

NORTH SHORE WINTER CLUB

Fall 2017 Program Guide



FALL REGISTRATION

Members August 1 @ 10am

Guests/Public August 15 @ 10am

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

BOSAFOODS®

SPECIALTY FOOD IMPORTERS SINCE 1957



VISIT US FOR A TRUE EUROPEAN SHOPPING EXPERIENCE

Retail location: 1465 Kootenay Street, Vancouver, B.C. V5K 4Y3

Phone: 604.253.5578 • Email: sales@bosafoods.com • www.bosafoods.com

Table of Contents

SENIOR MANAGEMENT TEAM	4
PROGRAM REGISTRATION INFORMATION	5
GENERAL CLUB INFORMATION	6
CALENDAR EVENTS.....	8
MEMBER MOMENTS	10
SPRING CLASSIC	11
FOOD & BEVERAGE	12
GOLF ARTICLE	14
BASKETBALL	15
DANCE	16
FITNESS	21
MINOR HOCKEY.....	24
SENIOR MEN'S HOCKEY.....	26
MARTIAL ARTS	28
SPORTBALL.....	29
ADULT TENNIS.....	31
TENNIS POLICIES AND PROCEDURES	34
JUNIOR TENNIS.....	36
YOUTH & CHILD MINDING	40
BUSINESS DIRECTORY	43

2016/17 Board Members

EXECUTIVE

JAY FREZELL - PRESIDENT

JAMES CRONK - VICE PRESIDENT

KEVIN DANCS - PAST PRESIDENT

CAULINDA BARTOK - TREASURER

DIRECTORS

MANDY GRATTON

JOYCE JOHNER

SHAUN LOADER

MALCOLM MACKILLOP

PAUL MCLEAN

GRAHAM WILSON

DOUG BELL

BOARD@NSWC.CA

Senior Management Team



JOANNA HAYES
General Manager
jhayes@nswc.ca



RUSSELL RITCHIE
Controller
russellr@nswc.ca



KRISTEEN DEGOBBI
Director of Member
Accounts & Employee
Relations
kdegobbi@nswc.ca



STEVE HARDIN
Facilities Manager
steveh@nswc.ca



CHRISTY EVANS
Food & Beverage
Manager
cevans@nswc.ca



ANDREA MACLEAN
Executive Chef
amaclean@nswc.ca



KIM HIRJI
Recreation
& Executive
Coordinator
khirji@nswc.ca



CAM PADDOCK
Director of Hockey
Operations
cam@nswc.ca



BOB MCCUAIG
Manager Hockey
Admin
bobm@nswc.ca



FABIO WALKER
Director of Tennis
fabio@nswc.ca



EMILY ALLEN
Hockey Admin
emilya@nswc.ca



BARB HUFSMITH
Member Services
Manager
barb@nswc.ca



STEFKA DROUMEVA
Senior Accountant
stefka@nswc.ca



MAIRI MACDONALD
Sales & Marketing
Coordinator
mmacdonald@nswc.ca



GARTH PROUSE
Director of Fitness
gprouse@nswc.ca

604-985-4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration



Member Service Manager
Barb Hufsmith
barb@nswc.ca

MEMBER SERVICES HOURS OF OPERATION

Monday - Sunday
6:00am - 10:00pm

Program Registration Information

Member Registration opens at
10:00am on August 1, 2017.

Public Registration opens at
10:00am on August 15, 2017

There are three ways to register for programs:

1. Online registration at www.nswc.ca
2. Phone registration - **604-985-4135 ext 0**
3. In person registration at Member Services.

- All programs will have a minimum and maximum enrollment.
- A waiting list will be formed after a particular program is filled.
- No credits or pro-rating will be provided for missed sessions.

FITNESS REGISTRATION INFORMATION

Go to mindbodyonline.com to view Fitness Class schedule and pre-sign up for classes up to 30 days in advance.

Cancellation Policy

There are 2 ways to cancel a PROGRAM registration:

1. Phone registration: **604-985-4135 ext 0**
2. In person at Member Services.

- 100% refund: up to 72 hours before program start time
- 50% Refund: less than 72 hours before program start time UNTIL 48 hours after program start time
- No Refund: more than 48 hours after program start time
- 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.
- Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

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.

SPECIAL EVENT/CAMP/TOURNAMENT

ADDITIONAL REFUND POLICIES

- Refunds will only be issued for extenuating circumstances of illness or injury for tournaments and camps. Written medical documentation must be submitted to NSWC and signed by a physician.
- No refunds will be issued for special events.

Follow us for info, updates and more!

 facebook.com/myNSWC

 Instagram.com/myNSWC

 twitter.com/myNSWC

General Club Information

Communication Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "Let's Get Connected - The Weekly NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact Mairi at mmacdonald@nswc.ca to have your name added to our list.

Clubhouse Rules Junior Members - R16

- The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. Pre-school (under 6) children must be accompanied by an adult or a responsible Junior Member over the age of sixteen (16) while on the premises, including if that child is participating in a Club program.
- Children between the ages of 6 and 10, other than while participating in a supervised Club program, must be accompanied by an adult or a responsible Junior Member over the age of (16) while on the premises.
- All unaccompanied Junior Members shall be off the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.

Guest Rules -R20

- Regular members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.
- Regular members may introduce guests to participate in certain activities of the Club upon payment of a guest charge.

The activities for which a charge is levied are as follows:

- Swimming
- General Skating or Ice Hockey
- Tennis, Squash, Racquetball
- Sauna, Steam, Whirlpool
- Fitness Centre
- With the consent of their parents, Junior Members, aged eighteen (18) and under, are permitted to introduce junior guests to participate in the activities outlined for Junior Guest Fees.
- Junior members are permitted a maximum of two social guests at a time. All junior guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for their department in the Club.
- All regulations applying to members will apply to guests.
- Guest privileges are available on a daily basis for a family (available through Member Services). Guest cards must be shown when using the Club.
- Guest privileges are available on a weekly basis for out-of-town visitors (available through Member Services). There are per person or per family rates per week up to a maximum period of 8 weeks in any year. Guest cards must be shown when using the Club.



- The names of all guests must be entered in the guest register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their member sponsor who is responsible for their deportment while in the Club. Guests not signed in may lose guest privileges indefinitely.
- Each member is allowed a maximum of four participating guests per month, none of whom may be introduced more frequently than twice per month in total - to clarify, no non-member individual may be granted Guest Privileges more than 2 times in any given 30 day period, whether by a single Member or multiple Members. In cases where a guest has not been registered or a guest fee paid, there will be an unregistered guest charge of \$50 (See current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
- Guests of a member will not be permitted to find another member to sign for him/her to prolong the visit. The guest has to leave at the same time as the member who initially accompanied him/her.
- Members who resign from the Club will not be re-admitted to the Club as a participating guest for a period of six (6) months after cancellation.

Facility Rentals - R54

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

- Members may rent facilities at the Club for personal use.
- Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non member rental rates would prevail.



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 Girls Night Out	8 Friday Fun Night	9 Marlins End of Season Banquet
10	11	12	13	14	15 Friday Fun Night	16 Good Bye Summer Party/Dinner
17	18	19	20 Grand Slam 4 - US Open Men	21 Grand Slam 4 - US Open Women	22 Friday Fun Night	23
24	25	26	27	28	29 Friday Fun Night	30

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13 Friday Fun Night	14
15	16	17	18	19	20 Friday Fun Night	21
Paul Shellard Fall Classic Mixed Doubles Oct 15 - 19						
22	23	24	25	26	27 Friday Fun Night	28
29 Kids Halloween Party & Pumpkin Carving	30	31				

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Friday Fun Night	4 Club Gala
5	6	7	8	9	10	11
12	13	14	15	16	17 Friday Fun Night	18 Triple Threat Tennis Nov 17-19
19 Triple Threat Tennis Nov 17-19	20	21	22	23	24 Friday Fun Night	25
26	27	28	29	30		

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Friday Fun Night	2
3	4	5	6 Santa's Work- shop Christmas Craft Making	7	8 Friday Fun Night	9 Santa Breakfast
10 Tennis Christmas Mixer	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 New Years Eve Party <i>(kids event)</i> NY Style New Years						

Member Moments

Volunteer of the Year Award



In late May, Committee Members, Board of Directors and Management along with Volunteers that were nominated by their fellow Members, came together to celebrate those that dedicate their time to the Club. Congratulations to Laura Smith who took home the Volunteer of the Year Award for 2016.

Laura devotes so much time and energy to the Club, not only as the Chair of the Tennis Committee, but also with the organization of events and fundraisers. She has emceed several events this past year and was instrumental in updating the Tennis Policies & Procedures .

Laura's positive attitude and selfless energy make the Club a better place and we thank her for time and dedication over the year. Thank you Laura, an Award well deserved!

Tennis Grand Slam

A Year of Fun!

NSWC Grand Slam Events take place four times a year! With three men's and women's under our belt, we will see who takes home championships on September 20th and 21st as teams battle the US Open.

The Grand Slam event format is a Doubles Mixer. Every player draws a number upon arrival and is then paired randomly with different partners and opponents throughout the evening. Players accumulate points based on the number of games won per round. (8 rounds of 4 games per tournament). The points leader at the end of each tournament receives a GRAND PRIZE.

Congratulations to the winners of the first three tournaments.

#1 Tournament - Australian Open

Men's Champions: Louie Dapavo & John Gerbrecht

Ladies Champions: Stephanie Fraser & Heather Maconachie



#2 - French Open

Men's Champions: Louie Dapavo and Bruce Cullen

Ladies Champions: Paula Evans and Karen Bertini



#3 Wimbledon

Men's Champions: Jeff Smilgis & Rob Radloff

Ladies Champions: Laura Smith & Stephanie Fraser



#4 U.S. Open

Dates: September 20/21 2017

Spring Classic

Thank You for Your Support!



