

NORTH SHORE WINTER CLUB

Summer 2021 Program Guide



SUMMER REGISTRATION

Members May 11th, 2021 10am

Non Members May 25th, 2021 10am

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



INVESTING FOR YOU.

2021 IS BRINGING NEW UPGRADES JUST FOR YOU.

CONSTRUCTION OF **INDOOR PICKLEBALL COURTS**

NEW OUTDOOR **TENNIS HARD COURT** SURFACE WITH CONVERTIBLE PICKLEBALL COURTS

UPGRADING HIGH PERFORMANCE **TRAINING STUDIOS** IN THE FORMER RACQUETBALL AREA

ADDITION OF **HEALTH & WELLNESS CLINIC**

CLUB SECURITY AND FOB SYSTEM UPGRADE

FRONT ENTRANCE DRAINAGE

REROOFING OF CLUBHOUSE

NEW **ROADWAY SIGN**

POOL IMPROVEMENT PROJECTS

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2021 Board of Directors

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604.985.4135
NORTH SHORE WINTER CLUB
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

Program Registration

Program Registration Information

Member Registration opens at

Tuesday May 11th at 10:00am

Non Member Registration opens at

Tuesday May 25th at 10:00am

There are two ways to register for programs:

1. Online registration at:
www.nswc.ca
 2. Phone registration:
604.985.4135 ext 0
- All programs will have a minimum and maximum enrollment.
 - A waiting list will be formed after a particular program is filled.
 - No credits or pro - rating will be provided for missed sessions.

PAYMENT

- Payment must be made **in full** at the time of registration.
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

CANCELLATION POLICY

Cancellation requests need to be in writing. Please email cancellations@nswc.ca and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program

REFUNDS AS FOLLOWS:

- **100% Refund:** up to 105 hours before program start time.
- **50% Refund:** less than 105 hours before program start time UNTIL 48 hours after program start time.
- **No Refund:** more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit www.gametime.net for details.

FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to mindbodyonline.com to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

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

LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Pickleballs
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)
- NSWC Ties

GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness classes, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

Follow us for info, updates and more!

 facebook.com/myNSWC

 Instagram.com/myNSWC

 twitter.com/myNSWC



General Club Information



Communication Email Weekly Eblast

Are you receiving 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 info@nswc to have your name added to our list.

Clubhouse Rules Junior Members - R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.
2. Pre-school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.
3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.
4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).
5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.
6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

Guest Rules - R21

1. Adult 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.
2. Adult 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:
 - a) *Swimming*
 - b) *General Skating or Ice Hockey*
 - c) *Tennis, Squash, Pickleball, Racquetball*
 - d) *Sauna, Steam, Whirlpool*
 - e) *Fitness Centre*
3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.
4. 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 the behaviour of their Guests in the Club.
5. All Rules applying to Members will apply to Guests.
6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.
7. 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 eight weeks in any year. Guest cards must be shown when using the Club.
8. 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.
9. 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 two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.
10. 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.
11. Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.
12. Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

Payment of Members' Accounts - R24

1. Member's monthly invoices are sent out at the beginning of each month and are due for payment before the end of that month. A service charge of 2% per month will be added to all overdue balances. In addition, a late payment penalty of \$20 will be levied each month an account is overdue.
2. Members with Dues or Assessments in arrears over 40 days will have their charging privileges suspended and may be required to register for PAP at the determination of Management.
3. Members with Dues or Assessments in arrears over 60 days shall not be in good standing and are liable to suspension, at the discretion of the General Manager and/or Board, with no rights or privileges in the Club. Prior to reinstatement the Member must pay his or her account in full and agree to put and maintain his or her account on PAP.
4. Members who are in arrears with their membership dues or in default of payment of any other accounts owed to the Club are subject to sanctions at the discretion of the General Manager and/or Board.
5. Members with Dues or Assessments in arrears over 180 days may be referred to the Club's collection agency, at which time the Membership is cancelled. Should this become necessary, any charges incurred will be added to the Member's account. In the event of reinstatement of the Membership, an administration charge of \$100 will be made.
6. New Members are required to register for pre-authorized payment (PAP). With PAP, members have up to three weeks to review their statements, after which, the balance payable will be debited to the Member's bank account within the last three business days of the month.



Facility Rentals - R59

1. Members may rent facilities at the Club for personal use.
2. Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non-Member rental rates would prevail.
3. Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

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



FEATURED ATHLETES

Jayda & Jason Vendargon



Jayda Vendargon

Age: 11

How many years have you been playing hockey?

2 Yrs

Who is your favourite hockey player ?

Elias Pettersson

Who do you feel you play most like?

Me of course

What is your biggest accomplishment in hockey?

First time I scored a goal I also got a hat trick. Most importantly it was my first tournament and to top it all off I was able to do it in my moms hometown of Powell River in front of my entire family. Mom, dad , uncles, aunts, cousins, grandparents and even my great grandparents. It was a very special day that I will never forget

Who is your biggest role model in hockey and why?

Hayley Wickenheiser because she is a leader in women's sports and inspires young girls like myself

Do you have any good luck rituals or superstitions before games?

I remind myself of "BEAST MODE" every time I step on the ice

What is your favourite pre-game meal?

Whatever mom and dad whip up

Besides hockey, what other activities do you enjoy?

Soccer, basketball, tennis, pickleball, field hockey, chess, clay art, sewing

What do you enjoy most about playing at the NSWC?



FEATURED ATHLETES

Jason Vendargon

Age: 8



How many years have you been playing hockey?

4 years

Who is your favourite hockey player?

Marc Andre Fleury

Who do you feel you play most like?

Haven't quite figured that out yet

What is your biggest accomplishment in hockey?

Playing in U11 A1 as an under age

Who is your biggest role model in hockey and why?

Vinny Lorio not only because he is family but he works harder than anyone I know. He is humble even though he is a great player. He always has time for us little ones and plays street hockey with us even when he doesn't really have the time. I also think it's pretty cool that he keeps his school before hockey even if he is going to make the NHL

Do you have any good luck rituals or superstitions before games?

Gotta play catch in the parking lot with mom or dad before any practice or game and always have to listen to Linkin Park " NUMB" in the car on the way

What is your favourite pre-game meal?

A Leberkäse sandwich

Besides hockey, what other activities do you enjoy?

Playing soccer, bugging my sister, and swimming in the NSWC pool

What do you enjoy most about playing at the NSWC?

Hanging with my friends



MEMBER MOMENTS

Scholarship Recipients

Laura MacKillop

Angels Scholarship



When did you start playing hockey and why?

I started skating when I was about 5, I figure skated at the club and Karen Magnussen was my coach for 3 years but I switched to hockey when I was 8 because I craved a faster pace sport I had encouragement from my friends on the Marlins who were already playing. My Dad and brother both play hockey and so it really wasn't a question that I was going to start playing once I knew how to skate.

What have you enjoyed about playing at the NSWC?

Playing at the NSWC I was able to have my dad coach throughout the years. He was always involved in my team somehow even up until my last year. And being able to play with some of my best friends and the international tournaments.

How long have you been coaching at the NSWC? Cookies and Female hockey?

I started coaching cookies in the fall of grade 10, and this recent season I was lucky enough to be the assistant coach of the U13 female team.

What made you want to get into the coaching side of hockey?

Throughout high school I saw my friends get jobs they dreaded, which had me think about how great it would be to coach because it wouldn't even feel like work. I get to encourage players to have a love for the game, and most importantly be a female role model for girls in a male dominated sport.

What are your future goals?

I recently accepted admission to Capilano University, I will be attending under their 4 year Kinesiology degree program. I want to stay close to home so I will be able to continue coaching at the NSWC.

How do you think the NSWC has prepared you for achieving your future goals?

This past year I've learned how big my passion for coaching really is. I've learned a lot of life lessons, made lifelong friendships and the opportunities I've been given through the club has led me in the direction for my future.

Favourite memory playing at the NSWC?

Off the top of my head I would say when I was in my second year peewee we somehow won the Surrey Falcons super heart tournament when our goalie was away and one of our players volunteered to go in net without any prior experience. Also in the 2019 season when my team lasted an entire period without a goalie, all of us took turns to diving through the crest and sacrificing our body in front of shots. Or when my own brother gave me a match penalty...

Hanna Kaustinen

Pat Quinn Classic Scholarship



Congrats to NSWC's own, Hanna Kaustinen, for receiving the Pat Quinn Classic Scholarship! Hanna was selected for demonstrating leadership on the ice, a strong academic performance, and a commitment to giving back to her community.

Four years ago, our U13 female team's goalie had unfortunately broke her arm and the team was left without a goalie. The NSWC (via PCAHA) reached out to Hanna and her mom in hopes she would join our female team. At the time Hanna was struggling with anxiety and had removed herself from all sports she had grown up loving and playing.

As Hanna stated in her scholarship submission, "I was not ready to return to sports, never mind a new team! It was too much for me. The coaches were fully aware of my current anxiety. Eventually, I agreed to skate at a practice. Then agreed to play a game. And then another game. It turned out to be an amazing year because of the coaches, players, and hockey parents (most knew of my nervousness stepping back into sports). At the end of the year, the coaches thanked me for helping the team and being their goalie. Truly, they helped me more than I helped them. That hockey experience helped me enough that I eventually returned to all my sports."

NESPRESSO[®]

PROFESSIONAL

Nespresso Professional is now available at the North Shore Winter Club, we hope you enjoy many #nespressomoments to come.

Our coffee is sourced through the AAA sustainability program to ensure each cup has a positive impact. All our capsules are entirely recyclable and the coffee grounds are used for high quality compost.

Help us preserve the earth.



Food & Beverage

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. Full seasonal menus are available with BBQ's and theme nights occurring over the summer months.

Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 200 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The Senior Lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

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

Please note that Covid-19 Provincial Health Orders and Club protocols remain in place so maximum allowance of people as well as food and beverage offerings may be different than advertised above. NSWC follows all guidelines set out through Health Agencies and the BC government.



FEATURED RECIPES

Chef Josh's Mini Ahi Tuna Poke Bowls



An easy, fresh and delicious seafood appetizer recipe that is also heart healthy and a favourite among guests.

Course	Appetizer
Prep Time	5 minutes
Cook Time	8 minutes
Total Time	13 minutes
Servings	12

INGREDIENTS

- 1 lb sushi grade ahi tuna
- 1 cup mango finely diced
- 4 scallions finely diced
- 1 avocado finely diced
- 1/2 cup plain greek yogurt
- 1-2 tbsp sriracha
- 12 wonton wrappers
- cooking spray
- sesame seeds for garnish

INSTRUCTIONS

1. Preheat the oven to 350 degrees
2. Lightly spray a muffin tin with cooking spray
3. Cut the 4 corners off a stack of 12 wonton wrappers
4. Lightly press a single wonton wrapper into each space on the muffin tin
5. Spray the tops of the wonton wrappers with cooking spray
6. Place in the oven until golden brown and crispy, about 7-8 minutes
7. Remove from the oven and allow to cool before using
8. Combine the greek yogurt and sriracha in a small bowl
9. To assemble the mini poke bowls, add a few chunks of tuna, mango, avocado and scallion to each wonton cup.
10. Drizzle with a little of the sriracha greek yogurt and sprinkle with sesame seeds



Rosé Sangria

INGREDIENTS

- 1 bottle (750 ml) dry rose wine
- 1/4 cup brandy
- 2 tablespoons raspberry liqueur
- 2 tablespoons sugar
- 1 1/2 cups raspberries
- 1 1/2 cups quartered strawberries
- 1 sliced lemon
- 1 1/2 cups seltzer

DIRECTIONS

1. Mix the wine, liqueur and sugar in a pitcher, stirring to dissolve the sugar, then add the fruit.
2. Refrigerate at least 1 hour and up to 1 day.
3. Add the seltzer just before serving.



Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

The Allan McGavin Sports Medicine Clinic (AMSMC) is now open at the North Shore Winter Club. The clinic is conveniently located at the end of the Tiki Deck in Building B, close to the Fitness Centre. The innovative clinic provides Physiotherapy, Massage Therapy, Clinical Kinesiology, Dry Needling/IMS and specialized services such as Concussion Management and Running Assessments. They are focused on helping patients feel and move better, so they can perform better.

The original AMSMC clinic was founded at the University of British Columbia in 1981. Forty years and multiple clinics later, they continue to be a leader in the treatment of sports injuries and rehabilitation throughout the Lower Mainland. Having this established sport focused clinic onsite at the NSWC is a win-win for all athletes and members of the Club.

Meet the Team:

Physiotherapists



RYAN HILL

Born and raised in North Vancouver, Ryan is the director of the clinic and his passion for Physiotherapy began at the age of 15 years old when he ruptured his ACL playing bantam football. Since then, he has graduated from UBC's Bachelor of Human Kinetics in 2008 & UBC's Master of

Physical Therapy in 2010. He is also certified by the Acupuncture Foundation of Canada Institute & UBC Gunn Intramuscular Stimulation Dry Needling for trigger point therapy. Ryan is a member of Sport Physiotherapy Canada and has volunteered at numerous local sporting events providing on-site care. He holds the Advanced Diploma of Manual & Manipulative Physiotherapy and has a keen interest in post-concussion, dizziness, & chronic pain. Ryan is a recreational triathlete (2x Ironman Canada) who loves all outdoor sports.



SHELDON CROUSE

Sheldon is an east coast native, graduating with a Bachelor of Science in Neuroscience (2012) and a Master of Science in Physiotherapy (2014) from Dalhousie University. Since graduating, Sheldon has focused on developing his manual therapy skills, completing the Orthopaedic Division

Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy Level I and Level II courses. Sheldon has also completed his Acupuncture AA1 and advanced practice IMS/dry needling. He is actively working towards achieving his Diploma in Sport Physiotherapy, by acting as team physiotherapist for elite hockey teams. He is passionate about helping people return to active living, maximizing function and performance. Sheldon continues to be very involved in sport, training for triathlons and playing hockey, golf, and tennis recreationally.



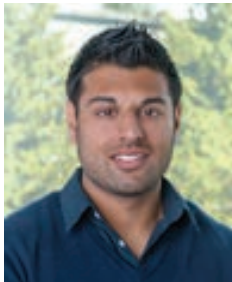
LAURA MCNEILL

Originally from Edmonton, Laura graduated from the Master of Science in Physical Therapy program at the University of Alberta and completed her undergraduate degree in Exercise and Sport Science at Oregon State University where she was part of the Varsity rowing team. Laura then

completed a Sport Physiotherapy Fellowship Program with AMSMC at UBC while being involved with research and working with the UBC Varsity athletes. Her treatment style involves identifying all impairments and any underlying issues to provide the most effective intervention and prevent re-injury. Outside of the clinic, Laura remains passionate about fitness /sports and enjoys taking trips to the mountains to hike or snowboard.



Massage Therapists



JARED BIR

Jared was born and raised in Squamish, B.C and always had an interest in sports science due to his active lifestyle. Jared received a soccer scholarship to play for Quest University Canada in 2012 where he played for two seasons before transferring to the University of British Columbia to complete his

Bachelor's Degree in Kinesiology in 2015. Following this, Jared was accepted to the Massage Therapy program at the Vancouver College of Massage Therapy, which he graduated from in 2017. He has learned a variety of modalities including relaxation, deep tissue, sports massage, and rehabilitation. Outside of work, Jared continues to live a very active lifestyle playing soccer and practicing various forms of mixed martial arts.



TABITHA MEIER

Tabitha is a graduate from the accelerated program at West Coast College of Massage Therapy in New Westminster. She has spent the last 15+ years participating in sports, where she grew her interest in the human body after suffering from a few injuries herself. Realizing how

important it was to keep herself educated on her symptoms in order to prevent further injury, Tabitha became an RMT with a goal to help her patients return to a pain-free and functional life. Among many techniques, trigger point release and soft-tissue mobilizations are a few ways she helps to achieve this goal. On her days off, Tabitha enjoys being active; whether it's playing recreational basketball, soccer, or rollerblading the seawall.



Kinesiologist



NATALIE MARSHALL

Born and raised in North Vancouver, Natalie graduated from the University of Western Ontario in 2020 with a Bachelor of Arts in Kinesiology Honours Degree, and a minor in Rehabilitation Sciences. She has several work and volunteer experiences with varied patient

populations including ICBC Active Rehab patients recovering from an MVA, geriatric patients and patients with neurological conditions. Natalie is keenly interested in helping clients use exercise to recover from injury or improve their general health and fitness. Natalie grew up playing competitive soccer and volleyball, and now enjoys staying active by working out and exploring the North Shore trails.

PATIENT COORDINATOR TEAM

The AMSMC Patient Coordinator Team is happy to help you schedule an appointment and visit the clinic safely. For more information about AMSMC or to book an appointment, feel free to drop by, call 604-980-0222, or visit their website at www.allanmcgavinphysio.com.

Move Well. Perform Better!



Strength Training

OK for kids?

Strength training offers kids many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training.

By Mayo Clinic Staff

Strength training for kids? You bet! Done properly, it offers many benefits to young athletes. Strength training is even a good idea for kids who simply want to look and feel better. In fact, this form of exercise might put your child on a lifetime path to better health and fitness.

Strength Training, not weightlifting

Don't confuse strength training with weightlifting, bodybuilding or powerlifting. Trying to build big muscles can put too much strain on young muscles, tendons and areas of cartilage that haven't yet turned to bone (growth plates) — especially when proper technique is sacrificed in favor of lifting larger amounts of weight. For kids, light resistance and controlled movements are best — with a special emphasis on proper technique and safety. Your child can do many strength training exercises with his or her own body weight or inexpensive resistance tubing. Free weights and machine weights are other options.

For kids, what are the benefits of strength training?

Done properly, strength training can:

- Increase your child's muscle strength and endurance
- Help protect your child's muscles and joints from sports-related injuries
- Help improve your child's performance in nearly any sport, from dancing and figure skating to football and soccer
- Develop proper techniques that your child can continue to use as he or she grows older
- Keep in mind that strength training isn't only for athletes. Even if your child isn't interested in sports, strength training can:
- Strengthen your child's bones
- Help promote healthy blood pressure and cholesterol levels
- Help your child maintain a healthy weight
- Improve your child's confidence and self-esteem

When can a child begin strength training?

During childhood, kids improve their body awareness, control and balance through active play. As early as age 7 or 8, however, strength training can become a valuable part of an overall fitness plan — as long as the child is mature enough to follow directions and able to practice proper technique and form.

The Department of Health and Human Services recommends that school-age children get 60 minutes or more of daily activity. As part of this activity, muscle- and bone-strengthening exercises are recommended at least three days a week.

If your child expresses an interest in strength training, remind him or her that strength training is meant to increase muscle strength and endurance. Bulking up is something else entirely — and most safely done after adolescence, when your child's bones have finished growing.

You might also check with your child's doctor for the OK to begin a strength training program, especially if your child has a known or suspected health problem — such as a heart condition, high blood pressure or a seizure disorder.

