

# NORTH SHORE WINTER CLUB

## Spring 2022 Program Guide



### SPRING REGISTRATION

**Members** Feb 8th, 2022 10am

**Non Members** Feb 22nd, 2022 10am

Sign up at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)



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## 2022 Board of Directors

### **EXECUTIVE**

**JAMES CRONK** - PRESIDENT  
**GRAHAM WILSON** - VICE PRESIDENT  
**JOEL MCLEAN** - TREASURER  
**DOUG BELL** - SECRETARY

board@nswc.ca

### **DIRECTORS**

**RENATA SMIDOVA**  
**KIM LYONS**  
**LEANNE DENNIS**  
**GEOFF BOWMAN**  
**BRENDAN PAYNE**

# Senior Management Team



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**KEITH FONG**  
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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](http://nswc.ca) for the most updated information regarding registration or phone Member Services: 604-985-4135.

**Member Registration opens at**  
10:00am on Tuesday, February 8, 2022

**Non Member Registration opens at**  
10:00am on Tuesday, February 22, 2022

**There are two ways to register for programs:**

1. Online registration at:  
[www.nswc.ca](http://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](mailto: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](http://www.gametime.net) for details.

## FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](http://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.

## AVAILABLE FOR PURCHASE 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](https://facebook.com/myNSWC)

 [Instagram.com/myNSWC](https://Instagram.com/myNSWC)



# General Club Information



## Communication Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "Let's Get Connected - The NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact [info@nswc.ca](mailto:info@nswc.ca) 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

*\*All guests must provide proof of full vaccination.*

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, Pickleball
  - d. Sauna, Steam
  - 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 at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior 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.

*\*COVID-19 policies may affect guest rules.*



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**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

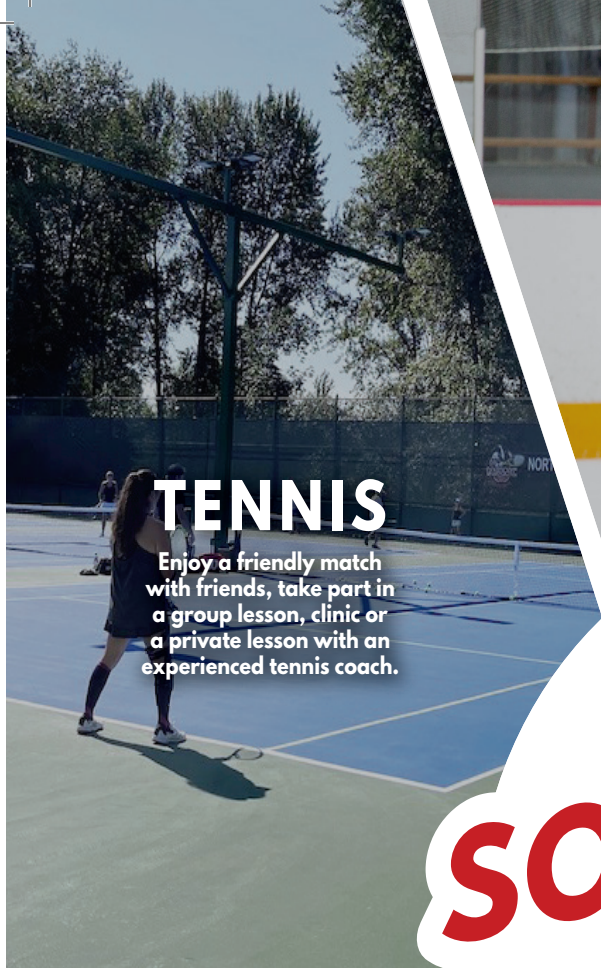
**1.** Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.

**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 facility rentals, room bookings and catering inquiries, please contact [bookings@nswc.ca](mailto:bookings@nswc.ca) .**





## TENNIS

Enjoy a friendly match with friends, take part in a group lesson, clinic or a private lesson with an experienced tennis coach.



## HOCKEY

Watch a game, take part in a game or cheer someone on! The NSWC has a rich history of nationally recognized hockey programming & development.



## SWIM

With a large outdoor pool, kiddie pool and dive tank, you can embrace the North Shore's summer weather during the spring & summer months.

**SOMETHING**  
*for*  
**EVERYONE**



## DINING

Serving up breakfast, lunch, and dinner at the Café, Lounge & Tiki Deck. Enjoy delicious, in-house made meals, snacks and grab & go boxes.



## PICKLEBALL

With 6 courts to play on, this popular and fast growing sport is fun and a great way to exercise and socialize.



## FITNESS

Join us for a variety of group fitness classes, have a Peloton workout, book a session with a personal trainer or workout in our state-of-the-art fitness centre.



