:00pm-6:00pm
August 17-24 Sessions-2	Mon Member: \$60.00	5:00pm-6:00pm
July 7-2 Sessions-4	Tue Member: \$120.00	6:00pm-7:00pm
August 4-25 (excluding August 11) Sessions-3	Tue Member: \$90.00	6:00pm-7:00pm
July 9-30 Sessions-4	Thu Member: \$120.00	4:00pm-5:00pm
August 6-27 Sessions-4	Thu Member: \$120.00	4:00pm-5:00pm



### ADULT DRILLS ADVANCED (LEVEL 3.5-4.5)

This program is designed for the advanced player who has played in league, club tournament or Tennis BC events. As well as for those that have been assessed by a coach and given a rating of at least 3.5 or higher. Players that participated in intermediate level drills and given the green light by coaches to move up are also encouraged to sign up for this session. The sessions will cover drills (technical and tactical play) as well as open point play. Players are expected to be competitive and familiar with all aspects of the game. Get ready to sweat and train hard!

July 6-27 Sessions-4	Mon Member: \$120.00	4:00pm-5:00pm
August 10-24 Sessions-3	Mon Member: \$90.00	4:00pm-5:00pm
July 9-30 Sessions-4	Thu Member: \$120.00	5:00pm-6:00pm
August 6-27 (excluding August 13) Sessions-3	Thu Member: \$90.00	5:00pm-6:00pm

### 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!

July 7-28                      Tue                      4:00pm-5:00pm  
Sessions-4                      Member: \$120.00

August 4-25                      Tue                      4:00pm-5:00pm  
Sessions-4                      Member: \$120.00

### 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!

July 8-29                      Wed                      4:00pm-5:00pm  
Sessions-4                      Member: \$120.00

August 5-26                      Wed                      4:00pm-5:00pm  
Sessions-4                      Member: \$120.00

### 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!

July 8-29                      Wed                      5:00pm-6:00pm  
Sessions-4                      Member: \$120.00

August 5-26 (excluding August 12) Wed                      5:00pm-6:00pm  
Sessions-3                      Member: \$90.00

### 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!

July 7-28                      Tue                      5:00pm-6:00pm  
Sessions-4                      Member: \$120.00

August 4-25 (excluding August 11) Tue                      5:00pm-6:00pm  
Sessions-3                      Member: \$90.00



# COMPETITIVE TENNIS



## NICOLE MCLENNAN

Head of Junior Performance  
and Development  
juniortennis@nswc.ca

## COMPETITIVE PROGRAMS

We will be offering summer camps for all of our Junior Competitive Programs and will finalize the schedule closer to the summer, once the provincial summer tournament schedule is posted. Please check the North Shore Winter Club GameTime website in early June for all U9 Orange Competitive, U10 Green Competitive, U12/U14 Competitive, and U14/U16 Provincial camps.



## 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.
- From October 1-May 31, 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 + GST per court will be charged. No shows will receive a \$50 + 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





# RACQUETS EVENTS

## JANUARY - DECEMBER 2026

### REGISTRATION FOR ALL EVENTS ON GAMETIME

#### JANUARY

##### SUNDAY 18th - SATURDAY 24th

Club Championships Mixed Doubles

Deadline Wednesday, January 14th at 10:00pm.

##### WEDNESDAY 28th

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

##### THURSDAY 29th

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

#### FEBRUARY

##### SUNDAY 1st - SATURDAY February 7th

Club Championships Men's & Women's Doubles

Deadline Wednesday, January 28th at 10:00pm.

##### FRIDAY 13th

PICKLEBALL Valentine's Day Social 6:00PM -7:30PM

Mix & match friendly social. Wear red, pink or white. Adults only.

#### APRIL

##### APRIL - JUNE

Men's and Women's Spring League

#### MAY

##### WEDNESDAY 20th

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

##### THURSDAY 21st

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

##### SUNDAY 24th

PICKLEBALL

Club Championships Mixed Doubles

#### JUNE

##### WEDNESDAY 24th

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

##### THURSDAY 25th

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

#### AUGUST

##### SATURDAY 8th - SATURDAY 15th

SUMMER SMASH Doubles Tournament

Deadline Sunday, August 2nd at 10:00pm. Open to the public. Great event with a party atmosphere, makes this the best tournament in the lower mainland!

