

NORTH SHORE WINTER CLUB

Spring 2017 Program Guide



SPRING REGISTRATION

Members February 15 @ 10am

Guests/Public March 1 @ 10am

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

GABE OFFART
& Associates



gabehoffart.com

MARGINAL GOALIE!
CHIPPY CENTREMAN!
GREAT MORTGAGE BROKER!

Metro Financial Group

A portion of every mortgage Gabe completes goes towards Canuck Place Children's Hospice.

Table of Contents

SENIOR MANAGEMENT TEAM	4
PROGRAM REGISTRATION INFORMATION	5
GENERAL CLUB INFORMATION	6
CALENDAR EVENTS.....	8
ATHLETIC ACHIEVEMENTS.....	10
THE POWER OF NICK RUTLEDGE	11
TNT TOURNAMENT	12
BANTAM HAWKS	14
AQUATICS.....	16
MARLINS SWIM PROGRAMS.....	21
MARTIAL ARTS.....	22
BASKETBALL	23
DANCE	24
FITNESS	27
PERSONAL TRAINING	30
HOCKEY	32
FOOD & BEVERAGE & CATERING	38
ADULT TENNIS.....	40
JUNIOR TENNIS.....	44
YOUTH & CHILD MINDING	50
SPORTBALL.....	52
BRIDGE	53
BUSINESS DIRECTORY	56

2016/17 Board Members

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KEVIN DANCS - PAST PRESIDENT

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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 Feb 15, 2017.

Public Registration opens at
10:00am on March 1, 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 \$50.00 (See current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (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.



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 All Star Game (Hockey)	4
Club Doubles Championships						
5 Super Bowl BBQ Party (Lounge/Tiki)	6	7	8	9	10	11
12	13	14 Seniors Sweetheart Dinner (Lounge)	15 Club Championships Mixes Doubles (Tennis) Feb 14 - 18			18 Winter Bash (Tennis)
19 Canucks Game @ Rogers	20	21	22	23	New Menu Lunch (Family Fun – Sportball Demo) Pro-D Day Camp (Youth)	25
26	27	28				

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 Spring Break					17 St. Patrick's Day specials (Lounge)	18
19 Spring Break						
26	27 Atom Hockey Banquet	28 PeeWee Hockey Banquet	29 Bantam Hockey Banquet	30 Midget Hockey Banquet	31 Chef's Dinner (family Fun – pizza/movie)	

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Female Hockey Banquet	4 Initiation Hockey Banquet	5	6 Easter Egg Hunt (Youth)	7	8
9	10	11	12	13	14	15
16 Easter Brunch (Lounge/JGR)	17	18	19	20	21	22 Sr. Men's Hockey Banquet
23	24	25	26	27	28 Chef's Dinner (Family Fun – pizza/movie)	29
30						

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 Pro-D Day Camp (Youth)	9 Committee/Volunteer Appreciation (JGR)	10	11
12	13	14	15	16	17 Grand Slam #2: French Open (Men's Tennis)	18 Grand Slam #2: French Open (Women's Tennis)
19	20	21	22	23	24 Chef's Dinner (Family Fun – pizza/movie)	25
26	27 Babysitting Course (Youth)	28				

Athletic Achievements

HOCKEY

Collin Jennings

Collin is a 2nd year Bantam hockey player who is a natural leader and has really grown into this leadership role on our Bantam A2 team this year. Collin is someone the team relies on heavily, especially in big moments. We are very proud of Collin's growth as both a hockey player and as a young man. He has been a very dedicated member of the peak program on top of his regular team development sessions and his hard work is definitely paying off. Collin recently won the MVP for the prestigious KIBIHT tournament. Congrats Collin!



Fin Williams

Fin is one of those kids's that you never have to ask to work hard, you never have to ask Fin to be a good teammate, you never have to ask Fin to be a leader, he just is. He is one of those kids that just does his best all the time and doesn't know any different. He always wants to win and is just as happy if not happier when a teammate scores a goal or has success as when he does, and that is the sign of a true leader and a great person. Fin is one of the most coachable players I have been around and wherever hockey ends up taking him I can guarantee he earned every inch of his success.



THE POWER OF NICK RUTLEDGE & the Truth About Community

When you're part of a community that extends much further than the walls of your immediate family home, you're empowered with a support system that will never cease to amaze whether you're intimately connected to a situation or just happen to be nearby.

Such was my thought a few months back when I first saw the red NSWC helmets emblazoned with bright yellow ribbons in support of our very own Nick Rutledge and his battle with cancer.

Now, many of you know Nick and his family. It's tough to find appropriate words when attempting to describe the outpouring of strength and support the Rutledge family has received during their campaign to stomp out cancer.

So I won't try. Instead, I'll give the floor to Jennifer Petersen from the Children's Wish Foundation of Canada. Jennifer has been an integral part of Nick's journey and the journeys of many others as they navigate the stormy waters of diseases threatening the lives of the young, and the very best, among us.

"The Children's Wish Foundation is a uniquely Canadian not-for-profit dedicated to granting the most heartfelt wishes of children with life-threatening illnesses," Jennifer says.

"Each year the BC & Yukon Chapter of Children's Wish grants nearly 120 wishes. This year, the North Shore Winter Club was determined and proud to support Nick Rutledge, one of its own members and wish kids, as he fought his own battle with Cancer."

Nick was diagnosed with an aggressive form of sinus cancer in October of 2015. And like a true champion, he seized the opportunity to use his disease as a means to help others before he really considered himself. Bolstered by the memory and honour of his late father Ross, who passed away after his own battle with cancer when Nick was just two years old, Nick and his mom Sue used proceeds from the sales of the yellow helmet stickers to raise money for the Children's Wish Foundation, the BC Children's Hospital Foundation's oncology unit and the BC Childhood Cancer Parents Association.



"Thankfully, Nick is now cancer free,"

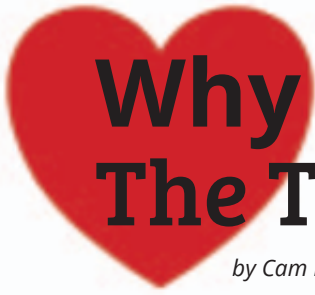
"Thankfully, Nick is now cancer free," Jennifer told us last week. "In celebration, he will be travelling to the South Pacific in the spring

with his family of five brothers thanks to the Children's Wish Foundation. Throughout Nick's treatment we know that the anticipation of a wish was a welcome and important distraction, both for Nick as well as his family. We are inspired by the strength and perseverance of Nick and other wish families, and thanks to our generous members, a donation has been made to Children's Wish to help grant Nick's wish."

This is a story with as near a perfect outcome as you could imagine. It warms my heart to be one small cog in a community that has the power to rally, stare cancer in the face, and blind it with a small yellow sticker.

Cancer has taken bits and pieces from every family. But it's the champions of strength, the beacons of hope like Nick Rutledge, my friend Matthew Coughlin, and my own mother who, for some completely backwards twist of the universe, represent the very strongest and best of us all.

Congratulations, Nick. Have a great trip!



Why I LOVE The TNT Tournament

by Cam Paddock



I know most of you probably think I am suffering from post-tournament stress disorder, but the five days every year when TNT games are taking place are my favorite five days every year at my job. This year was the biggest tournament in recent record (there aren't a lot of records prior to 2011, but since then it was the biggest). We had 61 teams including our NSW teams which equate to approximately 750 players that played a total of 122 games over 5 days.

Now to why I love the tournament.

Running a tournament of this size (by my count it's the 2nd biggest in the province, counting spring hockey) takes a massive amount of volunteer time not only during the tournament but in the preparation phase as well.

Reason #1

Why I love TNT is witnessing people donating their time and energy to raise funds for our Initiation teams. Last year's TNT money supported our initiation development program as well as bought new goalie equipment for all of our Initiation boys and girls teams, and man did they look good this weekend.

Reason #2.

Kids from 5-8 years old having fun playing a game. I witnessed one of the funniest hockey stories of my life this weekend; remember this is coming from a guy who has been around an arena since he was 4 years old, so I have heard a few good hockey stories. I am timekeeping in the HTC and I hear the coach to my left talking to one of his players about team strategy, a forecheck or face off play, I honestly couldn't tell it sounded more complicated than anything I heard during my ten years of professional hockey. So once the coach stopped his Howie Meeker impersonation long enough for the player to speak the player replied with "Do we get pizza after this game too?" I found this funnier than the coach at the time but the point of my story is getting to watch all these young hockey players on and off the ice having fun, making new friends and learning about being teammates is an amazing part of the tournament.

Reason #3

I get a few days off after the tournament. My dog has officially forgotten who I am, and I am way behind on my pre-baby 'to-do' list. My wife who is 33 weeks pregnant and very understanding, to a point .

Thank you to all the volunteers who made **#TNT2016** the best tournament ever. Special thanks to James Bitonti, Jenn Hanna, Mari Friend, Connie Green, Kylie Dickson, Molly Thompson, Vanessa Miller. Also HUGE! thank you's to Emily Allen, Bob McCuaig, kitchen staff, the ice guys, and the front desk, Thank You!

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."

--Vince Lombardi







Bantam Hawks & The Great Outdoor Classic

DECEMBER 2016

Hawks Win! Hawks Win! Hawks Win!

And that was only the first game!

The NSWC Bantam Hawks returned December 11th from 'The Great Outdoor Classic' in Winthrop Washington.

It began with an 8-hour drive, including some white knuckle winding through Stevens Pass, and the team soon arrived at their destination. And what a rink it was. Rated as one of the best outdoor rinks in North America, the Winthrop Ice Rink recently underwent a renovation that included 13 miles of cooling pipe under the surface. 98% of the kids had never played on an outdoor rink.... It was something special and it was only just beginning!

*The snow was falling
and it was cold, and
the puck was buried
under snow, yet still
a red jersey emerged
from the scrum to
slap the puck into
the back of the net.*

Game One was played under the lights and snow on Friday night. A dominant performance was on display by the mighty Hawks. This game deserves special recognition to Liam 'Freight Train' Conkin, Charlie 'Hustle' Calla and Nick 'the Stick' Stewart. The team won the game 5-1 against the mighty Tacoma Blades. Post-game celebration was at 3 Finger Jacks, the oldest legal saloon in the US.

Game Two was played Saturday afternoon under the sun. Potting two goals that afternoon was Graydon 'Greasy' Cronk, with helpers from Cam' Shifty' Sullivan, Trevor 'Van the Man' Van Den Heuvel and set ups from Harrison 'Dipsy Doodle' Buckley. Solid defence from the likes of Jack 'The Wall' Brooks and Boston 'Poke Check' McAndrew kept the other team scoreless. A 5-0 win over a strong team from Seattle.