**NORTH SHORE**  
**WINTER CLUB**

[WWW.NSWC.CA](http://WWW.NSWC.CA)



MEMBER MOMENTS

### Paul Shellard 2021 Fall Classic Tennis Tournament

Oct 17th – Oct 23rd 2021

A week of great matches, good friends and laughs made this tournament a wonderful success. The viewing areas were opened and with masks on and drinks in hand, members were able to once again watch their friends and opponents light it up on the Tennis Courts.

The Octoberfest themed decorations in the Jim Graham room made it a great place to relax after the tennis was over with live music some nights as well as drink and food specials.

The Tournament ended with 5 NSWC teams making it to the podium! The tournament had an outstanding 188 mixed doubles entries.

Special thanks to the volunteers, sponsors, and NSWC staff who helped make it a very special and successful week.



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

**Tennis Awards**  
Nov 25th, 2021

The Tennis committee rallied to host a singles and doubles tournament that were canceled earlier in the year because of Covid Restrictions. Lots of planning went into both these events and we were able to host a Tennis Awards banquet on November 25th to celebrate the year.

Tennis Members put on their Sunday best for the Tennis Awards night on November 25th to celebrate the 2021 year of Tennis! It was a great night of giving out awards, some appetizers and drinks as well as live music to end out the year.



**WOMEN'S DOUBLES CLUB CHAMPIONSHIP AWARDS**



**WOMEN'S A**  
Winners: Paula Evans & Stephanie Fraser  
Finalists: Shauna Gould & Kara Gibson



**WOMEN'S B**  
Winners: Julie Devlin & Leanne Mathias (not in photo)  
Finalists: Nikki Charlton & Kim Erikson.



Congratulations to Stephanie Fraser who swept the Club Championships in Singles, Doubles and Mixed Doubles!

**WOMEN'S C: (No photo)**  
Winners: Theresa Shaughessy & Christine McLean  
Finalists: Sara West & Jules Payne

**MEN'S DOUBLES CLUB CHAMPIONSHIP AWARDS**



**MEN'S A**  
Winners: Ryan Lore (right) and Greg Johnson (not in photo)  
Finalists: Mike Korbin (left) & Raoul Vanderberg (not in photo)



**MEN'S B**  
Winners: John Herbert (left) & Robbie Buchanan (not in photo)  
Finalists: Mike Holden & Warren Campbell

**MEN'S C: (No photo)**  
Winners: Jason Lyons & Reid Ogdon  
Finalists: Andrew Brine & Marty Hall

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

**Committee Tree Decorating**  
**Dec 1st, 2021**

Another successful committee tree decorating took place on December 1st. Lots of creativity and imagination along with lots of hard work went in to making the trees and the Club look festive with the themed trees from Minor Hockey, Female Hockey,

Tennis, Marlins and Membership. Masks were worn and many handmade decorations were hung on each tree bringing joy and light throughout the Club for the holidays. Thank you to all the volunteers who came out to help decorate! With some easing of covid restrictions this year, the committees and staff were able to enjoy some socially distanced food and beverages in the Lounge after all the hard work was done!

*Congratulations to 2021 winners:*

1. Minor Hockey



2. Membership



3. Marlins



**Santa's Breakfast**  
**Dec 11th, 2021**

This year's Breakfast with Santa was a huge success. After a Covid hiatus last year, this year's event was full of love, holiday cheer and family. Two sold out sittings, lots of excitement, amazing food and smiles all about! Huge thank you to our team of elves (volunteers) who were busy clearing plates, our head chef Christina Erdman who clearly made everything with love, everyone behind the scenes (Kim) that make these events happen, the NSWC team for dishing out the food and to the big guy himself for showing up and making lots of little people very happy!



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

### Friday Night Pickleball Mixed Doubles Nights

Pickleball Mixed Doubles nights that took place in November and December were a huge hit and so much fun! Continue to watch out for more Pickleball events throughout the Spring. Can't wait to get outside to those rooftop Pickleball courts!



From left to right: Irene Mah, Michael Chelico, Kerry Strongman, Ken MacKenzie, Susan Stefishen, David Stefishen, Stijn Vandavelde, Alicia Hutchinson, Curb Ivanic, Samantha Legge, Kerri Ablett, Jeffrey Ablett, Randy Hughes, Denice Hughes, LaTiesha Fazakas, Martin Morrison.

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



**U13 A2 Team raised over \$7000 for North Shore Families in Need!**

We are so proud of the effort these boys put into the raffle fundraiser. And thank you to all the members who bought tickets! Our total raised was **\$7,510.00!**

With all the earnings the U13 A2 team took a trip to Walmart where the boys spent time selecting gifts for

girls and boys aged 11-18. This is an age group that often gets overlooked when people are donating gifts.

