

NORTH SHORE WINTER CLUB

Summer Program Guide 2017

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2016/ 17 Board Members

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Jay Frezell—President
James Cronk—Vice President
Kevin Dancs—Past President
Caulinda Bartok—Treasurer

Directors

Mandy Gratton
Joyce Johner
Shaun Loader
Malcolm MacKillop
Paul Mclean
Graham Wilson
Doug Bell

BOARD@NSWC.CA



SUMMER REGISTRATION

Members | May 15th @ 10am

Non Members / Public | May 29th @ 10am

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



Program Registration

General Club Information

Summer Program Registration Information

Member Registration Opens: May 15th at 10am

Non Member Registration Opens: May 29th 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.

Fitness Registration

- Go to mindbodyonline.com to view the Fitness Class schedule and pre sign up for classes 30 days in advance.
- **Fitness Classes:** must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

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.

Special Event/Camp/Tournament

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

Communication - Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "Let's Get Connected – The 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 deportment in the Club.
- All regulations applying to members will apply to guests.

General Club Information



- 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 for first offence, \$100.00 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

- Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.
- Members may not rent the facilities at Member rates under any condition where a profit is made through the use of those facilities. Non member rental rates would prevail.
- For facility rentals, room bookings and catering inquiries, please contact booking@nswc.ca

Calendar of Events

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Tiki Deck BBQ	3
4	5	6	7	8	9 Tiki Deck BBQ, Splash & Dash	10
11	12	13	14	15	16 Tiki Deck BBQ, Splash & Dash	17 Father’s Day Beer Dinner
18	19	20	21 Wimbledon Grand Slam Men	22 Wimbledon Grand Slam Ladies	23 Schools Out Bash	24 Marlins AGM / Marlins Annual A/B Meet
25 Marlins Annual A/B Meet	26	27	28	29	30	
July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Canada Day
2	3	4	5	6	7 Tiki Deck BBQ, Splash & Dash	8
9	10	11	12 Members Wine & Beer Tasting / Red & Blue Meet	13	14 Tiki Deck BBQ, Splash & Dash	15
16	17 Hell Week Marlins	18 Hell Week Marlins	19 Hell Week Marlins	20 Chef’s Dinner, Hell Week Marlins	21 Tiki Deck BBQ, Splash & Dash Hell Week Marlins	22
23	24	25	26	27	28 Tiki Deck BBQ, Splash & Dash	29
30	31					

Calendar of Events

Off Season Fitness

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Marlins District Meet
6	7 BC Day Marlins Regional Awards	8	9 End of Season Banquet—Marlins	10	11 Tiki Deck BBQ, Splash & Dash	12
13	14 Summer Smash Tournament	15 Summer Smash Tournament	16 Summer Smash Tournament	17 Summer Smash Tournament	18 Tiki Deck BBQ, Splash & Dash	19 Summer Smash Wrap Up Party
20	21	22	23	24	25 Tiki Deck BBQ, Splash & Dash	26
27	28	29	30	31		

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labour Day	5	6	7	8	9 Member Appreciation, Tiki Deck Party
10	11	12	13	14	15	16
17	18	19	20 US Open Grand Slam—Mens	21 US Open Grand Slam—Ladies	22	23
24	25	26	27	28	29	30

Top 5 Must-Haves for Your Off Season Fitness Program - by Kelvin Cech

The sun is shining down on the lower mainland as we are breezing through spring and heading in to summer, yet people are still flocking to arenas everywhere you look. But wait, it's not just to play hockey, it's to hit the gym, right?

Right.

Seriously, hopefully it's a bit of both. There's no better time than the spring to kick start your offseason fitness regime. It doesn't matter if you're a junior hockey player preparing for the coming season or you're a senior-level taxi driver (aka a parent) preparing for the coming season, it's a great time to invest some time and energy in yourself.

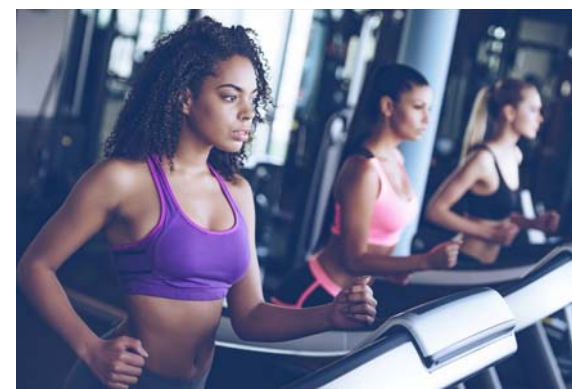
But that doesn't mean your program will magically fix everything that ails you. Here's a few items to look for in the gym this offseason.