Game Three was played Saturday night under the lights with heavy snow. By the end of the game the falling snow made it impossible to ice the puck, but that didn't stop the Hawks from scoring 2 third period goals to win the game 3-1. Strong play from Duncan 'Cap'n Crunch' Genge and Conrad 'Fearless' Fehr was the key, not to mention an incredible cheering section from some very boisterous parents standing rink side. Another day... another win... another page in the memory book!

With the sunrise however came the reality that the task was not yet complete.... at high noon ... the NSWC Hawks played the local favorites from Wenatchee for the Great Outdoor Championship!

It was a battle from the first face-off. With an incoming storm percolating over the Cascade mountains, the first goal was scored as a result of an amazing individual fore check from Tanner 'Cheeto' MacNeil. The NSWC crowd erupted, as never before has the Winthrop Ice Rink ever seen a group of parents do their own 'WAVE'. But hopes of a trophy were soon dashed! The home team then scored two goals in the second period to lead the game 2-1.

With only a few minutes left ... a storm was increasing. But then... as the sun was blocked by the clouds and the temperature dropped below -7... our very own 'miracle on ice' was in the making! With 1:49 left in the 3rd period the Wenatchee team received a much deserved penalty, and the coaches, Grant 'Rockne' Stewart, Jason 'Laughing Boy' Calla and Mike 'Magic Man' McAndrew, gathered the team for a final motivational push.

"Most of us have never had this opportunity" they said, "so be a team, have fun and leave it all on the ice".

The puck dropped... it was a mad scramble... but somehow, somehow, someone passed the puck and low and behold Ben 'Be the Puck' Parsons scooped up a rebound and slammed it into the back of the net. It was a tie game!

Overtime in Winthrop!

Three players. Three shots at glory.

First shooter for Hawks. A save.

First shot for Wenatchee. A save.

Second shot for Hawks and down comes Wyatt 'Clutch' Maaker. Top shelf. IT'S A GOAL!

Another save for the Hawks and another save for Wenatchee.

So it comes to this.... one final save means the Hawks win! Is it possible? Well of course... anything is possible... because in the net for the Hawks is Noel 'MVP' Steves. Small in stature but huge in heart and even bigger in grit.... the Hawks goalie had given up only 4 goals in 4 games to this point... what a stud!

The Wenatchee player came down with speed and skill.... but Noel would not be beaten.

The puck was saved, the bench cleared, and every parent tried to keep their tears from falling on their iPhone camera.

Yes the kids won.

Yes it was a cold and a long drive home,

But if you asked any player, and any parent, was it worth it.... They would say....

"You bet - ONCE IN A LIFETIME!"



Aquatics

SPRING 2017 PROGRAMS

Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool! Swimming lessons run all summer long, so if you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons.

Red Cross Swimming Programs

LESSON SETS & DATES

Set 1: May 23-26 & May 29-Jun 2
(no lessons May 22; prorated)

Set 2: Jun 5-9 & Jun 12-16

Set 3: Jun 19-23 & Jun 26-30

Set 4: Jul 3-7 & Jul 10-14

Set 5: Jul 17-21 & Jul 24-28

Set 6: Jul 31-Aug 4 & Aug 7-11

(no lessons Aug 1; prorated)

Set 7: Aug 14-18 & Aug 21-25

PRICE PER SET

Members: \$60 (30 min class) \$85 (45 min class)



North Shore Swim Program

The North Shore swim program, being only three stages in length, serves to cover our entire ten step swim program. With this in mind, once you've found out what stage the child is in, clarify how far along the given stage the child is. Eg. If they are in I CAN SWIM Stage two but only just passed, and are still not quite able to swim ten meters of front crawl but can kick on their front, back and side for 10m then they would move into Swim Kids 4 as they wouldn't meet the skills required for Swim Kids 5. If the parent truly has no idea but knows the child has been in the stage for a decent amount of time, simply put them into the intermediate level of the Swim Stage there in.

Red Cross Preschool

(4 months-6 years)

Red Cross Swim Preschool & Tiny Tots is an 8-level program for 4-months to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities. Please take a look at these program equivalent charts to see which Red Cross program your child should be in. These apply to North or West Van Rec swim lessons.

SEA TURTLE AGES 24 TO 36 MONTHS

A transitional level for preschoolers and their parents designed to gradually transfer the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating while building awareness of the deep water and learning safe entries. *This is a parent participation class.*

SEA OTTER AGES 3 TO 6 YEARS

This is a transitional level that transfers the preschooler from the care of the parent to the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats, glides, and swim 1m.

This is a parent participation class.

SALAMANDER AGES 3 TO 6 YEARS

Children learn new swimming skills including assisted floats and glides through games and songs. The level includes independent front and back floats, and learning to jump into chest-deep water. This level is primarily an orientation to the water for those who have minimal experience in water.

SUNFISH AGES 3 TO 6 YEARS

Assisted by an instructor, children work on stroke and skill progression. The students begin independent front and back glides. This class will also focus on good judgment in, on and around the water as well as entries and floats in deep water.

CROCODILE AGES 3 TO 6 YEARS

Children continue independent glides and kicking in deep water. Endurance is built by increasing the distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

WHALE AGES 3 TO 6 YEARS

Children will learn to swim independently and participate in team games. They will increase their distance and improve skills in front and back swims.

Red Cross Swim Kids

(5 years and up)

Red Cross Swim Kids is a 10-level program for children 5-12 years of age. Children learn to swim, be fit, and stay in a safe environment that promotes achieving personal success. The program teaches competitive and survival strokes, and allows for a solid progression of skills and knowledge.

LEVEL 1

Entry level for those who did not take the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks.

LEVEL 2

A second orientation level which helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD).

LEVEL 3

This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction.

LEVEL 4

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits.

LEVEL 5

Back crawl is introduced, along with sculling skills and whip kick on back. Children try stride dives and receive an introduction to safe boating skills.

LEVEL 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive.

LEVEL 7

Continue to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance.

LEVEL 8

Introduces the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.

LEVEL 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on the head-first shallow dives and standing dives and learn about wise choices, peer influences and self-rescue from ice.

LEVEL 10

Further refinement of strokes with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice and head-first and feet-first shallow dives.

Private Swim Lessons

Private Swim Lessons are taught by qualified Canadian Red Cross Water Safety instructors. You will increase your comfort level in the water, improve your stroke efficiency, and create a more effective swim workout. Private lessons provide the greatest flexibility and one-on-one attention for swimmers of any age. To find out more or to book your private lesson contact us at: pool@nswc.ca

RATES:

30 minutes: Member \$28

45 minutes: Member \$42

60 minutes: Member \$55

Lifesaving Courses

Bronze Medallion

Prerequisites: Bronze Star, recommended or / 13 years old by last day of course if candidate does not have Bronze Star. Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPRA certification.

Bronze Cross

Prerequisites: Bronze Medallion, must show proof of certification

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs. Bronze Cross is also worth 2 Grade 11 High School Credits.

National Lifeguard Training NLS Core and Pool Option

Prerequisites: 16 years old, Standard First Aid, (issued within 2 years), Bronze Cross - must show proof of certification

The primary role of the NLS lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NLS award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NLS training is designed to teach the principles and develop the basic lifeguarding skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. The NLS Pool option builds on the fundamental skills, knowledge and values taught in the NLS core course to train lifeguards in safety supervision and rescue in a pool environment.


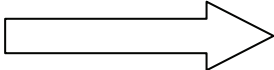

Swimming For Adults





Masters at NSWC

Masters is for people who enjoy swimming for fitness and recreation and who wish to improve their swimming ability. We offer regular, structured training sessions under the watchful eye of a swim coach. Practices emphasize stroke improvement, cardiovascular activity, and progressive fitness training. **Starting June 5**

Members: \$72 / session Drop in \$12 / class



If They Were in This Program On In North Vancouver 		Then They Can Register In This Program In Red Cross (NSWC/West Vancouver) 
I CAN SWIM – Stage One	Beginner stage One: still not comfortable in the water, trouble submerging head or going horizontal in the water (eg. floating on their front or back)	Swim Kids 1
I CAN SWIM – Stage One	Intermediate Stage One: Able to submerge head, can do horizontal glides through the water	Swim Kids 2
I CAN SWIM – Stage One	Advanced Stage: Able to kick for five meters or more without stopping on front or back glides	Swim Kids 3
I CAN SWIM- Stage Two	Beginner Stage Two: Able to kick on front, back and side without stopping for up to 10 meters	Swim Kids 4
I CAN SWIM – Stage Two	Intermediate Stage Two: Able to swim front crawl for 10m and kick on their back for 15m	Swim Kids 5
I CAN SWIM –Stage Two	Advanced Stage Two: Able to do front and back crawl for 15m at a time, comfortable in deep water (our level 6 occurs in the deep end of the main pool)	Swim Kids 6
I CAN SWIM – Stage Three	Beginner Stage Two: Able to do front and back crawl for 25m, knows whip kick and how to do Elementary back crawl	Swim Kids 7
I CAN SWIM- Stage Three	Intermediate Stage Two: Able to do proficient front and back crawl for 50m. Capable of doing whip kick on their front and back	Swim Kids 8
I CAN SWIM – Stage Three	Advanced Stage Three: Able to swim front and back crawl well for 100m. Knows how to do Breast Stroke and Elementary Back stroke	Swim Kids 9
I CAN SWIM – Stage Three	Advanced Stage Three: A very good swimmer, able to do front, back, elementary backstroke, and breaststroke very well and can swim 500m at a time.	Swim Kids 10

 North Vancouver Recreation Commission Sears I Can Swim Program *If in this program at NVRC	  NSWC Red Cross Swim Kids Preschool *They can register in this program	 West Vancouver Aquatic Centre Preschool Learn to Swim Program *If in this program at WVAC
Tiny Tot 1- Turtles (2 years old)	Starfish (2-6 years old)	Ducks (2 years old)
Tiny Tot 1- Tadpoles (3-6 years old)	Duck (2-6 years old)	Jellyfish (2 years old)
Tiny Tot 2- Jellyfish (3-6 years old)	Sea Turtle (3-6 years old)	Minnows (3 years old)
	Sea Otter (3-6 years old)	Guppies (3 years old)
Tiny Tot 3 - Seahorses (3-6 years old)	Salamander (3-6 years old)	Seahorses (3 years old)
	Sunfish (3-6 years old)	Seals (4-5 years old)
Tiny Tot 4 - Seals (3-6 years old)	Crocodile (3-6 years old)	Dolphins (4-5 years old)
Tiny Tot 5 - Sting Rays (3-6 years old)	Whale (3-6 years old)	Killer Whales (4-5 years old)
Tiny Tot 6 - Orcas (3-6 years old)		Sharks (4-5 years old)
		Ogopogos (4-5 years old)
		Barracudas (4-5 years old)
		Marlins (4-5 years old)



Marlins Swim Program

SPRING 2017 PROGRAMS

NSWC's Marlins swim program develops competitive swimmers of all ages in a fun and focused environment.