NSWC's 5th Annual Spring Classic Golf Tournament raised \$25,000 towards video recording and assessment equipment; tournament software; on-ice training equipment; and bench/dressing room white boards. Thanks to participants and supporters of MHC's annual fundraising event.

The Winners

Red Jacket

Dan Dickson, Devon Thiara, Brad Cooke, Brandon Parminter

KPs

Theresa Shaughnessy
Simon Williams

Longest Drive

Tania Liemareff

The Day

Once again, the Spring Classic delivered on fantastic weather, beautiful scenery, and a marathon day of fun. Bringing together 113 golfers, this year's event boasted

the most women (15) and initiation-division golfers (16) to raise our largest amount to date. Breakfast at Two Lions Public House and our bus ride set the tone of fun for the day. Cocktails, dinner, networking, and taking in the view followed golf. Thanks to our MC's - Andrew Kemper and Cam Paddock - who moved us through the evening and bolstered their resumes as auctioneers. Get ready for Spring Classic 2018 - June 1st!

Giving Back

This year, the Spring Classic paid tribute to Matthew Cochlin, who lost his battle with cancer last December. Matthew's dedication and passion for his critical work in supporting children and their families during crisis played a role in many children having a bright future. 25% of funds raised will go the Matthew Cochlin's Warrior Owl Fund.



Our Sponsors

The Spring Classic's ability to raise funds to augment our young players hockey experience wouldn't be possible without the generous support of all of our sponsors.

TITLE & GOLD SPONSOR



SILVER SPONSORS



Allan McGavin
Sports Medicine Centre
Physiotherapy



HARBOUR AIR SEAPLANES



SCARBOROUGH HERMAN BLUEKENS

Food & Beverage & Catering

AT THE NORTH SHORE WINTER CLUB



**Food & Beverage
Manager**
Christy Evans
cevens@nswc.ca



Executive Chef
Andrea MacLean
amaclean@nswc.ca



Welcome Andrea MacLean

Meet Andrea,
Executive Chef of the NSWC.
Andrea MacLean was born
and raised in Vancouver and
Ottawa. She studied at Dalhousie
University in Nova Scotia before
returning home to Vancouver to
pursue her passion for food.

Andrea studied culinary arts
and pastry at the Cordon Bleu Cooking School and the Pacific
Institute for Culinary Arts. After working at a number of small
restaurants in Ottawa and Vancouver Andrea began her
apprenticeship at the Fairmont Vancouver Airport and then
completed it at the Terminal City Club. Andrea worked her
way up the brigade to Sous Chef and then Restaurant Chef.

After many years of managing both casual and fine
dining restaurants and banquet facilities at a private club
Andrea is extremely excited to take on her first position
as Executive Chef at the North Shore Winter Club

Catering at the North Shore Winter Club

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 220 people and includes
a built-in digital projector and screen, a sound system,
wireless microphones, and much more. The social 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 gallery 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**

**For more information and to book your
event, contact bookings@nswc.ca.**

Warm Pretzel

INGREDIENTS

- 1 1/2 cups warm water, 110-115 degrees F
- 1 tablespoon sugar
- 2 teaspoons kosher salt
- 1 envelope active dry yeast
- 22 ounces all-purpose flour
- 2 ounces unsalted butter, melted
- Vegetable oil, for the bowl and pan
- 10 cups water
- 2/3 cup baking soda
- 1 large egg yolk, beaten with 1 tablespoon water
- Pretzel salt

DIRECTIONS

STEP 1: Combine the 1 1/2 cups warm water, the sugar and kosher salt in the bowl of a stand mixer and sprinkle the yeast on top. Set aside for 5 minutes, or until the mixture foams.

STEP 2: Add the flour and butter and, using the dough hook attachment, mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, 4 to 5 minutes.

STEP 3: Remove the dough from the bowl, clean the bowl, then oil it well. Return the dough to the bowl, cover with plastic wrap, and set aside in a warm place for 50 to 55 minutes, or until the dough has doubled in size.

STEP 4: Heat the oven to 450 degrees F. Line 2 half sheet pans with parchment paper and lightly brush with oil. Set aside.

STEP 5: Bring the 10 cups water and the baking soda to a rolling boil in a 12-inch straight-sided saute pan or a roasting pan (something wide and shallow is best).

STEP 6: Meanwhile, turn the dough out onto a lightly oiled work surface and divide into 8 equal pieces. Roll out each piece of dough into a 24-inch rope. Make a U-shape with the rope, and, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Place on a half sheet pan. Repeat with the remaining pieces of dough.

STEP 7: One by one, place the pretzels in the boiling water for 30 seconds. Remove them from the water using a large flat spatula. Return them to the sheet pans, brush the top of each pretzel with the beaten egg yolk and water mixture, and sprinkle with pretzel salt.

STEP 8: Bake until dark golden brown in color, 12 to 14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.



Playin' Golf With **150** of Your Closest Friends

By Kelvin Cech

Let's talk about golf for a minute.

I wasn't totally sure what to expect when I pulled up to the Two Lion's Pub last week to embark on my first North Shore Winter Club Golf Tournament experience. I knew it would be fun - how could it not? But I'd be lying if I said I knew exactly what to expect.

You see, I haven't been on the ice at the club since September, which is a little bit surreal to mention now. I moved to Vancouver to follow my dreams. I started working at the club for Todd Harkins and the time I spent at the club coaching everything from hockey 3 through atom, peewee, and major midget, is an enormous part of the coach I am today. Anyways, I talk about myself too much.

Strolling into Steve Jennings' pub at 10am just felt right for some reason. I was immediately greeted by friendly faces. Steve himself. Chris Gray. Danny Payne. Marilyn Marchment (more on this super hero in a minute). My good friend and former co-worker Sean Murray. Matt O'Neill. Allison Crane. Bryant Magee. John Cox. Hockey moms and dads with a quick handshake and a drink offer. One of the coolest parts of the entire day was seeing Rory Mackillop pulled up to a table in the pub. One of the first times I had Rory ref one of my games, Andrew Kemper absolutely let him have it. And now he's golfing with all the grownups! Attaboy Rory!

Truth be told, I could have set up shop at the Two Lion's and caught up with friends and colleagues all day, but I suppose that would have been dangerous. Not that the day was completely free of danger.

In case you haven't attended a tournament yet, let me describe the bus ride up to Squamish for you: awesome. Sure, I played music over the microphone using my phone and it sounded terrible, but mostly everyone was in a fun mood by that point and anxious to hit the links. Oh yeah, there's golf involved too! The Furry Creek Golf Course ought to use the term "golfing" with tongue firmly planted in cheek, but that's beside the point. Also, hey Furry Creek, on behalf of the North Shore Winter Club golf ball fund, you're welcome.

Oh, and special props to Chad Wetsch and Harbour Air for the neat mini-airplane chip game to start the day! In between hook shots and mulligan after mulligan after mulligan, it was super cool wheeling past even more pals on the course. Jason Calla and his crew bought me and mine a drink somewhere in the middle of it all. More than a few laughs were shared at the expense of another golf ball in the woods.

You see, I knew I was going to write a golf tournament wrap-up this week, but I'll be honest - I thought it was going to be boring. Before the day arrived I didn't know what angle I was going to take.

Once Andrew Kemper and Cam Paddock started conducting the ceremonies, however; that's when I knew. Specifically when they started talking about Nick Rutledge. I don't know Nick too well personally, but feeling the support and encouragement for Nick's cancer ass-kicking personality was simply inspiring.

As you might also know, a special fund was set up by this year's golf tournament to contribute to the college education of four special dudes who are near and dear to my heart: Shamus, Calym, Chuck, and Mannix Cochlin. Sitting beside their mom, my good friend Tania, and hearing the incredible presentation given by David Loutit, a close friend of her late husband, Matthew... Well, that's about all one needs to say about the power of a group of people who care for each other and want to take care of each other.

What an incredible day. I'll never forget it. So you know, it's a good thing the golf tournament doesn't really need to have a lot to do with golf.

Quick note: enormous thanks to the organizing committee, but the hugest applause of all goes to Marilyn Marchment. She spent approximately eleventy trillion hours putting it all together so people like us could get together and celebrate ... each other! Thanks Marilyn!

Basketball

FALL 2017 PROGRAMS



PURPOSE

To introduce basketball fundamentals at an early age while cultivating a culture that empowers athletes to thrive in a team atmosphere. Our value is placed firmly on LEADERSHIP through supportive coaches, DEVELOPMENT of athletic literacy, and COMMUNITY awareness. Through our 3 pillars we believe the sport will have a positive impact on all young athletes given the opportunity to play.

COACHING

Our team of trained coaches are well seasoned as they come with much experience developing young athletes. Each coach is qualified and has strong roots within the community.

ABOUT US

Established in 2013, 3PointBasketball is operated by Mark Curtin (Founder) and Ransford Brempong (Director of Operations), as an after-school basketball program for the primary grades at local elementary schools. 3PB was created to give our own children an opportunity to play and learn the sport of basketball at a young age. Our focus is providing physical activity to children, providing value, giving back to the community, developing leaders, and promoting athletic physical literacy by introducing basic basketball fundamentals.

JUMPSHOT

Age: 7 - 8 yrs COED

Grassroots based coed program that is rooted in the development of fundamentals. Introduction of ball handling, shot mechanics, passing, and athletic movement. Coaches will constantly be cultivating love for the game. Each session will focus on developing a different skill and competitive drill. Includes: basketball, T-shirt, and wrap-up party.