#### SEPTEMBER

##### WEDNESDAY 16th

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

##### THURSDAY 17th

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

##### SUNDAY 20th - SATURDAY 26th

Club Championships Singles

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

#### OCTOBER

##### SUNDAY 11th

PICKLEBALL

Club Championships Men's & Women's Doubles

##### SATURDAY 17th - SATURDAY 24th

PAUL SHELLARD MEMORIAL

Fall Classic Mixed Doubles Tournament

Deadline Tuesday October 14th at 10:00pm.

- Open to the public

Great tennis with awards dinner and dance on final Saturday.

##### OCTOBER - FEBRUARY

Women's Dogwood League

#### NOVEMBER

##### FRIDAY 13th - SUNDAY 15th

Triple Threat Mixed Team Tennis Event

- All levels welcome!

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

- Matches Sat 14th & Sun 15th 9:00AM - 6:00PM

- Prize money for winners!

#### DECEMBER

##### SUNDAY 13th

Christmas Mixer

3:00PM - 6:00PM

Sponsored by the Tennis Committee - No charge. Prizes for the best Christmas outfit. Winners' celebration in the bar.

##### MONDAY 14th

PICKLEBALL

Holiday Social

6:00PM - 7:30PM

Mix & match friendly social. Wear red, green, Santa hats!

Adults only.

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



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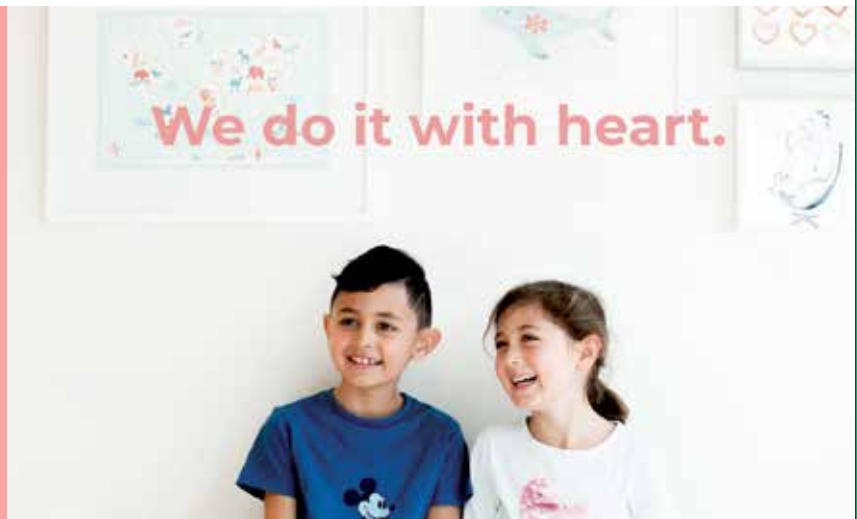
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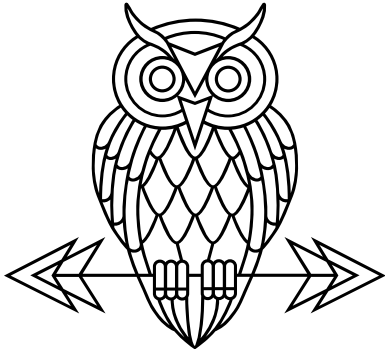
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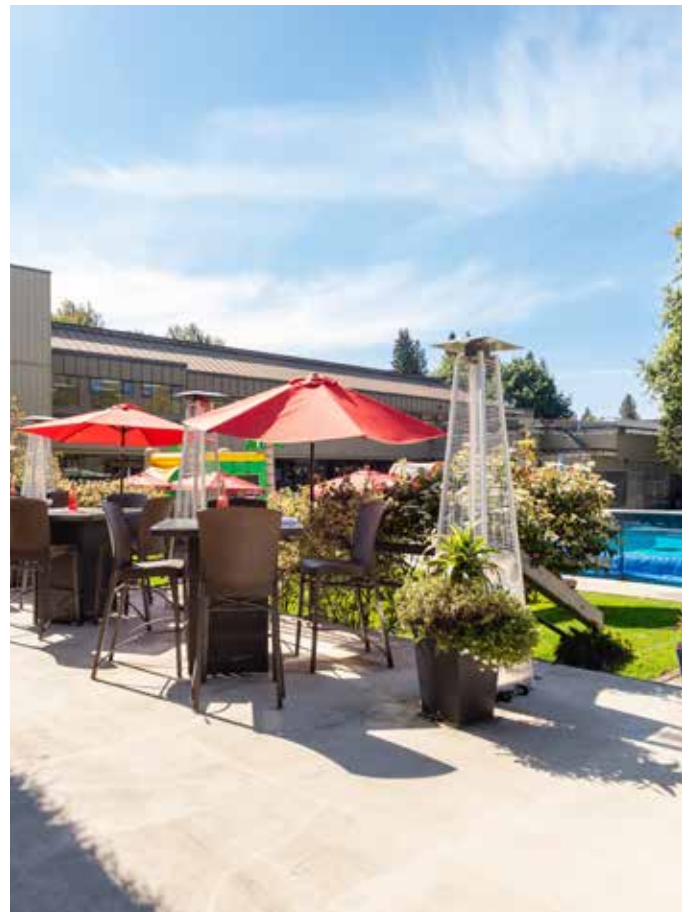