Training in NSWC's outdoor pool facility between May and mid-August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context.

Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two-day swim meets, plus Regional and Provincial Championships, over the course of our short season.

While Marlins provides high intensity cross-training for athletes, many quickly get the bug to race and swimmers are encouraged to compete in at least one meet and the Regional Championships each season. Competition allows a swimmer to showcase their progress, and to contribute to the team's points (collected at meets), but most importantly, to create memories of a lifetime alongside their teammates in Marlinville.

Marlins offers five Divisions for swimmers aligned to age and/or skill:

Mini Marlins

5 & up

This division is geared to our youngest swimmers and those new to swimming. Must be able to completely submerge their body under water, and able to push off from the wall without assistance.

Intro Marlins

These swimmers can swim the length of a pool without assistance and will begin to learn proper swimming techniques.

Juniors, Intermediates & Seniors

In these divisions, swimmers build-on and refine skills and techniques already developed.

Many of our swimmers begin as Minis and continue to the Senior ranks, with many becoming Junior Leaders, and even Coaches; a testament to the strength and value of our program. Come and join us for another fantastic season in 2017!

**New Marlins will be assessed for group placement*

REGISTRATION NIGHT

April 5, 2017

DATES

Program runs from May 1 – Aug 7, 2017 (except for those going to Provincial Qualifiers) with practices Monday through Friday, morning and afternoon. 2 week trial runs from May 15-26.

PROGRAM COSTS

(refer to website for full details)

2 WEEK TRIAL

\$75 if registered by April 21

– convertible to a full registration *(restrictions apply)*.

MINI-MARLINS

\$200 *(excludes BCSSA membership and Regional fees)*

RETURNING MARLIN

\$200 *(restrictions apply)*

INTRO / JUNIOR / INTERMEDIATE / SENIOR

\$375 before April 21

\$425 after April 21

**\$125 NSWC pool user fee is levied for each swimmer*

PRIVATE LESSONS FOR MARLINS:

\$30/30 minutes

\$60/60 minutes

Martial Arts

SPRING 2017 PROGRAMS



North Vancouver Martial Arts

Breakthrough Programs in Martial Arts, Adult Fitness & Personal Development.

Meet Mr. Stephen Craig

**Certified Instructor
3rd Degree Black Belt
Provincial Champion 2016**

"We are all about YOUR personal excellence whether you are a martial arts pro, a total beginner, or simply want a positive outlet for your child's wonderful energy!"

Classes and Programs

Kids Martial Arts

These FUN kids martial arts classes are about a whole lot more than just self-defense (though that's a big part!). They're about teaching kids respect, focus, and confidence to live life to the fullest. Plus, they're a total BLAST!

\$59.99 for 6 Weeks plus a FREE Uniform
Members Promo Code - NSWCFUN

Adult Martial Arts

Our beginner-friendly, super-fun Adult classes are causing quite a "stir" in the community. That's because you get fun, fitness, self-defense, and a sense of community - every time you come to class.

\$15.99 for 3 lessons plus a FREE T-Shirt
Members Promo Code - NSWCFUN

Birthday Parties

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!



Go to our website to learn more:

www.nswc.ca (under fitness/martial arts) or call us to book!

www.northvancouvertaekwondo.com

604-760-5144

Basketball

G2 ATHLETICS PROGRAMS



Coach Gabe Gibbs

Mission

To provide quality progressive skill development for the North Shore district and surrounding communities. Designed to develop team skills and basketball individual, in a training area with space and multi hoops, we are able to provide a variety of skill development at each session.

Coaching

Coaching is led by Gabe Gibbs, former NCAA Basketball Athlete. Having worked with NBA professionals, Overseas, FIBA professionals, China CBA, Collegiate NCAA athletes as well as competing on the same level, Gabe brings a lot of hands on experience to the basketball community for this program with most recent experience internationally in China.

Athletes

All interested athletes of any skill level can benefit from the various programs. Our co-ed programs are lead by Gabe Gibbs who believes in providing quality over quantity. Be assured that you will receive the best attention in our small focused group training.

Capacity

15 participants. If numbers exceed registration a second time option will be opened.

G2 Mini Ballers Phase I

Ages 6 - 8 yrs | beginners basketball 0.0-2.0/5 rating

Basketball introduction and fundamentals. Come and play in a structured environment with proper supervision, and learn the beginning foundations of basketball. Most importantly, have fun while doing it.

Mar 27-May 1 | Mon - 6 classes

5pm-6:15pm | HTC Basketball courts

\$150 members \$225 non members

Phase II begins May 8-June 12.

(It is recommended that phase 1 is completed)

G2 Junior Ballers Phase I

Ages 9 - 12 yrs | intermediate - advanced 2.5-3.0/5.0 rating

Overall skill building in a focused environment. Learn the next step of basketball while in a group setting and peer to peer interaction. Workouts are in groups to make for more effective drills and exercises.

Athletes work on ball handling at the intermediate to advanced level, shooting, defense, footwork and balance as well as some team competitive drills.

Mar 28 & Mar 30-May 2 & May 4

Tue/Thu - 12 classes | 5:30pm - 6:45pm

HTC Basketball courts

1 day/week: \$175 members / \$262.50 non members |

2 days/week: \$325 members/\$487.50 non members

Phase II begins May 9 & May 11-Jun 13 & Jun 15.

(It is recommended that phase 1 is completed)

G2 Senior Ballers

Ages 13 - 16 yrs | intermediate - advanced 3.0-4.0/5 rating

Tailored to the experienced athlete. This is not a beginners course, but is for Intermediate to advanced skill levels.

Taking a more specific and specialized approach towards training. Groups will be organized in skill levels. Ball handling and shooting drills at the intermediate and advanced level, strength and conditioning incorporated sport specifically. Execute drills in 1 vs 1 / 2 vs 2 settings. All designed to incorporate the skills we train in a game like setting or scenario.

Mar 28 & Mar 30-May 2 & May 4

Tue/Thu - 12 classes | 7:00pm-8:30pm

HTC Basketball courts

1 day/week: \$225 members / \$337.50 non members

2 days/week - \$400 members/\$600 non members

Phase II begins May 9 & May 11-Jun 13 & Jun 15.

(It is recommended that phase 1 is completed)

High Performance Training

#ImproveYourGame Academy

Ages 9 - 16+ yrs advanced - experienced | Level: 4.0+/5 rating

This training is for serious athletes looking to maintain or gain a competitive edge on the game! Training curriculums derived from collegiate and professional scenarios.

Compete at the highest level with other serious athletes in a serious environment. Players can expect a high intensity workout with multi in game scenarios. (Ball handling, attacking the rim, contact training, under control mental training and toughness.) This is where you IMPROVE YOUR GAME!

Apr 1-Jun 17 | Sat - 12 classes

9:30am-11:30pm | HTC Basketball courts

1 day/week = \$425 members / \$637.50 non members

Capacity : 12 participants

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 third year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class. Bryn is an Internationally certified dance teacher and looks forward to sharing her knowledge 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's has twenty years 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.

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

Ages 6-12

(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: Apr 4- May 2

Set #2: May 9- Jun 6

Tues - 5 classes each set

4:30pm - 5:30pm

Member: \$50 | Non-Member: \$60

Instructor: Bryn

Hip Hop

Ages 6-14

(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 and 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.

Girls and boys welcome in this class!

Set #1: Apr 6- May 4

Set #2: May 11- June 8

Thurs - 5 classes each set

4:30pm - 5:30pm

Member: \$50 | Non-Member: \$60

Instructor: Bryn

Tiny Tot Dance Tuesday: 'Dance To The Music'

Ages 3.5-6

(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: Apr 4- May 2

Set #2: May 9- Jun 6

Tues - 5 classes each set

3:30pm - 4:30pm

Set #1: Apr 6- May 4

Set #2: May 11- June 8

Thurs - 5 classes each set

3:30pm - 4:30pm

Member: \$50 | Non-Member: \$60

Instructor: Bryn

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

Dance with Christie

Sampler

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

Age 3-5yrs

Mar 6- Apr 24 *(no classes Mar 13, 20)*

Mon - 6 classes | 1pm-1:45pm

Member \$60 | Non-Member \$72

Mar 9- Apr 27 *(no classes Mar 16, 23)*

Thu - 6 classes | 1pm-1:45pm

Member \$60 | Non-Member \$72

Mar 10- Apr 28 *(no classes Mar 17, 24)*

Fri - 6 classes | 1pm-1:45pm

Member \$60 | Non-Member \$72

Age 4-6yrs

Mar 6- Apr 24 *(no classes Mar 13, 20)*

Mon - 6 classes | 3:30pm-4:15pm

Member \$60 | Non-Member \$72



Jazz/Hip Hop

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.

Age 5-8yrs

Mar 6- Apr 24 (no classes Mar 13, 20)

Mon -6 classes | 4:15pm-5pm

Member \$60 | Non-Member \$72

Mar 8- Apr 26 (no classes Mar 15, 22)

Wed - 6 classes | 5:15pm-6pm

Fitness Studio

Member \$60| Non-Member \$72

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 5-9yrs

Mar 8- Apr 26 (no classes Mar 15, 22)

Wed - 6 classes | 4:30pm-5:15pm

Member \$60 | Non-Member \$72

Ballet Technique For Beginners

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.

Age 5-7yrs

Mar 8 - Apr 26 (no classes Mar 15, 22)

Wed - 6 classes | 3:45pm-4:30pm

Member \$60| Non-Member \$72



Fitness

SPRING 2017 PROGRAMS



CONTACT
fitness@nswc.ca

Fitness Classes

Fitness enthusiasts can now have the flexibility of attending a variety of fitness classes throughout the week. Drop-in 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 Members | \$20 Non-Members
10 Pass* \$150 Members | \$180 Non-Members
20 Pass \$260 Members | \$320 Non-Members**
schedule posted online

**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.

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
- Cancel classes while out and about, avoiding charges for missed classes

** check the website for more fitness class additions*

Circuit/Total Body Conditioning Classes:

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, while building strength. Open your heart. Make friends!

Core & Sculpt Fusion

Full body, strength training where the trainer will focus on core control, breathing, posture, balance, strength, the cardiovascular system and flexibility. This one hour class is open to all levels, abilities and injuries. Merging strength training with Pilates, you will work dynamically but safely and effectively.