1. ENCOURAGEMENT

Committing for a rich hour of sweat and a racehorse-fast heartbeat is a lot easier when you know someone has your back. We all love a congratulatory high-5 in the gym from an instructor, but there's a lot of value to be found with the internal high-5 as well. Encourage yourself. Praise your effort.

2. RESPONSIBILITY

How do you know what to work on when you're at the gym? It's important to take responsibility for your training by doing exercises that are safe and helpful for you. Everyone is different. A lot of hockey players suffer from the beach workout syndrome. They concentrate exclusively on chest and biceps and then they wonder why they're not any faster once training camp opens.



Off Season Fitness

3. HURDLES

Physical hurdles are a cool way to work on your explosiveness and power, but I'm talking about hurdles in the mental sense more than anything. If a fitness program is too easy and you don't see progress then you're likely to fizzle out. Challenge yourself. Get two more reps in. Add five pounds on each side. Do one more exercise. You'll be happy once it's over and the sense of accomplishment will infuse you with a lot of mental stamina.

4. NUTRITION

"I worked out hard for three weeks and I didn't see any gains!" Sound familiar? Well, what did you eat during the program? To commit yourself to a program in the gym, you must commit yourself in the kitchen as well. There's plenty of easy ways to get your greens in, fuel yourself with enough complex carbohydrates and grow your muscles with protein, but it's a choice you have to be willing to make, a lifestyle to which you have to commit yourself.

5. GOALS

Pretty soon you'll be gasping for air and your body will scream for reprieve. It's ok to take a break, but what's going to bring you back for another rep, another set or another session? Why are you committing to a fitness program in the first place? For training hockey players the answer is usually simple, except when it's not. Are you training to be a faster skater so you can play with better players? Did your coach tell you to work on your shot in the summer so you could generate more offense? Do you want your child to improve their coordination and balance? What about you, loyal youth sport parent? Want to live longer? Want to sleep better and feel energized every day?

It's easier for adults to keep themselves disciplined when they're not training for a particular sport, but it's also easier for adults to let themselves off the hook. Get started and keep your goals close to the surface this spring..... **And don't look back.**

Fitness

Fitness enthusiasts can now have the flexibility of attending a variety of fitness classes throughout the week. Drop-in, a 3 class intro pass 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

3 Class Intro Pass: \$35 Members; \$42 Non Members

10 Pass (expires 3 months from first use): \$150 Members; \$180 Non Members

20 Pass (expires in 6 months from first use): \$260 Members; \$320 Non Members

Gift Certificates Available on MINDBODY



Mindbody Information

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

WHY NOT DOWNLOAD THE APP TO YOUR PHONE! BENEFITS OF DOWNLOADING THE APP:

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



Fitness

Fitness Classes

Check the website for updated fitness 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.

Indoor Cycling

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

Strong by Zumba

Perfect for fitness enthusiasts looking for a challenging, high intensity interval training workout. Strong by Zumba uses your own body weight to gain muscle endurance, tone and burn calories long after the work out is done. Get ready to sweat to some great music in this one hour High Intensity Interval Training style workout.



Fitness Classes

YOGA

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

Power Flow Yoga

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

Hatha Flow Yoga

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

Yoga for Hockey Players

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

Yoga Stretch and Foam Ball Rolling

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



Fitness Classes

PILATES

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

Barre Fusion

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

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.

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: fitness@nswc.ca



Personal Training

Fitness Centre Hours:

Monday – Sunday: 6:00am – 11:00pm

Personal Training

One-on-One – \$70/hour

Semi-Private – \$55/person/hour

Small Group (3) – \$45/person/hour

Small Group (4) – \$40/person/hour

Small Group (5-11) – \$150/session

Youth under 13 must be supervised by an adult.

Get Started in the Weight Room!

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

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 find out more about NSWC Personal and Group Training

Personal Training

Meet our Personal Trainers



Steph St. Laurent

Steph is extremely passionate and fortunate to do the work that he loves so much. Steph is a strength and 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.



Ryan Kerr

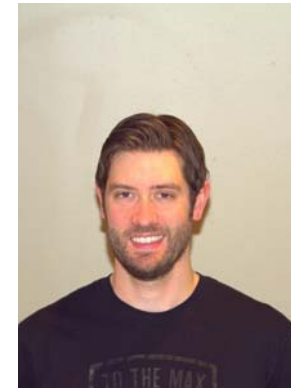
Ryan focuses on all the areas that create a good athlete. These areas include: Strength, Power, flexibility, core, S.A.Q. (Speed, agility, quickness), reaction, conditioning and body awareness. His focus is on technique and proper muscle activation. It doesn't matter how much you can lift if the technique or range of movement is not adequate. Taking care of the body will be very important through in-season, off-season and training.



