

NORTH SHORE WINTER CLUB

Winter 2016/2017 Program Guide



WINTER REGISTRATION

Members November 15 @ 10am

Guests/Public December 1 @ 10am

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



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Club Christmas Hours:

DECEMBER 23, 2016	6:00AM – 4:30PM
DECEMBER 24, 2016	6:00AM – 12:00PM
DECEMBER 25, 2016	CLUB CLOSED
DECEMBER 26, 2016	CLUB CLOSED
DECEMBER 27-30TH, 2016	REGULAR HOURS
DECEMBER 31, 2016	6:00AM – 2:00PM
JANUARY 1ST, 2017	CLUB CLOSED
JANUARY 2ND, 2017	REGULAR HOURS



Member Moments



Athletic Achievements

When we look at making mention of someone who “stands out”, there are many factors that come into play. It isn't one solitary ingredient that tips that scale. What are they? The differences begin with humility, the desire to respect and be coachable. The willingness to do extra, to be self motivated and autonomous in reaching one's goal(s). It is also having the discipline to stay committed and be consistent with the work required to achieve such goals. Adopting a relentless winning attitude fuels all of the above. This marks the difference between “good” and “great.” Demonstrating that one really “wants it.” This shows through in the habits and choices that this individual focuses on. Proof is in the pudding as they say!

Hockey

Jonathan Schlander is one of NSWCs Bantam player. Steph St. Laurent personally worked with Jonathan and witnessed his extraordinary efforts toward his development. Jonathan embodies the above special mention. Awesome work Jonathan! Keep your momentum.

Fitness

At the NSWC we seem to spend much time focusing on young athlete development and success. We forget that our club is also made up of parents who often times have been athletes in a previous lifetime and are now working toward a different goal. Members Chris and Nicole Benson set some goals for themselves; they wanted to be fit enough to participate in events such as Tough Mudder and Spartan Races. The dynamic duo, along with Steph St. Laurent and his wife, entered into the Spartan BEAST race in Sun Peaks on September 24th. They accomplished something that seemed daunting: a 29KM course in the mountains riddled with 35 obstacles (which for everyone, if you failed = 30 burpees.) ...we CONQUERED. We are very proud of all of them for taking this on and accomplishing it. Well done Chris and Nicole Benson. We're looking forward to seeing your next challenge! (photo of him & wife)



What You Can Learn About Internal Competition From **Milos Raonic**

Milos Raonic has gripped the collective consciousness of the tennis world for the past few years, particularly the imagination of the Canadian tennis community. At the ripe old age of 25, Raonic is already a cultural icon in Canada, and he's just entering the prime years of his career.

But it's not the championships, titles, or neighbourhood wins that define Raonic. It's not even the opponents he's beat on the court that point to an even brighter future for the young tennis player, a proud Canadian citizen born in Yugoslavia.

For Milos, the competition starts long before the first overwhelming serve.

Internal Belief

In order to play the game with a specific style, the value of self belief can't be overstated. For Milos Raonic and his devastating serve, that self confidence is what really drives his game.

"I think I'm the best server in the world."

This declaration from Milos himself last summer might rub some sport purists the wrong way. Although, when you really think about it, is he wrong?

It doesn't matter. The point is that he believes it. For Milos to approach the service line, ball in hand, and unleash such a powerful and accurate serve, his body needs to respond to the direction of his mind. If doubt exists in any way, shape, or form up top, then the chances of the message

getting lost in translation by the time the racket connects with the ball are a lot greater.

And self doubt is a poison that simply doesn't register with Milos Raonic.

Life Off the Court

As a professional athlete, much of Milos' thoughts are no doubt consumed by tennis, but it's his approach to life that's helped him find success at this relatively early stage.

In an interview with Vice Sports' David Cox, Raonic describes the prevalence of entitlement in today's society, or the idea that if you want something, you're going to need to dedicate yourself to the steps necessary to achieve it.

This is true for tennis players, but it's also true for students. For parents. For people trying to climb the ranks at their job. For Milos Raonic and most of the world's elite athletes, the genesis of success occurs with confidence, belief, and determination.

"He's the kind of perfectionist you see often at the top of the sport and business worlds."

Serving to Yourself

Milos Raonic, the son of two engineers who left post-Cold War Yugoslavia when he was three years old, is grateful for what he has - a good life, a caring family, and the natural talent to frighten you off the tennis court as he winds up to serve.

But it's what he doesn't have that drives him. In his interview with Vice, he remembers practicing that serve with his Dad - over and over again, hours and hours, the same motion.

It's the type of dedication that can only originate from within. Sure, coaching and prodding along the way doesn't hurt, but there's no better motivation than the fire burning within.

For Milos Raonic, there's always something more to give, because there's always something more to achieve.

Even if it means competing with yourself first.



Kids Corner

CHILD MINDING - AGES 12MTHS - 9YRS



KIDS CORNER SUPERVISOR
Cathi Wetsch

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport.

Kids Corner is a warm and inviting environment with experienced staff that provide 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.

NEW RESERVED MORNING CHILD MINDING SPACES

Sign up for a fitness or tennis class and at the same time sign up for child minding and receive a discounted rate.