3D Core & Sculpt

This fusion class incorporates weight training and intense core work. The class begins using free weights to sculpt the upper and lower body-- a variety of exercises and drills are covered. The 2nd half of the class is focused on core and abdominal work. We use the mat and other tools to engage in a total ab workout. Exercises are derived from group fitness, sports training, dance and Pilates. Get ready to work those abs.

Indoor Cycling

A 50-minute high energy cycling class that is meant to push you beyond your limits. Using drills including speed, hill climbs, and sprints, the music will keep you motivated through the entire workout leaving you feeling energized for the rest of your day. New to indoor cycling? We've got you covered too. Cycling is a fat burning cardio workout that is adaptable for all levels.



Yoga

YOGA always has something to offer you 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. While 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 nervous system, helps oxygen absorption, increases the lung capacity and reduces 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, change directions and have exceptional stick handling skills. In this class you'll improve your leg strength, flexibility, ease of breath which in turn will help you to build stability, get faster and be more in tune with the puck and players.

Teen Girls Yoga

Explore the power of your breath, body & mind and discover the benefits of yoga in this creative series of classes designed for youth. Learn energizing/relaxing yoga poses and sequencing while building strength. Open your heart. Make friends!

Yoga Sculpt

Focusing on core & strength, you'll use weights infused with yoga to work towards a fitter, leaner you.

Pilates

PILATES will make 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.

Mat Pilates

Mat Pilates exercises will recruit a larger number of muscle groups and strengthen muscles from many angles in a variety of ranges of motion than traditional exercise. Designed to flow, move, and teach you something about your body you didn't know before.

Barre & Pilates 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. We start off the class engaging weights for arm conditioning and barre work for the lower body. We end the class with Pilates mat work that builds core strength & stability. All levels are welcome with many options provided for participants.

YinLates

Yinlates is a fusion of Yin Yoga and Pilates. While focusing on breath work, Pilates strengthens the core, bringing about balance and stability. Yin stretches the body promoting ease of movement, openness and flexibility. This myofascial release is achieved by staying in a certain pose for an extended period of time, lengthening areas that are tight and stuck. The two disciplines complement one another leaving clients relaxed, centered and breathing deeply. The end result brings about a sense of feeling strong, aligned and limber with an overall mind-body connection.

Athletic Stretch & Foam Rolling

Stretching and foam rolling, if you know how to use it, 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.

Dance

Zumba™

Join the party! Zumba™ is a fusion of Latin and international music and dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance. Get ready to sweat! Please wear clean, non-marking runners and comfortable workout gear of choice.

Pre-Post Natal Classes

Mom & Baby

Join Pre and Post Natal exercise specialist in this one hour classes designed for new Moms and their babies. The class will be focused on regaining core control, postural alignment, pelvic floor engagement, and overall full body strength. The class will be a fusion of different training styles with a large emphasis on a safe and effective workout designed for Moms!

PLEASE NOTE

Classes require a minimum number of participants signed up in order to run. By pre-signing up, you are helping us to view 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. Contact Us for Questions or Support: fitness@nswc.ca



Personal Training

SPRING 2017 PROGRAMS



FITNESS DIRECTOR
Steph St. Laurent
steph@nswc.ca

FITNESS CENTRE HOURS

Monday – Sunday
6am – 11pm

Youth Under 13 must be supervised by an adult. Children under the age of eight (8) are not permitted in the Fitness Centre.

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!

Youth - Learn To Lift:

Hybrid Strong offers a gym orientation program to the kids of the North Shore Winter Club between the ages of 11 to 16. This program is designed to teach these youths on the proper use of all machines and free weights. Learning proper technique and gym etiquette goes a long way in being successful and safe in any gym environment. Our fitness coaches will take 2 hours to address and highlight all these important points and potential questions they may have in this orientation. **\$25/person**

The Learn to Lift Session is Mandatory for youth aged 11-14 wanting to use the gym.

Olympic Lifting Workshops:

These workshops are perfect for the mature athlete who has a good foundation of gym development under his/her belt. Olympic lifts are complex and should only be executed with the guidance of an expert. These lifts elicit and unlock greater athletic ability in the athlete. Greater power and explosiveness is gained here by implementing such lifts. This allows the athlete to take all that speed, agility, and strength and take their level of performance in their sport to the next level. Introducing Olympic lifting into one's training plan truly starts to separate the athletes come tryouts. 2-3 hours. **\$75/person**

What is the significance and difference of Off-Season DRY LAND Training?

Athletes work hard in the season on improving their athletic status. For those who don't participate in off-season training; this is exactly the focus. For those who participated in an off-season program prior to the start of the season, it's more about maintaining the results they've realized in the off-season. How does off-season focuses differ from in-season training? Off-season focuses on first re-establishing balance in the athlete. Depending on how the season treated the athlete regarding injuries and strains. Once the athlete has this foundation we progress into developing as much strength and power in the first part of this development. So much less ice time and more gym time. Then some weeks out of tryouts we taper off the lifting volume and migrate into less weight and more speed, agility and conditioning work to compliment the increased on ice development.

This off-season focus in the gym truly gives the edge to the athlete come tryouts, especially beginning at the Bantam level where the physicality and speed of the game change drastically.

Small Group (5-11) - \$150/session
Team (12-20) - \$225/session

Please contact Steph St Laurent at steph@nswc.ca to schedule yourself in the next orientation or workshop.

What is Personal Training?

What should it be?

WHAT ARE YOUR GOALS?

The thought of personal training often raises many questions. What is it? Why is it important? How does it help me toward my goals? Personal training with the right trainer can be the needed catalyst in reaching one's health and fitness goals. This relationship encompasses many ingredients - trust being at the forefront.

Someone seeking to assistance in their goals has to feel the element of trust in order to follow through on the process at hand. It's a process. There's no magic wand or pill one can take to arrive at their goals. However, there is the right path, the best path to get there with the help of someone knowledgeable. The first step in establishing a personal training relationship is the consultation. This step is very important. I refer to this as the discovery, where trainer and client determine needs and goals, plus covering any limitations or injuries if there any. The consultation also covers current levels of fitness, nutritional habits, and time available to dedicate to achieving one's goals. After a clear picture has been painted? Then a path can be drawn.

THE BENEFITS

The benefits of having a trainer by your side with this plan versus going at it alone are many. Statistically, people who set out on their own see very little results with their fitness - at least initially. Many obstacles can get in the way, the least of which being your own commitment to a plan, plus knowing what to do and how to do it safely.

Having the right level of intensity to create change is also crucial. A trainer can help keep you accountable and motivated toward your goals. This is where a trainer carries the bulk (sorry) of their value - the intensity and the encouragement to find the right level of work ethic. Trainers keep you excited and on track, especially on the days you don't feel like working out. No one has ever regretted a workout. With nutrition making up 75% of the equation in these goals, it's super easy to struggle in this area. A trainer provides perspective and education on tackling this challenge.

ARE YOU ENJOYING THE PROCESS?

Hard work can and should be fun. I've had plenty of clients over the years who have started and stopped numerous times. They've spent thousands on gym memberships with little to no return on their investment. They invest in fad diets instead of learning about proper nutrition on a daily basis. There's no question that there are many things stacked against someone regarding health and fitness. The biggest one? Making time for yourself. Again, back to the true value of your trainer, This is where he or she holds their true value, in keeping you accountable to setting this time aside. More than anything, your trainer keeps you in check with regards to your personal directives and ambitions. Everyone is looking for something different, and everyone has personal requirements. One of the common ones? Inspiration. If you're looking for a little inspiration to get a start on your fitness journey or even just to make some small changes, a trainer is probably a good investment to make sure you start off on the right foot.

By Kelvin Cech

Meet our Personal Trainers



Steph St. Laurent

Steph is extremely passionate and fortunate to do the work that he loves so much. Along with looking to elicit the highest possible results in both athletics and in fitness, his mandate is to

effect lasting change in one's MINDSET toward personal performance.

Steph is a Strength & Conditioning Coach and has been fulfilling this role for the better part of 20 years. He has had in this time the opportunity to work in many capacities with combined experiences falling under a vast umbrella, from individuals to team sports at all levels. For years, Steph has worked closely with many therapists who use different modalities of treatment in implementing rehab programs for individuals coming back from all types of injuries, including joint replacements. Whatever the fitness need or goal of an individual, Steph looks to pour all of his experience into bridging the gap to attain the given goal. "Think Strong! Be Strong!" is his motto.



Nick Riccardi

Nick has been working at the NSWC for the past 3 years training those who have been coming back from injuries to various groups of the dry land hockey players. He has spent many of his years

rehabbing his own serious injuries, and has always come back stronger and smarter, so he really spends time with a focus on prevention and maintaining a balanced a focused program specifically for each individual. Nick has played hockey since he was a child, spent many years training in martial arts, teaching self defense and also coaching soccer professionally for the past 9 years. Whatever sport, he can help!



Ryan Kerr

Ryan focuses on all the areas that create a good athlete. These areas include: Strength, Power, flexibility, core, s.a.q. (Speed, agility, quickness), reaction, conditioning and body

awareness. His focus is on technique and proper muscle activation. It doesn't matter how much you can lift if the technique or range of movement is not adequate. Taking care of the body will be very important through in-season, off-season and training.



Sam Huston

Sam's primary focus of his training program is to assess and address each individual's strengths and weaknesses and find ways to challenge them to be better each

and every day. Their goals are his goals, plain and simple. He will create a demanding and engaging training environment to ensure he gets the most out of you. He will be concentrating on areas pertaining to the specific requirements of an athlete and how it relates to sport and life, such as balance, foundational strength, functional and dynamic movements, core activation, s.a.q (speed agility quickness), power, flexibility and body maintenance, and much more. Communication will be key throughout their training to ensure the product on the ice isn't hindered, but rather maximized.

PT RATES

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

Hockey

WINTER 2017 PROGRAMS



**HOCKEY
DIRECTOR**
Cam Paddock
cam@nswc.ca

Minor Hockey

Spring Break Hockey Camp

NSWC Spring Break Hockey Camps give players the ultimate opportunity to stay active, improve their skills and have a great experience. Each day players will receive 3 hours of ice broken up into 4 on ice sessions where they will work on their Skating, Puck Skills and Game Skills as well as a 45minute 3v3 game to end each day. Off the ice players will be challenged with a variety of games and activities using many of the resources around the Club. Each day players will be provided a hot lunch.

