

NORTH SHORE WINTER CLUB

Kids Camp Guide Summer 2017



SUMMER CAMP REGISTRATION

Members | April 10th @ 10am

Non Members | April 24th @ 10am

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



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Kids Camps Registration Information

Member Registration Opens: April 10th at 10am

Non Member Registration Opens: April 24th at 10am

1. Online at www.nswc.ca
 2. By phone **604 985-4135 ext 0**
 3. In person at Member Services
- All programs have a minimum and maximum enrollment.
 - A waiting list will be formed after a program is filled.
 - No credits or pro-rating will be provided for missed sessions.

Cancellation Policy

1. By phone **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 and up to 48 hours after the start of a program.
 - **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.
 - Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of three days prior to the program start date. All participants will be informed by email or by phone.

Payment

- Payment must be made in full at the time of registration.
- Member accounts will be automatically charged.
- Public registration requires payment by credit card. No other payment is accepted.
- GST will be charged upon payment when applicable.

Swim Lessons Summer 2017

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.

Swimming Sets & Dates

Set 1:	May 23—26 and May 29—Jun 2 (no lesson May 22, pro-rated)
Set 2:	Jun 5—9 and Jun 12—16
Set 3:	Jun 19—23 and Jun 26—30
Set 4:	Jul 3 —7 and Jul 10—14
Set 5:	Jul 17—21 and Jul 24—28
Set 6:	Jul 31—Aug 4 and Aug 7—11 (no class August 1, pro-rated)
Set 7:	Aug 14—18 and Aug 21—25

Price Per Set

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

Non Members: \$85 (30 min class) | \$110 (45 min class). Only available Sets 1—3.

Red Cross Preschool Swim Program (24 mos to 6 yrs)

Red Cross Swim Preschool & Tiny Tots is an 8 level program for 24 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.

Sea Turtle (Ages: 24 mos to 36 mos)

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.

Sets 1—3: 12pm—12:30pm

Sets 4—7: 10am—10:30am (Members Only)

Sea Otter (Ages: 3 yrs to 6 yrs)

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.

Sets 1—3: 12pm—12:30pm

Sets 4—7: 10:30am—11am (Members Only)

Swim Lessons Summer 2017

Salamander (Ages: 3 yrs to 6 yrs)

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.

Sets 1—3: 12pm—12:30pm

Sets 4—7: 10am—10:30am or 2pm—2:30pm (Members Only)

Sunfish (Ages: 3 yrs to 6 yrs)

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.

Sets 1—3: 12:30pm—1pm or 3:30pm—4pm

Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)

Crocodile (Ages: 3 yrs to 6 yrs)

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.

Sets 1—3: 12:30pm—1pm or 3:30pm—4pm

Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)

Whale (Ages: 3 yrs to 6 yrs)

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

Sets 1—3: 12:30pm—1pm or 3:30pm—4pm

Sets 4—7: 10:30am—11am or 2pm—2:30pm (Members Only)



Swim Lessons Summer 2017

Red Cross Swim Kids (5 yrs +)

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.

Red Cross Swim Kids (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.

Sets 1—3: 4pm—4:30pm

Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)

Red Cross Swim Kids (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).

Sets 1—3: 4pm—4:30pm

Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)

Red Cross Swim Kids (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.

Sets 1—3: 4pm—4:30pm

Sets 4—7: 10am—10:30am or 2:30pm—3pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)



Swim Lessons Summer 2017

Red Cross Swim Kids (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.

Sets 4—7: 11am—11:45am or 3pm—3:45pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11:45am—12:30pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11:45am—12:30pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11:45am—12:30pm (Members Only)

Red Cross Swim Kids (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.

Sets 4—7: 11:45am—12:30pm (Members Only)



Swim Lessons Summer 2017

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 learn more, contact aquatics@nswc.ca

Rates:

30 minutes: Member \$28 Non Member \$41

45 minutes: Member \$42 Non Member \$61

60 minutes: Member \$55 Non Member \$80

* Non member private swim lessons are available May and June only.