Restrictions

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

HOURS

Mon - Thu 9:15am - 11:15am
Mon - Fri 3:30pm - 8:00pm
Sat/Sun 10:00am - 5:00pm

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)

**\$2 discount on drop-in fees if registered in fitness or tennis program*

Birthday Party Packages

Up to 16 guests / \$8 per additional guest / MAX 30 children

HTC Package

2 hour private rental of the HTC
Includes small ice, goalie training ice and dryland area

16 meal plans`

Members: \$250 + GST

Non-Members: \$300 + GST

Bouncy Castle Package

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

16 meal plans

Members: \$325 + GST

Non-Members: \$350 + GST

Contact

Member Services at info@nswc.ca

Dance Party Package

1 hour of dance with certified dance instructor Bryn Rasmussen. 2 hour private rental of one of the NSWC's rooms

16 meal plans

Members: \$275 + GST

Non-Members \$325 + GST

Meal Plan Options

One option per group:

1. 2 slices of pizza per person and veggie platter with dip
2. Chicken strips and fries
3. Mac & Cheese and veggie platter with dip

**All meal plans include 3 jugs of pop. Other Add-Ons Available.
Please inform us of any dietary restrictions in advance.*

All Parties:

Must be booked 2 weeks in advance
Price includes tables, chairs, utensil & plates. No outside food or drink is permitted in the Club with the exception of Birthday Cake.

Fitness

WINTER 2017 PROGRAMS

FITNESS DIRECTOR

Steph St. Laurent
steph@nswc.ca

FITNESS CENTRE HOURS

Monday – Sunday
6am – 11pm

Youth under 13 must be supervised by an adult.

Now available at NSWC Fitness!

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.

New Fitness Classes for January

Fitness enthusiasts can now have the flexibility of attending a variety of fitness classes throughout the week. Drop-in or 10 & 20 passes may be purchased at anytime. Reservations for classes can be made in advance online. You may remove yourself from a reservation up to 4 hours before class without penalty.

Prices:

Drop-in: \$17 Members | \$20 Non-Members
10 Pass* \$150 Members | \$180 Non-Members
20 Pass \$260 Members | \$320 Non-Members**
schedule posted online

**expires 3 months from first use*

***expires 6 months from first use*

Choose from the below classes offered weekly:

Daily Dose Total Body Conditioning

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.

Core & Sculpt Fusion

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

Mom & Baby

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

Power Yoga

Power yoga is a powerful style of yoga designed to link movement and breath together, but to make you sweat while exhilarating the body and mind.

Real Men do Yoga

This class is specific for men as it will tackle some of the common areas of weakness for guys. Focus on your flexibility, performance, metabolism and spiritual health.



Girls Yoga

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

Teen Athletic Circuit

This class will help teens use the equipment with proper technique, learn about stretching, core exercises and developing a successful weight training program. It will keep you moving with challenging sequences, so be prepared to sweat!

Pilates

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

Athletic Stretch & Foam Rolling

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

Zumba™

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

*** check the website for more fitness class additions in the New Year.**

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.

Childminding

If you are signed up for a fitness class, you may enjoy 25% off the child minding rate, available for one or more of your children.



The 3 Secret Benefits of CROSS ICE HOCKEY

Hockey is a game that's primarily played on a large sheet of ice that's normally around 200 feet in length and 85 feet in width. Five players line up against each other on the playing surface in addition to a goalie for each team. There are either three or four lines of forwards, normally three pairs of defensemen.

And there's only one puck.

Everyone chases the puck all over the ice in an attempt to secure it, manage it, move it according to a predetermined system of play and, hopefully, deposit it into the opposing team's net.

When kids are young, this is all usually accomplished by one or two players who are faster or more skilled than the other four or five on the ice. It's the reason so much effort is put into placing kids on appropriate teams.

No matter how you slice it, hockey will always be a game played with one puck. It's why coaches place such high importance on defensive systems and playing without the puck. The more we control the game away from the puck, the less likely we are to be scored on.

Makes sense, right?

Sure it does. But that doesn't mean we should be ignoring the offensive side of the game: the parts of the game where we do have the puck.

1. PUCK TOUCHES

Cross ice hockey in practice presents more opportunities for young players to touch the puck. Stickhandling, passing, and shooting in skill development practices is valuable, but there's no substitute for the pressure of a game-like situation.

Truth be told, it's not just young players who benefit from added touches on the puck. I've employed cross ice hockey and other small area games in practices with 15, 16, and 17 year-olds in the past because the more you touch the puck, the more comfortable you'll become with the puck. In cross ice hockey and other small area games, the coach has the option to play 5on5, 4on4, 3on3 or even lower. If you're playing 2on2 hockey, 25% of the players will be touching the puck at any given time, right?

Right. See, hockey coaches know a little bit about math.

Coaches place such high importance on defensive systems and playing without the puck.

2. COMPETITION

Another great thing about cross ice hockey and small area games is the natural competition that emerges. In regular practices that place emphasis on flow drills and systems, it's natural for players to grow complacent over the course of the long hockey season.

But pit them against each other in a small area cross ice hockey game with something on the line like candy and watch the fireworks. It's magical. Not only are the kids touching the puck more than they would during a normal 5on5 full ice scrimmage, they're doing so in a heated environment with all their teammates watching and scrutinizing their every move.

And nothing motivates a hockey player more than the opportunity to impress their teammates.

3. IT'S FUN!

Wanna break up the monotony in your youth hockey program? Schedule some cross ice hockey games and watch the action unfold. Practices? Focus on a specific skill for 40 minutes and then harp on that skill while your players compete against each other in small areas.