Sept 19 - Dec 12 (Tuesdays, 12 classes)

4:10pm - 5:10pm

Member: \$149 | Non Members: \$179

HOOSIERS

Age: 9 - 10 yrs COED

Fundamental build up will be highly encouraged by our coaches through drill progressions. Emphasis will be placed on body language, accountability as an athlete, coachability, goal setting, as well as core strength exercises. Primary focus is to develop basketball IQ. Athletes will be competing in weekly 3 on 3 games. Please note this program runs twice a week.

Sept 20 - Dec 13 (Wednesdays, 12 classes)

AND Sept 24 - Dec 17 (Sundays, 12 - 3 on 3 games)

4:10pm - 5pm | 12:00pm - 1:00pm

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

FLIGHT

Age: 11 - 12 yrs

This High performance competitive environment promotes growth. [Physically and mentally challenging drills]. Fundamentals, team play, agility, quick feet, core strength building, and sportsmanship will be emphasized throughout the sessions. Detailed skill development, and competitive 3 on 3 games will be offered. Please note this program runs twice a week.

Sept 21 - Dec 14 (Thursdays, 12 classes)

4:10pm - 5:10pm (BOYS) | 5:15pm - 6:15pm (GIRLS)

AND Sept 24 - Dec 17 (Sundays, 12 - 3 on 3 games)

1:10pm - 2:10pm

Member: \$240 | Non Member: \$299

***\$25 additional charge for jersey**

ANY QUESTIONS PLEASE CONTACT US AT:

admin@3pointbasketball.com

www.3pointbasketball.com

*"Discipline is the bridge
between goals &
accomplishment."*

- Jim Rohn -

Dance

2017 DANCE CLASSES

ATTIRE FOR JUNIOR DANCE CLASSES

Tiny Tot + Ballet Junior Dance:

Non restrictive and easy to move in clothing. Ballet slippers or bare feet are fine; however, please no slippery socks/tights. Tiny tots are welcome to dress in costumes as long as they do not restrict movement.

Jazz / Hip Hop (Girls + Boys):

Loose and easy to move in clothing of choice, and clean non-marking runners.

DANCE INSTRUCTORS

Bryn Rasmussen brynasmussen@shaw.ca

Bryn is extremely excited to be entering her fourth year of teaching dance at the NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class! Bryn proudly holds her I.S.T.D. (Imperial Society Of Teachers Of Dancing) certification and looks forward to sharing her love, passion and knowledge of dance with her students!

Christie Saunders dancewithchristie@gmail.com www.dancewithchristie.com

Dance with Christie is run by international professional dancer and instructor Christie Saunders. Christie has twenty years of experience in the dance industry and is a sought after dance instructor. She has taught and choreographed all over the world and is thrilled to be able to offer these select classes in her home town of North Vancouver.

Members + Non Members welcome!

Birthday party classes, special event choreography, private lessons, as well as solo/duo/trio choreography all available upon request for members!

Junior Dance 'So You Think You Can Dance' (SYTYCD)

Age: 6 yrs 6 mos - 12 yrs

(Age exceptions considered with prior approval by Bryn)

Come dance! Do you have a child dreaming about being in a dance class or maybe even of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant for this set of dance classes inspired by the show! Junior dancers will be introduced to jazz, ballet, musical theatre, hip-hop, and more. All contestants will be winners with this fun and upbeat class!

Set #1: Sept 12 - Oct 17 (6 classes)

Set #2: Oct 24 - Nov 28 (6 classes)

Tues: 4:30pm - 5:30pm

Member: \$80 | Non Member: \$96

Instructor: Bryn Rasmussen



Hip Hop

Age: 6 yrs 6 mos - 12 yrs

(Age exceptions considered with prior approval by Bryn)

Hip Hop is a one hour long upbeat class focused on hip-hop fundamentals, grooving, and style. Participants can look forward to a fun, high-energy class with choreography to the newest music in town and plenty of opportunity to develop their own sense of style within their dancing. This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Set #1: Sept 14 - Oct 19 (6 classes)

Set #2: Oct 26 - Nov 30 (6 classes)

Thurs: 4:30pm - 5:30pm

Member: \$80 | Non Member: \$96

Instructor: Bryn Rasmussen

Tiny Tot Dance

'Dance To The Music MOANA Theme'

Age: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Set #1: Sept 12 - Oct 17 (6 classes)

Set #2: Oct 24 - Nov 28 (6 classes)

Tues: 3:30pm - 4:30pm

Member: \$80 | Non Member: \$96

Instructor: Bryn Rasmussen



Tiny Tot Dance

'Dance To The Music FAIRYTALE Theme'

Age: 3 yrs 6 mos - 6 yrs 6 mos

(Age exceptions considered with prior approval by Bryn)

Does your tiny tot love to strut their stuff and show off their moves around home? Bring them to Tiny Tot 'Dance To The Music' Class where they will have a room full of mirrors to do this in, as well as be guided through some more basic moves to add to their list of 'go to grooves'. This class is sure to be a fun hour, and your little one will be taught the very basics of ballet and jazz technique as well as what it is like to be in a dance class. This class is an amazing confidence builder for tiny tots and Miss Bryn welcomes and encourages big imaginations!

Set #1: Sept 14 - Oct 19 (6 classes)

Set #2: Oct 26 - Nov 30 (6 classes)

Thurs: 3:30pm - 4:30pm

Member: \$80 | Non Member: \$96

Instructor: Bryn Rasmussen

Christmas Dance Classes!

Age: 4 yrs 6 mos - 12 yrs

(Age exceptions considered with prior approval by Bryn)

Do you have a child who would love to learn some dances to their favourite holiday tunes? What better gift could your kids give to loved ones other than a special surprise performance at home with dances and steps learned in this class! This one time, two hour holiday class is great way for NSWC kids of all ages to come together and share their love of movement as well as get into the holiday spirit! All dancers will have a short dance break and be able to make a fun holiday craft to take home. Please pack a small, non-peanut snack and water bottle for your child.

Class Option #1: Tues Dec 5; 3:30pm - 5:30pm

Class Option #2: Thurs Dec 7; 3:30pm - 5:30pm

Member: \$30 | Non Member: \$40

Instructor: Bryn Rasmussen

Dance with Christie

Sampler

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

Age: 3 - 5 yrs

Sept 11 - Oct 30 | Mon - 8 classes
1pm - 1:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 7 - Oct 26 | Thur - 8 classes
11:00am - 11:45am | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 8 - Oct 27 | Fri - 8 classes
11am - 11:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 8 - Oct 27 | Fri - 8 classes
1pm - 1:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 9 - Oct 28 | Sat - 8 classes
10:15am - 11:00am | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Age: 4 - 6 yrs

Sept 11 - Oct 30 | Mon - 8 classes
3:30pm - 4:15pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Jazz/Hip Hop Open Level

Age: 5 - 9 yrs

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

Sept 11 - Oct 30 | Mon - 8 classes
4:15pm - 5:00pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 9 - Oct 28 | Sat - 8 classes
11:00am - 11:45am | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Jazz/Hip Hop Level 2

Age: 7 - 9 yrs (Pre Competitive)

This is for students who have completed one or more sessions of Jazz/Hip Hop with Christie. Students will build on Jazz technique learned in previous classes and continue to focus on coordination, basic jazz technique including jumps and turns as well as Hip Hop steps and style all while learning to perform dance routines to fun upbeat music.

Sept 6 - Oct 25 | Wed - 8 classes
5:00pm - 5:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Sept 9 - Oct 28 | Sat - 8 classes
1:00pm - 1:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Musical Theatre Club (MTC)

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

Age: 5 - 9 yrs

Sept 11 - Oct 30 | Mon - 8 classes
5:00pm - 5:45pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Age: 6 - 11 yrs

Sept 6 - Oct 25 | Wed - 8 classes
4:15pm - 5:00pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie

Age: 5 - 10 yrs

Sept 9 - Oct 28 | Sat - 8 classes
11:45am - 12:30pm | Fitness Studio
Member: \$86 | Non Member: \$102
Dance with Christie





Ballet Technique For Young Dancers

Age: 5 - 11 yrs

This class is specifically designed for young dancers wanting to improve their technique. Ballet Technique classes are the foundation for training and focus on developing a solid technique for ballet, jazz, and contemporary. This class will place emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body, and use of arms. The classes will build strength and coordination. We will be learning correct ballet vocabulary and focusing on alignment. There will be an introduction to barre work to build strength and coordination. This class is based on RAD training and is good preparation or addition to RAD classes.

Sept 6 - Oct 25 | Wed - 8 classes

3:30pm - 4:15pm | Fitness Studio

Member: \$86 | Non Member: \$102

Dance with Christie



Boys Only Hip Hop

Age: 5 - 9 yrs

This is a class for boys ONLY. No girls allowed! In this class we will learn hip hop steps and style to current upbeat music. We will have a demonstration for parents on the last day!

Sept 9 - Oct 28 | Sat - 8 classes

1:45am - 2:30pm | Fitness Studio

Member: \$86 | Non Member: \$102

Dance with Christie

Kinderballet

Age: 3 - 5 yrs

Kinder ballet is little one's first introduction to ballet. The class will focus on learning basic technique. We will learn body positions, rhythm, and how to carry the body all while using our imaginations and having fun

Sept 5 - Oct 24 | Tues - 8 classes

11:00am - 11:45am | Fitness Studio

Member: \$86 | Non Member: \$102

Dance with Christie

November and December classes TBA







Garth Prouse

DIRECTOR OF FITNESS

Garth has over 20 years of training experience in the fitness industry, working with a variety of skills and ages including children, teenagers, expecting mothers, business moguls, seniors, professionals and Olympic athletes. He has had a passion for athletics starting at an early age and has been involved in a variety of sports over the years. He has played on Canada's National rugby team, played Junior A hockey in the BCHL with the New West Outlaws, Surrey Eagles and the Trail Smokeaters, and has competed among some of the fittest in the world as one of the first Canadians to attend the Crossfit Games. Although retired from competitive sport, Garth hasn't slowed down with his own training, and continues to help people succeed with their fitness goals while also making time to coach with the Capilano Rugby Club.