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.

Lifeguard & Masters summer 2017

National Lifeguard Training

NLS Core and Pool Option

Prerequisites: 16 years old, Standard First Aid, issued within 2 years,

Bronze Cross - 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. 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.

To learn more, contact aquatics@nswc.ca

Adult Swimming (Masters)

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.

Jun 5—Aug 30

Mon and Wed

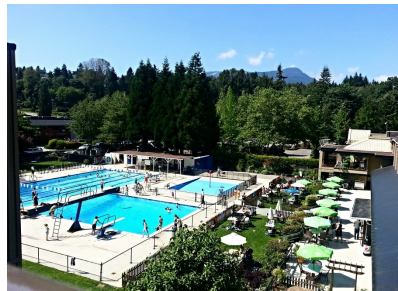
8pm—9pm

Member Drop in: \$17 / class

Non Member Drop in: \$20 / class

Members: \$150 / 10 Pack

Non Members: \$180 / 10 Pack



Aquafit

Cardio and strength training in the water! Focusing on aerobic endurance and resistance training, these one hour classes held in our outdoor pool are challenging and low impact.

Jul 4—Aug 31

Mon and Wed

12:30pm—1:30pm and 8pm—9pm

Member Drop in: \$17 / class

Non Member Drop in: \$20 / class

Members: \$150 / 10 Pack

Non Members: \$180 / 10 Pack

*Aquafit and Adult Swimming are part of our Fitness Program so you can use your packages towards all of our Fitness Classes. (through MINDBODY)

Junior Tennis Camps summer 2017

Juniors Tennis Programs

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

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



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

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

Red Ball (Ages: 6 yrs to 7 yrs)

Red Ball Tennis provides a great way to get the younger player started in a "lifetime sport". Develop the ABC's (agility, balance, coordination) of fundamental movement skills and basic tennis skills (technical and tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for 1/2 court (RED court).

Week 1: Jul 3—Jul 7	11am—12:30pm	5 sessions
Week 2: Jul 10—Jul 14	11am—12:30pm	5 sessions
Week 3: Jul 17—Jul 21	11am—12:30pm	5 sessions
Week 4: Jul 24—Jul 28	11am—12:30pm	5 sessions
Week 5: Jul 31—Aug 4	11am—12:30pm	5 sessions
Week 6: Aug 8—Aug 11	11am—12:30pm	4 sessions
Week 7: Aug 14—Aug 18	11am—12:30pm	5 sessions
Week 8: Aug 21—Aug 25	11am—12:30pm	5 sessions

Members: \$97.50 / week	\$78 / week 6
Non Members: \$146.25 / week	\$117 / week 6

Junior Tennis Camps summer 2017

Orange Ball Tennis and Swimming (Ages: 7 yrs to 10 yrs)

Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 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 3/4 court (ORANGE COURT). 2 hours of tennis and 1 hour of swimming each day!

Week 1: Jul 3—Jul 7	9am—12pm	5 sessions
Week 2: Jul 10—Jul 14	9am—12pm	5 sessions
Week 3: Jul 17—Jul 21	9am—12pm	5 sessions
Week 4: Jul 24—Jul 28	9am—12pm	5 sessions
Week 5: Jul 31—Aug 4	9am—12pm	5 sessions
Week 6: Aug 8—Aug 11	9am—12pm	4 sessions
Week 7: Aug 14—Aug 18	9am—12pm	5 sessions
Week 8: Aug 21—Aug 25	9am—12pm	5 sessions

Members: \$195 / week **\$156 / week 6**
Non Members: \$292.50 / week **\$234 / week 6**

Green Ball Tennis and Swimming (Ages: 10 yrs to 14 yrs)

Green Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations on a full court. Green dot tennis balls and regular tennis balls will be used depending on skill level of the players in the group. 2 hours of tennis and 1 hour of swimming each day!