On Monday night the boys were able to deliver these gifts to North Shore Family Services. They had the opportunity to learn about all the different ways the Christmas Bureau helps people in our community. They also were able to see the impact their fundraising efforts will have on families in need.



# 2021 Member Moments Photo Contest!

*Thank you to everyone who participated in our  
2021 Photo Contest!*

*Winning photos were submitted by:*

*Jon Vendargon - 1st Place*

*Karen Kerr - 2nd Place*

*Irina Ivan - 3rd Place*

*Scott Souter - Honourable Mention*



# What to Eat When You Are Sick

These power-packed foods are a delicious way to feel better, faster. Times being like they are, we all need to do everything at our disposal to safeguard our health. Hopefully, by wearing your mask and following good safety precautions, you can avoid COVID-19 or any of a number of nasty cold and flu viruses circulating this time of year. But if you do happen to fall ill, it's good to know that food is powerful medicine that can kick our immune systems into gear, both to fend off viruses as well as reduce the severity and duration of symptoms such as congestion, sore throat and fatigue. I often prescribe these essentials:

## Garlic

Garlic has been studied for centuries for its anti-bacterial properties. When garlic is sliced, chewed or crushed, sulfur compounds such as allicin, diallyl disulfide, vinylthiins and s-allyl cysteine are activated (giving off that distinctive garlic smell). These have been shown to support the disease-fighting response of some types of white blood cells, helping them to fight viruses. Garlic can also be taken as a preventative supplement: I recommend 300 mg a day, or incorporating one to two fresh cloves daily into your diet,

including in salad dressings, green juices, or simply rubbing it on whole grain bread for delicious flavored toast.

## Chicken Soup

Good, old fashioned chicken soup has been used forever as a common cold aid and there are some real benefits. The warm broth can help alleviate congestion and the electrolytes (sodium) found in the broth can help keep you hydrated and soothe a sore throat. The added chicken and vegetables provide additional protein and nutrients, with carrots, celery, onion, turnip and fresh herbs supplying an even bigger nutritional boost.

## Tea

When you aren't feeling your best, warm fluids can soothe that scratchy throat and help to loosen mucus. Opt for decaffeinated tea as caffeine is dehydrating, which is the last thing you need when you are trying to flush a virus from your system. I always recommend ginger tea, as it can soothe a stomach that's upset from loose mucus draining into the digestive system. Ginger also has anti-inflammatory properties that assist with immune function.

## Non-Fat Greek Yogurt

Loaded with live cultures and probiotics, yogurt helps to keep your gut lining healthy. Approximately 70% of our immune system is located in our gut, so it is important to keep it in good fighting shape in case your body encounters a virus. Consuming probiotic rich foods can lower the risk of catching a cold and help to speed recovery if you have caught one. Another perk, non-fat Greek yogurt has triple the protein of regular yogurt (without the added sugar).

## Red Bell Peppers

Vitamin C is essential for the function of immune cells, and during infections our bodies quickly become deficient of this vitamin. Eating foods rich in vitamin C during a cold or virus can speed the body's recovery and reduce symptoms. Since vitamin C is water soluble, it's more efficient to consume it through foods high in vitamin C, such as red bell peppers, rather than from solid supplements which require more work for the body to digest and absorb. One cup of chopped red bell pepper contains 190 mg of this important vitamin. Other foods high in vitamin C include kiwifruit, broccoli, dark leafy greens and citrus fruits.

## Blueberries

Blueberries are a great source of anthocyanins, a type of flavonoid that gives the berry (and other colorful fruits and vegetables) its rich, deep color. Flavonoids have anti-inflammatory, anti-bacterial and antioxidant properties that can help reduce cell damage and boost immune function. A powerhouse berry that's low in calories, you can snack on them, add to salads or treat yourself to a crumble.

*Diane May, Registered Dietitian*



## 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

# Buffalo Chicken Pizza



Got some leftover roasted chicken? This pizza is the PERFECT way to use it! If you don't, shredding rotisserie chicken is a great alternative. If neither of those options are available, it's easy to boil some chicken breasts and shred them for topping.