Nick Riccardi

Nick has been working at the NSWC for the past 3 years training those that have come back from injuries to various groups of the dry land hockey players. He takes time to focus on prevention and maintaining a balanced focus program specific 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!

Personal 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 provides the most for you. Sam will concentrate 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, speed, agility, quickness, power, flexibility and body maintenance, and much more.

The Benefits of Personal Training

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.

Personal Training

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

A graphic designed to look like a 'WANTED' poster on a piece of aged, yellowed paper. The text is in a bold, black, distressed font. At the top, it says 'WANTED' in large letters. Below that, it reads 'NORTH SHORE WINTER CLUB ALUMNI'. In the center, there is a small, sepia-toned photograph of a group of people, likely a club team, with a caption below it that reads 'NORTH SHORE WINTER CLUB PEANUT & COOKIE MONSTERS 1978-1979'. Below the photo, the text states: '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!'. Further down, it says 'To see what the North Shore Winter Club has to offer, visit www.northshorefamilyclub.ca'. At the bottom, it provides contact information: 'For more information or to apply, contact: Mairi MacDonald | Sales and Marketing Coordinator mmacdonald@nswc.ca | 778-588-9492'. The entire poster is framed by a hand-drawn black border that resembles a rope or a thick line.

Kids Corner

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.

Birthday Parties

For party bookings & inquiries contact:
bookings@nswc.ca



Multi Sport Kids Camps

Multi Sport Day Camps

Ages: 6 yrs to 11 yrs

Registration is **OPEN**. You can book your Multi Sport Day Camps right now! They are filling up fast! 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 4 - 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 & Sportball	Cates Park Game Day
6	Aug 8 - Aug 11	Jungle Kids & Sportball	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

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-9:00pm, 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.

Minor Hockey

Learn to Skate (for Hockey)

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

Equipment needed: Helmet with cage, hockey gloves & skates.

Option 1

Jul 5 – Aug 16

Wed – 7 sessions

4:15pm – 5pm

Members: \$70

Non Members: \$105

Option 2

Jul 8 – Aug 26

Sat – 7 sessions

(No class Aug 5)

9:00am – 9:45am

Members: \$70

Non Members: \$105

Option 3

July 5 – Aug 26

Wed & Sat – 14 sessions

(No class Aug 5)

Wednesdays 4:15pm – 5pm

Saturdays 9:00am – 9:45am

Members: \$120

Non Members: \$178.50

Cookie Monsters Program

The NSW 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. Players must be able to fall and get up without assistance to be eligible for the program.

Cookie Monsters – Beginner

Instructor: Cam Paddock

Option 1

Jul 5 – Aug 16

Wed – 7 sessions

5:00pm – 5:45pm

Members: \$84

Non Members: \$126

Option 2

Jul 8 – Aug 26

Sat – 7 sessions

(No session Aug 5)

9:45am – 10:30am

Members: \$84

Non Members: \$126

Option 3

Jul 5 – Aug 26

Wed & Sat – 14 sessions

(No session Aug 5)

Wednesdays 5:00pm – 5:45pm

Saturdays 9:45am – 10:30am

Members: \$142

Non Members: \$215

Minor Hockey

Cookie Monsters Intermediate/Advanced Instructor: Cam Paddock

Option 1

Jul 5 – Aug 16

Wed – 7 sessions

5:45pm – 6:30pm

Members: \$84

Non Members: \$126

Option 2

Jul 8 – Aug 26

Sat – 7 sessions

(No session Aug 5)

10:30am – 11:15am

Members: \$84

Non Members: \$126

Option 3

Jul 5 – Aug 26

(No session Aug 5)

Wed & Sat – 14 sessions

Wednesdays 5:45pm – 6:30pm

Saturdays 10:30am – 11:15am

Members: \$142

Non Members: \$215



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.

