

NORTH SHORE WINTER CLUB

Fall 2021 Program Guide



FALL REGISTRATION

Members July 27th, 2021 10am

Non Members Aug 10th, 2021 10am

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

NSWC 2021

Summer smash



SAVE THE DATE!

men's and women's doubles
Tennis tournament

AUGUST 8 - 14

All levels welcome! Categories: 5.0-5.5, 6.0-6.5, 7.0-7.5, 8.0-8.5, 9.0-9.5

ALL COVID-19 SAFETY PROTOCOLS THAT ARE MANDATED
FOR THESE DATES WILL BE FOLLOWED

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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 Information

NSWC follows all rules and regulations put forth by the Provincial Health Officer and Governing bodies. Registration information may change based on any updated and changes provided. Please visit nswc.ca for the most updated information regarding registration or phone Member Services: 604-985-4135.

Member Registration opens at
Tuesday July 27th at 10:00am

Non Member Registration opens at
Tuesday Aug 10th 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
 3. In person registration at
Member Services.
- All programs will have a minimum and maximum enrollment.
 - A waiting list will be formed after a particular program is filled.
 - No credits or pro - rating will be provided for missed sessions.

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 120 hours (5 days) before program start time.
- **50% Refund:** less than 120 hours (5 days) 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.

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.



M E M B E R M O M E N T S

Pool Opening 2021

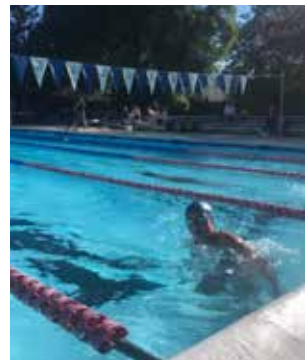
On April 16th, under sunny skies, we opened the pool for the season. Although the temperature of the pool was “slightly” chilly, families jumped for the chance to be the first ones in the pool for the season. Families took to the Tiki deck after for some food and refreshments.



Marlins Swim Meet

June 16th

The Marlins swim team came together for a little friendly competition on June 16th where they participated in a swim meet against their other team mates. Parents cheered them on from the bleachers and lots of fun and laughs were had. Thank you to the many Marlin parent volunteers that helped out at the event.



MEMBER MOMENTS



Tennis Club Championships

June 20th – June 25th

The Singles Club Championships was a week full of tennis and fun! Thank you to everyone who participated and volunteered to make the event a great success. Congratulations to the winners and finalists!



MEN'S SINGLES RESULTS:

A Winner: Michael Korbin (left) Finalist: Warren Lore
B Winner: Will Erikson (right) Finalist: Warren Campbell
C Winner: Joel Gibson (left) Finalist: Stephen Codrington

WOMEN'S SINGLES RESULTS:

A Winner: Stephanie Fraser (right) Finalist: Sandra Rimi
B Winner: Kara Gibson (left) Finalist: Nikki Charlton
C Winner: Linda Yoshida (right) Finalist: Marla Campbell

M E M B E R M O M E N T S

Dance with Christie Recital



On June 23rd, we took advantage of the sunshine and had the Club's competitive dance group do their final performance in the courtyard on the grass.

Thanks to restrictions being loosened, dancers were finally able to perform live for their parents. In a year where parents were required to drop their children off at venues and watch performances via live stream from their cars, it was truly a magical night! Although live streaming has been a wonderful way for us to stay connected during the pandemic, seeing something face-to-face never felt so good!

The evening was filled with dance, family, and a reminder of the beauty of human connection. Thank you to our dance families for such a wonderful evening.

For information about dance at the NSWC, and next year's competitive group please email dancewithchristie@gmail.com

Jackson & Juliette *Ferguson*



Jackson Ferguson

Age: 10

How many years have you been playing hockey?

I have been playing hockey for 5 years and swimming with the Marlins for three years but have been in the pool since I was 2 months old.

Who is your favorite athlete and why?

Auston Matthews is my favourite because he set a record by scoring 4 goals in his NHL debut and won the Calder trophy for being the top rookie.

What is your biggest accomplishment in swimming or sports?

Finishing my red cross when I was 8 and getting a gold medal at a swim meet for breast stroke.

Who is your biggest role model in life and why?

My grandpa. He instilled so many good qualities in me growing up. He shot pucks with me every day. He always taught me to never give and to always try as hard as I can.

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

Before a swim meet I take a few minutes alone to calm my mind. Before I race I always have a small handful of chocolates for energy.