**Yields: 4 Servings**

**Prep Time: 10 Mins | Total: 40 Mins**

## INGREDIENTS

- 1 lb. pizza dough, divided in half
- cornmeal, for pan
- 4 tbsp. butter
- 1/4 c. hot sauce (such as Frank's), plus more for drizzling (optional)
- 1/2 tsp. garlic powder
- 2 c. shredded cooked chicken
- 8 oz. ball mozzarella, torn
- 1/3 c. blue cheese, crumbled
- 1/4 Red onion, thinly sliced
- 2 Green onions, thinly sliced
- Green onions, thinly sliced

## DIRECTIONS

1. Preheat oven to 500°. Brush two large baking sheets with vegetable oil and sprinkle each with a layer of cornmeal.
2. Place butter in a medium microwave-safe bowl. Microwave until melted, 20 to 30 seconds. Whisk in hot sauce and garlic powder until combined. Pour half of the buffalo sauce over chicken and toss to coat.

3. On a lightly floured surface, shape each half of pizza dough into a round ball, then press down the center of each to create a 1/2" crust. With the dough resting on the back of your hands and your knuckles, gently stretch dough out with the help of gravity by moving your hands inch by inch along the crust. Transfer to prepared baking sheets.
4. Add half of the remaining buffalo sauce to each pizza and spread all over the dough (leaving the outer 1" bare). Divide sauced chicken, torn mozzarella, blue cheese, and red onion evenly between the pizzas.
5. Bake pizzas until crust is golden and cheese is melty, 15 to 17 minutes. Garnish with green onions and a drizzle of hot sauce (if using) and serve immediately.

# Pink Negroni

**Prep: 5 mins | Easy | Serves 1**

Go pink with this fabulous cocktail flavoured with pink gin, rose vermouth and Aperol. Garnish with a wedge of pink grapefruit and a basil leaf to serve

## INGREDIENTS

- 35ml pink gin
- 25ml rose vermouth , or sweet white vermouth
- 15ml Aperol
- ice
- wedge of pink grapefruit and a basil leaf, to garnish

## DIRECTIONS

1. Combine the pink gin, vermouth and Aperol in a tumbler with a small handful of ice. Stir until the outside of the glass feels cold.
2. Garnish with a wedge of pink grapefruit and a basil leaf.





# WE WOULD LOVE TO HELP PLAN YOUR NEXT EVENT!



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## 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.



**DIEGO GROSSLING**

Diego was raised in North Vancouver, and grew up playing a variety of competitive sports including university soccer. He has first-hand experience with acute/chronic injuries, and is passionate about maximizing function from injury. He completed a Master of Science in Physiotherapy at Glasgow Caledonian University, and

a Bachelor of Kinesiology at the University of British Columbia. His professional experience expands across athletes of all ages from a recreational to professional level, with a clinical focus on movement development, on-field rehabilitation and core stability. Diego is actively involved in the local soccer community, and often leads functional movement workshops for various team sports. He is currently pursuing his Diploma in Sport Physiotherapy, while enjoying the outdoors and staying active in sport.

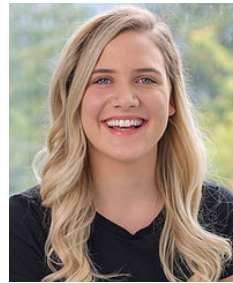
## Massage Therapists



**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



**JESSICA BATES**

Jessica graduated with a Bachelors in Human Kinetics through the University of British Columbia Okanagan. Through understanding her patients' goals, she uses functional screening assessments to create individualized programs to better her patient's well-being. Jessica's experience includes working as the athletic

trainer for the U17 AAA Vancouver hockey team, U16 Okanagan kids soccer summer camp, and has worked with various populations including former olympian swimmers, performance sport athletes, concussion injury, as well as individuals who are motivated to strengthen their fitness and health. When working with Jessica, you can expect a person-centred approach in strength and conditioning, incorporated with mutual adherence and education, to enhance her patients' abilities to progress independently.

### 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](http://www.allanmcgavinphysio.com).

Move Well. Perform Better!

# Aquatics

## SPRING 2022 PROGRAMS



### Red Cross Swimming Lessons

Summer at the NSWC is spent outside. What better place than in or by our beautiful pool!

Swimming lessons start in mid May and go through to the end of August. If you or your child would like to upgrade your swimming skills or learn to swim, register for our summer lessons.

Registration for NSWC Aquatic programs does not open until April, however below is a list of what the NSWC has to offer for Summer 2022.

### Red Cross Swimming Programs

Lesson sets run in two week sessions excluding statutory holidays. Registration is open April 2022.