Garth will be overseeing all the operations of the Fitness Department, providing leadership to the team for group classes and personal training, managing the dryland components for hockey, tennis and swimming, creating and coaching new class formats, as well as creating a fantastic culture and environment for all fitness users.



Fitness

FALL 2017 PROGRAMS

CONTACT

fitness@nswc.ca

Fitness Classes

Fitness enthusiasts now have the flexibility of attending a variety of fitness classes throughout the week. Drop-in, 3 class intro passes or 10/20-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: \$17 Member: | \$20 Non Member:

10 Pass* \$150 Member: | \$180 Non Member:

20 Pass \$260 Member: | \$320 Non Member:**

**expires 3 months from first use*

***expires 6 months from first use*

Mindbody Information

CHECK THE WEBSITE

Go to <http://www.nswc.ca/fitnessclasses> to view the class schedule, and access the links to download the app and set up your account.

WHY NOT DOWNLOAD THE APP TO YOUR PHONE!

BENEFITS OF DOWNLOADING THE APP:

- The NSWC Fitness schedule is available for viewing and booking whenever, wherever.
- By connecting to your phones calendar you can set reminders about upcoming classes.
- Never miss another class, connect to your phones alarm to alert you before your class starts.

** check the website for more fitness class additions*

Class Descriptions:

Daily Dose Total Body Conditioning

We call it this so that you can think of it as your daily dose of fitness, not unlike taking your daily multi-vitamin. This is your ultimate one hour cross-training workout! Suitable for all fitness levels, challenge yourself to strength, core and endurance training. Using a variety of spinning, rowing, weights, TRX, agility tools and med balls, this daily dose of high intensity interval training will tone your whole body.

Indoor Cycling

Get ready for a music pumping, heart thumping class of specific drills on the bike that will challenge your legs and lung strength. A great cardio program for all levels, this low impact class on the bike will blast calories and leave you feeling energized for the entire day.

Yoga

No matter what age, health, or disposition, whether you want to increase flexibility, maintain a healthy weight, reduce stress, receive peace of mind and well-being, or so many other reasons, yoga is here for you.

Power Flow Yoga

The first part of the class is a powerful style of yoga designed to link movement and breath together, but to make you sweat while exhilarating the body and mind. The second half will focus on Flow/Hatha style of yoga to wind you back down.

Hatha Flow Yoga

This class includes a variety of movements (Asanas) which involve stretching various parts of the body, eliminating tension from mental and physical levels, and giving the body vitality and strength. Breathing exercises have a calming effect on the nervous system, help oxygen absorption, increase lung capacity, and reduce stress. Practicing Asana and breathing stabilizes and pacifies body and mind, and develops self awareness on a physical, mental, and emotional level.

Yoga for Hockey Players

As a hockey player, you need to move from fast to slow and slow to fast, to stop, and to change directions all while maintaining exceptional stick handling skills. In this class you'll improve your leg strength, flexibility, and ease of breath which in turn will help you to build stability, get faster, and be more in tune with the puck and other players.

Yoga Stretch and Foam Ball Rolling

Stretching and foam rolling, if you know how to use them, can significantly benefit runners, swimmers, cyclists, hockey players, tennis players, and gym users. Recovery following training is important! This class will target your problem areas, enhance recovery, improve tissue condition, and be used for core stability training.

Pilates

A workout that makes you stronger, leaner, and a better athlete, no doubt about it! With a stronger core, (also known as the powerhouse), participants will see improvement in their speed, endurance, and strength. With focus on flexibility, you will see improved balance, coordination, agility, and also prevent injury. You can also expect a heightened sense of mind-body connection, as breath work is an integral part of this training - not only as a method to clear the mind and bring about focus, but also as a tool to engage the core more effectively.

Barre Fusion

This is a specialty fusion class that incorporates elements of yoga, pilates, ballet, and stretch conditioning. There are two main components of the class: barre and Pilates. The class is a total body workout that uses the mat, barre, and low-bearing weight to improve strength, endurance, flexibility, and core stability. All levels are welcome with many options provided for participants.

the numbers and gauge whether a class will run or not. Always check the schedule to see if a class is running, as we reserve the right to cancel a class if there are no registrants. A waitlist will be created if a class is full. If a spot opens up, you will have the opportunity to sign in for that class that day.

Fitness Centre Hours:

Monday - Sunday: 6:00am - 10:00pm

Youth under 13 must be supervised by an adult.

Personal Training

One-on-One	\$70/hour
Semi-Private	\$55/person/hour
Small Group (3)	\$45/person/hour
Small Group (4)	\$40/person/hour
Small Group (5-11)	\$150/session

Get Started in the Weight Room!

The Get Started Fitness Session is a complimentary one-time session for members, designed to help you get set up in the fitness centre. This session will get you started with an orientation of how to properly use the strength and cardiovascular equipment in our weight room, find out about etiquette and develop a plan to meet your health and fitness goals. Session duration will vary with each individual member's needs and will range between 25-30 minutes. You will walk away with new fitness knowledge and a great base program to get you started in the fitness centre! Contact fitness@nswc.ca today to set up your appointment.



Minor Hockey

FALL 2017 PROGRAMS

Power Skating

High performance explosive speed and power training. Quick feet, dynamic agility and stride perfection in and up-tempo, educational environment. Full hockey equipment required.

Instructor: Karen Kos

**Sep 24 - Dec 17 | Sun - 11 sessions
(No sessions Oct 8 & Nov 12)**

1:45pm - 2:30pm - H2/H3

2:30pm - 3:15pm - H4

3:30pm - 4:15pm - Atom

4:15pm - 5pm - Atom

5:15pm - 6pm - Peewee

6pm - 6:45pm - Peewee

7pm - 7:45pm - Bantam/Midget

Member: \$253 | Non Member: \$374

Edging & Stroking

This class will focus on skating movements including balance, edge control and specific precision skating techniques. World Figure Skating Champion Victor Kraatz has worked with all levels of hockey players and will help teach and develop players skating structure to push their skill sets to the next level. This dynamic skating class will help you achieve your goals in a fun interactive environment. Full equipment is required.

Instructor: Victor Kraatz

**Sep 23 - Dec 16 | Sat - 11 sessions
(No sessions Oct 7 & Nov 11)**

1:30pm - 2:30pm - Peewee

2:45pm - 3:45pm - Initiation

4:00pm - 5:00pm - Atom

5:15pm - 6:15pm - Bantam

6:30pm - 7:30pm - Peewee

Member: \$253 | Non Member: \$374

Learn to Skate for Hockey

This class will focus on hockey player's foundations, set up, stance, edge control and balance. This class is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

Instructor: Cole Todd

**Sep 23 - Dec 16 | Sat - 11 sessions
(No sessions Oct 7 & Nov 11)**

8am - 8:45am

Member: \$110 | Non Member: \$165

Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated by skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

Instructor: Cam Paddock

Beginner

Sep 19 - Dec 16

**Tues & Sat - 24 sessions
(No sessions Oct 7 & Nov 11)**

Tues - 4pm - 4:45pm

Sat - 8:45am - 9:30am

Member: \$288 | Non Member: \$432

Intermediate

Sep 19 - Dec 16

**Tues & Sat - 24 sessions
(No sessions Oct 7 & Nov 11)**

Tues - 4:45pm - 5:30pm

Sat - 9:30am - 10:15am

Member: \$288 | Non Member: \$432

Advanced

Sep 19 - Dec 16

**Tues & Sat - 24 sessions
(No sessions Oct 7 & Nov 11)**

Tues - 5:30pm - 6:15pm

Sat - 10:15am - 11:00am

Member: \$288 | Non Member: \$432

Puck Skills

High Performance puck skills are targeted to improve puck handling, puck control and improve creativity with the puck. This class will teach everything from stick handling maneuvers to carrying the puck in stride. As puck play is such a key component in hockey, this class will help develop that skill set in a fun and interactive environment. Full hockey equipment is required.

**Sep 24 - Dec 17 | Sun - 11 sessions
(No sessions Oct 8 & Nov 12)**

4:45pm - 5:45pm - Initiation

6:00pm - 7:00pm - Atom

7:15pm - 8:15pm - Peewee/Bantam

Member: \$242 | Non Member: \$363

Defense Skills

The Defense Skills class is aimed at players who want to perform at a high performance level. Players will develop tools to increase mobility, positional play, shooting, and defending. Players will be challenged to push their skill set to improve defensive play so they're ready to make the jump to the next level in their hockey career. Full hockey equipment is required.

Atom

**Sep 24 - Dec 17 | Sun - 11 sessions
(No sessions Oct 8 & Nov 12)**

3:30pm - 4:30pm

Member: \$242 | Non Member: \$363

Peak Performance Hockey Program: Combining Academics & Athletics

Peak Performance sports programs are a different way for students to go to school. So different, in fact, that their attendants are referred to as student-athletes - the basic definition of their daily experience at school is altered. Joining a Peak Performance program is an important decision no matter what sport you call your own. Let's look at typical sports Peak program for any sport that requires a great deal of extra training:

- **Core subjects in the morning**
- **Electives mixed in (in high school)**
- **Sport-specific training in the afternoon**
- **Homework after school**
- **Evenings free for practice, games or for rest**

Sport places a gigantic demand on the physical and emotional states of our children. Peak Performance academies can go a long way toward easing that burden.