Week 1: Jul 3—Jul 7	1pm—4pm	5 sessions
Week 2: Jul 10—Jul 14	1pm—4pm	5 sessions
Week 3: Jul 17—Jul 21	1pm—4pm	5 sessions
Week 4: Jul 24—Jul 28	1pm—4pm	5 sessions
Week 5: Jul 31—Aug 4	1pm—4pm	5 sessions
Week 6: Aug 8—Aug 11	1pm—4pm	4 sessions
Week 7: Aug 14—Aug 18	1pm—4pm	5 sessions
Week 8: Aug 21—Aug 25	1pm—4pm	5 sessions

Members: \$195 / week **\$156 / week 6**
Non Members: \$292.50 / week **\$234 / week 6**



Junior Tennis Camps summer 2017

Champs Tennis Training (Ages: 12 yrs +)

Join us for 1.5 hrs/day of high intensity tennis training for the serious junior tennis player. 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.

Week 1: Jul 3—Jul 7	11am—12:30pm	5 sessions
Week 2: Jul 10—Jul 14	11am—12:30pm	5 sessions
Week 3: Jul 17—Jul 21	11am—12:30pm	5 sessions
Week 4: Jul 24—Jul 28	11am—12:30pm	5 sessions
Week 5: Jul 31—Aug 4	11am—12:30pm	5 sessions
Week 6: Aug 8—Aug 11	11am—12:30pm	4 sessions
Week 7: Aug 14—Aug 18	11am—12:30pm	5 sessions
Week 8: Aug 21—Aug 25	11am—12:30pm	5 sessions

Members: \$97.50 / week **\$78 / week 6**
Non Members: \$146.25 / week **\$117 / week 6**

Teen Tennis Training (Ages: 12 yrs +)

This group is for the novice/intermediate 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.

Week 1: Jul 3—Jul 7	12:30pm—2pm	5 sessions
Week 2: Jul 10—Jul 14	12:30pm—2pm	5 sessions
Week 3: Jul 17—Jul 21	12:30pm—2pm	5 sessions
Week 4: Jul 24—Jul 28	12:30pm—2pm	5 sessions
Week 5: Jul 31—Aug 4	12:30pm—2pm	5 sessions
Week 6: Aug 8—Aug 11	12:30pm—2pm	4 sessions
Week 7: Aug 14—Aug 18	12:30pm—2pm	5 sessions
Week 8: Aug 21—Aug 25	12:30pm—2pm	5 sessions

Members: \$97.50 / week **\$78 / week 6**
Non Members: \$146.25 / week **\$117 / week 6**



Kids Corner Summer 2017

Kids Corner Summer Programs

Wacky, Wild Art Week

Ages: 2 yrs to 7 yrs

Let your artsy, crafty child have a week of wonderful artistic expression as they dive into the world of make believe of princes, wizards and princesses. Treasure box making, wands, swords, crowns are a few of the activities these weeks. The day will finish with an active game or swim in the small pool. *Snack is included.*



Mon—Fri

9am—12pm

Week One Aug 7—11

Week Two Aug 21—25

Members: \$140 / week

Non Members: \$160 / week

STEM Challenge Week -Science, Technology, Engineering, Mathematics

Ages: 2 yrs to 7 yrs

A week filled of fun STEM challenges in these areas that help the children to think, problem solve, be creators and inventors. Some activities will be creating slime, building structures with jellybeans and toothpick, seed jars, making catapults to name a few. The day will finish with an active game or swim in the small pool. *Snack is included.*

Mon—Fri

9am—12pm

Week One Aug 14—18

Week Two Aug 28—Sep 1

Members: \$140 / week

Non Members: \$160 / week

Kids Corner Summer Camp Back Pack List

Sunhat and Sunscreen

Bathing Suit and Towel

Water Bottle

Junior Tennis Camps summer 2017

Child Minding – Kids Corner

Ages: 1 yrs to 6 yrs

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

Hours of Operation

Mon—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.