What is your favorite pre-meet/game meal?

My favourite meal is eggs and toast before a swim meet.

Besides swimming, what other activities do you enjoy?

Hip hop, acting, baseball, hockey and golf.

What do you enjoy most about playing/swimming at the NSWC?

Making new friends, training with amazing coaches, learning things I never thought I could and making life long memories.



FEATURED ATHLETES

Juliette Ferguson

Age: 7



How many years have you been playing hockey?

I have been swimming for three years with the marlins but been in the water since I was 2 months old. Playing hockey for 2 years.

Who is your favorite athlete and why ?

Cammi Granato. I did a camp with her and she taught me that I could be a strong female hockey player and to always try hard. I thought it was so cool to find out she was the first women to be inducted in the hall of fame.

What is your biggest accomplishment in swimming or sports?

My first year of Marlins I received a trophy for the most improved mini marlin of the season.

Who is your biggest role model in life and why?

-My grandma and grandpa, They both taught me how to be strong, to always treat everyone equally and to never give up on your dreams.

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

I always bring my doll dressed in hockey gear to my games for good luck.

What is your favorite pre-meet/game meal?

Spaghetti and meatballs

Besides swimming, what other activities do you enjoy?

Dance, soccer, acting, softball and hockey.

What do you enjoy most about playing/swimming at the NSWC?

The coaches who always help me. Making new friends and making memories.



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 provincial health guidelines may alter rentals and food & beverage rules and allowance. NSWC follows all guidelines, rules and regulations sent out through Health Agencies and the BC government.



FEATURED RECIPES

Fall Classic Mac & Cheese



Oh no... it's actually happening.

The end of summer is fast approaching, and we're gearing up for shorter days, longer nights, cooler temperatures, colorful leaves, sweatshirts, and hockey. Enjoy this decadent Mac & Cheese recipe that the entire family will love.
Servings 4

INGREDIENTS

- 4 tbsp. unsalted butter
- ¾ cup panko
- ¼ ounce Parmesan, finely grated
- 2 tsp. fresh thyme leaves
- 1 tsp. kosher salt
- 8 oz. cavatappi
- 2 ½ c. whole milk
- ½ small onion, grated
- 1 garlic clove, finely grated
- 2 tbsp. all-purpose flour
- 4 oz. Fontina cheese, grated
- 4 oz. Gruyère, grated
- 4 oz. sharp white cheddar, grated
- ½ tsp. English mustard powder
- Pinch of cayenne pepper

INSTRUCTIONS

Step 1
Preheat oven to 350°. Melt 2 Tbsp. butter in a medium skillet over medium heat. Add panko and cook, stirring, until crumbs are golden brown, 6–8 minutes (make sure to get them toasty brown; they won't darken much during baking). Transfer to a small bowl and toss with Parmesan, thyme leaves, and ¼ tsp. salt.

Step 2

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente (the noodles will continue to cook in the cheese sauce, so take them out a minute or two before you think they're actually done). Drain pasta; let cool while you make the sauce.

Step 3

Bring milk to a bare simmer in a small saucepan; keep warm. Melt remaining 2 Tbsp. butter in a medium saucepan over medium-high. Add onion and garlic and cook, stirring, until onions are fragrant and beginning to soften, about 2 minutes. Sprinkle flour over and cook, stirring constantly, until mixture starts to stick to bottom of saucepan, about 1 minute. Add warm milk in a few additions, whisking to combine after each addition.

Step 4

Bring béchamel sauce to a boil, then reduce heat and simmer, stirring, until sauce is thickened and doesn't feel grainy when a little bit is rubbed between your fingers, 6–8 minutes (cooking the flour thoroughly at this stage ensures a creamy sauce). Add Fontina, Gruyère, cheddar, mustard powder, cayenne, and ¾ tsp. salt and stir until cheeses are melted and sauce is smooth. Remove from heat and mix in pasta; transfer to a 2-qt. baking dish.

Step 5

Bake 10 minutes. Top with Parmesan breadcrumbs and bake until sauce is bubbling around the edges, 8–10 minutes longer. Let cool in pan 15 minutes before serving.

Pumpkin Pie Bar

Not only are pumpkin pie bars the perfect way to feed your hungry crowd on Thanksgiving, they are also so much easier to make than a traditional pie. No crust chilling. No crimping. Just a quick press into the pan and your crust will be ready to go. Way less time, way more glory. The crust is more similar to a shortbread crust, but the filling is just like the one you know and love. Just don't forget the dollops of whipped cream!