There's a famous story about a young hockey player from Arizona named Auston Matthews (maybe you've heard of him) and how the only option available to him in his hometown of Phoenix was 3on3 hockey.

And if you've seen Mr. Matthews handle the puck, it's obvious that it's second nature for him. As a youngster, Matthews was able to touch the puck more often than he would have in a regular 5on5 hockey game, and he did it in tight spaces. He had to be quicker, stronger, and smarter than his opponents to keep possession of the puck.

There are hundreds of small ice variations you can do and it doesn't matter how old your team is. The point is that while hockey will always be played by the same basic set of rules, that doesn't mean you can't get creative in your practices or in games for the early levels to boost your team's productivity.

Alright, I'll bet you can guess what I'm running at practice tomorrow!

The Value of Connection in Youth Sports

Fall tennis programs have begun. Hockey tryouts are finished. Winter maintenance has begun for summer swimmers. Athletes, coaches, parents, and teachers are slowly but surely funneling into a schedule that will serve their passion for the next six or seven months.

And before you know it those six months will be history. Will you be able to say you and your family took everything you could from your experiences?

Coaches

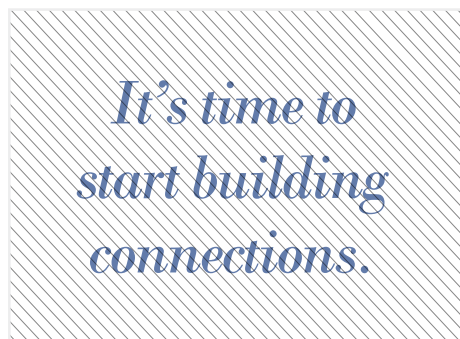
As a hockey coach, I've built my fair share of connections over the years. Case in point, a couple weeks ago a player I coached back in Edmonton six years ago called me after being traded to a team in the Saskatchewan Junior Hockey League that rhymes with Shmindersley. This player was upset and searching for answers about why he'd been dealt.

So why did he call me? I haven't seen him play in years, but we've kept in touch. It's an understatement to say the connection between an athlete and his or her coach is valuable. Most youth athletes will listen to their coach before their parents.

Parents

That being said, the parent is always right. The parent knows their own child better than any new coach. While the coach is responsible for a team of athletes, the parent is responsible for one individual. The connection between parents and athletes is one that goes far beyond the basic necessities of food and shelter. When it comes to youth sports, parents have insight no coach could hope to possess.

Imagine your child experiencing a sudden dip in performance. It could be during games or matches or in practice. What's happened to their serve? They're really struggling with their 100m butterfly, what's the problem?



Maybe there's no problem. Maybe it's just reality. It's up to the parent to connect and ask the question.

Community

The power of a community can boost any individual. For instance, we have a fabulously tight-knit tennis community here at the North Shore Winter Club. They play together, they spend their free time together, they party together.

Playing the game is more fun when you've got support from people you like.

Competing is not the same as execution. The process is not the same as results. When a young athlete enters a facility where they're expected to not only compete, but to perform as well, it's a lot easier to do so when they're confident and comfortable. Parents and coaches have an impact on that confidence, but there's a lot to be said for support from those who aren't affected by an individual's performance.

How do we connect with our community?

- Say hello to everyone.
- Encourage kids that don't belong to you.
- Be the change you wish to see in the world.

Teammates

The most powerful connection a young athlete can make is with his or her teammates. When teammates hold each other accountable through their work ethic and dedication, it's much more powerful than hearing it from a coach or a parent.

Every team is built on a blueprint. The specs can change, but in order to find success as part of a group, there are specific metrics that need to be met.

Character Leadership Effort

Teams are defined by the reactions of individuals. When a young hockey player reacts to an event with determination, creativity, and skill, that attitude connects the most eager athletes on the team first while the more reserved or tentative decide whether or not they'd like to follow suit. Which they always do.

So, at this early point in the hockey, school, and tennis season, let's do our best to connect with those around us. You never know who you might find.

Hockey

WINTER 2017 PROGRAMS



HOCKEY DIRECTOR

Cam Paddock
cam@nswc.ca

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.

Jan 8 - March 12 (No Class Feb 12)

Sun - 9 classes

1:45pm - 2:30pm H2/H3 (2009/2010)
2:30pm - 3:15pm H4 (2008)
3:30pm - 4:15pm Atom (2006/2007)
4:15pm - 5:00pm Atom (2006/2007)
5:15pm - 6:00pm Peewee (2004/2005)
6:00pm - 6:45pm Peewee (2004/2005)
7:00pm - 7:45pm Bantam/Midget (99-03)

Location: HTC Ice Rink

Instructor: Karen Kos

Member - \$180.00 | Non Member - \$270.00

Edging & Stroking

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

Jan 7 - Mar 11 (No Class Feb 11)

Sat - 9 classes

2:00pm - 3:00pm Initiation (2010 - 2008)
3:15pm - 4:15pm Atom (2006/2007)
12:45pm - 1:45pm Peewee (2004/2005)
4:30pm - 5:30pm Bantam/Midget (1999-2003)

**Location: Initiation/Atom/Bantam Small Ice;
Peewee HTC**

Instructor: Victor Kraatz

Member - \$180.00 | Non Member - \$270.00

Defense Skills

The High Performance Skills class is targeted for players who want to perform at a high performance level. Players will develop tools to increase mobility, positional play, shooting and defending. Players will be challenged at a High Performance level in a fun, competitive environment. This class is focused to push your skill set to improve your defensive play so you are ready to make the jump to the next level in your hockey career. Full hockey equipment is required.