A common myth of hockey academies (and a reality at some) is that once the lunch bell rings it's a free-for-all. The best sports academies are run like a university - afternoon training is treated like a class. Student-athletes are expected to be punctual, hit achievements and finish assignments just like any other class. The biggest benefit: working on game-specific skills during the day that you

otherwise wouldn't have time to work on at night. Afternoon sports programs are all about building habits. Shooting a hundred pucks every day, building stamina; skill development learned during the day is taught in a steady progression of simple steps.

Spending more time on the ice means less time spent in the classroom. This means that in order to maintain grades, the student must focus when he or she is in the classroom. If schoolwork falls behind, it's up to the student (at the behest of the student's support group of teachers, coaches and parents) to put in the work after school.

Different areas of life require different types of energy. Attending sport-specific skills programs highlights this for student-athletes every day. Fatigue or a lack of motivation doesn't fly; it's a student's responsibility to complete their daily routine to the best of their abilities. This is the way the real world works, and, increasingly, this is how sports at an elite level work. Peak Performance Programs aren't for everybody. They're only for anybody who wants to improve their skills in an academic environment amongst athletes of similar age and ability. The academy lifestyle is unique and challenging, an achievement both for the mind and the body on a daily basis.

NSWC Bantam Program:

FULL PEAK

2x On Ice Development/week
2x Off Ice Development/week
Goalie Specific on and off ice training
Peak Swag Bag
120 + Hours of Development
Jerseys and Socks provided

HALF PEAK

1x On Ice Development/week
1x Off Ice Development/week
Goalie Specific On and off-ice training
Peak Swag Bag
60 + Hours of Development
Jerseys and Socks Provided

NSWC PEEWEE PROGRAM:

All PeeWee Ages
1x On-Ice development/week
1x Off-Ice development/week
Peak Swag Bag
60 + Hours of Development
Jerseys and Socks Provided

ON ICE INSTRUCTORS:

Cam Paddock
Bob McCuaig
Victor Kraatz
Karen Kos
Mats Lindgren

OFF ICE/DRYLAND INSTRUCTOR:

Garth Prouse

PROGRAM COST:

PeeWee: \$225/month
Bantam Full: \$450/month
Bantam Half: \$250/month

*For questions please contact
Cam Paddock: cam@nswc.ca*



4 Secret Lessons Sports SHOULD BE TEACHING YOUR KIDS

By Kelvin Cech

If fair-play, competition, and teamwork are the three pillars of youth sports education, then here I got a seldom-discussed list for you.

What else are your kids learning when they grab their racquet and head to the tennis court? What interesting tidbits of teenage knowledge will they learn hanging out with their teammates after swim practice?

And just what's going through their heads when they feel the heat from their hockey coach?

Not every young athlete is going to make the big-time, and even if they do, there's a few things they should learn along the way if they want to be well-adjusted and all-round good person.

1. RESPECT FOR AUTHORITY

For most youth athletes their coaches are going to be one of the few influences in their lives besides their parents. Teachers are another, but you have to go to school - you don't have to play sports. For better or worse, the coach is in charge of the team, and it's important to learn how to take direction from someone who knows a lot more than you do.

2. QUESTIONING AUTHORITY

It's ok to disagree. A few years back, I remember questioning a player's decision to hold on to a puck for far too long on a powerplay. The player was a raw rookie, and he took the heat like a champ when he was told what he should have done.

The problem was that he was given conflicting messages. The other dude I used to coach with who bailed on me and ran away to Hungary had actually told him earlier to hold on to the puck. The player brought it up calmly after the game and he was absolutely right.

3. HOW NOT TO BEHAVE

Alright, this is the good stuff. When your kids are really young, before they go to school, you're their only influence.

When they're preteens and teenagers playing sports?

Let's just say there's a lot of influences in a young adult's life, most of which stem from the habits, personalities, and behaviour of their peers.

Every kid is going to be surrounded by friends who make poor decisions. I don't have kids, so I don't know what it's like to be the dad of a kid who screws up, but I do know a lot of you are close friends with the parents of your kids' friends. Communication solves everything. If your child has a friend who makes a mistake, talk about it. That's easy to do, right? Again, this is coming from a guy with no kids.

4. HOW TO COOK, CLEAN, & MANAGE YOUR TIME

In other words, how to do life. Youth sports are both a pathway to character development as well as a gateway to the next stage: adulthood. Sure, improving one's overhand smash might not directly teach an athlete the virtues of adding frozen vegetables to spice up Mr. Noodles (a key college survival technique), but being good at sports requires smart, healthy choices.

You might have to make yourself dinner at some point. You might have to organize your own ride to the rink. You might have to do your homework a couple days in advance if you want to have time for a pre-game nap. But hey, taking care of yourself is just a choice made by each individual athlete who wants to excel in their chosen sport.

Senior Men's Hockey

FALL 2017 PROGRAMS



DIRECTOR OF HOCKEY
Cam Paddock
cam@nswc.ca

PHILOSOPHY

The North Shore Winter Club takes great pride in providing a world-class hockey experience for all ages. The Senior Men's Hockey League is designed to provide a safe, fun, social, and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's rewarding both on and off the ice.

DIVISION 1

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



DIVISION 2

Senior Men's Division 2 is the same format as Division 1 with the same friendly rivalries and a draft each year; however, the pace is a little slower. This is where you want to be if you don't want to be chasing players fresh out of minor hockey! Division 2 also welcomes all new players to come out and play. The league averages six games a month, typically every Sunday and on two Wednesdays.

OTHER

The chance to spare allows you to play when you don't have a game scheduled or if you can't make your ice time. Each season on the Friday night of Super Bowl weekend, there's an All Star game, showcasing some of the top players and it's a fun night for all involved. Playoffs begin right after Spring Break and the competition ramps up as teams work their way towards their names on the Championship trophy! The Senior Men's Hockey season ends in April with the Championship games for both Divisions, followed by a wrap up banquet.

REGISTRATION & FEES

All registration is done online at www.mens.nswchockey.com. Register ASAP for the early bird discount! \$450 before July 31st or \$550 between August 1st and August 15th. Those who register after August 15th will be put on a waiting list.

CONTACT

If you have any questions about the North Shore Winter Club Senior Men's Hockey League, please contact Grant Stewart at grant@mexycanusa.com.



Martial Arts

FALL 2017 PROGRAMS

Karate

Introducing Sports Karate at NSWC

As the newest Olympic sport, Karate is a structured, safe and fun martial art that encourages full participation, age-appropriate physical training and positive social team building starting at the novice level. Members qualify for belt tests by achieving specific attendance goals, and those keen on competitions can enter local tournaments including the Provincial Championships, with BC Games selections and BC Team try-outs accessible in future years. The program is non-style based as it focuses on the physical, technical and tactical training required for students to excel in the mainstream karate community as organized by Karate BC under the World Karate Federation policies.

Samurai Karate

Age: 4 - 6 yrs (Beginners)

Welcome to our super exciting karate-lite with physical literacy training program appropriate for ages 4-6yrs. Samurai classes introduce the FUNdamentals of karate techniques and team social skill learning, while also preparing the students to graduate to the Juniors 7-12yrs program. Students pass mini-tests to earn color belt stripes after minimum attendance goals are achieved. 9 colored belts with 5 levels of black belt. *Set attendance required for each level before challenging each belt test.

Sept 12 - Oct 17 | Oct 24 - Nov 30

Tues & Thur - 12 sessions | 4pm - 5pm

Member: 1x/week - \$90 | 2x/week - \$144

Non Member: 1x/week - \$120 | 2x/week - \$192

**all registrants must register with Karate BC and pay an annual fee of \$35 *first time registrations receive a free uniform!*

For more information and for Karate birthday parties please contact khirji@nswc.ca .

Juniors Karate

Age: 7-12 yrs (Beginners)

Learn the fundamentals of karate in a safe, fun and structured environment. The juniors classes begin the recreation stream of becoming physically and technically talented, preparing the students for the advanced color belt levels and participation in local competitions on the NSWC Club Team for those interested. 9 colored belts with 5 levels of black belt. *Set attendance required for each level before challenging each belt test.

Sept 12 - Oct 17 | Oct 24 - Nov 30

Tues & Thur - 12 sessions | 5pm - 6pm

Member: 1x/week - \$90 | 2x/week - \$144

Non Member: 1x/week - \$120 | 2x/week - \$192

**all registrants must register with Karate BC and pay an annual fee of \$35, *first time registrations receive a free uniform!*

Brazilian Jiu Jitsu

Looking for a way to complement your athletic practice by developing your core strength and flexibility? Brazilian Jiu Jitsu (BJJ) is a martial art that not only develops but has been shown to greatly improve speed, power, strength, explosiveness, body mechanics, timing, sensitivity, awareness, accuracy, footwork, distancing, agility, line familiarization, flexibility, balance, coordination and endurance. BJJ increases your physical strength, body awareness, and mental agility. It is an art of movement and strategy that will challenge your body in ways that other sports cannot. Jiu Jitsu requires to know what is happening at all times and be two steps ahead of your partner while at the same time being aware of what parts of the body have to be engaged in any given situation. This attribute is extremely important on the ice; to know where your teammates are at all times and how not to get hit by your opponents. Roll Jiu Jitsu has a carefully designed curriculum that will work alongside your hockey, tennis or swimming practice to help build physical and mental strength. We believe the two have to work together for an athlete to be at their best.