What's the best way to start a strength training program for kids? A child's strength training program isn't necessarily a scaled-down version of what an adult would do. Keep these general principles in mind:

- Consult a professional. Start with a coach or personal trainer who has experience with youth strength training. The coach or trainer can create a safe, effective strength training program based on your child's age, size, skills and sports interests. Or enroll your child in a strength training class designed for kids.
- Warm up and cool down. Encourage your child to begin each strength training session with five to 10 minutes of light aerobic activity, such as walking, jogging in place or jumping rope. This warms the muscles and prepares them for more-vigorous activity. Gentle stretching after each session is a good idea, too.
- Keep it light. Kids can safely lift adult-size weights, as long as the weight is light enough. In most cases, one or two sets of 12 to 15 repetitions are enough. Resistance doesn't have to come from weights. Resistance tubing and body-weight exercises, such as pushups, are other effective options.
- Emphasize proper technique. Form and technique are more important than the amount of weight your child lifts. Your child can gradually increase the resistance or number of repetitions as he or she gets older.
- Supervise. Don't let your child go it alone. Adult supervision by someone who knows proper strength training technique is important.
- Rest between workouts. Make sure your child rests at least one full day between exercising each specific muscle group.
- Keep it fun. Help your child vary the routine to prevent boredom.

Results won't come overnight. Eventually, however, your child will notice a difference in muscle strength and endurance.



Aquatics

SUMMER 2021 PROGRAMS

Pool Rules and Information

- The safety of our Members and their guests using the pool is of utmost importance to the NSWC. Please review these important rules regarding those using our pool area.
- Children under the age of 8 years must be accompanied and within arm's reach of an adult over the age of 16 at all times, with the exceptions of those who have passed the NSWC swim test.
- Those under 8 years of age that have taken and passed the NSWC swim test still require adult supervision at all times and must be wearing wrist bands.
- Children are not allowed to wear flotation devices on the diving board.
- When the NO LIFEGUARD ON DUTY sign is up, only adults over the age of 19 are allowed to use the pool.

Red Cross Swimming Lessons

Summer at the NSWC is spent outside. Swimming lessons run May - September, so if you or your child would like to upgrade your swimming skills or learn to swim, register for our lessons. NSWC offers swim sets for those 3 years and older. Contact aquatics@nswc.ca with any questions.

Please note that due to the ongoing spread of the Covid 19 virus, swim lessons for those that cannot be in the water on their own will require parent participation.

At this time, all Preschool and Swim Kids 1 – 3 lessons are available with parent participation in the water only. An adult is required to be in the water with the child during the lessons. All lessons will be taught with the instructor on the pool deck to ensure physical distancing.

Red Cross Swimming Programs

Lesson sets run in two week sessions excluding statutory holidays and weekends.

Lesson Sets & Dates

(open to Members and Non Members)

- SET 1:** May 3 – 7 & May 10 – 14
SET 2: May 17 – 21 & May 25 – 28 *(No lessons May 24th)*
SET 3: May 31 – Jun 4 & Jun 7 – 11
SET 4: Jun 14 – 18 & Jun 21 – 25
SET 5: Jun 28 – Jul 2 & Jul 5 – 9 *(No lessons Jul 1st)*
SET 6: Jul 12 – 16 & Jul 19 – 23
SET 7: July 26 – 30 & Aug 3 – 6 *(No lessons Aug 2nd)*
SET 8: Aug 9 – 13 & Aug 16 – 20
SET 9: Aug 23 – 27 & Aug 30 – Sep 3

Price Per Set

Member: \$70 (30 min class) \$95 (45 min class)
Non Member: \$95 (30 min class) \$120 (45 min class)

Red Cross Swim Program

Ages: 3 yrs – 6 yrs

Red Cross Swim Preschool & Tiny Tots is a program for 3 to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities.

Sea Otter

Ages: 3 yrs – 6 yrs

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

This is a parent participation class.

Sets 1–4: 3:30pm–4pm

Sets 5–9: 10:30am–11am

Salamander

Ages: 3 yrs to 6 yrs

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

Sets 1–4: 3:30pm–4pm

Sets 5–9: 10am–10:30am or 2pm–2:30pm

Sunfish

Ages: 3 yrs – 6 yrs

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

Sets 1–4: 3:30pm–4pm

Sets 5–9: 10:30am–11am or 2pm–2:30pm

Crocodile

Ages: 3 yrs – 6 yrs

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

Sets 1–4: 4pm – 4:30pm

Sets 5–9: 10:30am–11am or 2pm–2:30pm

Whale

Ages: 3 yrs to 6 yrs

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

Sets 1—4: 4pm - 4:30pm

Sets 5—9: 10:30am—11am or 2pm—2:30pm

Red Cross Swim Kids

Ages: 5 yrs - 12 yrs

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

Red Cross Swim Kids (Level 1)

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

Sets 1—4: 4:30pm—5pm

Sets 5—9: 10am—10:30am or 2:30pm—3pm

Red Cross Swim Kids (Level 2)

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

Sets 1—4: 4:30pm—5pm

Sets 5—9: 10am—10:30am or 2:30pm—3pm

Red Cross Swim Kids (Level 3)

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

Sets 1—4: 4:30pm—5pm

Sets 5—9: 10am—10:30am or 2:30pm—3pm

Red Cross Swim Kids (Level 4)

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

Sets 1—4: 3:45pm—4:30pm

Sets 5—9: 11am—11:45am or 3pm—3:45pm

Red Cross Swim Kids (Level 5)

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

Sets 1—4: 3:45pm—4:30pm

Sets 5—9: 11am—11:45am or 3pm—3:45pm

Red Cross Swim Kids (Level 6)

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

Sets 1—4: 3:45pm—4:30pm

Sets 5—9: 11am—11:45am or 3pm—3:45pm

Red Cross Swim Kids (Level 7)

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

Sets 5—9: 11:45am—12:30pm

Red Cross Swim Kids (Level 8)

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

Sets 5—9: 11:45am—12:30pm

Red Cross Swim Kids (Level 9)

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

Sets 5—9: 11:45am—12:30pm

Red Cross Swim Kids (Level 10)

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

Sets 5—9: 11:45am—12:30pm (Members Only)

Private Swim Lessons

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

Rates:

30 min: Member \$33 | Non Member \$48

Package of 5 (30 min): Member \$145 | Non Member \$220

45 minutes: Member \$48 | Non Member \$70

Package of 5 (45 min): Member \$215 | Non Member \$315

**Packages expire September 1, 2021*

Lifesaving Courses

Bronze Star

Prerequisites: 8 yrs – 12 yrs

Bronze Star is an action packed course full of First Aid, Water Rescue, Fitness and CPR Skills. This course is designed for 8-12 year olds. Candidates will start to develop team-work skills, problem-solving skills and decision-making in rescue situations. This course will include a 400m Timed swim as part of the evaluation criteria that LITs experienced instructors will help students prepare for.

Bronze Medallion

Prerequisites: Bronze Star, recommended or / 13 years old by last day of course if candidate does not have Bronze Star.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPRA certification.

Bronze Cross

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

**Dates are to be determined, please reach out to aquatics@nswc.ca for more information.*

Swimming for Adults

Masters

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

**At this time, regulations do not allow an adult swim program. NSWC will resume Masters swimming once it has been approved by the PHO.*

Jun 1—Aug 19

Mon & Wed

8pm—9pm

Member Drop In: \$15 / class


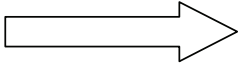

Non Member Drop in: \$18 / class

Member 5 Pack: \$60





Non Member 5 Pack: \$80



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

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

NORTH SHORE WINTER CLUB | SUMMER PROGRAM GUIDE

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



Marlins Swim Program

ABOUT

The Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May and mid-August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques toward continual individual improvement, within a strong team context. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success. Depending on goals and commitment, swimmers can attend upwards of 120 swim practices and ten two-day swim meets, plus Regional and Provincial Championships, over the course of our short season. The winter maintenance season begins the first weekend of October.

While Marlins provides high intensity cross-training for athletes, many quickly get the bug to race and swimmers are encouraged to compete in at least one meet and the Regional Championships each season. Competition allows a swimmer to showcase their progress, and to contribute to the team's points (collected at meets), but most importantly, to create memories of a lifetime alongside their teammates in Marlinville. Marlins offers five Divisions for swimmers aligned to age and/or skill. Please note that new Marlins will be assessed for group placement.

Mini Marlins

Ages: 5 yrs +

This division is geared to our youngest swimmers (ages 5 and up) and those new to swimming. Swimmers must be able to completely submerge their body under water, and able to push off from the wall without assistance.

Intro Marlins

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

Juniors, Intermediates & Seniors

In these divisions, swimmers build-on and refine skills and techniques already developed. Many of our swimmers begin as Minis and continue to the Senior ranks, with many becoming Junior Leaders, and even Coaches; a testament to the strength and value of our program.

MISSION

The mission of the Marlins Swim Team is to embrace all levels of swimmers with the tools and opportunity to achieve any goal they may set. Every swimmer will enjoy success with hard work, dedication, and support from teammates, coaches and parents. Our team members participate in meets sanctioned by the British Columbia Summer Swimming Association and are governed by Swimming/Nation Canada rules and regulations. The Marlins Swim Team ascribes to a well-defined program where each swimmer is encouraged to gradually increase their degree of commitment to achieve success at every level of training. The team provides a positive environment and an opportunity for young people to learn, to enjoy and to compete with an eye toward long term results.

PURPOSE

The purpose of the Marlins Swim Team is to develop competitive swimmers as athletes and people. We understand that the real meaning of winning is to reach one's own potential. We strive to not only produce swimming champions but champions in life. We provide coaching for all levels of swimmers up to 18 years of age, including those interested in competing and those interested in improving their strokes and endurance. Beginning swimmers must be able to swim at least one length of the pool unassisted.

COACHING

Our coaching team is experienced, hold instructor certifications, and enjoy working with children and youth. Coaches have been carefully selected for their leadership skills and mix of experience.

VOLUNTEER

There are volunteer positions available and we welcome everyone with open arms! Learn a new role and assist the team to build succession plans. It takes a large group of dedicated volunteers to make the Marlins Swim Team a success. If your kids are enjoying themselves, it is much more fun and interesting to get involved.