Yields: 20 Servings

Prep Time: 10 Mins

Total Time: 1 Hour 10 Mins

INGREDIENTS

FOR THE CRUST

- Cooking spray
- 3 c. all-purpose flour
- 1 ½ c. butter, cut into ½" pieces, softened
- 1 ½ c. powdered sugar
- Pinch kosher salt

FOR THE FILLING

- 3 c. pumpkin purée
- 2 c. heavy cream
- 1 c. packed brown sugar
- 4 large eggs, beaten
- 2 tbsp. all-purpose flour
- 1 tbsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground ginger
- 2 tsp. pure vanilla extract
- ½ tsp. kosher salt
- ½ c. whipped topping, for serving

DIRECTIONS

Step 1

Preheat oven to 350° and grease a 12"-x-17" baking sheet with cooking spray. In a large bowl mix flour, butter, powdered sugar, and a pinch of salt together until mixture is crumbly. Press dough evenly into prepared pan and bake until barely set and just starting to turn golden, 20 minutes.

Step 2

Meanwhile prepare filling: In a large bowl, whisk together pumpkin, cream, brown sugar, eggs, flour, spices, vanilla, and salt. Pour filling over crust and bake until set and only slightly jiggly in the middle, 40 minutes. Let cool completely.

Step 3

Cut into squares then dollop with whipped topping and dust with cinnamon before serving.





NORTH SHORE
WINTER CLUB

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.





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.



ALEXANDRA HARRISS

We are very happy to announce that Alexandra Harriss has joined our clinic at the North Shore Winter Club. Before joining us, Alex was working as a Physiotherapist and the Lead Clinical Researcher in a private practice in Vancouver. Alex has both her Masters of Physiotherapy and PhD (Doctoral) in Health and Rehabilitation

Sciences. She has an extensive sporting background both professionally and personally which includes expertise in sport-related concussion. Alex's treatment approach combines a comprehensive approach to recovery through manual therapy, education and specific exercises, to provide both a safe and healthy return-to-sport. Alex is committed to her clients as well as understanding the underpinnings of their injury to help them regain function, and reduce chance of reinjury. When she is not in the clinic, you can often find Alex exploring the back country, running, mountain biking or rock climbing.

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!

Youth Camps & Child Minding

FALL 2021 PROGRAMS

Child Minding Kids Corner

Ages: 1 yr – 7 yrs

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

Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

Kids Corner has been closed due to the spread of the Covid 19 virus. The Club will make a decision on when and how to open closer to the fall program dates of September 2021.

HOURS OF OPERATION

Mon—Fri: 4pm—8pm

Sat: 10am—4pm

MEMBER PACKAGE

\$72 mos per child

(\$28 for each additional child)

MEMBER DROP IN

\$12 hr (\$8 hr for additional child)

RESTRICTIONS

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

Professional Day Camps

Ages: 6 yrs – 11 yrs

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

Dates to be determined.

9am - 4:30pm

Member: \$65

Non Member: \$85



Youth Events Family Halloween Party!

Halloween decorating starts here!

Come and join us in your costume

for some tricks and treats!

Pumpkin carving will be available as

well as arts & crafts for the kids.

October 29th | 5pm – 8pm

Member: \$10

Friday Fun Nights

(excluding long weekends)

5pm – 9pm

It's a family affair. The Kids can enjoy bouncy castles and games in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area.

Birthday Party Packages

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, fall 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

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!



Fitness

FALL 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, the Fitness Centre facilitates the ultimate personalized training program.

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.

NORTH SHORE WINTER CLUB

2021-2022 MINOR HOCKEY TOURNAMENTS



OCTOBER 8 - 11, 2021



DECEMBER 18 - 23, 2021



FEBRUARY 11 - 14, 2022

Minor Hockey

FALL 2021 PROGRAMS



BOB MCCUAIG
Director of
Hockey Operations
bmccuaig@nswc.ca



EMILY ALLEN
Hockey Operations
Coordinator
eallen@nswc.ca



TYSON MULOCK
Technical Director
tmulock@nswc.ca



JARED ENG
Technical Director
jeng@nswc.ca

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. Full hockey equipment required.

Coach: Tyson Mulock

Sep 24 – Dec 10 (No session Oct 8 or Nov 12)

Fri: 10 sessions

6:15pm – 7:15pm U8/U9

7:30pm – 8:30pm U11

8:45pm – 9:45pm U13/U15

Member: \$300 | Non Member: \$450

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. Learn to Skate 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.