Jan 8 - Mar 12 (No Class Feb 12)

Sun - 9 sessions

2:00pm - 3:00pm Atom (2006/2007)

Location: Small Ice

Member - \$180.00 | Non Member - \$270.00



Puck Skills Class

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

Jan 8 – Mar 12 (No Class Feb 12)

Sun – 9 sessions

4:30pm – 5:30pm Initiation (2010-2008)

5:45pm – 6:45pm Atom (2006/2007)

7:15pm – 8:15pm Pee wee/Bantam (02-05)

Location - Small Ice

Member - \$180.00 | Non Member - \$270.00

Cookie Monsters

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will host three skill levels over the winter 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.

Jan 7 – Mar 11 (No Class Feb 11)

Tues & Sat – 18 sessions

BEGINNER

Tuesday 4pm – 4:45pm

Saturday 9am – 9:45am

INTERMEDIATE

Tuesday 4:45pm – 5:30pm

Saturday 9:45am – 10:30am

ADVANCED

Tuesday 5:30pm – 6:15pm

Saturday 10:30am – 11:15am

Location: HTC Ice

Member - \$180.00 | Non Member - \$270.00

Learn to Skate

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. (9 sessions). Full hockey equipment is required.

Jan 7 – Mar 11 (No Class Feb 11)

Sat – 8:15am – 9:00am - 9 sessions

Location: HTC

Member - \$90.00 | Non Member - \$135.00

Adult Women's Skills

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

Jan 5 – Mar 9

Thurs – 9:00pm-10:30pm - 10 sessions

Member - 120.00 | Non Member - \$200.00



It's Time To Transform Your HEALTH INTO A PRIORITY



Winter could legally change its name to silly season and no one would bat an eye. From the middle of August until the end of March, we're consumed by priorities:

- *Driving our kids to hockey*
- *Picking them up from school*
- *Trying to sleep*
- *Making dinner*

And not all necessarily in that order. Who among us hasn't skipped a meal simply because you didn't have time? I do it all the time. I pound away at the keyboard until the last possible minute before I have to go to the rink every day. Like I said, silly.

Well, when January is here, hopefully life has calmed down for you at least a little bit. We're always going to be busy, but being so busy you can't make time for healthy nutrition choices and a few hours a week in the gym isn't a badge of honour, it's a curse we inflict upon ourselves.

A New Routine

As you switch to a new schedule in the spring - new sports, new activities, and new priorities - put yourself at the top of that list. Commit to three, four, five, or more hours of fitness each week and treat those hours like a meeting with the most important client of all: Yourself.

Look, I won't lie and tell you it's only possible to commit to a new fitness routine if you write down the specific schedule you're going to use. It's not realistic when you're juggling work, kids, and a home. Besides, the first time you miss one of those prescheduled workouts might frustrate you enough to ditch the whole thing all together.

Stay Realistic.

Choose an amount of hours and prioritize it week to week. It's tough to start, but in no time you'll find yourself craving the time you get to spend alone in the gym.

A Better Mind Created by a Better Body

A big part of exercising is not the added stamina, the strength or the person we see in the mirror, it's the improved version of yourself that's often hiding in the shadows. Committing to a fitness routine kickstarts the systems throughout your body. When you work out, your body craves better food. You sleep better. Eventually you'll find yourself more relaxed, patient and simply more pleasant to be around. Positivity is contagious. When you feel great inside and out, it's impossible for people around you not to notice. It changes how you carry yourself and how you interact on a daily basis.

Happy is the New Black

It's nearly June and school is almost over. I'm a big believer in taking things slow and enjoying the moment. It pains me to remind us all that pretty soon we'll be back in the rink for tryouts, but sometimes you have to frighten yourself into action. Time flies, so pick up your routine and start now. Actually, working out four times a week is a great way to make time move much, much more slowly.

And you know what, if you can truly commit yourself to you a healthier you now, then chances are your priorities won't have to switch back once September rolls around. You'll find a way to make it work.

And you'll be well on your way to a better version of yourself than you ever thought possible.

By Kelvin Cech

3 Ways to OVERCOME YOUR INTERNAL ANXIETY & GET TO THE GYM

As busy human beings fighting traffic and conflicting schedules every day, we're plagued with self doubt. Why? Well, I'm not a scientist, but I do know that whenever things get hectic, the last person I consider caring for is myself.

The simple fact that a long commute can remove every shred of desire to hit the gym is depressing in its own right. We want to spend more time at home, we want to spend more time with our families - getting to the gym can almost instil a sense of guilt.

Craziness, I know.

our brains are programmed to find the bad in everything, we often opt for the path of least resistance.

Case in point: we avoid the gym, and it's owed to a gluttony of excuses (bad turn of phrase, sorry) like ...

You know what, I'm not even going to list the excuses. To state them here would give them validity, and I'm not going to do that. Let's talk about the positive ways you can overcome your internal limitations to get into the gym, into your runners, or onto the court.