CONTACT

President: marlins.president@nswc.ca

Registrar: vmarlins.registrar@nswc.ca

Program costs and registration information can be found on our website, www.nswc.ca

Dance

SUMMER 2021 PROGRAMS



You may have walked by the Jim Graham room lately and noticed something a little different.

This year Dance with Christie has been holding classes for her Junior Competitive dance program on Wednesday evenings and Saturday mornings. As with all things, dance has looked very different this year. Personal

squares, masks, and hand sanitizing; but if you ever walk by you will hear that it hasn't removed any of the fun!

Although some of Christie's classes have been at a new venue this year, she hopes to add some more classes at the club throughout the summer and the fall for members. Please get in contact with her if you would like to see something added.

If you would like more information regarding September's Competitive Dance program please contact Christie directly at dancewithchristie@gmail.com



Youth Camps & Child Minding

SUMMER 2021 PROGRAMS

Multi Sport Day Camps

Ages: 6 yrs to 11 yrs

Each week offers multi sport activities to keep kids active and doing lots of different things. Day camps are supervised in the safe environment of the Club by experienced leaders. Lunch provided.

WEEKS

- | | |
|-------------|-------------|
| 1 Jul 5-9 | 2 Jul 12-16 |
| 3 Jul 19-23 | 4 Jul 26-30 |
| 5 Aug 3- 6 | 6 Aug 9-13 |
| 7 Aug 16-20 | 8 Aug 23-27 |

ACTIVITIES INCLUDE

- Swimming
- Martial Arts
- Basketball
- Skating
- Treasure Hunts
- Dance
- Soccer
- Sportball
- Arts & Crafts

WHAT TO PACK EACH DAY

Swim suit and towel, sunhat, sunscreen, runners, backpack, water bottle.

Mon - Fri | 9am - 4pm (excluding holidays)

Member: \$300 / week \$240 / weeks 5

Non Member: \$425 /

week \$340 / weeks 5

DROP IN (if available)

Member: \$65 day

Non Member: \$95 day

Camps fill up quick! Please provide a minimum of 24 hours notice for 1 day drop ins so we can ensure there is room available in the camp. Call 604-985-4135.

NSWC Day Camp Add On (New for 2021)

If your child is registered in one of our hourly or half day hockey or tennis camps, you can add a Multi Sport Camp "add on" to your week and have your child join the multi-sport camp after their hockey or tennis camp. This is a super great option for those kids that want to spend more time in a particular activity and great for the parents that need the all-day supervision. Have questions? Email Kim at khirji@nswc.ca

Member: \$160/week (4hrs/day)

Non Member: \$232.50/week (4hrs/day)

Summer Friday Fun Nights!

Age: must be 5 years old, unless accompanied by a parent.

Come join us every Friday night and take advantage of the warm long nights of summer while you can! The children can enjoy swimming in the pool and games on the grass area, finishing the evening with a movie in the Senior lounge, while the adults can enjoy a drink and barbecues on our outside Tiki deck! 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: 5pm—9pm Starting Friday June 4th

**Program is weather dependent*

**Program is open to members and their guests.*

Birthday Party Packages

Pool Package

Includes: One hour of swimming including games and pool toys, and one hour reserved space on our Tiki deck lawn for food. (16 meal plans included, additional rates apply if over 16 in attendance) (available May through August)

Sportball Package

Includes: One hour of our popular Sportball program including a registered Sportball Instructor and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

Dance Party Package

Includes: One hour of dance and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

Bouncy Castle Package

Includes: One hour rental of bouncy castle with one party host and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)

HTC Package

Includes: One hour private rental of HTC ice and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance) NSWC does not supply skates or gear. Full gear and helmets are required.

Activity Plans can have additional items added for a rental cost. In some circumstances, a host charge may be added based on activities and number of kids in attendance.

MEAL PLANS, choose one:

- **Pizza and Veggies:** includes 2 slices of pizza and veggies with dip, 3 pitchers of pop/juice.
- **Chicken Strips with Fries:** includes 3 strips and fries, 3 pitchers of pop/juice.

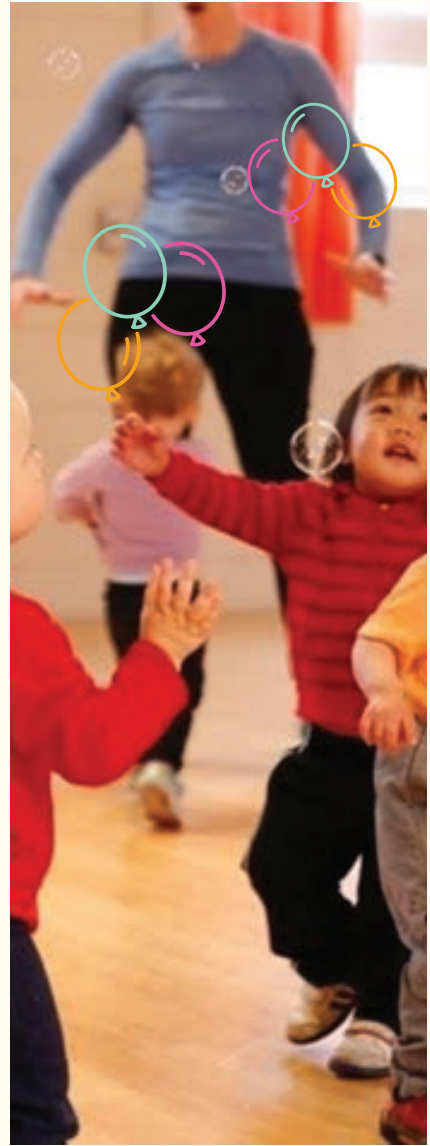
ADDITIONAL ADDS (up to 16 guests)

1. Pizza (16 slices)
2. Nachos
3. Chicken Strips (16)
4. Fries
5. Veggies & Dip Platter
6. Fruit Platter
7. Dessert Platter (assortment of squares, cookies)

All Birthday Party Activity and Meal plans include up to 16 guests, additional for above 16 guests. Maximum of 25 children. Parent involvement is required. Price includes table, chairs, utensils, plates. No outside food is permitted in the Club with the exception of Birthday Cake.

Birthday Parties must be booked 2 weeks in advance of the date and final numbers are due one week in advance of the booking.

Please note that due to Covid safety protocols, summer party packages may change or not be offered. Please reach out to info@nswc.ca with any questions.



EVERY FRIDAY 5:00PM · ALL AGES · HTC

FRIDAY FUN NIGHTS

FUN GAMES · THEME NIGHTS
BOUNCY CASTLE · MOVIE NIGHT

Fitness

SUMMER 2021 PROGRAMS



GARTH PROUSE
 Director of Fitness
 gprouse@nswc.ca

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes.

Personal Training Services

Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

Member: \$80 | Non Member: \$90

Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

2 – Member: \$50 / Non-member: \$60

3 – Member: \$40 / Non-member: \$50

4 – Member: \$35 / Non-member: \$45

5 – Member: \$30 / Non-member: \$40

Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

Member Team: \$200 | Non Member Team: \$300

Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

One session & program

Member: \$125 | Non Member: \$150

Fitness Centre Hours

Monday - Sunday: 6am - 10pm

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under-age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.

Fitness Classes

Fitness enthusiasts have the flexibility of attending fitness classes throughout the week. Drop-in or 10-20 class 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: Member \$20 / \$25 Non-Member

10 Pass: Member \$180 / \$220 Non-Member

20 Pass: Member \$320 / \$360 Non-Member

CLASS DESCRIPTIONS

Strength and Circuit

Fitness is coming!! This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

Different class options may be added and updated throughout the season. Please check MINDBODY for all class offerings.

PERSONAL TRAINERS



GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physical potential and overall health goals. Garth's ap-

proach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high-level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.



NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and smarter. Because of this, Nick focuses on

prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!



SAM HUSTON

The primary focus of Sam's training is assessing and addressing his clients' strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Their goals are his goals, plain and simple! Sam creates a demanding and engaging

training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relates to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, s.a.q (speed agility quickness), power, flexibility, and body maintenance.





KIANA WATSON

Kiana started hockey at the age of 4, playing minor hockey at various levels until Midget which she spent 3 years playing Major Midget with the West Coast Avalanche. Kiana played Junior in the JWHL for Northwood school in Lake Placid, New York where she received various NCAA offers for the

following season. Kiana ended up committing to Boston University but was not able to follow through because of multiple concussions, subsequently ending her hockey career. Growing up, Kiana participated in many sports including soccer, inline hockey, gymnastics and field hockey but hockey was her true passion. She is currently working towards her Human Kinetics Degree at Capilano University.



JARED ENG

Jared grew up on the North Shore playing for the North West Giants (BCMML). He recently finished playing professional ice hockey with the Kunlun Red Star Organization (KHL/VHL). Jared spent time in the BCHL, NCAA DIV 1 and in Sweden before finishing his career in Russia. He also plays for the Team Canada National Roller hockey team.

As a skills coach, Jared works with forwards and defensemen on being innovative and detailed, developing skills that work in games. He is excited to be the U13 – A1 Assistant coach this year and to be able to give back to players at North Shore Winter Club. This will be Jared's second year coaching and being part of the development team.



FRANCINE RATTRAY

Francine is an ACE Certified Personal Trainer, world-class powerlifter, CrossFit athlete, mother of three and lover of all sports. Snowboarding, paddling, running, volleyball, obstacle course racing, diving, tennis, hockey, waterskiing, karate, ultimate, swimming, soccer - you name it, she's done it. When injuries from

ultramarathon trail racing forced her to hang up her running shoes, she found her passion in powerlifting. She holds provincial and national titles, and has competed on the world stage.