LEARN TO SKATE 1

Sep 25 – Dec 11 (No session Oct 9 or Nov 13)

Sat: 10 sessions | 8am – 8:45am

Member: \$165 | Non Member: \$330

LEARN TO SKATE 2

Sep 25 – Dec 11 (No session Oct 9 or Nov 13)

Sat: 10 sessions | 11am – 11:45am

Member: \$165 | Non Member: \$330

Cookie Monsters

Ages: 5 yrs – 7 yrs

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

BEGINNER

Sep 21 – Dec 11 (No session Oct 9 or Nov 13)

Tue & Sat: 22 sessions

Tue 4pm – 4:45pm

Sat 8:45am – 9:30am

Member: \$330 | Non Member: \$660

INTERMEDIATE

Sep 21 – Dec 11 (No session Oct 9 or Nov 13)

Tue & Sat: 22 sessions

Tue 4:45pm – 5:30pm

Sat 9:30am – 10:15am

Member: \$330 | Non Member: \$660

ADVANCED

Sep 21 – Dec 11 (No session Oct 9 or Nov 13)

Tue & Sat: 22 sessions

Tue 5:30pm – 6:15pm

Sat 10:15am – 11am

Member: \$330 | Non Member: \$660

Power Skating

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

Coach: Karen Kos

Sep 26 – Dec 12

(No session Oct 10, Oct 31 or Nov 14)

Sun: 9 sessions

4:00pm – 4:45pm U7/U8

4:45pm – 5:30pm U9

6:00pm – 6:45pm U13/15

6:45pm – 7:30pm U6/8

7:30pm – 8:15pm U11

Member: \$270 | Non Members: \$405



Skating that Translates

Ben Payne and PH Development provide a unique service that focuses on skating movements and patterns that are utilised in the game today. It's imperative to find the game connection in our skating and at PH Development sessions. Power Skating and edge work are game specific focusing not only on the "HOW" to effectively Skate but the proverbial "WHY" The game of hockey is predicated on reoccurring movement patterns. The more times players are put in game like environments in practise and development sessions, the higher probability for a high success rate when they encounter these situations come game time. Players must be able to identify the game translatable component. These movements not only require a high level of physical skill and technique to execute, but a sense of understanding of the significance behind the movement patterns. Skating That Translates takes power skating and edgework one step further. Skating Development and Hockey IQ rolled into one program. Full hockey equipment is required.

Coach: Ben Payne

Sep 26 – Dec 12 (No session Oct 9 or Nov 13)

Sat: 10 sessions

6:15pm – 7:15pm U8/U9

7:30pm – 8:30pm U11/U13

Member: \$300 | Non Members: \$450

Female Adult Skills & 3on3

Looking to improve your hockey skills in a fun, friendly environment? Well come join our Female Adult Skills & 3on3 program! Half the class will be focused on skating, shooting and puck skills, while the last approx. 30 minutes will be a fun 3on3 game where you can put your new skills to the test! Full hockey equipment is required.

Coach: Kiana Watson

Sep 30 – Dec 9 (No session Nov 11)

Thu: 10 sessions

8:30pm – 9:30pm

Member: \$250 | Non Member: \$350



D-Skills

The defense camp provides students a thorough review of the fundamental skills required to play defense, while also expanding their toolbox with a better understanding of the position. Skills and tactics covered include defense specific skating and movement patterns, deception, defense at and away from the puck, transitional play, offensive zone play and 1/1's. Full hockey equipment is required.

Coach: Jared Eng

Sep 25 – Dec 11 (No session Oct 9 or Nov 13)

Sat: 10 sessions

12:30pm – 1:30pm U13

1:45pm – 2:45pm U11

3:00pm – 4:00pm U15/U18

Member: \$300 | Non Members: \$450

Power Edge Pro

Power Edge Pro is an on-ice player development system utilizing proprietary 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. Full hockey equipment is required.