Mar 13 - Mar 17

Mar 20 - Mar 24

Initiation 8am- 330pm

Atom 845am- 4pm

Location: Small Ice Rink

Member \$300/ week | Non Member \$450/ week

3on3 Spring Hockey

3on3 hockey is an awesome way to develop hockey skills such as skating with the puck at speed, passing the puck and shooting without all the rules in a typical game. The NSWC 3on3 League is proud to return in 2017 for players at all levels. With registration your team is guaranteed 13 games (no playoffs). Games are two halves of 20 minutes.

Divisions

Register for the division of your players birth year. Teams wishing to play up an age group may make the request.

Mar 27 - June 29

2010 -2000 Born Players

Single Age Divisions

Location: Small Ice Rinks

Member Teams \$1600 | Non Member Teams \$2400

Spring Hockey Programs

Power Skating

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

Apr 2 to Jun 18

Sun - 10 classes (No Classes Apr 16 & May 21)

11:30am - 12:15pm H2/H3 (2010/2011)

12:15pm - 1:00pm H4 (2009)

1:15pm - 2:00pm Atom (2007/2008)

2:00pm - 2:45pm Atom (2007/2008)

3:00pm - 3:45pm Peewee (2005/2006)

3:45pm - 4:30pm Peewee (2005/2006)

4:45pm - 5:30pm Bantam/Midget (2000-2004)

Location: Small Ice Rink

Instructor: Karen Kos

Member \$200.00 | Non Member \$300.00

Edging & Stroking

Precise edge control and understanding, specific high performance stroking and stride techniques with the North Shore Winter Club's Victor Kraatz. Balance, agility and changes in direction taught in an enthusiastic and welcoming atmosphere. Full hockey equipment required.

Apr 1 to Jun 17

Sat -10 classes (No Classes Apr 15 & May 20)

1:30pm - 2:30pm Initiation (2009-2011)

2:45pm - 3:45pm Atom (2007/2008)

4:00pm- 5:00pm Peewee (2005/2006)

5:15pm - 6:15pm Bantam/Midget (2000-2004)

Location: Small Ice Rink

Instructor: Victor Kraatz

Member \$200.00 | Non Member \$300.00



Cookie Monsters Programs

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

Mar 28 – Jun 17

Wed & Sat – 22 sessions (No Classes Apr 15 & May 21)

COOKIE MONSTER BEGINNER

Wednesday 4:15pm – 5:00pm

Saturday 9:15am – 10:00am

COOKIE MONSTER INTERMEDIATE

Wednesday 5:00pm – 5:45pm

Saturday 10:00am – 10:45am

COOKIE MONSTER ADVANCED

Wednesday 5:45pm – 6:30pm

Saturday 10:45am – 11:30am

Location: HTC Ice Rink

Member \$220.00 | Non Member \$330.00

Learn to Skate for Hockey Program

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.

Apr 1 – Jun 17

Sat – 10 sessions (No Classes Apr 15 & May 21)

8:30am – 9:15am

Location: HTC Ice Rink

Member \$100.00 | Non Member \$150.00



NSWC Total Player Development

This program is designed to give players the opportunity to continue their hockey development through a well rounded program which will cover all Hockey Skills including Stick Handling, Passing, Shooting, Skating and Scoring. Each week players will be challenged to improve their individual skills allowing them to take their game to the next level.

2011 BORN PLAYERS

March 27- June 12, 2017

Mondays- 11 classes

645pm-745pm

Location: Large Ice

Member \$220 | Non Member \$330

2010 BORN PLAYERS

March 29- June 14, 2017

Wednesdays- 12 classes

545pm-645pm

Location: Large Ice

Member \$240 | Non Member \$360

2009 BORN PLAYERS

March 29- June 14, 2017

Wednesdays- 12 classes

7pm-8pm

Location: Large Ice

Member \$240 | Non Member \$360

2008 BORN PLAYERS

April 2- June 18, 2017

Sundays- 10 classes

1145am-1245pm

Location: Large Ice

Member \$200 | Non Member \$300

2007 BORN PLAYERS

April 2- June 18, 2017

Sundays- 10 classes

215pm-315pm

Location: Large Ice

Member \$200 | Non Member \$300

2006 BORN PLAYERS

April 2- June 18, 2017

Sundays- 10 classes

1pm-2pm

Location: Large Ice

Member \$200 | Non Member \$300

2005 BORN PLAYERS

March 27- June 12, 2017

Mondays- 11 classes

745pm-845pm

Location: Large Ice

Member \$220 | Non Member \$330

Girls Hockey

General Information

All programs are female only and available to both members and non-members. All sessions are 10 weeks long, starting March 27th and running until June 4th.

HEAD FEMALE DEVELOPMENT COACH

Karen Kos

GIRLS CAN REGISTER FOR:

- Development session(s)
- 3 on 3 – Jamboree style with no team registration
- Both Development session(s) and 3 on 3

MEMBER REGISTRATION OPENS

Feb 1st, 2017

NON-MEMBER REGISTRATION OPENS

Feb 15th, 2017

Try It Hockey Open House

February 26

Members and non-members
Development sessions, fun games, and prizes!

Play Like a Girl!

Join Canada's game.

Why play girls hockey? There are many benefits!

- It's fun and exciting
- Make life-long friends
- Builds character and team building skills
- It's amazing exercise
- Builds muscular strength, eye-hand coordination, balance, and cardio
- Boosts mental strength and agility
- Skill development for life
- Increases self-esteem
- Continuous challenge and improvement

2011 and Younger (Tyke)

Development:

Mar 30 – Jun 1

4:00pm – 5:00pm – Thurs

Member Cost: \$170 | Non-Member Cost: \$255

3 on 3:

Apr 1 – Jun 3

8:30am – 9:20am – Sat

Member Cost: \$100 | Non-Member Cost: \$150

2009 – 2010 (Novice)

Development:

Mar 28 – May 28

5:00pm – 6:00pm – Tues

Member Cost: \$170 | Non-Member Cost: \$255

3 ON 3:

Apr 1 – Jun 3

9:30am – 10:20am – Sat (no classes Apr 15 or May 20)

Member Cost: \$100 | Non-Member Cost: \$150

2007-2008 (Atom)

Development:

Mar 28 – May 30

4:00pm – 5:00pm – Tues

5:00pm – 6:00pm – Fri

Member Cost: \$340 | Non-Member Cost: \$510

3 on 3:

Apr 1 – Jun 3

10:30am – 11:20am – Sat

Member Cost: \$100 | Non-Member Cost: \$150

2005-2006 (Peewee)

Development:

March 30 – Jun 1

5:00pm – 6:00pm Thurs

Member \$170 | Non-Member Cost \$255

3 on 3:

April 1 – Jun 3 (no classes Apr 15 & 20)

11:30am – 12:30pm – Sat

Member Cost: \$100 | Non-Member Cost: \$150

2003-2004 (Bantam)

Development

Mar 31 – Jun 2

6:00pm – 7:00pm – Fri

Member Cost: \$170 | Non-Member Cost: \$255

3 on 3:

Apr 2 – Jun 4

time TBA – Sun

Member Cost: \$100 | Non-Member Cost: \$150



2000-2002 (Midget)

Development

Mar 31 – Jun 2

6:00pm – 7:00pm - Fri

Member Cost: \$170 | Non-Member Cost: \$255

3 on 3:

Apr 2 – Jun 4

time TBA - Sun

Member Cost: \$100 | Non-Member Cost: \$150

Goalie Session

Mar 31 – Jun 2

5:30pm – 6:30pm - Fri

Member Cost: \$170 | Non-Member Cost: \$255

Adult Women's Skills Program

Women's Skills will teach basic skills such as skating, puck handling, passing and shooting. This program will focus on technical aspects of all areas of hockey and end each session with game type play such as 3 on 3 or other competitive games. Full hockey equipment is required.

Mar 30 – Jun 15

Thurs – 12 sessions | 7:45pm-9:00pm

Location: Small Ice Rink

Member - \$144.00 | Non Member - \$194.00



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
Guido Lamberti

OFF ICE/DRYLAND INSTRUCTORS:

Steph St Laurent
Ryan Kerr
Sam Huston

PROGRAM COST:

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

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



2017-2018 NSWC Midget Elite Hockey Academy

Program

- Offered for '00-01-02' born players looking to develop athletically, physically, and mentally within a competitive and structured environment.
- The NSWC Midget Academy Team will participate within the PCAHA League and augment the existing schedule by participating in Midget AAA tournaments (50-60 games).
- 2016/2017 Appox \$7,500 per player (includes all fees, travel, and budget)
- A nine month intensive hockey program structured after the academy model.
- Players are free to attend any high school affiliated with PEAK or equivalent.
- On-ice and dry-land training will occur at the NSWC facility.
- Topics such as nutrition will play an important role in the athletes training regime, which will be a focus in our academy.
- Better lifestyle with practice, training, and school during the day and rest, homework, family time, and social life in the evenings.
- Combine academics with the hockey program.
- 3:1 practice to game ratio for maximum development will be followed.
- Adherence to three dry-land training sessions per week to increase strength, muscle, agility, and quickness.
- Develop and push players to the next level including AP with MML and Junior teams.
- Develop young men on and off the ice – Respect and a strong work ethic.

Philosophy

- Player development and training is the first priority.
- Following the LTAD model, Midget Elite athletes will fall into the "Train to Compete" category. Athletes need to commit to high-volume and high-intensity training throughout the year.

HEAD COACH:
Guido Lamberti-Charles

DIRECTOR OF HOCKEY OPERATIONS:
Cam Paddock.
Email: cam@nswc.ca | Direct: 778-588-9493

SEPTEMBER - MARCH PROGRAM SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Power Skating Small Ice 2:00-3:00pm Grp A 3:15-4:15pm Grp B	Skills/Shooting Large Ice 3:00-4:00pm ALL	Power Skating Small Ice 2:2-4:00pm Grp A 3-3:45pm Grp B	Team Practice Large Ice 1:30-2:45pm ALL	Special Teams Large Ice 1:30-2:30pm ALL	HOME GAME Large Ice 5:00-7:15pm - Ice clean every period	
Week 2 Skills/Shooting Small Ice 2:00-3:00pm Grp A 3:15-4:15pm Grp B		Goalie Training Goalie Training Ice 1:45-2:45pm	Dryland 3:15-4:15pm Grp A 3:15-5:15pm Grp B	Team Practice Large Ice 2:45-3:45pm ALL		
Dryland 1:45-2:45pm Grp B 3:30-4:30pm Grp A		Dryland 1:30-2:30pm Grp B 3:15-4:15pm Grp A		Teamwork Jun3 Large Ice 2:45-3:45pm ALL		

APRIL - JUNE PROGRAM SCHEDULE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Skills/Shooting Small Ice 2:00-3:00pm Grp A 3:15-4:15pm Grp B	Week1 Dryland 1:45-2:45pm Grp B 3:30-4:30pm Grp A	Dryland 1:45-2:45pm Grp B 3:00-4:30pm Grp A	Power Skating Small Ice 2-2:45pm Grp A 3-3:45pm Grp B	Dryland 1:45-2:45pm Grp B 3:00-4:00pm Grp A	Dryland 1:45-2:45pm Grp B 3:00-4:00pm Grp A
Week 2 Jun3 Small Ice 2:00-3:30pm ALL	Week2 Dryland 4:00-5:00pm Grp A 4:00-5:00pm Grp B				



Food & Beverage & Catering

AT THE NORTH SHORE WINTER CLUB



What's New on the Menu? With Head Chef Kevin Lu

By Kelvin Cech

One of the greatest things about working at the club is the care taken with the menu by head chef Kevin Lu. When you eat at least one meal in the cafeteria every single day, it's awesome to have choices. The daily specials created by Kevin, Zoga, Mandy, and the team are a daily highlight, and I know I'm not alone in that regard. And it's getting even better.