Prioritizing our fitness is not always easy – injuries, age, chronic pain, lack of motivation, career, kids, weight struggles and fear are common hurdles. Having overcome many of these challenges herself, including severe back problems, Francine helps her clients break down these barriers with realistic, sustainable strategies. For her, the key to keeping motivated is to constantly evolve, by trying new things and challenging yourself.

Francine's focus is on strength training, movement coaching and lifting mechanics. She believes that resistance training is a powerful tool for injury prevention and recovery, with proper technique and a well-designed progressive training program. She will boost your confidence inside the gym and out!





AUGUST 23RD – 27TH 2021

REGISTER ONLINE AT NSW.GAMETIME.NET
MEMBERS: MAY 11TH @ 10AM | NON MEMBERS: MAY 25TH @ 10AM

FOR MORE UPDATES ON THE CAMP, VISIT NSWC.CA



Minor Hockey

SUMMER 2021 PROGRAMS



BOB MCCUAIG
Director of
Hockey Operations
bmccuaig@nswc.ca

Learn To Skate

(For Hockey)

Ages: 3 yrs - 5 yrs

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

**Instructor: Tyson Mulock | Rink: HTC
Jul 6 - Aug 19**

**Tue/Thu: 14 sessions | 4:15pm - 5pm
Member: \$210 | Non Member: \$420**

Cookie Monsters

Ages: 5 yrs - 7 yrs

The NSWC Cookie Monster Program will help introduce young players to the game of hockey. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated 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.

**Instructor: Tyson Mulock | Rink: HTC
Jul 7 - Aug 20**

BEGINNER

**Tue/Thu: 14 sessions
5pm - 5:45pm**

ADVANCED

**Tue/Thu: 14 sessions
5:45pm - 6:30pm
Member: \$210 | Non Member: \$420**



EMILY ALLEN
Hockey Operations
Coordinator
eallen@nswc.ca

Power Skating – Quick Feet

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

JUL 12 - JUL 16

Mon/Wed/Fri: 3 sessions

9am - 9:45am U6/U7

10am - 10:45am U8/U9

11:15am - 12pm U11/U13

12:15pm - 1pm U15/U18

Member: \$90 | Non Member: \$180

JUL 19 - JUL 23

Mon/Wed/Fri: 3 sessions

9am - 9:45am U6/U7

10am - 10:45am U8/U9

11:15am - 12pm U11/U13

12:15pm - 1pm U15/U18

Member: \$90 | Non Member: \$180

JUL 26 - JUL 30

Mon/Wed/Fri: 3 sessions

9am - 9:45am U6/U7

10am - 10:45am U8/U9

11:15am - 12pm U11/U13

12:15pm - 1pm U15/U18

Member: \$90 | Non Member: \$180

AUG 3 - AUG 6

Wed/Fri: 2 sessions

9am - 9:45am U6/U7

10am - 10:45am U8/U9

11:15am - 12pm U11/U13

12:15pm - 1pm U15/U18

Member: \$60 | Non Member: \$120



TYSON MULOCK
Technical Director
tmulock@nswc.ca

AUG 30 - SEP 3

Mon/Weds/Fri: 3 sessions

8:45am - 9:30am U9

9:45am - 10:30am U13

10:30am - 11:15am U11

11:30am - 12:15pm U15/U18

Member: \$90 | Non Member: \$180

Power Skating

Edge Work

This camp will work on your transitional skating with and without the puck.

We will work on pivots, turns, neutral zone transitions, and defensive zone transitions. It will incorporate game situations so that your development translates over into your games.

Instructor: Ben Payne

JUL 5 - JUL 9

Tue/Thu: 2 sessions

9am - 10am U6/U7

10am - 11am U8/U9

11:15am - 12:15pm U11/U13

12:30pm - 1:30pm U15/U18

Member: \$60 | Non Member: \$120

JUL 12 - JUL 16

Tue/Thu: 2 sessions

9am - 10am U6/U7

10am - 11am U8/U9

11:15am - 12:15pm U11/U13

12:30pm - 1:30pm U15/U18

Member: \$60 | Non Member: \$120

JUL 19 - JUL 23

Tue/Thu: 2 sessions

9am - 10am U6/U7

10am - 11am U8/U9

11:15am - 12:15pm U11/U13

12:30pm - 1:30pm U15/U18

Member: \$60 | Non Member: \$120

JUL 26 – JUL 30

Tue/Thu: 2 sessions
9am – 10am U6/U7
10am – 11am U8/U9
11:15am – 12:15pm U11/U13
12:30pm – 1:30pm U15/U18
Member: \$60 | Non Member: \$120

AUG 3 – AUG 6

Tue/Thu: 2 sessions
9am – 10am U6/U7
10am – 11am U8/U9
11:15am – 12:15pm U11/U13
12:30pm – 1:30pm U15/U18
Member: \$60 | Non Member: \$120

Puck Skills

The puck skills program is meant to develop multiple aspects related to the handling and movement of the puck. This class will provide sequential advancement of ability from the very basics to elite dependant on the players' current state. With the correct drills the player develops new dexterity in their hands as they are asked to put the puck in new positions of reach, with different areas of the blade, and with new levels of speed. This also increases overall stamina in the muscles used in these hand skills. As the player advances in ability they will be introduced to different situational moves such as 1 on 1 plays off the rush, out of corner, opening up shot lanes etc. Overall the player develops a completely improved feel for the puck as the connection between their hands, stick and puck is dramatically increased.

Coach: Jon Woodyard

JUL 5 – JUL 9

Tue/Thu: 2 sessions
Rink: Large
8am – 9am U6/U7
9am – 10am U8/U9
10:15am – 11:15am U11/U13
11:30am – 12:30pm U15/U18
Member: \$60 | Non Member: \$120

JUL 12 – JUL 16

Tue/Thu: 2 sessions
Rink: Large
8am – 9am U6/U7
9am – 10am U8/U9
10:15am – 11:15am U11/U13
11:30am – 12:30pm U15/U18
Member: \$60 | Non Member: \$120

JUL 19 – JUL 23

Tue/Thu: 2 sessions
Rink: Large
8am – 9am U6/U7
9am – 10am U8/U9
10:15am – 11:15am U11/U13
11:30am – 12:30pm U15/U18
Member: \$60 | Non Member: \$120

JUL 26 – JUL 30

Mon/Wed/Fri: 3 sessions
Rink: Large
8am – 9am U6/U7
9am – 10am U8/U9
10:15am – 11:15am U11/U13
11:15am – 12:15pm U15/U18
Member: \$90 | Non Member: \$180

AUG 30 – SEP 3

Tue/Thu: 2 sessions
8:30am – 9:30am U9
9:30am – 10:30am U11
11am – 12pm U15/U18
12pm – 1pm U13
Member: \$60 | Non Member: \$120

NSWC Goalie Fit

On Ice: This camp aims to improve individual skills, techniques, confidence and consistency among goaltenders. The camp will cover the building blocks of fundamental goaltending skills, save technique and rebound control, body position, angles and crease depth and much more.

Off Ice: These sessions are goalie specific with each workout designed to meet the physical demands for the position. Sessions will include strength, speed, power, agility, balance, hand eye coordination, core and conditioning. The goal of the program is to improve each athlete's ice performance by focusing on the requirements in the gym.

Aug 16 - 20

Instructor: Sam Huston
Mon – Fri: 5 sessions
Rink: Small Ice
9:30am – 10:30am (off ice) U11/U13
& 11:am-12pm (on ice) U11/U13
12:15 – 1:15pm (on ice)
& 1:45pm – 2:45pm (off ice) U15/U18
Member: \$425 | Non Member: \$850

On-Ice Goalie Development

NSWC is offering a two goalie development camps throughout the Summer. Each camp aims to improve individual skills, techniques, confidence and consistency among goaltenders. The camp will cover the building blocks of fundamental goaltending skills, save technique and rebound control, body position, angles and crease depth and much more.

Aug 13 - 15

Instructor: Lynden Sammartino
Fri - Sun: 3 sessions
Rink: Small Ice
2:30pm – 3:30pm U11
3:45pm – 4:45pm U13/U15
5pm – 6pm – U18
Members: \$180 | Non Members: \$360



Shooting & Tactic Zone Entry

The shooting and scoring camp provides students with a comprehensive understanding of shot selection and mechanics involved with executing every shot. Offence comes in various forms and providing players an explanation of where goals come from will enhance their production. Scoring and the ability to create offence is the most valued skill in our game today. Take advantage of this opportunity to isolate the required skill sets and take your game to the next level.

Instructor: Tyson Mulock

JUL 5 – JUL 9

Mon/Tue/Fri: 3 sessions

Rink: Large Ice

8am – 9am U6/U7

9am – 10am U8/U9

10:15am – 11:15pm U11/U13

11:15am – 12:15pm U15/U18

Member: \$90 | Non Member: \$180

JUL 12 - JUL 16

Mon/Wed/Fri: 3 sessions

Rink: Large Ice

8am – 9am U6/U7

9am – 10am U8/U9

10:15am – 11:15pm U11/U13

11:15am – 12:15pm U15/U18

Member: \$90 | Non Member: \$180

Shooting & Stickhandling

With today's game being focused on speed, not only do players need to have a quick shot, but being deceptive will take their game to the next level. In this program we will be focusing on being deceptive when it comes to (A) stick handling; how to hide our shot and (B) shooting; making other players think you are doing something different. We will focus on body language techniques, evasive movements pertaining to shooting, and stick handling techniques to get goalies to drop. And much much more.