#### Lesson Sets 1 – 3

*(Open to Members and Non Members)*

**Set 1: May 16 – 20 & May 24 - 27** *(No lessons May 23rd)*

**Set 2: May 30 – Jun 3 & Jun 6 - 10**

**Set 3: Jun 13 - 17 & Jun 20 - 24**

#### Lesson Sets 4 – 8

*(Reserved for Members and their guests only. There is no Non Member registration during these sets.)*

**Set 4: Jun 27 – Jun 30 & Jul 4 - 8** *(No lessons July 1st)*

**Set 5: Jul 11 – 15 & Jul 18 - 22**

**Set 6: Jul 25 - 29 & Aug 2 - 5** *(No lessons Aug 1st)*

**Set 7: Aug 8 - 12 & Aug 15 - 19**

**Set 8: Aug 22 – 26 & Aug 29 – Sep 2**

#### Price Per Set

**Member: \$60 (30 min class) \$85 (45 min class)**

**Non Member: \$75 (30 min class) \$100 (45 min class)**

### Red Cross Preschool

**Ages: 4 mos – 6 yrs**

Red Cross Swim Preschool & Tiny Tots is an 8-level program for 4-months to 6 years of age, designed for different ages and abilities. Each level is represented by an animal mascot that is incorporated in to the content, and makes the lesson engaging and fun through lesson plans and activities.

Please take a look at these program equivalent charts to see which Red Cross program your child should be in. These apply to North or West Van Rec swim lessons.

*(Chart at end of Aquatics section)*

## Sea Turtle

**Ages: 24 mos to 36 mos**

A transitional level for preschoolers and their parents designed to gradually transfer the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating while building awareness of the deep water and learning safe entries. \*This is a parent participation class.\*

## Sea Otter

**Ages: 3 yrs to 6 yrs**

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

\*This is a parent participation class.\*

## 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.

## Sunfish

**Ages: 3 yrs to 6 yrs**

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

## Crocodile

**Ages: 3 yrs to 6 yrs**

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

## 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.

## Red Cross Swim Kids

**Ages: 5 yrs+**

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

## Red Cross Swim Kids (Level 1)

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

## 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).

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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](mailto:aquatics@nswc.ca)

### Rates:

30 minutes: Member \$30

45 minutes: Member \$45

60 minutes: Member \$60

## Lifesaving Courses

### Bronze Medallion

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

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

### Bronze Cross

**Prerequisites: Bronze Medallion, must show proof of certification**

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

## National Lifeguard Training

### NLS Core and Pool Option

**Prerequisites: 16 years old, Standard First Aid, issued within 2 years, Bronze Cross – proof of certification**

The primary role of the NLS lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NLS award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NLS training is designed to teach the principles and develop the basic lifeguarding skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. The NLS Pool option builds on the fundamental skills, knowledge and values taught in the NLS core course to train lifeguards in safety supervision and rescue in a pool environment.


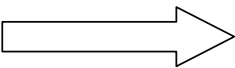

## Swimming for Adults

### Masters at NSWC





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



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, <b>comfortable in deep water (our level 6 occurs in the deep end of the main pool)</b>	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



 <b>North Vancouver Recreation Commission</b> Sears I Can Swim Program *If in this program at NVRC	  <b>NSWC</b> Red Cross Swim Kids Preschool *They can register in this program	 <b>West Vancouver Aquatic Centre</b> Preschool Learn to Swim Program *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](http://www.nswc.ca)

# Dance

## SPRING 2022 PROGRAMS

### *Dance is Back!*

#### **Dance With Christie**

Thursday Night Dance is back at the club. Christie is currently running a Multi Discipline class to give dancers 5+ a taste of various dance styles and running a Sampler for tiny dancers age 3.5 to 5.5. Is there a class you would like to see added to the schedule? Please email Christie at [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com) with your requests. To join the dancers on Thursday nights please sign up on Gametime.

In other dance news, our Competitive Dance program has entered three dance competitions this spring. The dancers will be competing in the Jazz, Lyrical, Solo and Trio categories and train at the club on Mondays & Saturdays and Wednesday & Saturdays. The competitive programs go from September to June. Last year we had a fantastic covid friendly performance for our dance parents outside on the grass! We hope to have a year end show again at the club this year! Summer classes and mini camps will be announced soon.



# Youth Camps & Child Minding

## SPRING 2022 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.

#### HOURS OF OPERATION

Mon—Fri: 3:30pm—8pm

#### MEMBER DROP IN

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

Registration on Gametime.

#### 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**

### Friday Fun Nights

*(excluding long weekends)*

**Ages: 3 yrs – 11 yrs**

**5pm – 9pm**

On Friday nights, bring your child(ren) down to the Club for bouncy castles and games supervised in a safe environment by our Youth staff and the evening finishes with a movie in the Senior Lounge. Popcorn included! This is complimentary for our Members. Please note that due to the fact that children can come and go from these areas, parent supervision is required if the child is under 5 years of age.