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Allan McGavin Sports Medicine Clinic (AMSMC) is conveniently located at the end of the Tiki Deck in Building B, close to the Fitness Centre. This innovative clinic offers physiotherapy, massage therapy, clinical kinesiology, chiropractic care, athletic therapy, and physiatry. In addition, they provide specialty offerings such as concussion management, running assessments, and custom bike fitting. Their focus is 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, email [nswc@allanmcgavinphysio.com](mailto:nswc@allanmcgavinphysio.com), 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 at Bloomsburg University before earning a Bachelor of Science in Human Biology and his Doctor of Chiropractic from the National University of Health Sciences in Chicago. He brings

nearly 20 years of clinical experience and is certified in both Canada and the United States. Tyler is an active member of multiple chiropractic associations and treats athletes of all levels. His services include Full-Body ART, golf rehabilitation, and orthotics. Outside the clinic, Tyler enjoys tennis, hockey, skiing, biking, surfing, and golf.



## ATHLETIC THERAPISTS



### BRITTNEY HODGMAN

Brittney grew up in New Zealand with a strong passion for sport, particularly soccer, which led her to pursue a career in athletic therapy. She completed her education in the United States and became a Certified Athletic Trainer (NATA), gaining valuable experience in the collegiate sports setting.

Brittney has worked extensively with high-performance athletes, focusing on injury prevention, rehabilitation, and return-to-play strategies. Now based in Canada, she is preparing to sit for her Canadian certification exam and currently serves as Head Athletic Therapist for the North Shore Warriors Hockey Academy.



### DIEGO GROSSLING

Raised in North Vancouver, Diego grew up playing competitive sports, including university-level soccer. His own experience with acute and chronic injuries sparked his interest in rehabilitation and performance. Diego completed a Bachelor of Kinesiology at UBC and a Master of Science in

Physiotherapy at Glasgow Caledonian University. He works with athletes of all ages and levels, with a clinical focus on movement development, on-field rehabilitation, and core stability. Diego is active in the local soccer community, regularly leading functional movement workshops, and is currently pursuing his Diploma in Sport Physiotherapy.

## PHYSIOTHERAPISTS



### RYAN HILL

Born and raised in North Vancouver, Ryan is the clinic director and developed his passion for physiotherapy after sustaining an ACL injury as a teenager. He holds a Bachelor of Human Kinetics and a Master of Physical Therapy from UBC, along with certifications in acupuncture and Gunn

IMS dry needling. Ryan has a strong clinical interest in knee injuries, post-concussion management, and chronic pain. He is a member of Sport Physiotherapy Canada and has extensive experience providing on-site care at sporting events. Outside the clinic, Ryan is a recreational triathlete and outdoor sports enthusiast.