Instructor: Tyson Mulock

JUL 19 – JUL 23

Mon/Tue/Fri: 3 sessions

Rink: Large Ice

8am – 9am U6/U7

9am – 10am U8/U9

10:15am – 11:15am U11/U13

11:15am – 12:15pm U15/U18

Member: \$90 | Non Member: \$180

JULY 26 – JUL 30

Tue/Thu: 2 sessions

8am – 9am U6/U7

9am – 10am U8/U9

10:15am – 11:15am U11/U13

11:30am – 12:30pm U15/U18

Member: \$60 | Non Member: \$120

Shooting & Scoring

The shooting and scoring camp provides students with a comprehensive understanding of shot selection and mechanics involved with executing every shot. Offence comes in various forms and providing players an explanation of where goals come from will enhance their production. Scoring and the ability to create offence is the most valued skill in our game today. Take advantage of this opportunity to isolate the required skill sets and take your game to the next level.

Instructor: Tyson Mulock

AUG 30 – SEP 3

Mon – Fri: 5 sessions

Rink: Large

8:15am – 9:15am U11

9:30am – 10:30am U9

10:45am – 11:45am U13

12:15pm – 1:15pm U15/U18

Member: \$150 | Non Member: \$300

Power Edge Pro

Power Edge Pro is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills.

JUL 26 – JUL 30

Mon - Fri: 5 sessions

Rink: Large Ice

12:45pm – 1:45pm U8/U9

2pm – 3pm U11

3:15pm – 4:15pm U13

4:30pm – 5:30pm U15/U18

Member: \$200 | Non Member: \$400

Defense Skating & Skills with Jared Eng

Defense is a dynamic position which requires elite level skating, puck handling and decision-making ability. This camp is run by NSWC Development coach, Jared Eng, who designed the camp specifically for defensemen who want to take their game to the next level. This program will focus on improving and teaching defense specific skills as they relate to the game of hockey. Players will be taught proper technique, form and skill for defensemen.

Instructor: Jared Eng

JUL 5 – JUL 9

Mon/Wed/Fri: 3 sessions

Rink: Small Ice

1:45pm – 2:45pm U8/U9

3pm – 4pm U11/U13

4:15pm – 5:15pm U15/U18

Member: \$90 | Non Member: \$180

JUL 12 – JUL 16

Mon/Wed/Fri: 3 sessions

Rink: Small Ice

1:45pm – 2:45pm U8/U9

3pm – 4pm U11/U13

4:15pm – 5:15pm U15/U18

Member: \$90 | Non Member: \$180

JUL 26 – JUL 30

Tue/Thu: 2 sessions

Rink: Small Ice

1:45pm – 2:45pm U8/U9

3pm – 4pm U11/U13

4:15pm – 5:15pm U15/U18

Member: \$60 | Non Member: \$120

Game Ready Conditioning Camp

Game Ready Camp is designed by two ex-pros and NSWC Development coaches Jared Eng and Malcolm Gould. This unique program will have high intensity drills involving both defensemen and forwards, making sure players are game ready for tryouts and for a successful season. Players will be taught breakouts, 2-1's, 3-2 attacks, regroupings and more game situation drills. This high paced camp will involve effective skills that work in games and conditioning to give players the extra edge.

Instructors: Jared Eng

JUL 19 – JUL 23

Mon/Wed/Fri: 3 sessions

Rink: Small ice

1:45pm – 2:45pm U11

3pm – 4pm U13

4:15pm – 5:15pm U15/U18

Member: \$90 | Non Member: \$180

JULY 26 – JUL 30

Mon/Wed/Fri: 3 sessions

Rink: Small ice

1:45pm – 2:45pm U11

3pm – 4pm U13

4:15pm – 5:15pm U15/U18

Member: \$90 | Non Member: \$180

AUG 3 – AUG 6

Tue/Thu: 2 sessions

1:45pm – 2:45pm U13

3pm – 4pm U9

4:15pm – 5:15pm U11

Member: \$60 | Non Member: \$120

U15 Development Skate

These sessions are for NSWC members only, who are registered to play Minor Hockey in the 2021/22 season. The goal of this program is to give our U15 teams a head start on other Minor Hockey programs by giving the registered players a weekly skate keeping them on the ice and building on their skills from this past season. Sessions will be run by the coaching staff from the U15 A1 team. Sessions will focus on individual skills as well as game play enhancing tactics. Should PHO orders loosen players will be given the chance to learn and work on full contact drills as well as some game play.

Instructor: Bob McCuaig

JUL 7 – AUG 11

Wed: 6 sessions

5:45pm – 6:45pm U15

Price: FREE

Prep Skills Camp

These camps will be run by our A1 and/or Development coaches 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.

AUG 30 – SEP 3

Mon – Fri: 10 sessions

Rink: Large & Small Ice

3pm – 4pm & 4pm – 5pm U13

4:15pm – 5:15pm & 5:15pm – 6:15pm U11

5:30pm – 6:30pm & 6:30pm – 7:30pm U15/U18

Member: \$300 | Non member: \$600

Female Prep Skills Camp

These camps will be run by our Female Development Coaches 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.

AUG 30 – SEP 3

Mon – Fri: 5 sessions

12:30pm – 1:30pm Female U11

1:45pm – 2:45pm Female U13

6:45pm – 7:45pm Female U15

8pm – 9pm Female U18

Member: \$150 | Non member: \$300



Female Development

This program will focus on passing, stickhandling, puck protection and other hockey skills for females only. The program will progress through many technical skills: hands away from the body, passing and pass reception, dekes, deception, using the body and feet to protect the puck, zone entries, give and go's, and more! This program is designed to be a challenging and fun way to prepare for next season.

Instructors: Kiana Watson & Andrea Benac

JUL 12 – JUL 16

Tue/Thu: 2 sessions

4:15pm – 5:15pm U9

5:30pm – 6:30pm U11/U13

6:45pm – 7:45pm U15/U18

Member: \$60 | Non member: \$120

JUL 19 – JUL 23

Tue/Thu: 2 sessions

4:15pm – 5:15pm U9

5:30pm – 6:30pm U11/U13

6:45pm – 7:45pm U15/U18

Member: \$60 | Non member: \$120

JUL 26 – JUL 30

Tue/Thu: 2 sessions

5:30pm – 6:30pm U9

6:45pm – 7:45pm U11/U13

8pm – 9pm U15/U18

Member: \$60 | Non member: \$120

AUG 3 – AUG 6

Tue/Thu: 2 sessions

5:30pm – 6:30pm U9

6:45pm – 7:45pm U11/U13

8pm – 9pm U15/U18

Member: \$60 | Non member: \$120

AUG 9 – AUG 13

Mon/Wed/Fri: 3 sessions

3pm – 4pm U11/U13

4:15pm – 5:15pm U15/U18

Member: \$90 | Non member: \$180

AUG 16 – AUG 20

Mon/Wed/Fri: 3 sessions

4:45pm – 5:45pm U9

6pm – 7pm U11/U13

7:15pm – 8:15pm U15/U18

Member: \$90 | Non member: \$180

Next Level High Performance Camp

This Program is designed specifically for Forwards and Defensemen to bring your game to the next level and start training camp at your best. Enhance your potential and compete level through development of skating, puck control, shooting & scoring, speed & explosiveness as well as battle skills with our High-Performance Summer Program. This is an all day camp

Camp Components:

- On-ice Sessions
- Nutrition Seminars (How to eat right and fuel your body)
- Stretching & Mobility (Injury Prevention)
- Strength Training (Building your muscles for optimal athletic ability)
- Mindset Training (Create the mind of an athlete)
- Athletic base line through testing (Combine testing)

The times indicated below are the on-ice times.

Dryland will take place between the ice times.

AUG 3 – 6

Mon – Fri: 10 on-ice sessions & 5 dryland sessions

A1 – A2 Program

8:15am – 9:15am & 1:15pm – 2:15pm U9

9:30am – 10:30am & 2:30pm – 3:30pm U11

10:45am – 11:45am & 3:45pm – 4:45pm U13

12pm – 1pm & 5pm – 6pm U15

1:15pm – 2:15pm & 6:15pm – 7:15pm U18

Members: \$500 | Non Member: \$750

AUG 9 – 13

Mon – Fri: 10 on-ice sessions & 5 dryland sessions

A1 – A2 Program

8:15am – 9:15am & 1:15pm – 2:15pm U9

9:30am – 10:30am & 2:30pm – 3:30pm U11

10:45am – 11:45am & 3:45pm – 4:45pm U13

12pm – 1pm & 5pm – 6pm U15

1:15pm – 2:15pm & 6:15pm – 7:15pm U18

A3/A4/Hawks Program

9:15am – 10:15am & 2:45pm – 3:45pm U11

10:30am – 11:30am & 4pm – 5pm U13

11:45am – 12:45pm & 5:15pm – 6:15pm U15/U18

Members: \$500 | Non Member: \$750

AUG 23 – 27

Mon – Fri: 10 on-ice sessions & 5 dryland sessions

A1 – A2 Program

8:15am – 9:15am & 1:15pm – 2:15pm U9

9:30am – 10:30am & 2:30pm – 3:30pm U11

10:45am – 11:45am & 3:45pm – 4:45pm U13

12pm – 1pm & 5pm – 6pm U15

7:15pm – 8:15pm U18

U9 – U15: Member: \$500 | Non Member: \$750

U18: Member: \$250 | Non Member: \$500

AUG 16 – 20

Mon – Fri: 10 on-ice sessions & 5 dryland sessions

A1 – A2 Program

8:15am – 9:15am & 1:15pm – 2:15pm U9

9:30am – 10:30am & 2:30pm – 3:30pm U11

10:45am – 11:45am & 3:45pm – 4:45pm U13

12pm – 1pm & 5pm – 6pm U15

1:15pm – 2:15pm & 6:15pm – 7:15pm U18

A3/A4/Hawks Program

9:15am – 10:15am & 2:45pm – 3:45pm U11

10:30am – 11:30am & 4pm – 5pm U13

11:45am – 12:45pm & 5:15pm – 6:15pm U15/U18

Members: \$500 | Non Member: \$750

NSWC Summer Hockey Camps

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 including skating, puck skills and games (*COVID depending). The kids will also get introduced to off-ice development and team games. Lunch is included.