But the reality is that when

A Proper Dynamic Warmup

A lot of people get stressed about fitness because they only imagine the heavy weights and the exhausting exercises they want to accomplish. Well, what if you only had to worry about warming up?

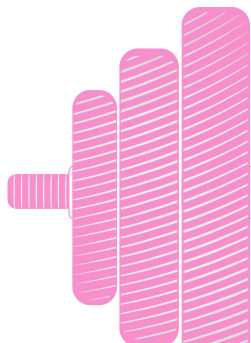
There are specific movements and stretches you can do prior to any workout to activate your body, but the hidden benefit is the effect on the mind. Of course you don't feel like working out the minute you get to the gym - the good news is all you need to commit to is the warmup, and then you can see what happens after that.

Healthy Nutrition Choices

An instructor at the winter club told me a couple weeks ago that diet was in some ways more crucial to weight loss than a regular fitness routine. This is good news, because while you don't necessarily have control over your fitness schedule, you have to eat, and you do have control over your diet. Stocking up on healthy food for every meal of the day makes it a lot easier to choose a tasty and nutritious snack. If you're fuelling your body properly, building on your dynamic warmup with a challenging workout will come much more naturally.

Focus On Today

The problem with most fitness regimens aren't getting them started, it's keeping them going for the long haul. Anyone can boldly proclaim they're turning over a new leaf and hit the gym five times in one week, but it's maintaining those habits and that lifestyle that's the real challenge. So stop worrying so much about what you'll like in a month or next year. Focus on today. What can you do today to make yourself better and more healthy? Today is an opportunity to eat right and spend some time improving your health. A few hours in the gym each week is no big deal when you're eating and warming up properly, right? Right.



Adult Tennis

WINTER 2017 PROGRAMS



TENNIS DIRECTOR

Fabio Walker
fabio@nswc.ca

Adult Drills – Advanced

Level 3.5 – 4.5

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

Jan 3 – March 7

Tues – 10 classes | 6pm – 7pm

Member - \$220.00 | Non Member - \$320.00

Adult Drills – Advanced

Level 3.5 – 4.5

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

Jan 5 – Mar 9

Thurs – 10 classes | 11am – 12pm

Member - \$220.00 | Non Member - \$320.00

Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

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

Jan 9 – Mar 6

Mon - 8 Classes (no classes Monday Feb 13)

12:30pm – 1:30pm

Member: \$176.00 | Non member: \$256.00

Adult Drills

Beginner Quick Start

Level 1.0 – 1.5

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

Jan 4 – Mar 8

Wed – 10 classes | 9am – 10am

Member: \$220.00 | Non member: \$320.00



Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

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

Jan 5 – Mar 9

Thurs – 10 classes | 6pm – 7pm

Member - \$220.00 | Non Member - \$320.00

Adult Drills – Beginner Quick Start

Level 1.0 – 1.5

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

Jan 9 – Mar 6

Mon - 8 Classes (no classes Monday Feb 13)

10am – 11am

Member: \$176.00 | Non member: \$256.00

Adult Drills – Novice

Level 2.0 – 2.5

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

Jan 9 – Mar 6

Mon – 8 Classes (no classes Monday Feb 13)

11am – 12:00pm

Member: \$176.00 | Non member: \$256.00

Adult Drills – Novice

Level 2.0 – 2.5

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

Jan 4 – Mar 8

Wednesdays – 10 classes | 10am – 11am

Member: \$220.00 | Non member: \$320.00

Adult Drills – Intermediate

Level 2.5 – 3.0

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

Jan 9 – Mar 6

Mon – 8 Classes (no classes Monday Feb 13)

9am – 10:00am

Member: \$176.00 | Non member: \$256.00

Adult Drills – Intermediate

Level 2.5 – 3.0

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

Jan 4 – Mar 8

Wednesdays – 10 classes

11am – 12pm

Member: \$220.00 | Non member: \$320.00

Adult Drills – Intermediate

Level 3.0 – 3.5

Level 2.5 – 3.0

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

Jan 6 – Mar 10

Fri – 10 classes | 11am – 12pm

Member: \$220.00 | Non member: \$320.00



Adult Drills - *Intermediate PLUS*

Level 3.0 – 3.5

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

Jan 9 – Mar 6

Mon – 8 Classes (no classes Monday Feb 13)