Sep 26 – Dec 12

(No session Oct 10, Oct 31 or Nov 14)

Sun: 9 sessions

3:15pm – 4:15pm U11

4:30pm – 5:30pm U13/U15

Member: \$360 | Non Member: \$495

Senior Men's Hockey

FALL 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

\$199 for first half of season

Draft: Sept 15

Register at mens.nswchockey.com



NSWC 2021 PAUL SHELLARD MEMORIAL FALL CLASSIC



**MIXED DOUBLES
TENNIS TOURNAMENT
OCTOBER 17-23**

All levels welcome! Categories: 5.0-5.5, 6.0-6.5, 7.0-7.5, 8.0-8.5, 9.0-9.5

**ALL COVID-19 SAFETY PROTOCOLS THAT ARE MANDATED
FOR THESE DATES WILL BE FOLLOWED**



FABIO WALKER
Director of Tennis



NICOLE MCLENNAN
Head Of Junior Development



AMY WALKER



CHRIS STEAD



TIM PORTNOV



MAX KORKH



ADRIAN OZEWICZ



BEN DUNBAR



JASON TORPEY

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.

Junior Tennis

FALL 2021 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

Red Ball Tennis

Ages: 5 yrs – 7 yrs

RED LEVEL 1 Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

Sep 11 – Dec 11 (No session Oct 9)

Sat: 13 sessions | 12pm – 1pm

Member: \$299 | Non Member: \$390

Sep 7 – Dec 14

Tue: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$450

Sep 10 – Dec 17

Fri: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$450

Orange Ball Tennis

Ages: 7 yrs – 9 yrs

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

Sep 11 – Dec 11 (No session Oct 9)

Sat: 13 sessions | 1pm – 2pm

Member: \$299 | Non Member: \$390

Sep 7 – Dec 14

Tue: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$390

Sep 10 – Dec 17

Fri: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$450



Green Ball Tennis

Ages: 9 yrs – 11 yrs

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

Sep 11 – Dec 11 (No session Oct 9)

Sat: 13 sessions | 2pm – 3pm

Member: \$299 | Non Member: \$390

Sep 7 – Dec 14

Tue: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$390

Sep 10 – Dec 17

Fri: 15 sessions | 3:30pm – 4:30pm

Member: \$345 | Non Member: \$450

Teen Tennis

Ages: 12 yrs +

This group is for the beginner/novice 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.

Sep 11 – Dec 11 (No session Oct 9)

Sat: 13 sessions | 12pm – 1pm

Member: \$299 | Non Member: \$390



Adult Tennis

FALL 2021 PROGRAMS



FABIO WALKER
Director of Tennis
fwalker@nswc.ca

Adult Drills

Division 2 & 3

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!

Sep 13– Dec 13 (No session Oct 11)
Mon: 13 sessions | 11am – 12pm
Member: \$325

Sep 9 – Dec 16 (No session Nov 11)
Thu: 14 sessions | 10am – 11am
Member: \$350

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!

Sep 7 – Dec 14
Tue: 15 sessions | 8pm – 9pm
Member: \$375

Sep 9 – Dec 16 (No session Nov 11)
Thu: 14 sessions | 10am – 11am
Member: \$350

Sep 9 – Dec 16 (No session Nov 11)
Thu: 14 sessions | 7pm – 8pm
Member: \$350

Sep 10 – Dec 17
Fri: 15 sessions | 9am – 10am
Member: \$375



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!

Sep 7 – Dec 14
Tue: 15 sessions | 7pm – 8pm
Member: \$375

Sep 9 – Dec 16 (No session Nov 11)
Thu: 14 sessions | 8pm – 9pm
Member: \$350

Sep 10 – Dec 17
Fri: 15 sessions | 10am – 11am
Member: \$375

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.

Sep 13 – Dec 13 (No session Oct 11)
Mon: 13 sessions | 10am – 11am
Member: \$325

Sep 7 – Dec 14
Tue: 15 sessions | 6pm – 7pm
Member: \$375

Sep 8 – Dec 15
Wed: 15 sessions | 9am – 10am
Member: \$375

Sep 9 – Dec 16 (No session Nov 11)
Thu: 14 sessions | 10am – 11am
Member: \$350

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.