Instructor: Karen Kos

Week 2

Jul 10 – 14

Mon/Wed/Fri – 3 classes

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:30am – 11:15am Peewee

11:30am – 12:15pm Bantam/Midget

Members: \$66

Non Members: \$99

Week 3

July 19/21

Wed/Fri – 2 classes

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Week 4

July 26/28

Wed/Fri – 2 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Minor Hockey

Power Skating

Instructor: Karen Kos

Week 5

Aug 2/4

Wed/Fri – 2 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Week 6

Aug 9/11

Wed/Fri – 2 sessions

8:30am – 9:15am Initiation

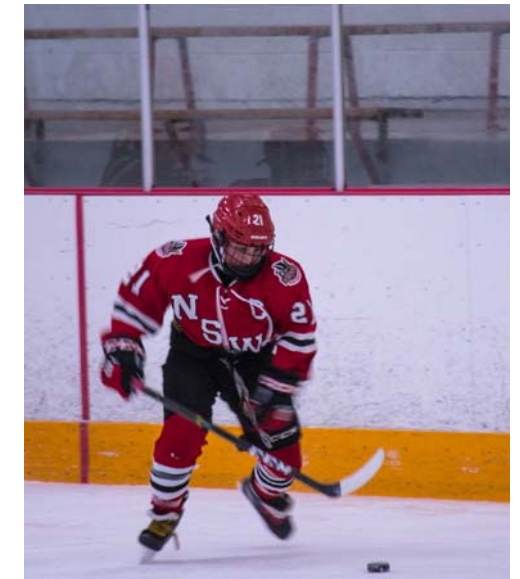
9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66



Week 7

Aug 14/16/18

Mon/Wed/Fri – 3 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$66

Non Members: \$99

Week 8

Aug 21/23/25

Mon/Wed/Fri – 3 sessions

8:30am – 9:15am Initiation

9:15am – 10:00am Atom

10:15am – 11:00am Peewee

11:15am – 12pm Bantam/Midget

Members: \$66

Non Members: \$99



Minor Hockey

Edging & Stroking

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

Instructor: Victor Kraatz

Week 3

Jul 17/20

M/TH – 2 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Week 4

Jul 24/27

M/TH – 2 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Week 5

Jul 31/Aug 3

M/TH – 2 sessions

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$44

Non Members: \$66

Week 6

Aug 10

Thurs – 1 session

8:30am – 9:15am Initiation

9:30am – 10:15am Atom

10:45am – 11:30am Peewee

11:45am – 12:30pm Bantam/Midget

Members: \$22

Non Members: \$33

Power Edge Pro with Mats Lindgren

Power Edge Pro's innovative training produces results by bringing key elements together, of technical skating, reactive agility, weak side training, puck placement/ recovery and hand/ eye/ foot co-ordination. These are all bi-products of reactive countering training. These sessions will be taught by NSW Development coach Mats Lindgren.

Week 3

Jul 17 – 21

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Week 4

Jul 24 – 28

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Member - \$150

Non Member - \$225

Week 5

Jul 31 – Aug 4

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Week 6

Aug 8 – Aug 11

Tues/Wed/Thurs/Fri – 4 sessions

1:15pm – 2:15pm

Members: \$120

Non Members: \$180

Week 7

Aug 14 – 18

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Total Player Development

For those players with other summer interests this program gives players a chance to stay sharp by keeping them on ice 1hr per week throughout the summer. The class will focus on skating, shooting and puck control ensuring players don't lose a step over the summer months. This is a perfect chance to break old habits as well as improve a player's current skill set while under the instruction of a professional skills coach.

H2/H3

Jul 17 – Aug 14

(No session Aug 7)

Mon – 4 sessions

5:15pm – 6:15pm

Members: \$88

Non Members: \$132

H4

Jul 17 – Aug 14

(No session Aug 7)

Mon – 4 sessions

6:30pm – 7:30pm

Members: \$88

Non Members: \$132



Minor Hockey

Power Edge Pro with Mats Lindgren

Power Edge Pro's innovative training produces results by bringing key elements together, of technical skating, reactive agility, weak side training, puck placement/ recovery and hand/ eye/ foot co-ordination. These are all bi-products of reactive countering training. These sessions will be taught by NSW Development coach Mats Lindgren.

Week 3

Jul 17 – 21

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Week 4

Jul 24 – 28

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Member - \$150

Non Member - \$225

Week 5

Jul 31 – Aug 4

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Week 6

Aug 8 – Aug 11

Tues/Wed/Thurs/Fri – 4 sessions

1:15pm – 2:15pm

Members: \$120

Non Members: \$180

Week 7

Aug 14 – 18

Mon/Tues/Wed/Thurs/Fri – 5 sessions

1:15pm – 2:15pm

Members: \$150

Non Members: \$225

Total Player Development

For those players with other summer interests this program gives players a chance to stay sharp by keeping them on ice 1hr per week throughout the summer. The class will focus on skating, shooting and puck control ensuring players don't lose a step over the summer months. This is a perfect chance to break old habits as well as improve a player's current skill set while under the instruction of a professional skills coach.