6pm – 7pm

Member: \$176.00 | Non member: \$256.00

Adult Drills - *Intermediate PLUS*

Level 3.0 – 3.5

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

Jan 3 – Mar 7

Tuesdays – 10 classes | 8pm – 9pm

Member: \$220.00 | Non member: \$320.00

Adult Drills – *Intermediate PLUS*

Level 3.0 – 3.5

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

Jan 6 – Mar 10

Fri – 10 classes | 10am – 11am

Member: \$220.00 | Non member: \$320.00

Adult Drills – *Intermediate PLUS*

Level 3.0 – 3.5

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

Jan 5 – Mar 9

Thurs – 10 classes | 7pm – 8pm

Member: \$220.00 | Non member: \$320.00

H.I.T. High Intensity Tennis

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

Jan 3 – Mar 7

Tues – 10 classes | 7pm – 8pm

Member: \$220.00 | Non member: \$320.00

H.I.T. High Intensity Tennis

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

Jan 3 – Mar 7

Tues – 10 classes | 11am – 12:00pm

Member: \$220.00 | Non member: \$320.00

H.I.T. High Intensity Tennis

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

Jan 5 – Mar 9

Thurs – 10 classes | 8pm – 9pm

Member: \$220.00 | Non member: \$320.00

Men's Tennis Training

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

Jan 5 – Mar 9

Thurs – 10 classes | 9am – 10am

Member: \$220.00 | Non member: \$320.00

Men's Tennis Training

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

Jan 6 – Mar 10

Fri – 10 classes | 9am – 10am

Member - \$220.00 | Non Member - \$320.00

Men's Tennis Training

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

Jan 3 – Mar 7

Tues – 10 classes | 9am – 10am

Member: \$220.00 | Non member: \$320.00

Men's Tennis Training

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

Jan 9 – Mar 6

Mon – 8 classes (no classes Feb 13th) | 9am - 10am

Member: \$176.00 | Non member: \$256.00

Men's Singles Night League – Mondays

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

Jan 9 – Mar 6

Mon - 8 Classes (no classes Monday Feb 13)

730pm – 10pm

Member: \$128.00

Ladies Doubles Day League – Mondays

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

Jan 9 – Mar 6

Mon - 8 Classes (no classes Monday Feb 13)

10:30am – 12pm

Member: \$128.00

Ladies Singles Day League – Thursdays

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

Jan 5 – Mar 9

Thurs – 10 classes | 12 – 130pm

Member: \$160.00

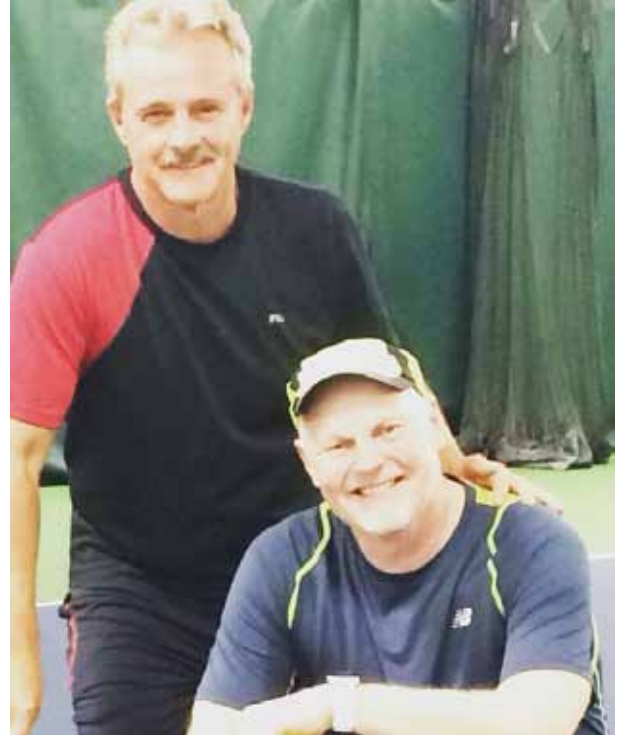
Ladies Singles Night League – Thursdays

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

Jan 5 – Mar 9

Thurs – 10 classes | 9pm – 1030pm

Member: \$160.00



Junior Tennis

WINTER 2017 PROGRAMS



TENNIS DIRECTOR

Fabio Walker
fabio@nswc.ca

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

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

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

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

Performance Programs

Le Petit Tennis

(ages 4-5)

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

Jan 7 - Mar 4

Sat - 8 classes (no classes Feb 11)

10am - 10:30am

Member - \$96.00 | Non Member - \$136.00

Red Level 1

(ages 6-7)

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

Jan 9 – Mar 6

Mon - 8 Classes (no classes Feb 13)

3:30pm – 4:30pm

Member – \$144.00 | Non Member - \$184.00

Red Level 1

(ages 6-7)

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

Jan 4 – Mar 8

Wed – 10 classes | 3:30pm – 4:30pm

Member – \$180.00 | Non Member – \$230.00

Red Level 1

(ages 6-7)

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

Jan 4 – Mar 8

Mon & Wed - 18 classes (no classes Mon Feb 13)

3:30pm – 4:30pm

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

Red Level 1

(ages 6-7)

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

Jan 7 – Mar 4

Sat - 8 classes (no classes Feb 11) | 12:00pm – 1:00pm

Member – \$144.00 | Non Member – \$184.00

Orange Level 1

(ages 7-9)

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

Jan 3 – Mar 7

Tue - 10 classes | 3:30pm – 4:30pm

Member – \$180.00 | Non Member - \$230.00

Orange Level 1

(ages 7-9)

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

Jan 5 – Mar 9

Thurs – 10 classes | 3:30pm – 4:30pm

Member – \$180.00 | Non Member - \$230.00

Orange Level 1

(ages 7-9)

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

Jan 3 – Mar 9

Tues & Thurs - 20 classes | 3:30pm – 4:30pm

Member – \$360.00 | Non Member - \$460.00

Orange Level 1

(ages 7-9)

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

Jan 7 – Mar 4

Sat - 8 classes (no classes Feb 11)

1:00pm – 2:00pm

Member – \$144.00 | Non Member – \$184.00

Green Level 1

(ages 9 - 11)

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

Jan 7 - Mar 4

Sat - 8 classes (no classes Feb 11)

2:00pm - 3:30pm

Member - \$216.00 | Non Member - \$276.00

Teen Tennis

(ages 12+)

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

Jan 7 - Mar 4

Sat - 8 classes (no classes Feb 11)

10:30am - 12:00pm

Member - \$216.00 | Non Member - \$276.00

Champs U18

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

Jan 4 - Mar 8

Mon & Wed - 18 classes (no classes Feb 13)

4:00pm - 6:00pm

Member - \$648.00 | Non Member - \$828.00

High Performance Programs

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

Red Future Stars

(age 6-7)

Red Future Stars is designed to develop advanced technical, tactical and physical skills. This program prepares players to compete successfully in Provincially hosted U8 events.