Multi Sport Kids Camps Summer 2017

Multi Sport Day Camps

Ages: 6 yrs to 11 yrs

Each week offers multi sport activities to keep kids active and doing lots of different things and then we end the week with a field trip to a local hang out! Day camps are supervised in the safe environment of the Club.

WEEK	DATES	THEME	FIELD TRIP
1	Jul 3 - Jul 7	Under the Sea	Ambleside Park
2	Jul 10 - Jul 14	Choo Choo Train	Stanley Park Train
3	Jul 17 - Jul 21	Mad Science & Sportball	Lynn Canyon Suspension Bridge and Eco Centre
4	Jul 24 - July 28	Animal Planet	Maplewood Farms
5	Jul 31 - Aug 4	Pirates of the Club	Cates Park Game Day
6	Aug 8 - Aug 11	Jungle Kids	Go Bananas
7	Aug 14 - 18	Off to Space	HR MacMillan Space Centre
8	Aug 21 - 25	Sea Life & Sportball	Vancouver Aquarium

Activities Included:

- Swimming
- Tennis from NSWC Instructors
- Fitness Classes
- On ice Skating
- Hikes to the Park
- Treasure Hunts
- Arts & Crafts
- Obstacle Race Challenges
- Field Trips



Snacks are included in both half and full day registration fees. Lunch is included in the full day registration fee.

Multi Sport Kids Camps Summer 2017

Full Day 9am—4pm

Members: \$245 / week

\$196 / week 6

\$52 / drop in

Non Members: \$350 / week

\$298 / week 6

\$80 / drop in

Half Day 9am—12pm

Members: \$150 / week

\$120 / week 6

\$35 / drop in

Non Members: \$225 / week

\$180 / week 6

\$50 / drop in

*No half day option available on Fridays (field trip)

Please provide a minimum of 24 hours notice for 1 day drop ins.

What to Pack Each Day

- Swim Suit and Towel
- Sun Hat
- Sunscreen
- Runners
- Backpack
- Water Bottle
- Warm Clothes for Skating
- Ice Skates and Helmets (if available)

Splash & Dash

Ages: 6 yrs to 11 yrs

These are excellent Club activities for parents who want to enjoy a Friday evening on the Tiki Deck. Take advantage of the warm long nights of summer while you can! The children will be involved in water activities, relay races and games and then arts and crafts and a movie in the Senior Lounge.

All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.

Fridays: 5:30pm—9pm Starting Friday June 9th

Members: \$5

Guests: \$7

***Pre registration required on GameTime**

*Program is weather dependent

*Program is open to members and their guests. Guests must be registered by a member through their account.

Bookings must be made no later than 24 hours in advance to ensure a spot.

A minimum number of 4 is required for the program to run.

Dance Camps summer 2017

Classes with Bryn

brynasmussen@shaw.ca

Bryn is extremely excited to be in 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 proudly holds her I.S.T.D. (Imperial Society Of Teachers Of Dancing) certification, as well as Zumba™ certification and looks forward to sharing her love, passion and knowledge of dance with her students!

If you are interested in signing your dancer up for more than one week of Tiny Tot or SYTYCD camps, they WILL be different in order to provide variety and keep all dancers on their toes!

Age exceptions considered with prior approval by Bryn.

So You Think You Can Dance Camps

Ages: 6 yrs 6 mos to 12 yrs

Have you dreamed of being on the hit T.V. show 'So You Think You Can Dance'? Come be a contestant at N.S.W.C.'s camp inspired by this show! Junior dancers will learn not only jazz technique but will also be introduced to ballet, contemporary, musical theatre, hip-hop, and more! The camp will end with a performance including dances in a variety of genres learned throughout the week, and everyone will be awarded certificates on the final day. All contestants will be winners with this fun and upbeat camp!