Sept 11 - Oct 16 (no class Oct 9) | Oct 23 - Nov 29 (no class Nov 13)

Mon & Wed - 5 or 11 classes

Age: 6 - 8 yrs: 4:30pm - 5:30pm

Age: 9 - 12 yrs: 5:45pm - 6:45pm

Member: 1x/week - \$75 | 2x/week - \$132

Non Member: 1x/week - \$100 | 2x/week - \$176



ROLL
JIU JITSU
ACADEMY

Sportball

FALL 2017 PROGRAMS



We believe there's a sports experience for every kid, at every stage. Ball, racquet or net: our expertly coached, skill-based programs are designed to promote physical literacy and build self-confidence, so every kid can get in the game - and stay in the game. We know that kids learn best when they're having fun, and kids have fun when they're at the top of their own game. That's why we're passionate about keeping the play in ball!



Sportball Junior

16 - 24 mos

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Sept 19 - Oct 31 and Nov 7 - Dec 19

Tuesdays: 9:30am - 10:15am - 7 classes

Member: \$105 | Non Member: \$157

Sept 16 - Oct 28 (no class Oct 7)

Nov 4 - Dec 16 (no class Nov 11)

Saturdays: 9:15am - 10:00am - 6 classes

Member: \$90 | Non Member: \$135

Sportball Parent & Child

2 - 3 yrs

Programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Sept 19 - Oct 31 and Nov 7 - Dec 19

Tuesdays: 10:30 - 11:15am - 7 classes

Member: \$105 | Non Member: \$157

Sept 16 - Oct 28 (no class Oct 7)

Nov 4 - Dec 16 (no class Nov 11)

Saturdays: 10:00am - 10:45am - 6 classes

Member: \$90 | Non Member: \$135

Multi-Sport

3 - 5 yrs

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Sept 19 - Oct 31 and Nov 7 - Dec 19

Tuesdays: 12:00pm - 1:00pm - 7 classes

Member: \$105 | Non Member: \$157

Sept 16 - Oct 28 (no class Oct 7)

Nov 4 - Dec 16 (no class Nov 11)

Saturdays: 10:45am - 11:45am - 6 classes

Member: \$90 | Non Member: \$135



Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

Adult Tennis

FALL 2017 PROGRAMS



**DIRECTOR
OF TENNIS**
Fabio Walker
fabio@nswc.ca



Adult Drills - Advanced (Level 3.5 - 4.5)

This program is designed for the higher level league, tournament or club player. It is open to both men and women who want to get an edge on the competition. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Come down ready to sweat and train hard! Note: NSW league players in Divisions 1 and 2 would be suited for this class.

Sept 12 - Dec 19

Tue - 15 classes | 6pm - 7pm

Member: \$330 | Non Member: \$495

Sept 14 - Dec 21

Thur - 15 classes | 11am - 12pm

Member: \$330 | Non Member: \$495

Sept 15 - Dec 22

Fri - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

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.

Sept 12 - Dec 19

Tue - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

Sept 13 - Dec 20

Wed - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

Sept 14 - Dec 21

Thur - 15 classes | 6pm - 7pm

Member: \$330 | Non Member: \$495

Adult Drills - Novice

(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. Core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Sept 11 - Dec 18 (no classes Oct 9 and Nov 13)

Mon - 13 Classes | 6pm - 7pm

Member: \$286 | Non Member: \$429

Sept 18 - Dec 18 (no classes Oct 9 and Nov 13)

Mon - 12 classes | 11am - 12pm

Member: \$264 | Non Member: \$396

Sept 13 - Dec 20

Wed - 15 classes | 10am - 11am

Member: \$330 | Non Member: \$495

Sept 15 - Dec 22

Fri - 15 Classes | 11am - 12pm

Member: \$330 | Non Member: \$495



Adult Drills - Intermediate

(Level 2.5 - 3.0)

You will learn how to improve placement and consistency; add top spin to the forehand, slice to the backhand, placement to the volley, and spin to the serve *Note: NSWC members playing in division 4 or 5 would be suited for this class*

Sept 14 - Dec 21

Thurs - 15 classes | 11am - 12pm

Member: \$330 | Non Member: \$495

Sept 15 - Dec 22

Fri - 15 classes | 10am - 11am

Member: \$330 | Non Member: \$495

Adult Drills - Intermediate PLUS

(Level 3.0 - 3.5)

This program is designed to improve your technique and confidence through intensive drilling and repetition. Players will work on footwork and technique in both singles and doubles situations. This is the perfect class for men and women looking to take their game to the next level. Note: NSWC members playing division 3 and 4 would be suited for this class.

Sept 12 - Dec 19

Tue - 15 classes | 8pm - 9pm

Member: \$330 | Non Member: \$495

Sept 15 - Dec 22

Fri - 15 classes | 10am - 11am

Member: \$330 | Non Member: \$495

Sept 14 - Dec 21

Thur - 15 classes | 7pm - 8pm

Member: \$330 | Non Member: \$495

H.I.T. High Intensity Tennis

(Level 2.5 and up)

Do you want to perfect your game by hitting as many balls as possible? This class offers the perfect combination of physical and technical aspects of the game. You will work on muscle memory and technical awareness through repetition. A hard workout is guaranteed!

Sept 12 - Dec 19 | Tue - 15 classes

11am - 12pm or 7pm - 8pm

Member: \$330 | Non Member: \$495

Sept 14 - Dec 21 | Thur - 15 classes

9am - 10am or 8pm - 9pm

Member: \$330 | Non Member: \$495

Men's Tennis Training

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

Sept 14 - Dec 21

Thur - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

Sept 15 - Dec 22

Fri - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

Sept 12 - Dec 19

Tue - 15 classes | 9am - 10am

Member: \$330 | Non Member: \$495

Sept 11 - Dec 18 (no classes Oct 9 and Nov 13)

Mon 13 Classes | 9am - 10am

Member: \$286 | Non Member: \$429

Ladies Doubles Day League

(advanced) - Mondays (Level 2.5 - 3.5)

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Sept 18 - Dec 18

Mon - 12 Classes (no classes Oct 9 and Nov 13)

10:30am - 12:00pm | Member: \$192

Ladies Doubles Day League

(intermediate) - Mondays (Level 1.5 - 2.5)

For the Intermediate level tennis player. Will provide doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Sept 18 - Dec 18 (no classes Oct 9 and Nov 13)

Mon - 12 Classes | 12:00pm - 1:30pm

Member: \$192 | Non Member: \$288

Ladies Doubles Skills

Beginner

For the Beginner level tennis player. Will provide doubles strategies, techniques and tactics. This program is designed to increase your knowledge of doubles and to have fun!

Mon - 13 Classes | 7:30pm - 9:00pm

Member Only: \$208

Ladies Singles Day League

Thursdays (Level 2.5 - 3.5)

This league is a competitive format. Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

Sept 14 - Dec 21

Thur - 15 classes | 12:00pm - 1:30pm

Member Only: \$240



Tennis Policies and Procedures

General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs 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). Tennis Court operating hours are 6:00am -11:00pm, Monday through Sunday.

PRIME TIME HOURS

6:00pm - 9:00pm **Monday - Thursday**

NON PRIME TIME HOURS

6:00am - 6:00pm **Monday - Thursday**
9:00pm - 11:00pm **Monday - Thursday**
6:00am - 11:00pm **Friday, Saturday & Sunday**

JUNIOR COURT TIMES

3:00, 4:00, & 5:00pm **Monday - Friday**

Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through Gametime: (nsw.gametime.net) or at www.nswc.ca, made in person at the Front Desk Reception or by calling 604-904-3679 (between 6:15am - 9:45pm). Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

Reservations - Adult Tennis Members

- May book any court, other than court 7, after 12:00pm (noon), up to six (6) days in advance, with the exception of Junior Court Time Hours.
- May have a maximum of two (2) court bookings within a 6-day period during Prime Time.
- May also book available courts within a 24-hour period, with the exception of Junior Court Time Hours.
- 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 all playing partners at the Front Desk Reception.

RESERVATIONS - Junior Tennis Members

- *May book courts during Junior Court Time or Non Prime time, a maximum of six (6) days in advance. 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.*

WAITLIST

- Tennis members may ask to be put on a waitlist should their requested booking not be available. Members who are on the waitlist must provide an email address or phone number where they would like to be notified. If a court becomes available, everyone on the waitlist will be contacted and Members may book the court on a first come, first serve basis.

CANCELLATIONS

- Court bookings must be cancelled no less than six (6) hours before the booked time or a late cancel/ no-show fee of \$25 + GST per court will be charged. To avoid being deemed a no-show, at least one player for a given court booking must check in with the Front Desk Reception upon arrival.

WALK-ON FOR VACANT COURTS

- If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

NO SHOWS

- A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception.
- If you know you will be late, please call the Front Desk Reception to avoid your court being released.

GUESTS PRIVILEGES

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 - each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month.
- A Guest fee of \$8 + GST for juniors and \$12 + 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 \$10 + GST per 90 minute booking, no pro-rates.
- 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 Court 5, 6 or Court 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

PLAYSIGHT

NSWC offers a state-of-the-art tennis analytics technology system equipped with six fully automated cameras and an interactive touch-screen kiosk. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in-depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on-court kiosk or at PlaySight.com. Train smarter. Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

COURT RENTAL

Requests for court rentals must be approved by the Tennis Director.

Tennis Private Lessons

Lesson Type	Members
Adult Private	\$75
Jr. Private	\$65
Adult Semi Private	\$45 each
Jr. Semi Private	\$40 each
Adult Group of 3	\$35 each
Jr. Group of 3	\$30 each
Adult Group of 4	\$30 each
Jr. Group of 4	\$25 each



Junior Tennis

FALL 2017 PROGRAMS



From 2012, the ITF (International Tennis Federation) Rules of Tennis state that competition for players aged 10-and-under must be played with slower Red, Orange and Green balls on the appropriately sized courts. The traditional Yellow ball will not be permitted.