Talking with Kevin over the years, it's clear he's passionate about natural, home-grown ingredients. I caught up with Chef before the break to get the skinny on a new-look menu being unveiled in 2017.

Hey, Kev, nice to see ya!

You too buddy.

Let's cut right to the meat and potatoes of the interview, tell me about the new menu.

We're partnering with two new local companies here in the lower mainland, Rosstown Farms Chicken and Turkey and Sakura Farms. Everything is all natural and locally produced. All the beef I'm using is 100% certified Angus beef. Seafood-wise everything is ocean-wise, no farm products, no farmed seafood. It's all ocean-wise, it's safe for the environment and healthy and safe for us.

All natural basically means the animals are fed naturally, no hormones are added.

Correct.

You believe in that approach pretty passionately?

Yes for sure. Everything is local now, it's nice we've got to the point where we can support local farmers. I've always believed in that. With greens, it doesn't work during the winter so everything comes from the States or Mexico. During the summer the greens are local.

We've got a pretty phenomenal climate 'round these parts so it's nice to take advantage of it. How did the relationship with these two farms come about?

I've known Rosstown and Sakura for awhile and we've used lots of their products for awhile now and we really believe in them and want people to know about it. In addition to the meat, another cool thing is that we're going to be serving lots of vegetarian items now, as well as a few vegan items. There's a demand for that from the members, right now we have vegan options and customers can add protein choices. I like to give everyone choices. For example, we have a lot of new dishes that are going to be introduced; one I'm excited about is the Italian-style meatballs that are going to be a big hit. The biggest thing is I want to cut down even more on deep-fried stuff.

Even though the kids love it?

(Laughs) That's true, we'll always have chicken fingers and fries, but we want more healthy options for adults. If we can educate the parents and give them healthy options then we can educate the kids as well.

I know you're constantly adapting and shifting in the kitchen. Are the changes made because of feedback you receive?

It's definitely based on feedback from members, but it's also just my desire to offer more healthy options

When does this latest round of changes take effect?

The New Year. We're in the middle of doing taste-testing while we're in the busy holiday season, but we hope to start rolling things out in January and have the full menu available in February.

You talked about feedback, what's the best way for people to reach you?

People can always send me an email or really people can just grab me in the cafeteria. Or one of my staff, we love to talk to people. We serve them breakfast, lunch, and dinner so we want to know what they think.

LOUNGE DAILY SPECIALS

MON	FEATURE WINE by the glass	\$7
TUE	TACO TUESDAY two tacos and a corona	\$9
WED	WINE WEDNESDAY 25% off bottles	25% OFF
THU	THIRSTY THURSDAY sleeve of canadian and a meat pie	\$9
FRI	SANGRIA & CHIPS glass of sangria and tortilla chips & salsa	\$8
SAT	BUCKETS OF BUD (5)	\$20
	BUCKETS OF CORONA (5)	\$24
SUN	SPECIALTY CAESARS	SINGLE \$5
		DOUBLE \$7
	CANUCKS GAME FEATURE baby back ribs, caesar salad & fries	\$16

There are lots of new people these days so they might not know you, which is a darn shame.

Yeah, I guess, but I'm around and I'd love to hear from them. The key is the members know we're using all natural stuff. Rosstown is out in Abbotsford, Sakura Farm is local too, so it's great we can take advantage of that.

Alright, I'm hungry, thanks, Chef!

Any time.

Want to do some teambuilding over a team dinner at the club? Did you know Kevin and his team will prepare an awesome meal for your team? And you'll get a great deal? Contact Chef Kevin at kevin@nswc.ca and set it up!

Catering

at the North Shore Winter Club



FOOD & BEVERAGE MANAGER
Christy Evans
cevens@nswc.ca

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 lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Complimentary fresh floral arrangements and votive candles
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

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

Adult Tennis

SPRING 2017 PROGRAMS



**TENNIS
DIRECTOR**
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: NSWG league players in Divisions open, 1, and 2 would be suited for this class.

Mar 28 – Jun 20

Tue – 13 classes | 6pm – 7pm

Member - \$286.00 | Non Member - \$416.00

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: NSWG league players in Divisions open, 1, and 2 would be suited for this class.

Mar 30 – Jun 22

Thur – 13 classes | 11am – 12pm

Member - \$286.00 | Non Member - \$416.00

Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

If you have never played tennis or played a little over the years, come and get started! This program includes on court technical instruction mixed with supervised match play over the course of the program. Quick start 1 gets beginning adult players serving, rallying and scoring in the full court with quality instruction. Emphasis is on technique, knowing the court, rules for match play, score keeping, positioning and etiquette.

Mar 27 – Jun 19

Mon - 11 Classes | 12:30pm – 1:30pm

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

Adult Drills Beginner Quick Start

Level 1.0 – 1.5

If you have never played tennis or played a little over the years, come and get started! This program includes on court technical instruction mixed with supervised match play over the course of the program. Quick start 1 gets beginning adult players serving, rallying and scoring in the full court with quality instruction. Emphasis is on technique, knowing the court, rules for match play, score keeping, positioning and etiquette.

Mar 29 – Jun 21

Wed – 13 classes | 9am – 10am

Member: \$286.00 | Non member: \$416.00



Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

If you have never played tennis or played a little over the years, come and get started! This program includes on court technical instruction mixed with supervised match play over the course of the program. Quick start 1 gets beginning adult players serving, rallying and scoring in the full with quality instruction. Emphasis is on technique, knowing the court, rules for match play, score keeping, positioning and etiquette.

Mar 30 – Jun 22

Thur – 13 classes | 6pm – 7pm

Member - \$286.00 | Non Member - \$416.00

Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

If you have never played tennis or played a little over the years, come and get started! This program includes on court technical instruction mixed with supervised match play over the course of the program. Quick start 1 gets beginning adult players serving, rallying and scoring in the full court with quality instruction. Emphasis is on technique, knowing the court, rules for match play, score keeping, positioning and etiquette.

Mar 27 – Jun 19

Mon - 11 Classes | 10am – 11am

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

Adult Drills – Novice

Level 2.0 – 2.5

If you can rally 10 Balls in a row from 3/4 court; hit a 2nd serve using a full motion; volley on the forehand; or have completed a Beginner Level 1.0-1.5 then this class is for you. What you will Learn: To do all the above, consistently, at full court. How we will teach: Enthusiastically, giving supportive correction to work on those mistakes that delay progress. Further developing consistency through “Game Based Drills”

Mar 27 – Jun 19

Mon - 11 Classes | 11am - noon

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

Adult Drills – Novice

Level 2.0 – 2.5

If you can rally 10 Balls in a row from 3/4 court; hit a 2nd serve using a full motion; volley on the forehand; or have completed a Beginner Level 1.0-1.5 then this class is for you. What you will Learn: To do all the above, consistently, at full court. How we will teach: Enthusiastically, giving supportive correction to work on those mistakes that delay progress. Further developing consistency through “Game Based Drills”

Mar 29 – Jun 21

Wed - 13 classes | 10am – 11am

Member: \$286.00 | Non member: \$416.00

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

Mar 27 – Jun 19

Mon - 11 Classes | 9am – 10am

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

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

Mar 29 – Jun 21

Wed - 13 classes | 11am - noon

Member: \$286.00 | Non member: \$416.00



Adult Drills – Intermediate

Level 3.0 – 3.5

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

Mar 31 – Jun 23

Fri – 12 classes | 11am – 12pm

Member: \$264.00 | Non member: \$384.00

(no class April 14)

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.

Mar 27 – Jun 19

Mon- 11 Classes | 6pm – 7pm

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

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.

Mar 28 – Jun 20

Tue – 13 classes | 8pm – 9pm

Member - \$286.00 | Non Member - \$416.00

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.

Mar 31 – Jun 23

Fri – 12 classes | 10am – 11am

Member: \$264.00 | Non member: \$384.00

(no class April 14)

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.

Mar 30 – Jun 22

Thur – 13 classes | 7pm – 8pm

Member - \$286.00 | Non Member - \$416.00

H.I.T. High Intensity Tennis

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!

Mar 28 – Jun 20

Tue – 13 classes | 7pm – 8pm

Member - \$286.00 | Non Member - \$416.00

H.I.T. High Intensity Tennis

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!

Mar 28 – Jun 20

Tue – 13 classes | 11am - noon

Member - \$286.00 | Non Member - \$416.00

H.I.T. High Intensity Tennis

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!

Mar 30 – Jun 22

Thur – 13 classes | 8pm – 9pm

Member - \$286.00 | Non Member - \$416.00

Men's Tennis Training

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!

Mar 30 – Jun 22

Thur – 13 classes | 8pm – 9pm

Member - \$286.00 | Non Member - \$416.00

Men's Tennis Training

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!

Mar 31 – Jun 23

Fri – 12 classes | 9am – 10am

Member: \$264.00 | Non member: \$384.00

(no class April 14)

Men's Tennis Training

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!

Mar 28 – Jun 20

Tue – 13 classes | 9am – 10am

Member - \$286.00 | Non Member - \$416.00

Men's Tennis Training

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!

Mar 27 – Jun 19

Mon 11 Classes | 9am – 10am

Member: \$242.00 | Non member: \$352.00

(no classes April 17 and May 22)

Ladies Doubles Day League

– Mondays

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.

Mar 27 – Jun 19

Mon - 11 Classes | 9am – 10:30am

Member Only : \$176.00

Please Note - some classes will have to start at 8:30am depending on ladies League schedule.

Ladies Singles Day League

– Thursdays

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.