### 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, party packages may change or not be offered. Please reach out to [info@nswc.ca](mailto:info@nswc.ca) with any questions.**





AGES 3 - 11 YEARS

# FRIDAY FUN NIGHTS

5:00PM - 9:00PM

**ON FRIDAY NIGHTS, BRING YOUR CHILD(REN) TO THE CLUB FOR BOUNCY CASTLES, GAMES & FINISH WITH A MOVIE IN THE SENIOR LOUNGE. ALL SUPERVISED IN A SAFE ENVIRONMENT**

Complimentary to our members. Parent supervision required for children under 5 yrs.



## 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

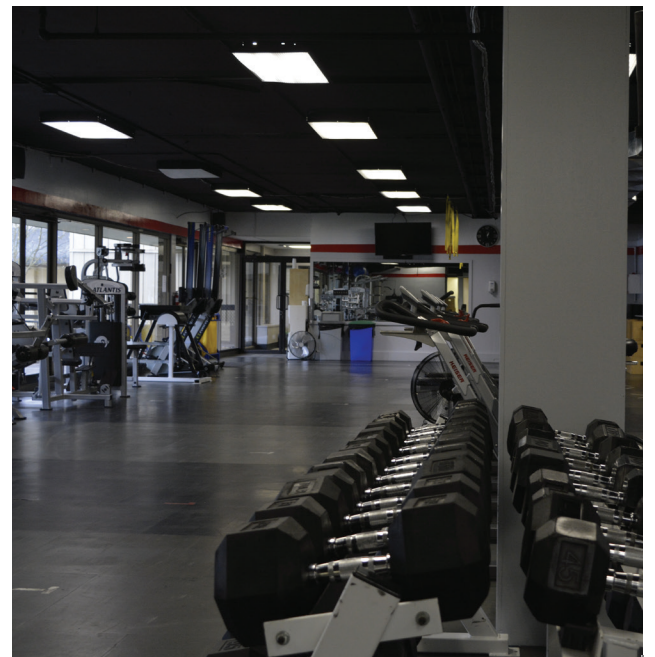
prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!



### 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

## SPRING 2022 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**

#### 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**

#### 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**

#### 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.

#### Fitness Booking Procedures

Pre-booking for individual fitness is required. Sign up on Gametime nsw. gametime.net

- 75-minute booking slots, 15-minute clean up time in between (Fitness Centre)
- 4-day advanced booking, 1 booking per day per member
- 12 spots available at one time (2 of these are Peloton/workout slots)
- 4-hour cancellation is in effect. \$25 will be charged to your account for a no show or late cancellation.

#### Prices

**Drop-in:**

**Member \$20 | Non-Member \$25**

**10 Pass:**

**Member \$180 | Non-Member \$220**

**20 Pass:**

**Member \$320 | Non-Member \$360**

*\*All participants must show proof of vaccination.*





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COLLISION CENTRES.

**ELITE XPRESS**



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**Because not everyone is as good at  
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**Industry Leaders in Collision Repair**  
**[www.elitebodyshop.ca](http://www.elitebodyshop.ca)**



## SPRING PICKLEBALL AT THE NSWC

The NSWC has 4 indoor & 2 Outdoor Pickleball courts! Check out [www.gametime.net](http://www.gametime.net) for programs!

---

### 3 Reasons to Play Pickleball:

1

It's crazy fun!

2

Lifelong sport!

3

Improves your reflexes!



# SKATE SHARPENING

BY TIME OUT SPORTS



**TURNAROUND TIME IF  
DROPPED OFF BETWEEN**

**6AM**

**&**

**3PM**

PASSES ARE  
AVAILABLE TO  
PURCHASE:

**1**  
SHARPEN

**5**  
SHARPENS

**10**  
SHARPENS

SKATES DROPPED OFF AFTER 3PM WILL BE AVAILABLE  
FOR PICK UP BY **NOON** THE FOLLOWING DAY →

DROP-OFF AT MEMBER SERVICES



TIME OUT  
**Source**  
for sports

# Minor Hockey

## SPRING 2022 PROGRAMS



**EVAN RICHARDSON**  
Hockey Coordinator  
erichardson@nswc.ca



**TYSON MULOCK**  
Technical Director  
tmulock@nswc.ca



**JARED ENG**  
Technical Director  
jeng@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. 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.