U9 (2015 – 2013 Birth Years)

Week 7: Aug 23 – Aug 27

8am – 3pm | 5 sessions

Week 8: Aug 30 – Sept 3

8am – 3pm | 5 sessions

U9 (Formerly Initiation) Itinerary

- 8:00am Drop Off
 - 8:30am – 9:30am On Ice Power Skating
 - 9:45am Snack
 - 10:00am – 10:45am Off Ice Games/Development
 - 11:00am – 12:00pm Swimming
 - 12:15pm – 12:45pm Lunch
 - 1:15pm – 2:30pm Puck & Game Skills
 - 3:00pm – 3:15pm Dressing Room Pick Up
- Member: \$350 /week
Non Member: \$520 /week

U11 (2011 & 2012 Birth Years)

Week 7: Aug 23 – Aug 27

9am – 4pm | 5 sessions

Week 8: Aug 30 – Sep 3

9am – 4pm | 5 sessions

U11 (Formerly Atom) Itinerary

- 9:00am Drop Off
 - 9:30am – 10:30am On Ice Power Skating
 - 10:45am Snack
 - 11:00am – 11:45am Off ice Games/Development
 - 12:00pm – 1:00pm Swimming
 - 1:30pm – 2pm Lunch
 - 2:30pm – 3:45pm Puck & Games Skills/3on3
 - 4:00pm – 4:15pm Dressing Room Pick Up
- Member: \$350 /week
Non Member: \$520 /week



Senior Men's Hockey

SUMMER 2021 PROGRAMS

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 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.

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 uses the same format as Div. 1, with the same friendly rivalries and an annual draft, but the pace is a little slower. So if you do not want to chase player's 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. There is also the chance to spare on teams, which allows you to play when you don't have a game scheduled or if you can't make your own team's ice time. No shortage of ice-time!

Annual All Star Game

Every Super Bowl weekend, the NSWOC organizes multiple All Star games on the Friday to showcase the numerous talented members who play in our league. This fun night includes a buffet, drink specials, exciting hockey games to watch and an overall good time!

Playoffs & Banquet

Playoffs begin right after spring break, with the competition ramping up as teams give it everything they've got in order to try and win the coveted Sr. Men's Championship Trophy! (Which comes with huge bragging rights, of course!). The year finishes in April with Championship games for both Div. 1 & 2, followed by a wrap up banquet at the NSWOC!

Registration & Fees

All registrations are done online at: mens.nswchockey.com

Register early for early bird discount!
Before July 31: Early Bird (TBD)
August 1: Regular Price (TBD)
After August 15: you will be put on a waiting list. Final pricing will be determined June 2021.





SUMMER PICKLEBALL!

Outdoor pickleball courts and programs are planned for the summer! Stay tuned!

3 Reasons to Play Pickleball:

1

It's crazy fun!

2

Lifelong sport!

3

Improves your reflexes!



FABIO WALKER
Director of Tennis



NICOLE MCLENNAN
Head Of Junior Development



AMY WALKER



CHRIS STEAD



TIM PORTNAV



MAX KORKH



ADRIAN OZIEWICZ



ALEX SIGOUIN



ALEX WALKER



ANGIE WALKER

Tennis Level of Play/Self-Rating Guide

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

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

Adult Tennis

SUMMER 2021 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

Hell Week (9am - 10:30am) Adult Tennis Hell Week

(sessions are based on what league teams you play on)

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 play and strategy. These camps will have it all!

Ladies: Division 1, 2, 3

(you must be a member of these divisions to sign up for these sessions)

Men: 4.0 or higher level

(you must be a member of these divisions to sign up for these sessions)

WEEK 1

Jul 5 - Jul 9
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 2

Jul 12 - Jul 16
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 3

Jul 19 - Jul 23
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 4

Jul 26 - Jul 30
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 5

Aug 3 - Aug 6
Tue - Fri: 4 classes
9am - 10:30am
Member: \$104

WEEK 6

Aug 9 - Aug 13
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 7

Aug 16 - Aug 20
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

WEEK 8

Aug 23 - Aug 27
Mon - Fri: 5 sessions
9am - 10:30am
Member: \$130

Hell Week (10:30am - 12pm) Adult Tennis Hell Week

(sessions are based on what league teams you play on)

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 play and strategy. These camps will have it all!

Ladies: Division 3,4,5

(you must be a member of these divisions to sign up for these sessions)

Men: 3.0 - 3.5 level *(you must be a member of these divisions to sign up for these sessions)*

WEEK 1

Jul 5 - Jul 9
Mon - Fri: 5 sessions
10:30am - 12pm
Member: \$130

WEEK 2

Jul 12 - Jul 16
Mon - Fri: 5 sessions
10:30am - 12pm
Member: \$130

WEEK 3

Jul 19 - Jul 23
Mon - Fri: 5 sessions
10:30am - 12pm
Member: \$130

WEEK 4

Jul 26 - Jul 30
Mon - Fri: 5 sessions
10:30am - 12pm
Member: \$130



WEEK 5

Aug 3 – Aug 6
Tue – Fri: 4 classes
10:30am – 12pm
Member: \$104

WEEK 6

Aug 9 – Aug 13
Mon – Fri: 5 sessions
10:30am – 12pm
Member: \$130

WEEK 7

Aug 16 – Aug 20
Mon – Fri: 5 sessions
10:30am – 12pm
Member: \$130

WEEK 8

Aug 23 – Aug 27
Mon – Fri: 5 sessions
10:30am – 12pm
Member: \$130

Adult Drills
Division 3 & 4

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jul 7 – Jul 28
Wed: 4 sessions
5pm – 6pm
Member: \$100

Jul 6 – Jul 27
Tue: 4 sessions
6pm – 7pm
Member: \$100

Aug 4 – Aug 25
Wed: 3 sessions
5pm – 6pm
Member: \$75

Aug 3 – Aug 24
Tue: 3 sessions
6pm – 7pm
Member: \$75

Adult Drills
Division 4 & 5

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

Jul 8 – Jul 29
Thu: – 4 sessions
4pm – 5pm
Member: \$100

Jul 6 - Jul 27
Tue: 4 sessions
5pm – 6pm
Member: \$100

Aug 5 – Aug 26
Thu: – 3 sessions
4pm – 5pm
Member: \$75

Aug 3 – Aug 24
Tue: – 3 sessions
5pm – 6pm
Member: \$75

Adult Drills
Beginner - Level 1.0 – 1.5

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

Jul 6 - Jul 27
Tue: 4 sessions
4pm – 5pm
Member - \$100

Jul 8 – Jul 29
Thu: 4 sessions
5pm – 6pm
Member: \$100

Aug 3 – Aug 24
Tue: 3 sessions
4pm – 5pm
Member: \$75

Aug 5 – Aug 26
Thu: 3 sessions
5pm – 6pm
Member: \$75

Adult Drills
Intermediate Level 2.0 – 2.5

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

Jul 7 - Jul 28
Wed: 4 sessions
4pm – 5pm
Member: \$100

Jul 8 – Jul 29
Thu: – 4 sessions
6pm – 7pm
Member: \$100

Aug 4 – Aug 25
Wed: 3 sessions
4pm – 5pm
Member: \$75

Aug 5 – Aug 26
Thu: – 3 sessions
6pm – 7pm
Member: \$75

Men's Tennis Training
Level 3.5 and up

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

Jul 7 - Jul 28
Wed: 4 sessions
6pm – 7pm
Member: \$100

Aug 4 – Aug 25
Wed: 3 sessions
6pm – 7pm
Member: \$75

Junior Tennis & Pickleball

SUMMER 2021 PROGRAMS

Tennis Pickleball & Swimming Summer Camps

Red & Orange Ball

(Ages: 6 yrs to 8 yrs)

Tennis, Pickleball, and Swimming every day! Red/Orange Ball tennis is designed to develop the fundamental tennis skills (technical/tactical) required in game situations using a modified 3/4 court and easy play tennis balls. Pickleball includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. PLUS – supervised fun Pool time!

NEW THIS YEAR

You can “add on” to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those parents that need all day supervision for their children. The Multi Sport camp offers different activities for your child to participate in in a safe, supervised environment. To sign up for the ALL DAY option please go to “day camp” and sign up for “Multi Sport Add on”. for the date you have also selected as your Tennis program.
Member: \$160/week (4hrs/day) | Non Member: \$232.50/week (4hrs/day)

Week 1:	Jul 5—Jul 9	9am – 12pm	5 sessions
Week 2:	Jul 12—Jul 16	9am – 12pm	5 sessions
Week 3:	Jul 19—Jul 23	9am – 12pm	5 sessions
Week 4:	Jul 26—Jul 30	9am – 12pm	5 sessions
Week 5:	Aug 3 —Aug 6	9am – 12pm	4 sessions
<i>(No camp Aug 2nd)</i>			
Week 6:	Aug 9—Aug 13	9am – 12pm	5 sessions
Week 7:	Aug 16—Aug 20	9am – 12pm	5 sessions
Week 8:	Aug 23—Aug 27	9am – 12pm	5 sessions
Week 9:	Aug 30—Sep 3	9am – 12pm	5 sessions

Member: \$225 / week **\$180 / week 5**
Non Member: \$300 / week **\$240 / week 5**

Tennis Pickleball & Swimming Summer Camps

Green Ball

(Ages: 9 yrs to 11 yrs)

Tennis, Pickleball, and Swimming every day! Green Ball Tennis is designed to develop fundamental tennis skills required in game situations. Coaches will focus on technical skills and provide lots of games and opportunities for success. Pickleball instruction will cover groundstrokes, serve, volleys, how to initiate a point, and scoring. Kids will play mini matches! PLUS – supervised fun Pool time!