Set 1: Jul 10—Jul 14

Set 2: Jul 31—Aug 4

Mon—Fri (5 classes)

1pm—3pm

Members: \$124 / week

Non Members: \$150 / week

Instructor: Bryn



Dance Camps summer 2017

Tiny Tot—Under The Sea Camp

Ages: 3 yrs 9 mos to 6 yrs 5 mos

During this bubbly and bright week of dance, Tiny Tots will be invited to explore different underwater adventures each day! Choreography inspired by The Little Mermaid and Finding Nemo/Dory will be taught, and the week will conclude with a short performance consisting of dances and steps learned. Creative movement with 'under the sea flare' will be explored as well as fundamental jazz, ballet, hip-hop, and musical theatre technique and choreography. Young dancers will be taught and encouraged to practice dance class etiquette. Big imaginations are welcomed and encouraged!

Jul 10—Jul 14

Mon—Fri (5 classes)

10:30am—12:30pm

Members: \$124 / week

Non Members: \$150 / week

Instructor: Bryn



Tiny Tot—Fairytale Camp

Ages: 3 yrs 9 mos to 6 yrs 5 Mos

In this fairytale-inspired camp, Tiny Tots will be guided through new magical fairytale lands each day and the week will conclude with a short performance consisting of dances and steps learned. Little ones will work on fundamental jazz, ballet, hip-hop, and musical theatre technique and choreography while being encouraged to practice dance class etiquette. Fairytales included: Cinderella, The Little Mermaid, Goldilocks, Sleeping Beauty, and many more! Big imaginations are welcomed and encouraged!

Jul 31—Aug 4

Mon—Fri (5 classes)

10:30am—12:30pm

Members: \$124 / week

Non Members: \$150 / week

Instructor: Bryn

What to Wear and Bring

Dress your little one in comfortable dancing clothes! Costumes welcome as long as they do not restrict movement. Bare feet or ballet slippers are fine however please, no slippery socks or tights. Please send your dancer to class with hair pulled back and out of face. Each day pack a water bottle, and small snack.

Dance Camps summer 2017

Dance with Christie

dancewithchristie.com

Dance with Christie is run by international professional dancer and instructor Christie Saunders. Christie has twenty years experience in the dance industry and is a sought after dance instructor, choreographer, and adjudicator. She has taught and choreographed all over the world and is thrilled to be back teaching in her hometown of North Vancouver.

Boys Only Hip Hop Camp

Ages: 5 yrs to 9 yrs

This is a four-session Hip Hop camp for boys ONLY. No girls allowed! Since our moves will be so hot we will be able to cool off one day in the fabulous NSWC pool! There will be a demonstration for parents on the last day.



Aug 8—Aug 11
Tues—Fri (4 classes)
11am—12pm

Members: \$50
Non Members: \$60
Instructor: Christie

Summer Mini Dance Camp

Ages: 3 yrs to 6 yrs

Summer Camps will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. In musical theatre we will work on a scene and play fun drama games. We will take breaks with fun crafts, projects, and activities. We will even have a session in the fabulous NSWC pool! There will be a performance for parents on the last day of the camp.

Aug 7—Aug 11
Mon—Fri (5 classes)
1pm—2:30pm

Members: \$94 / week
Non Members: \$112.50 / week
Instructor: Christie

Aug 14—Aug 18
Mon—Fri (5 classes)
10:30am—12pm

Members: \$94 / week
Non Members: \$112.50 / week
Instructor: Christie

Dance Camps summer 2017

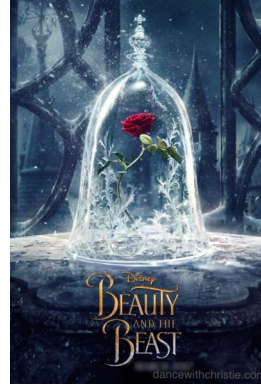
Beauty and the Beast Workshop

Ages: 5 yrs to 9 yrs

In this workshop we will sing and dance to the music of the re-discovered favourite, Beauty and the Beast. We will also act out our favourite scenes and have a chance to play fun drama games. Crack out the dishes it's time to "Be our Guest"!