H2/H3

Jul 17 – Aug 14

(No session Aug 7)

Mon – 4 sessions

5:15pm – 6:15pm

Members: \$88

Non Members: \$132

H4

Jul 17 – Aug 14

(No session Aug 7)

Mon – 4 sessions

6:30pm – 7:30pm

Members: \$88

Non Members: \$132

Minor Hockey

Atom

Jul 19 – Aug 16

Weds – 5 sessions
5:30pm – 6:30pm

Members: \$110
Non Members: \$165

Bantam

July 19 – Aug 16

Weds – 5 sessions
6:45pm – 7:45pm

Members: \$110
Non Members: \$165

Pee wee

Jul 20 – Aug 17

Thurs – 5 sessions
5:30pm – 6:30pm

Members: \$110
Non Members: \$165



Mats Lindgren Development

The Lindgren curriculum focuses on elite hockey skill development. Concentrating on the importance of detail and proper technique in all areas of the game including skating, puck handling, puck protection, passing and shooting. Mats is a former NHL player (10 seasons), has represented Sweden in the 1998 Olympic games and also played in 2 World Juniors championships combined with his many years of coaching in the Swedish Hockey League (7 seasons) before moving back to Canada. Mats is experienced in teaching methodology which he gained from decades of exposure to North American and Swedish Ice Hockey training methods to improve the individual skills needed for a player to gain the confidence to succeed at all levels of hockey. Mats is also a member of the NSWC development team and is an approved Power Edge Pro (PEP) Instructor.

Pee wee

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
10:00am – 11:00am

Members: \$150
Non Members: \$225

Week 4

Jul 24 - 28

Mon – Fri – 5 sessions
10:00am – 11:00am

Members: \$150
Non Members: \$225

Minor Hockey

Mats Lindgren Development

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
10am – 11am

Members: \$150
Non Members: \$225

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
10am – 11am

Members: \$120
Non Members: \$180

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
10am – 11am

Members: \$150
Non Members: \$225

Bantam

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
8:45am – 9:45am OR
11:15am – 12:15pm

Members: \$150
Non Members: \$225

Week 4

Jul 24 - 28

Mon – Fri – 5 sessions
8:45am – 9:45am OR
11:15am – 12:15pm

Members: \$150
Non Members: \$225

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
8:45am – 9:45am OR
11:15am – 12:15pm

Members: \$150
Non Members: \$225

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
8:45am – 9:45am OR
11:15am – 12:15pm

Members: \$120
Non Members: \$180

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
8:45am – 9:45am OR
11:15am – 12:15pm

Members: \$150
Non Members: \$225



Minor Hockey



NSWC Midget High Performance Development Camp

Midget Hockey is one of the toughest age groups for players to navigate with all of the information and opportunities being thrown around. Our program is designed to give players the best chance at success by giving them the tools to succeed on the ice regardless of what path they take. Players skating, shooting, passing and battle skills will be challenged, refined and improved throughout this camp. Players will be expected to have a professional and mature attitude as this camp is intended for players looking to take their game to levels above traditional Minor Hockey. This program will be run by Ryan Kerr and is designed to be packaged for up to 5 weeks so players can truly advance their game. There will be an available and optional off-ice gym component players can register for to meet all of their development needs.

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
12:30pm – 1:30pm

Members: \$110
Non Members: \$165

Week 4

Jul 24 – 28

Mon – Fri – 5 sessions
12:30pm – 1:30pm

Members: \$110
Non Members: \$165

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
12:30pm – 1:30pm

Members: \$110
Non Members: \$165

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
12:30pm – 1:30pm

Members: \$88
Non Members: \$132

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
12:30pm – 1:30pm

Members: \$110
Non Members: \$165



Minor Hockey

NSWC Bantam High Performance Development Camp

This program was put together to allow players looking to make an impact next season the opportunity to develop their skill sets. Players will be pushed to improve their overall game through Skating, Shooting and Puck control drills as well as repetitions through game situations. The main objective of this camp is to push each participant to become a better player who can honestly make a noticeable difference game in and game out next season. This course will be run by the NSWC Development Coach Ryan Kerr.

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
1:45pm – 2:45pm

Members: \$110
Non Members: \$165

Week 4

Jul 24 – 28

Mon – Fri – 5 sessions
1:45pm – 2:45pm

Members: \$110
Non Members: \$165

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
1:45pm – 2:45pm

Members: \$110
Non Members: \$165

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
1:45pm – 2:45pm

Members: \$88
Non Members: \$132

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
1:45pm – 2:45pm

Members: \$110
Non Members: \$165

NSWC Peewee High Performance Development Camp

NSWC Peewee High Performance Development camps are designed to give players all the tools they need to be successful in the upcoming hockey season. From Power Skating to Shooting to Puck Control this 5 day camp will truly allow players to take their games to the next level through progressive drills and professional coaching. This camp is intended for Rep caliber players willing to put in the work to elevate their game. This course will be run by the NSWC Development Coach Ryan Kerr.