**Coach Tyson Mulock**

#### LEARN TO SKATE 1

**Apr 9 – Jun 18** *(No session Apr 16 & May 21)*

**Sat: 9 sessions | 8am – 8:45am**

**Member: \$135 | Non Member \$405**

#### LEARN TO SKATE 2

**Apr 9 – Jun 18** *(No session Apr 16 & May 21)*

**Sat: 9 sessions | 11:15am – 12pm**

**Members: \$135 | Non Member: \$405**

### 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 Spring 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.

**Coach: Tyson Mulock**

#### BEGINNER

**Apr 5 – Jun 16** *(No session Apr 16 & May 21)*

**Tue & Sat: 19 sessions**

**Tue: 4pm – 4:45pm**

**Sat: 8:45am – 9:30am**

**Member: \$285 | Non Member: \$570**

#### BEGINNER 2

**Apr 5 – Jun 16** *(No session Apr 16 & May 21)*

**Tue & Sat: 19 sessions**

**Tue: 4:45pm – 5:30pm**

**Sat: 9:30am – 10:15am**

**Member: \$285 | Non Member: \$570**

#### INTERMEDIATE/ADVANCED

**Apr 5 – Jun 16** *(No session Apr 16 & May 21)*

**Tue & Sat: 19 sessions**

**Tue: 5:30pm – 6:15pm**

**Sat: 10:15am – 11am**

**Member: \$285 | Non Member: \$570**

### 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.

**Apr 7 – Jun 16**

**Thu: 11 sessions**

**8:30pm – 9:30pm**

**Member: \$275**

**Non Member: \$460**

### 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. Full hockey equipment required.

**Coach: Tyson Mulock**

**Apr 8 – Jun 17** *(No session Apr 15)*

**Fri: 10 sessions**

**6:15pm – 7:15pm U9/U11**

**7:30pm – 8:30pm U13/U15**

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



### 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.

**Coach: Cody Campbell**

**Apr 10 – Jun 12** (No session Apr 17 & May 22)

**Sun: 8 sessions**

**4:15pm- 5:15pm U11**

**5:30pm – 6:30pm U13/U15**

**Members: \$320 | Non Member: \$440**

### Power Skating

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

**Coach: Karen Kos**

**Apr 10 – Jun 12** (No session Apr 17 & May 22)

**Sun: 8 sessions**

**3:45pm – 4:30 pm U7/U8**

**4:30pm – 5:15pm U9**

**5:30pm – 6:15pm U13**

**6:15pm– 7:00pm U11**

**7:15pm – 8:00pm Bantam/Midget**

**Member: \$240 | Non Member: \$360**



### Skating that Translates

Ben Payne and PH Development provide a unique service that focuses on skating movements and patterns that are utilized 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 practice 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**

**Apr 9 - Jun 11** (No session Apr 16 & May 21)

**Sat: 8 Sessions**

**7:30pm - 8:30pm U11-U13**

**6:15pm - 7:15pm U8/U9**

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

### Intro to Body Checking U15-U18

This program is designed for players who want to improve their body checking. Players will learn the required skills on how to give and receive body checks. They will learn the importance of using their legs when body checking and safe ways to bodycheck in their games and practices. Players will also learn proper techniques on how to separate their opponents from the puck. They will be taught safe and effective ways to win battles in all three zones and specifically on the boards. In addition, players will be taught fundamental skills on how to protect themselves better on the ice and the importance of keeping their head up. Full hockey equipment is required.

### Intro to Body Checking U13

This program is designed for players entering U15. Players will learn the required skills on how to give and receive body checks. They will learn the importance of using their legs when body checking and safe ways to bodycheck in their games and practices. Players will also learn proper techniques on how to separate their opponents from the puck. They will be taught safe and effective ways to win battles in all three zones and specifically on the boards. In addition, players will be taught fundamental skills on how to protect themselves better on the ice and the importance of keeping their head up. Full hockey equipment is required.

### Intro to Body Position/ Checking U11

This program is designed to teach U11 players how to use their body on the ice. This program will start with basic techniques. Players will learn the required skills on how to use their body to check players in a safe way. They will learn the importance of using their legs when checking other players in their games and practices. Players will also learn proper techniques on how to safely separate their opponents from the puck. They will be taught safe and effective ways to win battles in all three zones and specifically on the boards. In addition, players will be taught fundamental skills on how to protect themselves better on the ice and the importance of keeping their head up. Full hockey equipment is required.

**Coach: Jared Eng / Tyson Mulock**

**Apr 6 – Jun 10 | Wed: 10 Sessions**

**4:30pm – 5:30pm U11**

**5:45pm – 6:45pm U13**

**7:00pm – 8:00pm U15-U18**

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



# Tennis Coaches



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 service, 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

## SPRING 2022 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca

### Red Ball Tennis

**Ages: 5 yrs – 7 yrs**

Red Ball 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 1/2 court (RED COURT).