Sep 13 – Dec 13

(No session Oct 11)

Mon: 13 sessions | 9am – 10am

Member: \$325

Sep 13 – Dec 13

Mon: 15 sessions | 9am – 10am

Member: \$375

Sep 8 – Dec 15

Wed: 15 sessions | 10am – 11am

Member: \$375

Sep 9 – Dec 16 *(No session Nov 11)*

Thu: 14 sessions | 9am – 10am

Member: \$350

Sep 10 – Dec 17

Fri: 15 sessions | 11am – 12pm

Member: \$375

Men's Tennis Training

(Level 3.0 - 3.5)

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

Sep 7 – Dec 14

Tue: 15 sessions

9am – 10am

Member: \$375

Sep 8 – Dec 15

Wed: 15 sessions

9am – 10am

Member: \$375

Sep 10 – Dec 17

Fri: 15 sessions | 10am – 11am

Member: \$375

Men's Tennis Training

(Level 4.0+)

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

Sep 13 – Dec 13 *(No sessions Oct 11)*

Mon: 13 sessions | 9am – 10am

Member: \$325

Sep 9 – Dec 16 *(No session Nov 11)*

Thu: 14 sessions | 9am – 10am

Member: \$350

Sep 10 – Dec 17

Fri: 15 sessions | 9am – 10am

Member: \$375





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

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- 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

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10 Cool Nutrition Tips For Your Kids

Heart & Stroke Foundation

Encouraging healthy eating can feel like a big task in a world that glorifies candy, chocolate and chips over foods that are healthy and will help your kids grow up strong. Luckily, kids look up to their parents, so you can help to guide them in the choices they make. “Parents have to be good role models,” says Dr. Brian McCrindle, Foundation spokesperson and cardiologist at The Hospital for Sick Children in Toronto. “Try to incorporate fruits and vegetables into every meal – including breakfast. Also, limit processed foods and have healthy meals and snacks planned for your kids as well as yourself.” He says it’s better to try to set the example of “do as I do,” and not the more common “do as I say.” Here are a few fun facts about food that might make your kids think twice about the foods and snacks they choose. You can start the conversation with, “Did you know that...”

- 1 A 355 mL can of pop contains 10 to 12 teaspoons of sugar. That’s 150 to 180 empty calories. Better to cut your thirst with some water or milk.
- 2 Fish, chicken and other lean meats and meat alternatives such as beans and tofu are filled with protein to help keep muscles strong.
- 3 Leafy green vegetables like broccoli and orange vegetables such as carrots and sweet potatoes are full of vitamins to keep you energized and help you play harder for longer.
- 4 Fruit is better than the juice! In fact, a raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.
- 5 Sports drinks are composed mostly of water, but their second biggest ingredient is sugar. While sports drinks are OK to drink sometimes after a lot of exercise like a soccer game, you’ll get more nutrition (and less empty calories) by having water plus a complex carbohydrate like fresh fruit.
- 6 Your body needs good oils and fats to give your muscles quick energy. But if you eat too much, it gets stored in your body. Good fats are found in nuts, avocados, olive oil, canola oil and soft, non-hydrogenated margarine. Bad fats are found in hard margarine, vegetable shortening, butter, coconut and palm oils, fatty meat and full-fat dairy products.
- 7 Lower-fat milk and dairy products and fortified soy products are crammed with calcium to build strong bones that help you to stay safe while playing.



8 Eating fibre makes you feel fuller and it’s healthy for your heart. Eating a slice of white bread won’t satisfy your hunger nearly as much as a slice of 100% whole-wheat bread with the germ. High-fibre foods also have vitamins and minerals to keep your heart strong.

9 Sugary soft drinks, sugary cereals, white bread and white rice break down quickly in the body, making you hungry soon after. They can also give you a quick rush of energy, but that is soon used up, leaving you tired and even cranky.

10 Nutritious snacks keep you feeling energized throughout the day, helping you beat energy slumps and keeping your metabolic rate up, which helps in maintaining a healthy weight. For example, a small handful of nuts with a piece of fresh fruit has fibre and healthy fats that give you energy that lasts, unlike what you get from junk food such as potato chips or candy bars.

10 Making healthy food the quickest, easiest choice will also increase the chances that your kids will make that choice. That’s why it’s also helpful not to keep junk food in the house and at least out of reach and sight of your little ones.

At all times, have some vegetables, fruit and healthy foods in your kitchen that you know your kids like. If their favourite flavour of low-fat yogurt is peach, then buy that. Get a bunch of easy-to-peel bananas if you know that’s something your kids enjoy. That’s why it can also be helpful to let them help you plan your grocery list – especially when it comes to vegetables and fruit. Remember that if your kid “hates” plums and that’s the only fruit in the house, they may beg for junk food or skip a healthy snack altogether.

If you’re discouraged because fresh food often gets left uneaten and goes bad, remember that frozen and canned vegetables, fruit, fish and other foods are also great time savers that are just as healthy. Just double-check for added sugar, salt or unhealthy fats.

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