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Members: \$110
Non Members: \$165

Minor Hockey

Week 4

Jul 24 – 28

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Member - \$110
Non Member - \$165

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Members: \$110
Non Members: \$165

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
3:00pm – 4:00pm

Members: \$88
Non Members: \$132

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Members: \$110
Non Members: \$165



NSWC Atom High Performance Skill Development

NSWC Atom High Performance Development camps are designed to give players all the tools they need to be successful in the upcoming hockey season. From Power Skating to Shooting to Puck Control this 5 day camp will truly allow players to take their games to the next level through progressive drills and professional coaching.

Week 3

Jul 17 – 21

Mon – Fri – 5 sessions
4:15pm – 5:15pm

Members: \$110
Non Members: \$165

Week 4

Jul 24 – 28

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Members: \$110
Non Members: \$165

Week 5

Jul 31 – Aug 4

Mon – Fri – 5 sessions
4:15pm – 5:15pm

Members: \$110
Non Members: \$165

Week 6

Aug 8 – 11

Tues – Fri – 4 sessions
4:15pm – 5:15pm

Members: \$88
Non Members: \$132

Minor Hockey

Week 7

Aug 14 – 18

Mon – Fri – 5 sessions
4:15pm – 5:15pm

Members: \$110
Non Members: \$165

Prep Camps

These camps will be run by our High Performance instructors and run as a high tempo skate to help athletes get back in shape, improve timing and be better prepared for the start of tryouts and the regular season.

H4 Prep

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
5:15pm – 6:15pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
5:15pm – 6:15pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
7:45pm – 8:45pm

Members: \$135
Non Members: \$202.50

Atom Prep 1

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
9:15am – 10:15am

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
8:45am – 9:45am

Members: \$135
Non Members: \$202.50

Atom Prep 2

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
10:30am – 11:30am

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
10:00am – 11:00am

Members: \$135
Non Members: \$202.50

Pewee Prep 1

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
11:45am – 12:45pm

Members: \$135
Non Members: \$202.50

Minor Hockey

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
11:15am – 12:15pm

Members: \$135
Non Members: \$202.50

Peewee Prep 2

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
1pm – 2pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
12:30pm – 1:30pm

Members: \$135
Non Members: \$202.50

Bantam Prep 1

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
2:30pm – 3:30pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
1:45pm – 2:45pm

Members: \$135
Non Members: \$202.50

Bantam Prep 2

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
3:45pm – 4:45pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
3:00pm – 4:00pm

Members: \$135
Non Members: \$202.50

Midget Prep 1

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
5:00pm – 6:00pm

Members: \$135
Non Members: \$202.50



Minor Hockey

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
4:15pm – 5:15pm

Members: \$135
Non Members: \$202.50

Midget Prep 2

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
6:15pm – 7:15pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
5:30pm – 6:30pm

Members: \$135
Non Members: \$202.50

Battle Camps

This class will focus on the compete part of the game. Bringing back that competitive edge before the tryouts and will focus on checking skills, body positioning, angling and different game type scenarios (1v1, 2v2...). We will focus on both the offensive and defensive side on the puck with competitive drills.

Atom

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
6:30pm – 7:30pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
6:30pm – 7:30pm

Members: \$135
Non Members: \$202.50

Peewee

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
5:30pm – 6:30pm

Members: \$135
Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
5:45pm – 6:45pm

Members: \$135
Non Members: \$202.50



Minor Hockey

Senior Men's Hockey

Hitting Clinic

Body Contact will be introduced to many 2004 players when they enter Bantam hockey next winter. Learning to use the proper strategies and techniques is necessary to avoid any injuries or challenges in a full contact league. Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck.

Our NSWC program is designed to give players the ability and confidence to play to their potential while minimizing the risk of injury for the upcoming season.

The clinic is open to 2003, 2004 & 2005 birth years.