Jan 4 - Mar 8

Mon & Wed - 18 classes (no classes Feb 13)

3:30pm - 4:30pm

Member - \$324.00 | Non Member - \$414.00

Orange Future Stars

(age 7-9)

Orange Future Stars is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U9 events.

Jan 3 - Mar 9

Tues & Thurs - 20 classes | 3:30pm - 4:30pm

Member - \$360.00 | Non Member - \$460.00

Green Future Stars

(ages 9-11)

Green Future Stars is designed to develop advanced technical, tactical, physical and psychological skills. This program prepares players to compete successfully in Provincially hosted U10 events.

Jan 4 - Mar 8

Mon & Wed - 18 classes (no classes Feb 13)

4:30pm - 6:00pm

Member - \$486.00 | Non Member - \$621.00

National/ Provincial Elite Programs

Children must get approval from an NSWC Coach in order to participate in a NATIONAL/PROVINCIAL ELITE program.

For high performance tennis players only. This program is by invitation only. You must have a Provincial Ranking. For more information please contact Fabio Walker at fabio@nswc.ca.

U14 Provincial Elite

2 day/week

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

Jan 3 – Mar 9

Tues & Thurs - 20 classes

4:00pm – 6:00pm

Member – \$720.00 | Non Member - \$920.00

U14 Provincial Elite

3 day/week

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

Jan 3 – Mar 10

Tues, Thurs & Fri - 30 classes

4:00pm – 6:00pm

Member – \$1080.00 | Non Member - \$1380.00

U12 Provincial Elite

4 day/week

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

Jan 3 – Mar 10

Tues, Wed & Thurs 4:30pm – 6:00pm

Friday 4:00pm – 6:00pm

Member – \$900.00 | Non Member - \$1150.00

U12 Provincial Elite

4 day/week

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

Jan 3 – Mar 10

Tues & Thurs 4:30pm – 6:00pm

Wed 7:00am – 9:00am | Fri 4:00pm – 6:00pm

Member – \$1260.00 | Non Member - \$1610.00



WHAT IT MEANS TO BE AN ATHLETE AT NSWC

The NSWC is a family-oriented Club that brings together our smallest and oldest athletes under one roof. The NSWC has a long standing tradition of focusing on team. We rely on each other - player, coach and parent - to bring to life our values of caring, respect and positivity, including:

THINK FIRST BEFORE YOU SAY IT OR POST IT ON SOCIAL MEDIA

If you wouldn't say it to a person's face or to your mom/dad, don't say it or post it on social media. If you wouldn't want someone to post it about you; don't.

BE CARING AND KIND

Only make encouraging and positive comments. Inappropriate or threatening language, mean comments or name-calling will not be tolerated. Include others in your fun.

RESPECT PEOPLES PRIVACY

Don't post photos or videos of people without their permission (or their parents' permission if they're under 10). Don't share anyone's personal information.

RESPECT PEOPLE'S SPACE AND GAME PREPARATION

No "horsing around," wrestling or physical intimidation anywhere. No yelling or swearing - athletes should be preparing for their event.

TAKE CARE OF EACH OTHER AND OUR SPACE

Respect those athletes that are trying to rest or prepare for their game. They may be nervous or upset - think about how you might help them. If you see someone not acting appropriately, ask them to think about what they're doing or tell an adult. Clean-up after yourself and help keep our facility tidy (organize your gear and throw out garbage).

BE A GOOD SPORT AND A GOOD CLUB REPRESENTATIVE

Always encourage and cheer for other players, whether they're a NSWC team or not. Let our highly qualified coaches do their jobs; they should be the only ones coaching.

6 Horrible, Tasteless but Healthy Things **YOU CAN PUT IN A SMOOTHIE**

By Kelvin Cech

We shouldn't have to sacrifice certain aspects of our life to eat healthy and get the rest we require to be a functioning member of society. You have a right to be healthy, even if you do have 5 different rinks to drive to next weekend.

Look, I'm a total hypocrite when it comes to healthy nutrition choices because I always forget to eat. I work at home for half of every day until the precise moment I have to drive to the rink, and for a long time this meant I wasn't fuelling the ol' writer/coaching machine to the extent it required for a productive afternoon on the ice.

But then I discovered the joys of blending. Did you know you can throw anything you want into a blender and it will grind it up into a fine fluid you can pump straight into your body? Amazing, right? The product of this is all the athletes you see running around the rink holding shaker cups. Teenage hockey players might not remember their middle names let alone possess the brainpower to keep themselves fed properly during a week of practices, games and off-ice activities. So shove a smoothie in their hands and send them out the door. It will work for mom and dad as well. Simply grind up your lunch in a container and take it with you. Here's a few ideas to get you started.