Aug 14—Aug 16
Mon, Tues, Wed (3 classes)
1pm—3pm

Members: \$75
Non Members: \$90
Instructor: Christie



Summer Workshop

Ages: 4 yrs to 7 yrs

Summer Workshop will include ballet, jazz, musical theatre, hip hop, as well as many more fun dance styles. There will be a focus on musical theatre where we will work on a musical and play fun drama games. There will be a performance for parents on the last day of the workshop.

Aug 17—Aug 18
Thurs, Fri (2 classes)
1pm—3pm

Members: \$50
Non Members: \$60
Instructor: Christie



Sportball Camps Summer 2017



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!

Multi-Sport

Ages: 3 yrs to 5 yrs

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS arts and crafts, snack time, stories, music, co-operative games and more!

Set 1: Jul 17—Jul 21

Set 2: Aug 21—Aug 25

Mon—Fri (5 classes)

10:30am—12pm

Members: \$105 / week

Non Members: \$120 / week



Multi-Sport Day Camps

Ages: 6 yrs to 11 yrs

NSWC offers Day Camps that include a 2 hour Sportball component.

Turn to page 14 for specific weeks .

Set 1: Jul 17—Jul 20

Set 2: Aug 21—Aug 24

Included in Day Camp Pricing (page 14)

Hockey Camps Summer 2017

Hockey Day Camps

Our NSWC Summer Hockey Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 3 hours of ice broken up into 4 different on ice sessions. Kids will work on their skating, puck skills and game skills, as well as play a 45minute 3v3 game to end each day. Participants will be introduced to off-ice development with Hybrid Strong. *Lunch is included.*



Initiation

Week 1: Jul 3—Jul 7	8am—3:15pm	5 sessions
Week 2: Jul 10—Jul 14	8am—3:15pm	5 sessions
Week 3: Jul 17—Jul 21	8am—3:15pm	5 sessions
Week 4: Jul 24—Jul 28	8am—3:15pm	5 sessions
Week 5: Jul 31—Aug 4	8am—3:15pm	5 sessions
Week 6: Aug 8—Aug 11	8am—3:15pm	4 sessions
Week 7: Aug 14—Aug 18	8am—3:15pm	5 sessions
Week 8: Aug 21—Aug 25	8am—3:15pm	5 sessions
Week 9: Aug 28—Sep 1	8am—3:15pm	5 sessions

Members: \$315 / week \$252 / week 6
 Non Members: \$472 / week \$377 / week 6

Atom

Week 1: Jul 3—Jul 7	8:45am—4:45pm	5 sessions
Week 2: Jul 10—Jul 14	8:45am—4:45pm	5 sessions
Week 3: Jul 17—Jul 21	8:45am—4:45pm	5 sessions
Week 4: Jul 24—Jul 28	8:45am—4:45pm	5 sessions
Week 5: Jul 31—Aug 4	8:45am—4:45pm	5 sessions
Week 6: Aug 8—Aug 11	8:45am—4:45pm	4 sessions
Week 7: Aug 14—Aug 18	8:45am—4:45pm	5 sessions
Week 8: Aug 21—Aug 25	8:45am—4:45pm	5 sessions
Week 9: Aug 28—Sep 1	8:45am—4:45pm	5 sessions

Members: \$315 / week \$252 / week 6
 Non Members: \$472 / week \$377 / week 6

BE CONNECTED!

WANTED: VOLUNTEERS

The Board of Directors is seeking passionate members interested in joining one of the many North Shore Winter Club Committees!

**Minor Hockey
Food & Beverage
Finance
Fitness
Facilities
And more!**



To learn more visit www.nswc.ca/volunteer



WANTED

NORTH SHORE WINTER CLUB ALUMNI



With proof of alumni status, past members and children of past members are eligible for an Alumni Membership at a reduced initiation fee. Offer expires on August 31, 2017!

To see what the North Shore Winter Club has to offer, visit www.northshorefamilyclub.ca

For more information or to apply, contact:
Mairi MacDonald | Sales and Marketing Coordinator
mmacdonald@nswc.ca | 778-588-9492



NORTH SHORE WINTER CLUB

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