Week 3

Jul 17 – 21

Mon/Tues/Thurs/Fri – 4 sessions
5:30pm – 6:30pm

Members: \$88

Non Members: \$132

Week 9

Aug 28 – 31

Mon/Tues/Wed/ Thurs – 4 sessions
11:00am – 12:00pm

Members: \$88

Non Members: \$132

Goalie Development Camps

Atom/Peewee Goalie Development

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
12:15pm – 1:00pm

Members: \$150

Non Members: \$225



Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
12:30pm – 1:15pm

Members: \$150

Non Members: \$225

Bantam/Midget Goalie Development

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions
1:15pm – 2:00pm

Members: \$150

Non Members: \$225

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions
1:30pm – 2:15pm

Members: \$150

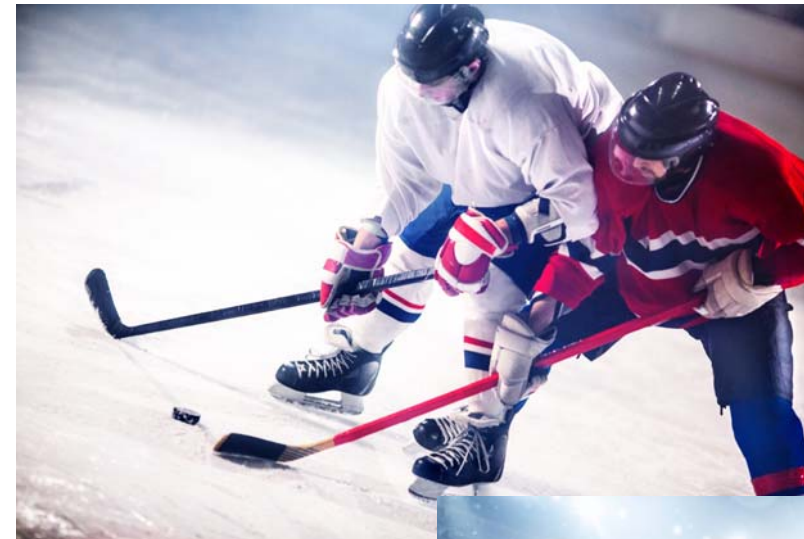
Non Members: \$225

Sr. Men's Hockey Philosophy

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

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

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



Senior Men's Hockey



Division 1

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

Division 2

Sr. Men's Div 2 is the same format as

division one with the same friendly rivalries and a draft each year, but the pace is a little slower. So if you do not want to chase players fresh out of minor hockey, this is where you want to be! Div 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

The chance to spare allows you to play when you don't have a game scheduled or if you can't make your ice time. There is an All Star game the Friday night of Super Bowl weekend every year where there's an opportunity to showcase some of the top players, and it is a fun night for all involved. Playoffs begin right after spring break, and the competition ramps up while teams try and go on a run to win the championship! (your name is on the trophy for all to see.) The year finishes in April with the Championship games with both Div 1 & 2 followed by a wrap up banquet.

Registration & Fees

All registrations are done online at:

mens.nswchockey.com

Register early for early bird discount!

Before July 31: \$450

August 1 – August 15: \$550

After August 15: you will be put on a waiting list.

Female Hockey

Total Player Development

For those players with other summer interests this program gives players a chance to stay sharp by keeping them on ice 1hr per week throughout the summer. The class will focus on skating, shooting and puck control ensuring players don't lose a step over the summer months. This is a perfect chance to break old habits as well as improve a player's current skill set while under the instruction of a professional skills coach.

Female Novice

July 18 – Aug 15

Tues – 5 sessions

5:15pm – 6:15pm

Members: \$110

Non Members: \$165

Female Atom/Peewee

July 18 – Aug 15

Tues – 5 sessions

6:30pm – 7:30pm

Members: \$110

Non Members: \$165

Female Bantam/Midget

July 18 – Aug 15

Tues – 5 sessions

7:45pm – 8:45pm

Members: \$110

Non Members: \$165

Prep Camps

These camps will be run by our High Performance instructors and run as a high temp skate to help athletes get back in shape, Improve timing and be better prepared for the start of tryouts and the regular season.

Female Novice Prep

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions

4:15pm – 5:15pm

Members: \$135

Non Members: \$202.50

Female Atom/Peewee Prep

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions

4:30pm – 5:30pm

Members: \$135

Non Members: \$202.50

Female Bantam/Midget Prep

Week 8

Aug 21 – 25

Mon – Fri – 5 sessions

7:45pm – 8:45pm

Members: \$135

Non Members: \$202.50

Week 9

Aug 28 – Sep 1

Mon – Fri – 5 sessions

7:45pm – 8:45pm

Members: \$135

Non Members: \$202.50

Female Hockey

NSWC Female Atom/ Peewee Development Camp

Our NSWC Summer Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 3 on-ice sessions totaling 3 hours of on ice instruction including power skating, puck skills and games. The kids will also get introduced to off ice development.

Lunch is included.

Week 8

Aug 21-25

Mon – Fri – 5 sessions
8:00am – 3:45pm

Members: \$315
Non Members: \$472

1/2 Day NSWC Female Atom Development Camp

Our NSWC Summer Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 2 on-ice sessions totaling 1.5 hours of on ice instruction including power skating, puck skills and games. The kids will also get introduced to off ice development. This camp pairs well with our NSWC afternoon tennis camps.

Week 4

July 24- 28

Mon – Fri – 5 sessions
8:15am – 12:15pm

Members: \$157.50
Non Members: \$236

1/2 Day NSWC Female Tyke Novice Development Camp

Our NSWC Summer Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 2 on-ice sessions totaling 1.5 hours of on ice instruction including power skating, puck skills and games. The kids will also get introduced to off ice development. This camp pairs well with our NSWC morning tennis camps.