### NATALIE MARSHALL

Natalie previously worked at the clinic as a Kinesiologist before completing her Master of Physical Therapy at UBC. She grew up on the North Shore playing competitive soccer and volleyball and now enjoys cycling, running, hiking, and skiing. Natalie has experience working with both neurological

and orthopaedic populations and is particularly interested in managing complex cases. She offers custom bike fitting and running assessments, and plans to become involved with local sports teams, as well as launching running and cycling clubs from the North Shore location.



### SHELDON CROUSE

Originally from Canada's east coast, Sheldon earned a Bachelor of Science in Neuroscience and a Master of Science in Physiotherapy from Dalhousie University. Since graduating, he has focused on advancing his manual therapy skills through the Orthopaedic Division's

Advanced Manual and Manipulative Physiotherapy program. Sheldon has also completed acupuncture and advanced IMS/dry needling training and is currently working toward his Diploma in Sport Physiotherapy. He is passionate about helping individuals return to active living and optimize function and performance. Outside the clinic, Sheldon enjoys hockey, golf, tennis, and training for triathlons.



### TOMAS KAVAN

Tomas completed his Bachelor of Kinesiology at Capilano University and his Master of Physical Therapy at UBC. He is a Registered Kinesiologist and a Certified Personal Trainer through the National Strength and Conditioning Association.

Tomas combines hands-on therapy, biomechanics, and targeted exercise to help clients recover from injury, build strength, and improve function. Originally from the Czech Republic, he now calls North Vancouver home. An avid endurance athlete, Tomas recently qualified for the Half Ironman Age Group World Championships and enjoys swimming, cycling, skiing, and exploring the outdoors with his dog, Archie.

## MASSAGE THERAPISTS



### JARED BIR

Born and raised in Squamish, Jared developed an early interest in sports science through his active lifestyle. He played collegiate soccer on scholarship at Quest University before transferring to UBC, where he completed his Bachelor of Kinesiology. Jared later graduated from the Vancouver College of Massage Therapy and practices a variety of techniques including relaxation, deep tissue, sports massage, and rehabilitation-based care. He enjoys working with active individuals and athletes and continues to stay highly active outside the clinic through soccer and mixed martial arts training.



### FLIXZL REYES

Flixzl's interest in rehabilitation began after sustaining a UCL injury while competing in wrestling at a national tournament. He graduated from the Vancouver Career College Registered Massage Therapy program and is also a Certified Personal Trainer through the National Academy of Sports Medicine. Flixzl has a strong athletic background in wrestling, MMA, jiu jitsu, and kickboxing, along with weightlifting and bodybuilding. His clinical interests include rehabilitation of shoulder, knee, hip, and spine injuries, and he enjoys helping active individuals return to training safely and confidently.



### JAIME PAQUETTE

Jaime has been practicing as a Registered Massage Therapist for over a decade after graduating from the Vancouver College of Massage Therapy. She has a strong interest in treating headaches, repetitive strain injuries, pregnancy-related conditions, and sports injuries. Jaime incorporates a variety of techniques into her treatments, including Swedish massage, trigger point therapy, and instrument-assisted soft tissue mobilization. Having grown up and currently living on the North Shore, Jaime is proud to be part of the AMSMC team. Outside the clinic, she enjoys cooking, hiking, and camping.



### MICHELLE KORPIJAAKKO

Michelle has extensive experience working with a wide range of patients, from athletes recovering from acute injuries to individuals managing chronic pain or post-surgical rehabilitation. She takes a patient-centered approach and works collaboratively with each individual to develop personalized treatment plans. Michelle emphasizes education, movement, and self-management strategies to support both short-term recovery and long-term health. Her goal is to empower patients to build resilience, improve function, and confidently return to the activities that matter most to them.

## PHYSIATRIST



### CRAIG BEST

Dr. Craig Best is a Physical Medicine and Rehabilitation and Interventional Pain Medicine physician specializing in the diagnosis and non-surgical management of spine, orthopaedic, musculoskeletal, and sports medicine conditions. His clinical goal is to reduce pain, restore function, and support patients in returning to an active and fulfilling lifestyle. Dr. Best offers direct-access private specialist care without the need for a referral, providing faster access, streamlined booking, and improved continuity of care. This approach supports a more efficient return to work, sport, hobbies, and recreational activities.



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