*Come see us in the Cafeteria
for new
Smoothie Recipes!*

Frozen Berries

A great source of natural carbohydrates, your body can put the glucose present in berries to work right away. Berries are also an excellent source of antioxidants, particularly blueberries, and they also taste great, so you can mask other terrible things, such as:

Kale

I don't use (use? Is eat more accurate? I'm not sure) kale very often, but kale is considered one of the healthiest foods you can eat, apparently. It might taste like garnish on its own, but kale helps your body de-toxify and lower cholesterol. Shove a few leaves in your smoothie and if anything you'll simply be able to act smug about it when you do crossfit later on.

Cauliflower

Terrible on its own, but for some magical reason cauliflower can be added to smoothies (and pasta dishes) and taste just fine. Well, taste like nothing, but that's the point. The cruciferous cauliflower is currently fighting through a price and identity crisis, so perhaps the parents of North Vancouver can help stabilize the market.

Spinach

This is a must for me because I like humming the Popeye The Sailor Song. It's true what they say about spinach - it's gross but it works. Spinach is rich in nutrients such as vitamin C.

Almond or Soy Milk

Rather than lubricating your smoothie with boring water or milk, try almond milk. It comes in different flavours, such as vanilla or chocolate, so you can further mask the taste of the plastic leaves you've mixed up.

Protein Powder

A scoop of protein powder keeps you satisfied until dinner and it gives your muscles the chance to chuck plates around at the gym. Protein powder comes in a variety of flavours as well, so while it tastes awful on its own or in water, mixed in with the berries it's delicious.

That's a winning recipe, right? You can experiment with different concoctions as you see fit, but packing this many healthy things into one drink is an easy way to inject yourself with health and wellness halfway through each day. And then you won't feel bad about not eating a salad at dinner.

...Alright maybe you still will.



Dance

2017 DANCE CLASSES



ATTIRE FOR CLASSES

Tiny Tot + Ballet Junior Dance:

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

Jazz / Hip Hop (Girls + Boys):

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

DANCE INSTRUCTORS

Bryn Rasmussen

brynasmussen@shaw.ca

Bryn is extremely excited to be entering her third year of teaching dance at NSWC and can't wait to meet many new faces as well as see lots of familiar ones in class. Bryn is an internationally certified dance teacher and looks forward to sharing her knowledge with her students!

Christie Saunders

dancewithchristie@gmail.com

www.dancewithchristie.com

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



Junior Dance:

'So You Think You Can Dance' (SYTYCD)

Ages 6-12

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

Set #1: Jan 3-Jan 31 (5 classes)

Set #2: Feb 7-Mar 7 (5 classes)

Tues 3:30pm-4:30pm

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

Instructor: Bryn

Tiny Tot Dance:

'Dance To The Music'

Ages 3-5

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

Set #1: Jan 3-Jan 31 (5 classes)

Set #2: Feb 7-Mar 7 (5 classes)

Tues 4:30pm-5:30pm

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

Instructor: Bryn

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

All Girls Hip Hop

Ages 6-12

(Age exceptions considered with prior approval by Bryn)

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

Set #1- Jan 5 -Feb 2 (5 classes)

Set #2- Feb 9 -Mar 9 (5 classes)

Thurs 3:30pm-4:30pm

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

Instructor: Bryn

All Boys Hip Hop/Grooving

Ages 6-12

(Age exceptions considered with prior approval by Bryn)

Upon request by members, this hip-hop class is being brought back and it is just for the boys! Hip Hop/Grooving is a one hour-long class focused on hip-hop fundamentals and grooving. Boys can look forward to a fun and high-energy class with choreography to the newest music in town! This class is sure to expand knowledge of dance moves, build confidence, as well as strengthen balance and coordination necessary for all sports.

Set #1- Jan 5 -Feb 2 (5 classes)

Set #2- Feb 9 -Mar 9 (5 classes)

Thurs 4:30pm-5:30pm

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

Instructor: Bryn

Kinder Ballet

3-5 years

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

Jan 2-Feb 27 (no class Feb 13)

Mon 1:45-2:30pm

\$80 Members | \$96 Non-Members

Instructor: Christie

Musical Theatre Club (MTC)

5-8 years

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

Jan 2 - Feb 27 (no class Feb 13)

Mon 5:00-5:45pm

Jan 4 - Feb 22 | Wed 4:15-5:00pm

\$80 Members | \$96 Non-Members

Instructor: Christie

Sampler

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

3-5 years

Jan 2 - Feb 27 (no class Feb 13) | Mon 1:00-1:45pm

Jan 5 - Jan 26* | Thur 1:00-1:45pm

Jan 6 - Feb 24 | Fri 1:00-1:45pm

\$80 Members | \$96 Non-Members

***\$40 Members | *\$48 Non-Members**

4-6 years

Jan 2 - Feb 27 (no class Feb 13) | Mon 3:30-4:15pm

Jan 4 - Feb 22 | Wed 3:30-4:15pm

\$80 Members | \$96 Non-Members

Instructor: Christie

Jazz/HipHop

Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning dance routines to fun upbeat music

Jan 2 - Feb 27 (no classes Feb 13) (ages 5-8)

Mon 4:15-5:00pm

Jan 4 - Feb 20 (ages 6-9)

Wed 5:00-5:45pm

\$80 Members | \$96 Non-Members

Instructor: Christie





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