Week 4

July 24- 28

Mon – Fri – 5 sessions
12:30pm – 3:15pm

Members: \$157.50
Non Members: \$236



Tennis

Adult Tennis Hell Weeks (level 3.0 and up)

BACK THIS SUMMER 2017!

Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game strategy. These camps will have it all!

WEATHER PERMITTING, OUTDOOR ONLY.
(there will be refunds for rainouts)

July 4 – July 7

Tues - Fri – 4 classes
9:00am – 10:30am

Members: \$95
Non Members: \$145

July 10 – July 14

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

July 17 – July 21

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

July 24 – July 28

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

July 31 – Aug 4

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

Aug 8 – Aug 11

Tue - Fri – 4 classes
9:00am – 10:30am

Members: \$95
Non Members: \$145

Aug 14 – Aug 18

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

Aug 21 – Aug 25

Mon - Fri – 5 classes
9:00am – 10:30am

Members: \$120
Non Members: \$180

Tennis Private Lessons Effective July 1st 2017

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

Aquatics

Pool Hours

May 19 – Jun 30

OPEN SWIM HOURS

Mon to Thurs 12:00pm – 8:00pm

Fri 12:00pm – 9:00pm

Sat, Sun & Holidays 11:00am – 8:00pm

Jul 1– Sep 3

OPEN SWIM HOURS

Mon to Thurs 10:00am – 8:00pm

Fri 10:00am – 9:00pm

Sat, Sun & Holidays 10:00am – 8:00pm

POOL SCHEDULE IS SUBJECT TO CHANGE

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 8, 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: \$75 (30 min class)

\$100 (45 min class).

Non Members swim lessons only available

Sets 1-3

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

45 minutes: Member \$42

60 minutes: Member \$55

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 swimcoach. 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

*Adult Swimming is part of our Fitness

Program so you can use your packages towards all of our Fitness Classes. (through MINDBODY)

Management Directory

Joanna Hayes	General Manager	jhayes@nswc.ca
Russell Ritchie	Controller	russellr@nswc.ca
Stefka Droumeva	Senior Accountant	stefka@nswc.ca
Kristeen DeGobbi	Director of Member Accounts & Employee Relations	kdegobbi@nswc.ca
Mairi MacDonald	Sales & Marketing Coordinator	mmacdonald@nswc.ca
Steve Hardin	Facilities Manager	steve@nswc.ca
Christy Evans	Food & Beverage Manager	cevans@nswc.ca
Barb Hufsmith	Member Services Manager	barb@nswc.ca
Kim Hirji	Recreation & Executive Coordinator	khirji@nswc.ca
Cam Paddock	Director of Hockey Operations	cam@nswc.ca
Bob McCuaig	Manager Hockey Administration	bobm@nswc.ca
Emily Allen	Hockey Administrator	emilya@nswc.ca
Steph St. Laurent	Director of Fitness	steph@nswc.ca
Fabio Walker	Director of Tennis	fabio@nswc.a
Cam Teichman	Head Lifeguard & Aquatics Supervisor	aquatics@nswc.ca

604 - 985 - 4135

NORTH SHORE WINTER CLUB

1325 KEITH RD. NORTH VANCOUVER

BC V7J 1J3

NORTH SHORE WINTER CLUB



ARENA ADVERTISING

We have launched a brand new, all-encompassing advertising program for our ice surfaces at the Club. We've designed this program to deliver a number of benefits, including brand exposure for your company, exclusive availability, a two year commitment, and inclusive packages.

ADVERTISING PACKAGES

1. 2 large ice Rink Board advertisements
2. 1 small ice Rink Board advertisement.
3. 1 HTC small ice Rink Board advertisement.
4. 1 quarter page Program Guide advertisement.
5. 50% discount on any additional advertising opportunities within the two year term.

Member price: \$5,000 + GST | **Non-Member price:** \$6,000 + GST

Term: 24 months (May 1, 2017 – April 30, 2019)

A LA CARTE ADVERTISING

If advertising packages are sold out or you want to supplement your package, a la carte advertising is available for purchase, including Rink Board advertisements, billboards, in-ice advertising, and Zamboni advertising.

Member and Non-Member prices available.

Term: 12 months (May 1, 2017 – April 30, 2018) or 24 months (May 1, 2017 – April 30, 2019).

Submissions made after May 1, 2017 will be pro-rated for the remainder of the months in the year.

CONTACT

To purchase advertising or for more information, please contact:

Mairi MacDonald
Sales and Marketing Coordinator
mmacdonald@nswc.ca
778-588-9492



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