All NSWC 10-and-under tennis programs will be using this "Progressive Tennis" format.

Progressive Tennis is a recognized international format that teaches tennis in a fun and interactive way by using tennis balls, racquets, nets, and courts that are scaled to match the size and age of the players. This format provides young players with optimal challenge and success: skills can be learned faster, rallies can be enjoyed sooner, tactical practice is well facilitated, and the transition to full court can be made easier!

RED, ORANGE, AND GREEN programs have been split into two pathways: a PERFORMANCE pathway and a HIGH PERFORMANCE pathway.

Here we have listed the PERFORMANCE programs.

For more information about our HIGH PERFORMANCE programs, please contact Fabio Walker.



Performance Programs

Le Petit Tennis *Age: 4 - 5 yrs*

Le Petit Tennis provides a great way to get the younger player started in a "lifetime sport". We will emphasize agility, balance, and coordination in a fun and safe environment. Special balls, courts, and racquets will be used to make the game easier to play.

Sept 16 - Dec 16 (no classes Oct 7 and Nov 11)

Sat - 12 classes | 10am - 10:30am

Member: \$138 | Non Member: \$204

Red Level 1 *Age: 6 - 7 yrs*

RED LEVEL 1 Tennis provides a great way to get the younger player started playing tennis. Develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

Sept 11 - Dec 18 (no classes Oct 9 and Nov 13)

Mon - 13 Classes | 3:30pm - 4:30pm

Member: \$247 | Non Member: \$312

Sept 13 - Dec 20

Wed - 15 Classes | 3:30pm - 4:30pm

Member: \$285 | Non Member: \$360

Sept 16 - Dec 16 (no classes Oct 7 and Nov 11)

Sat - 12 classes | 12:00pm - 1:00pm

Member: \$228 | Non Member: \$288

Orange Level 1 *Age: 7 - 9 yrs*

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

Sept 12 - Dec 19

Tues - 15 classes | 3:30pm - 4:30pm

Member: \$285 | Non Member: \$360

Sept 14 - Dec 21

Thurs - 15 classes | 3:30pm - 4:30pm

Member: \$285 | Non Member: \$360

Sept 16 - Dec 16 (no classes Oct 7 and Nov 11)

Sat - 12 classes | 1:00pm - 2:00pm

Member: \$228 | Non Member: \$288

Green Level 1 *Age: 9 - 11 yrs*

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

Sept 12 - Dec 19

Tues - 15 classes | 3:30pm - 4:30pm

Member: \$285 | Non Member: \$360

Sept 14 - Dec 21

Thurs - 15 classes | 3:30pm - 4:30pm

Member: \$285 | Non Member: \$360

Sept 16 - Dec 16 (no classes Oct 7 and Nov 11)

Sat - 12 classes | 2:00pm - 3:00pm

Member: \$228 | Non Member: \$288

Teen Tennis *Age: 12+ yrs*

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

Sept 16 - Dec 16 (no classes Oct 7 and Nov 11)

Sat - 12 classes | 10:30am - 12:00pm

Member: \$342 | Non Member: \$432

Champs U18 *Age: U18 yrs*

This group covers on court skill development working on the technical, tactical, physical and psychological skills necessary to compete in Provincially hosted events and high school tennis.

Sept 11 - Dec 20 (no classes Oct 9 and Nov 13)

Mon/Wed - 28 classes | 4:00pm - 6:00pm

Member: \$1064 | Non Member: \$1344







Youth & Child Minding

FALL 2017 PROGRAMS

Kids Corner

Age: 12 mos - 9 yrs

KIDS CORNER SUPERVISOR
Cathi Wetsch

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

HOURS OF OPERATION

Mon - Fri 3:30pm-8pm
Sat 10am-5pm
Sun 10am-5pm

MEMBER PACKAGE

\$60 mth per child
(\$20 for each additional child)

MEMBERS DROP IN

\$8 hr
(\$4 hr for additional child)

GUEST PACKAGE

\$72 mth per child
(\$25 for each additional child)

GUEST DROP IN

\$10 hr
(\$6 hr for additional child)

RESTRICTIONS

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

Professional Day Camp

Age: 6 - 11yrs

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities.

Oct 20 | 9:00am - 4:30pm | Member: \$65 | Non Member: \$85

Events *Save the Date!*

Family Pumpkin Carving Contest

Halloween decorating starts here! Come and carve a pumpkin with your family. Prizes for the most decorative, best use of supplies, scariest, funniest to name a few!

October 29 | 3 - 5pm



Santas Workshop

Come and join us for an evening full of special Christmas craft making. A great evening for your child to make a special gift for a friend or family member.

December 6 | 6:30pm - 8:30pm Member: \$5 | Non Member: \$8

Birthday Party Packages

Up to 16 guests

\$8 per additional guest / MAX 30 children

HTC Package

2 hour private rental of the HTC

Includes small ice, goalie training ice, and dryland area

Bouncy Castle Package

2 hour private rental of the HTC

Includes dryland area with Bouncy Castle, 1 Party Host for 2 hours, 2 hour private rental of the HTC Lounge

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen

2 hour private rental of one of the NSWC's rooms

Jamerry Nail Mini Spa Package

Celebrate your day by having your nails done. A sweet treat for your hands and/or feet. If you want to pamper your daughter, this party is designed to make her and her friends feel like princesses. Cupcakes included. 2 hour private rental of one of the NSWC's rooms.

Martial Arts Package

Our North Vancouver Kids Karate and Martial Arts Birthday Parties are loved not only by kids... but by parents, too. Why? Because we do a lot of work to ensure your child has an AMAZING time - while you get to relax!

Sportball Package

Sportball will customize your child's birthday party to the sports you desire in an action packed party. This one-hour, coach-led active and fun celebration is sure to be a hit. Coaches provide all equipment, and parents assist. 2-hour NSWC party room rental is also included (food is not included). Saturdays: 1-3pm.

Meal Plan Options

- 2 slices of pizza per person and veggie platter with dip
- Chicken strips and fries
- Mac & Cheese and veggie platter with dip

**All meal plans include 3 jugs of pop. Other add-ons available.*

Please inform us of any dietary restrictions in advance.

All Parties:

Must be booked 2 weeks in advance

Price includes tables, chairs, utensil & plates

No outside food or drink is permitted in the Club with the exception of birthday cake.

**For Party bookings and inquiries,
contact bookings@nswc.ca**



FRIDAY FUN NIGHTS

EVERY FRIDAY
5:30PM
ALL AGES



FOOD & DRINKS

**KIDS GAMES
BOUNCY CASTLES
MOVIE NIGHT**

**COME
EXPERIENCE IT
FOR YOURSELF**

**OUTSIDE OR HTC
WEATHER DEPENDENT**

NSWC Business Directory

ACCOUNTING, ASSURANCE, AND TAX

CAULINDA BARTOK, CPA, CA **McLean Bartok Edwards**

Phone: 604-683-4533
Fax: 604-683-2585
caulinda@mcleanbartok.ca
www.mcleanbartok.ca
840 - 475 West Georgia Street,
Vancouver, BC, V6B 4M9
Chartered Professional Accountants

AUTOMOTIVE

WADE BARTOK, PRESIDENT **CSN Elite Body Shop**

142 Fell Avenue,
North Vancouver BC, V7P 2J9
604-987-4408
wade@elitebodyshop.ca
www.elitebodyshop.ca
Collision repair

CLARK LAWSON, OWNER **First Street Garage**

834 West 1st Street,
North Vancouver, BC, V7P 1A1
Phone 604-984-0077
firststreetgarage@hotmail.com
Automotive repair facility

COMMUNICATIONS

MARILYN MARCHMENT, PRINCIPAL **big think communications inc.**

Main Floor, 2516 Oxford Street,
Vancouver BC, V5K 1N1
604-215-7882
marilyn@bigthink.ca
www.bigthink.ca

CONSTRUCTION

DAVE HANNA, MANAGING PARTNER **MINIMAL Glass and Door Ltd**

200 - 1675 West 2nd Avenue,
Vancouver BC, V6J 1H3
Phone: 778-327-8319
Fax: 604-336-2245
dave@mglass.ca
www.mglass.ca
*Supplies and installs architectural
aluminum windows and doors into
high end home and multi-family
developments.*

EMPLOYMENT, STAFFING, & RECRUITING

ANDREA REID, PRESIDENT/RECRUITER

Career Contacts
Phone: 604-606-1831
Fax: 604-606-1638
andrea@careercontacts.ca
www.careercontacts.ca
211 - 470 Granville Street,
Vancouver BC, V5C 1V5
*Career Contacts is a boutique
recruiting agency based in Vancouver,
Whistler and Squamish that assists
companies to search and hire staff.
We offer assistance with permanent,
temporary recruitment, HR consulting,
and any other phase of the talent
search process.*

FINANCIAL

NEIL & ROXANA COLQUHOUN **HNW Services Inc.**

604-562-5198
roxanac@hnwservices.ca
& neilc@hnwservices.ca
www.hnwservices.ca
701 - 1155 Robson Street,
Vancouver, BC, V6E 1B5
Multi Family Office

PAUL FENNEY, MORTGAGE BROKER

Verico The Mortgage Advantage
604-838-0009
paulfenney@telus.net
www.paulfenney.com
560 - 171 West Esplanade,
North Vancouver BC, V7M 3J9
*Residential and Commercial
mortgage brokerage*

SHELDON GRAY, SENIOR INVESTMENT ADVISOR

HollisWeath,
a division of Scotia Capital Inc.
700 - 609 Granville Street,
Vancouver BC, V7Y 1G5
604-895-3459
sheldon.gray@holliswealth.com
www.sheldongray.ca

GABE HOFFART, MORTGAGE BROKER **Metro Financial Group**

Phone: 604-328-6924
Fax: 604-608-9639
gabe@metrofinancialgroup.ca
www.gabehoffart.com
695 East Queens Road,
North Vancouver

PETER PEARSON, PRESIDENT **Vocari Financial Solutions Inc.**

Phone: 1-866-878-6093
Fax: 604-898-1632
vocari.financial@sunlife.com
www.vocarifinancial.com
105 - 40775 Tantalus Road,
Squamish BC, V8B 0N2
Financial Planning Firm

FOOD

BRUNO BENEDET **Bosa Foods**

Phone: 604-253-5578
Fax: 604-253-5656
sales@bosafoods.com
www.bosafoods.com
1465 Kootenay Street,
Vancouver BC, V5K 4Y3
Specialty Foods Importers

SUSANNE & MALCOLM MACKILLOP

Blue Marble Fundraising

778-389-7626

infobmf@shaw.ca

www.bluemarblefundraising.ca

2310 Kilmarnock Crescent,
North Vancouver BC, V7J 2Z2

Assisting sports teams, school groups, and other groups with their fundraising by offering seafood, meats, and poultry at competitive prices allowing these groups to fundraise an average of 20+% of their total sales.