Jan 5 – Mar 9

Thurs – 10 classes | 12 – 130pm

Member: \$160.00

Ladies Singles Night League

– Thursdays

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.

Mar 30 – Jun 22

Thur – 13 classes | Noon – 130pm

Member Only - \$208.00



Junior Tennis

SPRING 2017 PROGRAMS



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

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.

Performance Programs

Le Petit Tennis

(ages 4-5)

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.

Apr 1 - Jun 24

Sat - 11 classes | 10am - 10:30am

Member - \$126.50 | Non Member - \$187.00

(no classes April 15 and May 20)

Red Level 1

(ages 6-7)

RED LEVEL 1 Tennis provides a great way to get the younger player started in a "lifetime sport". 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).

Mar 27 – Jun 19

Mon - 11 Classes | 3:30pm – 4:30pm

Member – \$198.00 | Non Member - \$253.00

(no classes April 17 and May 22)

Red Level 1

(ages 6-7)

RED LEVEL 1 Tennis provides a great way to get the younger player started in a "lifetime sport". 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 the modified ½ court (RED COURT).

Mar 29 – Jun 21

Wed – 13 Classes | 3:30pm – 4:30pm

Member – \$234.00 | Non Member – \$299.00

Red Level 1

(ages 6-7)

RED LEVEL 1 Tennis provides a great way to get the younger player started in a "lifetime sport". 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 the modified ½ court (RED COURT).

Jan 4 – Mar 8

Mon & Wed - 18 classes | 3:30pm – 4:30pm

Member – \$324.00 | Non Member – \$414.00

(no classes Mon Feb 13)

Red Level 1

(ages 6-7)

RED LEVEL 1 Tennis provides a great way to get the younger player started in a "lifetime sport". 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).

Mar 27 – Jun 21

Mon/Wed - 24 classes | 3:30pm – 4:30pm

Member – \$432.00 | Non Member – \$552.00

(no classes April 17 and May 22)

Red Level 1

(ages 6-7)

RED LEVEL 1 Tennis provides a great way to get the younger player started in a "lifetime sport". 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).

Apr 1 – Jun 24

Sat - 11 classes | 12:00pm – 1:00pm

Member – \$198.00 | Non Member – \$253.00

(no classes April 15 and May 20)

Orange Level 1

(ages 7-9)

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).

Mar 28 – Jun 20

Tues – 13 classes | 3:30pm – 4:30pm

Member – \$234.00 | Non Member - \$299.00

Orange Level 1

(ages 7-9)

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).

Mar 30 – Jun 22

Thurs – 13 classes | 3:30pm – 4:30pm

Member – \$234.00 | Non Member - \$299.00

Orange Level 1

(ages 7-9)

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).

Mar 28 – Jun 22

Tues/Thur - 26 classes | 3:30pm – 4:30pm

Member – \$468.00 | Non Member - \$598.00

Orange Level 1

(ages 7-9)

Orange Level 1 is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified $\frac{3}{4}$ 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 $\frac{3}{4}$ court (ORANGE COURT).

Apr 1 – Jun 24

Sat - 11 classes 1:00pm – 2:00pm

Member – \$198.00 Non Member – \$253.00

(no classes April 15 and May 20)

Green Level 1

(ages 9 – 11)

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

Apr 1 – Jun 24

Sat - 11 classes | 2:00pm -3:30pm

Member – \$297.00 | Non Member - \$379.50

(no classes April 15 and May 20)

Tenn Tennis

(ages 12+)

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

Apr 1 – Jun 24

Sat - 11 | 10:30am – 12:00pm

Member – \$297.00 | Non Member - \$379.50

(no classes April 15 and May 20)

Champs U18

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.

Mar 27 – Jun 21

Mon/Wed - 24 classes | 4:00pm – 6:00pm

Member – \$864.00 | Non Member – \$1104.00

(no classes April 17 and May 22)

High Performance Programs

The High Performance programs are designed for players who have met the fundamentals taught in the Performance programs and are ready and want to train in a highly focused environment. Children must get approval from an NSWC Coach in order to participate in the HIGH PERFORMANCE PROGRAMS.

Red Future Stars

(age 6-7)

Children must get approval from an NSWC Coach in order to participate in the RED FUTURE STARS program. Red Future Stars is designed to develop advanced technical, tactical and physical skills. This program prepares players to compete successfully in Provincially hosted U8 events.

Mar 27 – Jun 21

Mon/Wed - 24 classes | 3:30pm – 4:30pm

Member – \$432.00 | Non Member – \$552.00

(no classes April 17 and May 22)

Orange Future Stars

(age 7-9)

Children must get approval from an NSWC Coach in order to participate in the ORANGE FUTURE STARS program. Orange Future Stars is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U9 events.

Mar 28 – Jun 22

Tues/Thurs - 26 classes | 3:30pm – 4:30pm

Member – \$468.00 | Non Member - \$598.00

Green Future Stars

(ages 9-11)

Children must get approval from an NSWC Coach in order to participate in the GREEN FUTURE STARS program. Green Future Stars is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U10 events.

Mar 27 – Jun 21

Mon/Wed - 24 classes | 4:30pm – 6:00pm

Member – \$648.00 | Non Member – \$828.00

(no classes April 17 and May 22)



National/ Provincial Elite Programs

Children must get approval from an NSWC Coach in order to participate in a NATIONAL/PROVINCIAL ELITE program. For high performance tennis players only. This program is by invitation only. You must have a Provincial Ranking.

U14 PROVINCIAL ELITE

2 day

For high performance tennis players only. This program is by invitation only. You must have a Provincial Ranking. This group covers on court skill development working on the technical, physical, tactical, and psychological skills necessary to compete in provincially hosted events and high school tennis. For more information please contact Fabio Walker.

Mar 27 – Jun 21

Mon/Wed – 24 Classes | 4:00pm – 6:00pm

Member – \$864.00 | Non Member - \$1104.00

(no Class April 17 and May 22)

U14 PROVINCIAL ELITE

3 day

For high performance tennis players only. This program is by invitation only. You must have a Provincial Ranking. This group covers on court skill development working on the technical, physical, tactical, and psychological skills necessary to compete in provincially hosted events and high school tennis. For more information please contact Fabio Walker.

Mar 28 – Jun 23

Tue/Thur/Fri - 38 classes | 4:00pm – 6:00pm

Member – \$1368.00 | Non Member - \$1748.00

(no Class April 14)

U12 Provincial Elite

3 day

Children must get approval from an NSWC Coach in order to participate in the U12 Provincial Elite program.

This program is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U12 events. Tuesday, Wednesday and Thursday sessions will be training and Friday sessions will be match play.

Mar 28 – Jun 23

Tues/Thurs/Fri - 63 hours on court

Tue: 4:30pm – 6:00pm

Thu: 4:30pm – 6:00pm

Fri: 4:00pm – 6:00pm

Member – \$1134.00 | Non Member - \$1449.00

U12 Provincial Elite

4 day

Children must get approval from an NSWC Coach in order to participate in the U12 Provincial Elite program.

This program is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U12 events. Tuesday, Wednesday and Thursday sessions will be training and Friday sessions will be match play.

Mar 28 – Jun 23

Tue/Wed/Thur/Fri - 89 hours on court

Tue: 4:30pm – 6:00pm

Wed: 7:00am – 9:00am

Thur: 4:30pm – 6:00pm

Fri: 4:00pm – 6:00pm

Member – \$1602.00 | Non Member - \$2047.00



Tennis Booking Policies

Court Time Hours

Court Time hours are available for booking by any tennis member type:

Monday – Friday:

6:00am, 7:30am, 9:00a.m., 10:30, 12:00p.m., 1:30, 3:00, 4:00, 5:00, 6:00, 7:30, 9:00pm

Saturday & Sunday:

4:30 p.m., 6:00 p.m., 7:30 p.m., 9:00 p.m.

Junior Court Time Hours

Junior Court Time hours are court times restricted to 6-day advance booking by Junior Tennis Members only.

Monday – Friday:

3:00 p.m., 4:00 p.m., 5:00 p.m.

Saturday & Sunday:

9:00 a.m. to 9:00 p.m.

Reserving a Tennis Court

Registered Tennis Members who pay their annual activity fee may book EITHER online or via telephone.

ONLINE BOOKING:

www.nswc.ca

Click on "Tennis Court Bookings" which will link you to Gametime. For first time users, a User Name and Password will need to be set up.

TELEPHONE:

Telephone between 8:45 a.m. and 10:00 p.m. The direct reservation line is (604) 904-3679.

- Courts may be booked a maximum of either 4 or 6 days in advance for Prime Time bookings depending on membership class. See your membership class for details.
 - Upstairs courts may be booked after 8:15 p.m.
 - Outdoor courts may be booked 6 days in advance by phone or online after 8:45 a.m.
 - To reserve a tennis court for singles play, the two (2) players' names must be given.
 - To reserve a tennis court for doubles play, ALL four (4) players' names must be given.
 - Tennis members may ask to be put on a wait list should their requested booking not be available.
 - On arrival at the Club all players must confirm their court allocation and all playing partners at the Front Desk.
 - If a court is available for walk-on, players must check in with the Front Desk and book the court for immediate play. Failure to do so may result in the players being bumped for subsequent players who do check in and book with the Front Desk.
 - Court bookings must be cancelled no less than twenty-four (24) hours before the booked time or a no show fee of \$25.00 plus 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 on arrival.
 - Booked courts will be released if players do not show up within thirty (30) minutes of start time.
 - Block bookings will NOT be accepted unless applied for and authorized by the Tennis Director. (Please see Block Bookings.)
- Only one (1) court may be booked per phone call and online booking.
 - Downstairs courts may be booked after 8:45 a.m.
 - Courts may be booked a maximum of 6 days in advance for non Prime Time bookings.

Tennis Ball Machine

- The rental rate for the tennis ball machine is \$10+GST per one hour (\$11.20).
- \$150+GST per 6 months (\$168) or \$300+GST per year (\$336).
- The ball machine may be used ONLY between 8AM-9PM.
- 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 a privately-owned) ball machine, is restricted to the upstairs Court 6 or Court 7. If Court 7 is not being used by a pro for coaching that is the preferred court to use. Ball machines cannot be used during prime time.
- Tennis members must check in with the Front Desk to receive keys for the tennis ball machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk staff until the tennis ball machine keys have been returned.

Dress Code

- Clothing must be appropriate for tennis play. Shirts must be worn at all times.
- Warm-up suits are acceptable.
- Only non-marking tennis shoes may be worn.
- Gentlemen are allowed tennis shorts only (no cut offs or jeans).
- Players will be asked to leave the court if they are not wearing appropriate tennis attire.
- Players please avoid wearing strong fragrances.