Week 1:	Jul 5—Jul 9	12pm – 3pm	5 sessions
Week 2:	Jul 12—Jul 16	12pm – 3pm	5 sessions
Week 3:	Jul 19—Jul 23	12pm – 3pm	5 sessions
Week 4:	Jul 26—Jul 30	12pm – 3pm	5 sessions
Week 5:	Aug 3 —Aug 6	12pm – 3pm	4 sessions
<i>(No camp Aug 2nd)</i>			
Week 6:	Aug 9—Aug 13	12pm – 3pm	5 sessions
Week 7:	Aug 16—Aug 20	12pm – 3pm	5 sessions
Week 8:	Aug 23—Aug 27	12pm – 3pm	5 sessions
Week 9:	Aug 30—Sep 3	12pm – 3pm	5 sessions

Member: \$225 / week **\$180 / week 5**
Non Member: \$300 / week **\$240 / week 5**

NEW THIS YEAR

You can “add on” to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those parents that need all day supervision for their children. The Multi Sport camp offers different activities for your child to participate in in a safe, supervised environment. To sign up for the ALL DAY option please go to “day camp” and sign up for “Multi Sport Add on”. for the date you have also selected as your Tennis program.



Teen Tennis Training

(Ages: 12 yrs +)

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

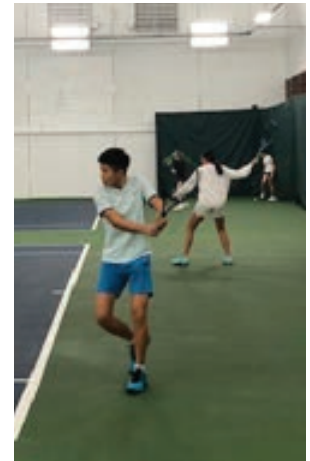
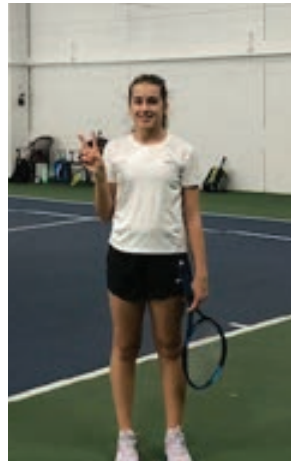
Week 1:	Jul 5—Jul 9	2pm - 3:30pm 5 sessions
Week 2:	Jul 12—Jul 16	2pm - 3:30pm 5 sessions
Week 3:	Jul 19—Jul 23	2pm - 3:30pm 5 sessions
Week 4:	Jul 26—Jul 30	2pm - 3:30pm 5 sessions
Week 5:	Aug 3 —Aug 6	2pm - 3:30pm 4 sessions
<i>(No camp Aug 2nd)</i>		
Week 6:	Aug 9—Aug 13	2pm - 3:30pm 5 sessions
Week 7:	Aug 16—Aug 20	2pm - 3:30pm 5 sessions
Week 8:	Aug 23—Aug 27	2pm - 3:30pm 5 sessions
Week 9:	Aug 30—Sep 3	2pm - 3:30pm 5 sessions

Member: \$112.50 / week

\$90 / week 5

Non Member: \$168.75 / week

\$135 / week 5



Tennis Policies and Procedures

Tennis Committee

The Tennis Committee consists of members of the Club who are active in all levels of tennis and work closely with Club staff to ensure that policies, procedures, tournaments and events meet the needs of the tennis players at the Club. The Committee spends a great deal of time analyzing and developing fair and balanced court usage policies. The percentage of court time provided for events, leagues and instruction is highly considered and in line with other private clubs similar to the NSWC.

Court Allocation

There are several different court user groups: those who would like available courts for normal bookings, those who want courts available for instructional and development opportunities, those who want to participate with their peers in leagues or regular weekly bookings, and those who participate in our social events and tournaments. We strive to balance and meet the needs of all playing members.

The following court usage and reservations policies have been adopted by the North Shore Winter Club Tennis Committee, approved by the Board of Directors, and are intended to support all tennis players. We want all players to enjoy their playing time with equal respect and fairness for junior, adult, recreational and competitive participants and balance the demand for open play, lessons, clinics, teams, and tournament usage.

General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 – September 30). Tennis Court operating hours are 6:00am – 10:00pm, Monday through Sunday.

DAY TIME HOURS

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

EVENING HOURS

6:00pm - 10:00pm **Monday – Sunday**

JUNIOR COURT TIMES

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

Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through GameTime: (nsw.gametime.net) or at www.nswc.ca, made in person at the Front Desk Reception or by calling the Front Desk Reception: 604-985-4135. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

RESERVATIONS: ADULT TENNIS MEMBERS

- Booking for courts 1 – 4, 9 – 11, can be made 6 days in advance (starting at 8pm)
- Bookings for courts 5 and 6 can be made 5 days in advance, (starting at 12pm)
- A player may have a maximum of four (4) court bookings within a 7-day period. Two (2) bookings before 6pm (day) and two (2) bookings after 6pm (evening).
- A player may also book available courts within a 24-hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and playing partners at the Front Desk Reception.

RESERVATIONS: JUNIOR TENNIS MEMBERS

- Junior tennis members may book courts during Junior Court Time or Non-Prime time, a maximum of six (6) days in advance. Junior members may play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24-hour advance booking).
- Junior Members may also book available courts within a 24-hour period.

Waitlist

Tennis members may ask to be put on a waitlist should their requested booking not be available. On the tennis booking page, click "waitlist" and then click "join the waitlist" and select your desired court requests. If a court is cancelled, GameTime will automatically reserve the court, and an email will be sent to you. All players must be booked, and will be subjected to a rules check when a court is cancelled and the waitlist is triggered. If any player is breaking a rule, the booking will be bypassed and the booking will be given to the next group.

Cancellations

Court bookings must be cancelled no less than twenty four (24) hours before the booked time or a late cancel/no-show fee of \$25.00 + GST per court will be charged.

Walk-On For Vacant Courts

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

No Shows

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

Guests Privileges

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 – each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month. This may change based on covid protocols and regulations.
- A Guest fee of \$10 + GST for juniors and \$15 + GST for adults must be paid before the guest is permitted to enter the Club to play.

Ball Machine

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking.
- The ball machine may be used ONLY between 7:00am – 9:00pm.
- Ball machines cannot be used during Prime Time.
- It is the user's responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use.
- Use of the Club's (or privately owned) ball machine, is restricted to the upstairs Courts 5, 6 and 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

Playsight

NSWC offers a state-of-the-art tennis analytics technology system equipped with six fully automated cameras and an interactive touch-screen kiosk.

The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in-depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on-court kiosk or at PlaySight.com. Train smarter.

Perform better.

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

Pre-Booked Court Limitations

Tournaments

During scheduled tournament and events, the policies and procedures DO NOT CHANGE. Booking times will remain the same to allow non-participating members access to the available courts as normal. All organizing committees will release courts not being used.

Block Bookings

Block bookings may occur at the discretion of the Tennis Director. To avoid any conflict on court allocation, please forward this information to the Tennis Director thirty (30) days prior to the dates required. Committee representatives must complete a block booking form listing all players and court time required. Only after receipt of this information will courts be reserved on the court booking system.

Court Rental

Requests for court rental must be approved by the Tennis Director, fwalker@nswc.ca

Tennis Private Lessons

Adult Private	\$80
Jr. Private	\$70
Adult Semi Private	\$47.50 each
Jr. Semi Private	\$42.50 each
Adult Group of 3	\$37.50 each
Jr. Group of 3	\$32.50 each
Adult Group of 4	\$32.50 each
Jr. Group of 4	\$27.50 each
Adult & Junior Hitting	\$50

— THE MANY BENEFITS OF — *Children Playing a Team Sport*

Outside of the classroom, one of the best ways to teach a child the value of collaboration and how to get along well with others is through team sports. Along with the sheer joy of hitting that first home run or making that first goal, playing a team sport is a wonderful way to help a child enjoy being physically fit. But how does a parent or caregiver choose the right sport for their child? And at what age should a child begin to play on a team?

First, let's look at the many positive aspects of a child playing team sports:

Self-Esteem

Team sports not only help children feel better physically, they can help a child with emotional and mental development. In turn, these benefits help a child build self-esteem, feel pride in learning new skills and find fun in competitive play. Kids can also learn the value of practice and how working hard to master a task can work in other areas of their life.

Teamwork and Leadership Development

One of the best ways to get along with others is to work together as a team and team sports is one of the most natural ways to work together toward a common goal. In every team, there's also the opportunity for leadership skills to develop, skills that can help a child do well in school and in all areas of life.

Healthy Habits

The physical benefits of team sports are obvious and can help a child see and feel the value of being physically fit. Also, active play can be a stress reliever and helps kid deal with the normal challenges of childhood. And don't forget that team sports should be about having fun—one of the best parts of being a child.

At what age should a child start playing sports?

Although sports can be enjoyed by children of all ages, toddlers and pre-school aged children are a little too young to begin team sports. For younger children, sports should not be so much about competition but ideally concentrate on being an opportunity for physical activity and fun.

Most experts agree that, ideally, kids should first begin team sports around age 6 or 7. This is the time when most children have the physical and developmental skills as well as the attention span that team sports demand. Parents and caregivers should remember that kids will need to understand the rules of the game to play. And when choosing what type of sports league for a child to play on, make sure it's a league that emphasizes a fun, positive experience that emphasizes safety at all levels.

One last thing to keep in mind is that, despite adult encouragement, some kids simply may not be interested in playing team sports. Some may prefer individual sports like tennis, karate, dancing or swimming—while others may not be interested in traditional sports at all. Sports or no sports, the important thing is to encourage a child to get at least 60 minutes of physical activity every day, even if it's simply walking, dancing or doing chores around the house.

By ABC Quality Team on February 18, 2020





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