FURNITURE

ROBERT WILLIAMS, PRESIDENT

Chairlines

Phone: 604-736-7623

Fax: 604-736-7620

robw@chairlines.com

www.chairlines.com

102 - 256 West 7th Ave,

Vancouver BC, V5Y 1M1

Ergonomic Workplace Solutions

HOME IMPROVEMENT

KEVIN MCCOMB & JODI ROE

McComb's Fine Finishing and Cabinets

Phone: 604-278-7792

Fax: 604-278-7792

kevinmccomb@shaw.ca

& jodi123@shaw.ca

mccombsfinishingandcabinets.com

180 - 2088 No. 5 Road,
Richmond BC, V6X 1Z6

Cabinets and cabinet/furniture refinishing, full design services available

LANDSCAPING

GRAHAM GIBBONS, PRESIDENT

Northern Touch Landscape Installations

2090 Hyannis Drive,

North Vancouver BC, V7H 2E6

604-987-6742

graham@northern-touch.com

www.northern-touch.com

LEGAL

WARD BRANCH, Q.C.

Branch MacMaster LLP

Phone: 604-654-2966

Fax: 604-684-3429

wbranch@bramac.com

www.branchmacmaster.com

1410 - 777 Hornby Street,
Vancouver, B.C. V6Z 1S4

Litigation boutique focusing on class actions, health law and insurance

ALLISON CRANE,

PARTNER AND LEGAL COUNSEL

Intermark Law

960-1111 Melville Street,

Vancouver BC, V6E 3V6

Phone: 604-683-1941 x 210

Cell: 604-362-2040

Fax: 604-677-5812

Email: acrane@Intermarklaw.com

STEPHANIE FABBRO

Hamilton Fabbro Lawyers

Phone: 604-687-1133 (Main),

604-687-8284 (Direct)

Fax: 604-687-1125

stephanie@hamiltonfabbro.com

www.hamiltonfabbro.com

1400 - 1030 West Georgia Street,

Vancouver BC, V6E 2Y3

Boutique family law firm, mediation, arbitration, parenting coordination

KERRY SOMERVILLE

Somerville Family Law

Phone: 604-281-1480

Fax: 604-281-1481

kerry@somervillefamilylaw.ca

www.somervillefamilylaw.ca

201 - 2438 Marine Drive, West
Vancouver BC, V7V 1L2

30 years of experience in all aspects of family law, divorce, asset division, parenting plans/custody, support, collaborative family lawyer and mediator

MEDICAL & DENTAL

DR. BRIAN ROSS

Boundary Dental Clinic

604-438-2464

boundarydental@telus.net

#208 - 3815 Sunset Street,

Burnaby BC, V5G 1T4

NOTORY PUBLIC

JOY RUSSELL-BURR

Russells, Notaries Public

Phone: 604-926-4450

Fax: 604-926-3450

joy@russellsnotary.com

www.dundaravevillage.ca

#204 - 2403 Marine Drive, Dundarave
Village, West Vancouver, BC, V7V 1L3

Notary Public specializing in Real Estate Conveyancing and Mortgages

PEST CONTROL

CHRIS FREDERICK, PRESIDENT

North Shore Pest Detective Ltd.

860 West 1st Street,

North Vancouver, BC, V7P 1A2

604-988-3330

pestdetective@shaw.ca

www.pestdetective.com

Pest Control and Exterminations

BRYAN MARKERT, PRESIDENT

Pest Detective - Victoria

250-383-7378

bryan.markert@pestdetective.com

www.pestdetective.com

Pest Control - Residential, Commercial, and Industrial

KELLY WRIGHT, PRESIDENT

Pest Detective - Vancouver

604-685-3377

kelly@pestdetective.com

www.pestdetective.com

Professional Pest Management Services

PRINTING & APPAREL

STEVE BOLTON

SpeedBolt Printing Solutions

101-50 Fell Avenue,
North Vancouver BC, V7P 3S2
Phone: 604-986-9633
Fax: 604-986-4733
steve@speedbolt.ca
speedbolt.ca

*Quality custom printing
products and services*

ROB CRONK, PRINCIPAL

RCD Solutions Inc

Phone: 604-453-0222
Fax: 604-227-4394
info@rcdsolutions.ca
www.rcdsolutions.ca
1057 23rd St West,
North Vancouver, V7P 2H1

*Complete Print, Apparel, and
Promotion Solutions*

PHYSIOTHERAPY

ZENYA KASUBUCHI,

MANAGING DIRECTOR

Allan McGavin Sports Medicine Centre Physiotherapy

Cell: 604-537-4004
www.allanmcgavinphysio.com

NORTH VANCOUVER

12 - 1225 East Keith Road, North
Vancouver, BC, V7J 1J3
Phone: 604-904-6556
Fax: 604-904-6558
twist@allanmcgavinphysio.com

PLAZA OF NATIONS (DOWNTOWN)

B103 - 750 Pacific Boulevard,
Vancouver, BC, V6B 5E7
Phone : 604-642-6761
Fax : 604-642-6762
plaza@allanmcgavinphysio.com

DJAVAD MOWAFAGHIAN CENTRE (UBC)

Suite 3500 - 2215 Wesbrook Mall,
Vancouver, BC, V6T 1Z3
Phone: 604-822-6833
Fax: 604-822-9058
info@allanmcgavinphysio.com

DAWN SIEGEL (SAUNDERS),

Physiotherapist Hollyburn Physiotherapy

Phone: 604-926-6868
Fax: 604-926-8206
office@hollyburnphysio.com
www.hollyburnphysio.com
301-1549 Marine Drive
West Vancouver BCz
*Physiotherapy, Hand Specialist Therapy,
Massage Therapy*

REAL ESTATE

JOE CAMPBELL, OWNER

Joe Campbell, a Personal Real Estate Corporation

Phone: 604-657-1480
Fax: 604-985-3612
joe@joecampbell.ca
www.joecampbell.ca
101 - 2609 Westview Drive, North
Vancouver, BC, V7N-4M2

Successfully selling the North Shore since 1990

LEANNE WOODWARD

Royal LePage Sussex

604-506-3455
leanne@leannewoodward.com
laraleanne.com
2996 Lonsdale Ave, North Vancouver
*Helping with re-location within the North
Shore*

SALES & MARKETING, INTERIOR DESIGN

DAVID MOULTON, PARTNER

Moulton Toft Inc.

902 - 209 Carnarvon Street, New
Westminster, BC, V3L 1B7
604-522-8182
dmoulton@telus.net

Bringing Opportunities Together

SERVICES

OTIS PERRICK, CO-FOUNDER

Ripe Rides

604-971-6200
yasmin@riperides.ca
www.riperides.ca
215 - 1080 Mainland Street,
Vancouver, V6B 2T4
*Ripe Rides is an on-demand luxury
transportation service that offers
convenience, comfort and reliability
through cash-less transportation. Ripe
Rides utilizes the latest smartphone
technology, allowing customers to get
luxury black car service with professional
and safe drivers and an experience like no
other offered in Vancouver, all from the
convenience of your mobile device.*

SPORTING GOODS

STEVE SZENTVERI, OWNER

Time Out Source for Sports
Phone: 604-980-9211
Fax: 604-980-1851
sales@timeoutsports.ca
www.timeoutsports.ca
235 Mountain Highway, North Vancouver
BC, V7J 3P2
*Retailer of hockey, baseball, and soccer
equipment; full service pro shop; team
and association sales.*

TROPHIES & ENGRAVING

YOVAN MILOJEVIC, PRESIDENT Lapidus Trophies & Engraving

Phone: 604-983-2513
Fax: 604-983-2513
yovan@telus.net
www.lapidustrophies.com
114 West Esplanade,
North Vancouver, V7M 1A2
*Awards and recognition products for
every occasion, engraving, and custom
orders. On the North Shore for 28 years.*

*To add your business to the
NSWC directory, please
contact Mairi MacDonald at
mmaacdonald@nswc.ca*





Graham Gibbens

President

604 313 7869

graham@northern-touch.com

EXCAVATION AND SITE PREP • PAVINGSTONES AND BLOCK WALLS
LIGHTING AND SPRINKLERS • CONCRETE WALLS
PATHWAYS • PATIOS • DRIVEWAYS



Tennis, Badminton, Squash and Racquetball Restringing

Call or Text 778-835-0672 for Availability!



NORTH SHORE
WINTER CLUB



Follow us on Instagram, Twitter & Facebook