Court Etiquette

- Do not walk onto your designated court prior to the court start time if the court is in use. Do not walk across courts when proceeding to your allocated court of play. Please walk behind the curtains to your court.
- Return balls that roll onto your court quickly and in a courteous manner. Ask for your ball to be returned only when there is a break in play on the adjacent court.
- No cell phones are permitted on courts.
- Spectators are not permitted on the courts at any time.
- Water or sports drinks are permitted on court only. No other beverages are allowed.
- Please avoid use of profanities.

Tennis Private Lessons

LESSON TYPE	MEMBERS	NON-MEMBERS
Adult Private	\$70	\$100
Jr. Private	\$60	\$90
Adult Semi-Private	\$40 each	\$60 each
Jr. Semi-Private	\$35 each	\$45 each
Adult Group of 3	\$35 each	\$45 each
Jr. Group of 3	\$28 each	\$40 each
Adult Group of 4	\$25 each	\$35 each
Jr. Group of 4	\$22.50 each	\$30 each



Youth & Child Minding

SPRING 2017 PROGRAMS

Kids Corner

Ages 12mths - 9yrs

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.

Programs & Camps

Beat the Blues Art, Crafts and Science Mornings - Spring Break Camps

2 - 8yrs

Calling All Budding Artists and Scientists come in for a morning of creativity and fun. Science experiments galore and plenty of art and crafts to keep you busy all morning.

Mar 15 - 16 9am - 12pm

Mar 20- 22 9am - 12pm

\$85 members (\$30 drop in)

\$100 non-members (\$35 drop in)

District Wide Professional Day Camp

5 - 10yrs

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

Feb 24 9am - 4:30pm

May 8 9am - 4:30pm

\$65 members | \$85 non members

Babysitting Course

Grades 6 and up

So you want to be a babysitter? Or, as a parent, do you want your child to feel more confident leaving your son or daughter home alone? Offered by First Aid Hero, they emphasize learning through real life scenarios.

- Exploring the business of babysitting
- Creating safe environments
- Safely caring for ages 0-12
- First Aid Skills

May 27 | 8:30-3:30pm

\$60 Members | \$75 Non Members

Upcoming Events

Save the Date!

Family Easter Egg Hunt

Hop on down to the club on April 6 at 6pm. Bring the children for a fun filled night, jump on the bouncy castle, get their faces painted, and of course hunt for Easter eggs. The hunt is for children ages 2-9yrs and takes place promptly at 6:30pm



Family Fun Nights

Don't forget to sign up for the Monthly Chefs special dinner and wine nights, as we have the kids covered with lots of family fun. Pizza included. Sign up to reserve your spot!

Jan 27 Basketball demo night

Feb 24 Sports ball demo night

March 31 Movie night

April 28 Movie night

May 26 Movie night

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





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 months)

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.

Apr 4 – May 9

May 16 – Jun 20

Tues – 6 classes each set } 9:00 – 9:45am

\$90 Members | \$105 Non Members

Apr 1 – May 6 (no class Apr 15)

May 13 – Jun 17 (no class May 20)

Sat – 5 classes each set | 9:00 - 9:45am

\$75 Members | \$90 Non Members

Sportball Parent & Child

(2 – 3 years)

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.

Apr 4 – May 9

May 16 – Jun 20

Tues – 6 classes each set | 9:45 – 10:30am

\$90 Members | \$105 Non Members

Apr 1 – May 6 (no class Apr 15)

May 13 – Jun 17 (no class May 20)

Sat – 5 classes each set | 9:45-10:30am

\$75 Members | \$90 Non Members

Multi-Sport

(3 – 5 years)

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.

Apr 4 – May 9

May 16 – Jun 20

Tues – 6 classes each set | 10:30-11:30am

\$90 Members | \$105 Non Members

Apr 1 – May 6 (no class Apr 15)

May 13 – Jun 17 (no class May 20)

Sat – 5 classes each set | 10:30-11:30am

\$75 Members | \$90 Non Members

Sportball Birthday Parties

2-10 years

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 | \$275

Duplicate Bridge

A Bridge to Brainpower?

Playing your cards right can help keep you sharp long after retirement

The game remains a rewarding, if sometimes vexing. “It is the intellectual challenge, the problem-solving satisfaction” that makes bridge so attractive, said Melander, 89, who finished runner-up in the Super Senior Pairs at the Fall North American Championships last December in Providence, R.I. “Let’s put it this way: Any activity from which you derive pleasure prevents the onset of classic depression.” “Bridge,” added Melander with an audible sigh, “is the equivalent of a narcotic high.”

Benefits of mental gymnastics

The game has a similar allure for an estimated 25 million players in the U.S., including such fanatics as Warren Buffett and Bill Gates. The majority of them are over 50. Researchers have discovered that mentally challenging games such as bridge are well suited for older people because the games offer intellectual and social stimulation on a routine basis. Bridge’s intricacies make it particularly appealing for those who want to sharpen acuity with mental gymnastics. A study in 2000 at the University of California, Berkeley, found strong evidence that an area in the brain used in playing bridge stimulates the immune system. Researchers suggest that is because players must use memory, visualization and sequencing.

“When I first started playing in my late teens, I could not remember the cards played,” said Burt Saxon, 67, a retired teacher from Milford, Conn. “By my 50s, I pretty much recalled every card. Now that I am older, I have to work at it. I believe bridge helps prevent my short-term memory from completely declining.” Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minn., said, “It is soft data that says, ‘Boy, perhaps playing these games and being socially active result in better performance.’ Patients are less likely to be depressed; hence they sleep better, tend to exercise more and have a better life in general. They do better from a cognitive standpoint.” Josephs stressed there is scant medical evidence that “playing any of these games is going to prevent a degenerative process or the onset of Alzheimer’s. Rather, it might delay the onset of symptoms so that the individual can function at a higher level,” he said.

Heather Snyder, director of medical and scientific operations at the Alzheimer’s Association, said one thing that is lacking in Alzheimer’s disease research “is the recipe of what is going to reduce someone’s risk or delay the onset.”

Last year, the Alzheimer’s Association shared the results of a large-scale clinical trial in Finland that demonstrated the benefits of combining cognitive training and social activity — two of bridge’s chief benefits — with other lifestyle elements: that multiple changes in lifestyle can improve memory and thinking in those at risk for cognitive decline.

A 2014 study by the University of Wisconsin-Madison found that playing card and board games can help older people retain their mental sharpness. Researchers discovered that the frequency of playing games is associated with greater brain volume in several regions that are affected by Alzheimer’s disease. Those who played more frequently also scored higher on cognitive tests.

Staying socially engaged

In Melander’s case, playing bridge into his golden years appears to have benefited his overall well-being. Through bridge, he keeps socially engaged and cognitively challenged. Of course, he did not have to be concerned about such things when he was a teenager, a time when bridge trumped most leisure activities in America.

“In the ‘30s, everybody played — badly, but they played,” Melander said with a laugh. “Bridge was front-page news. During the Depression, no one had anything to do but play bridge.” A chief reason is the game’s rich social component. For decades, friends and family frequently gathered over cocktails, dinner and a spirited game of bridge, which was derived from the 17th-century English card game of whist. Contract bridge, played by four people and developed during the 1920s, requires players to bid how many cards or “tricks” they believe they can take on a deal. Duplicate bridge is the most popular and competitive variation of the game. It reduces the element of luck because identical deals are replayed by multiple sets of players, who compare scores.

Getting started

Regardless of a beginning bridge player’s age, education or physical condition, tools are available to help learn the game. “There’s no doubt anyone can learn,” said Robert Hartman, CEO of the American Contract Bridge League. “We have a number of programs developed to make it simple.”

“You can feel comfortable and aspirational no matter whom you are,” said bridge fanatic Steve Emerson, M.D., 61, head of the Herbert Irving Comprehensive Cancer Center at New York-Presbyterian Hospital/Columbia University Medical Center.

For more information on how you can join the Tuesday evening Duplicate Bridge group at the NSWC or if you’re interested in taking lessons, please contact info@nswc.ca

by Jon Saraceno



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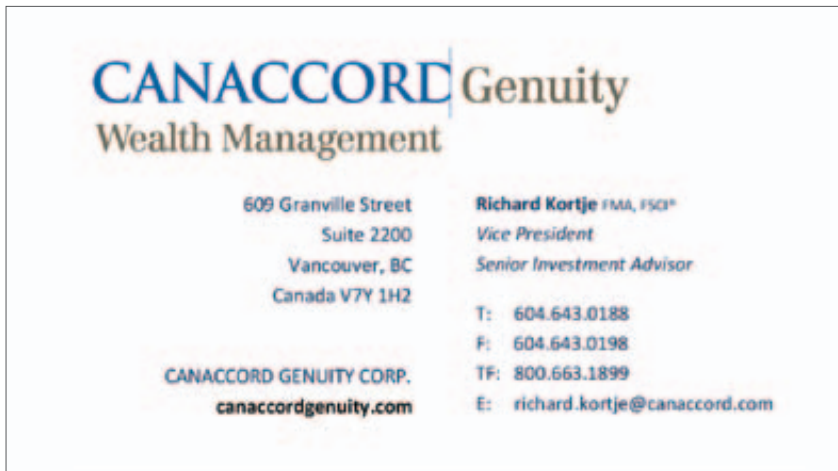
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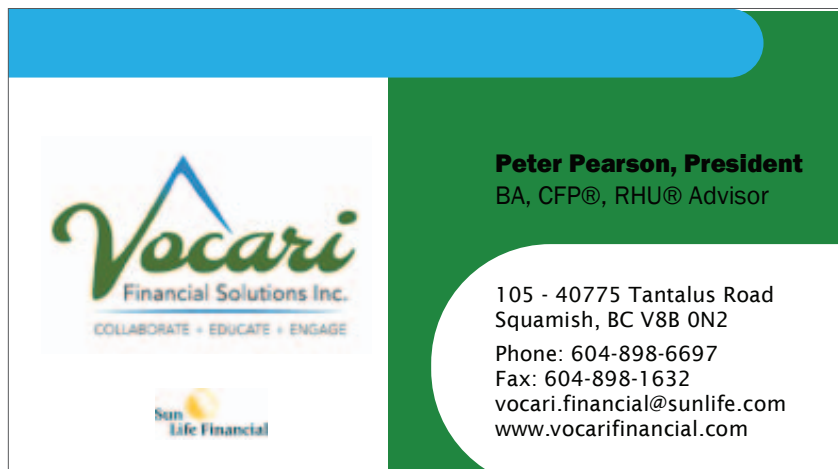
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