**Apr 2 – Jun 18** (No session Apr 16 & May 21)

**Sat: 10 sessions | 12pm – 1pm**

**Member: \$230 | Non Member: \$300**

**Mar 29 – Jun 21**

**Tue: 13 sessions | 12pm – 1pm**

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

**Apr 1 – Jun 24** (No session Apr 15)

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**



### Orange Ball Tennis

**Ages: 8 yrs – 10 yrs**

Orange Ball Tennis is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified 3/4 court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified 3/4 court (ORANGE COURT).

**Apr 2 – Jun 18** (No session Apr 16 & May 21)

**Sat: 10 sessions | 1pm – 2pm**

**Member: \$230 | Non Member: \$300**

**Mar 29 – Jun 21**

**Tue: 13 sessions | 3:30pm – 4:30pm**

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

**Apr 1 – Jun 24** (No session Apr 15)

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**

### Green Ball Tennis

**Ages: 11 yrs – 12 yrs**

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

**Apr 2 – Jun 18** (No session Apr 16 & May 21)

**Sat: 10 sessions | 2pm – 3pm**

**Member: \$230 | Non Member: \$300**

**Mar 29 – Jun 21**

**Tue: 13 sessions | 3:30pm – 4:30pm**

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

**Apr 1 – Jun 24** (No session Apr 15)

**Fri: 12 sessions | 3:30pm – 4:30pm**

**Member: \$276 | Non Member: \$360**

### Teen Tennis

**Ages: 12 yrs +**

This program 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.

**Apr 2 – Jun 18** (No session Apr 16 & May 21)

**Sat: 10 sessions | 12pm – 1pm**

**Member: \$230 | Non Member: \$300**





# Adult Tennis

## SPRING 2022 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!

**Mar 28 – Jun 20**

*(No session Apr 18 & May 23)*

**Mon: 11 sessions | 11am – 12pm**

**Member: \$275**

### 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!

**Mar 29 – Jun 21**

**Tue: 13 sessions | 8pm – 9pm**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 11am – 12pm**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 7pm – 8pm**

**Member: \$325**

**Apr 1 – Jun 24** *(No session April 15)*

**Fri: 12 sessions | 9am – 10am**

**Member: \$300**

### 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!

**Mar 29 – Jun 21**

**Tue: 13 sessions | 7pm – 8pm**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 8pm – 9pm**

**Member: \$325**

**Apr 1 – Jun 24**

**Fri: 12 sessions | 10am – 11am**

**Member: \$300**

### 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.

**Mar 28 – Jun 20** *(No session Apr 15)*

**Mon: 11 sessions | 10am – 11am**

**Member: \$275**

**Mar 29 – Jun 21**

**Tue: 13 sessions | 6pm – 7pm**

**Member: \$325**

**Mar 30 – Jun 22**

**Wed: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 10am – 11am**

**Member: \$325**

### 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.

**Mar 28 – Jun 20**

*(No session Apr 18 & May 23)*

**Mon: 11 sessions | 9am – 10am**

**Member: \$275**

**Mar 29 – Jun 21**

**Tue: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 30 – Jun 22**

**Wed: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 9am – 10am**

**Member: \$325**

**Mar 31 – Jun 23**

**Thu: 13 sessions | 6pm – 7pm**

**Member: \$325**

**Apr 1 – Jun 24** *(No session Apr 15)*

**Fri: 12 sessions | 11am – 12pm**

**Member: \$300**



### 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!

Mar 24 – Jun 21

Tue: 13 sessions | 9am – 10am

Member: \$325

Apr 1 – Jun 24 (No session Apr 15)

Fri: 12 sessions | 10am – 11am

Member: \$300

### 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!

Mar 28 – Jun 20

(No session Apr 18 & May 23)

Mon: 11 sessions | 9am – 10am

Member: \$275

Mar 30 – Jun 22

Wed: 13 sessions | 9am – 10am

Member: \$325

Mar 31 – Jun 23

Thu: 13 sessions | 9am – 10am

Member: \$325

Apr 1 – Jun 24 (No session Apr 15)

Fri: 12 sessions | 9am – 10am

Member: \$300



# The Best Cross Training Ideas for Tennis Players

Posted in: [euroschoolorftennis](#) Aug 2021

Tennis is a sport that requires a lot to be good at- you need to be strong, fast, and flexible, as well as having the stamina to last a long time on the court. But what cross-training exercises can help you excel at tennis, of all things?

## Boxing

As strange as it may sound, boxing and tennis have many overlaps between the two of them. Boxing helps to build your strength, which you can later use to deliver powerful serves. In addition, boxing can also help build your agility and speed, which is helpful both on the court and in the ring. Just like tennis, being a pro at boxing comes from the muscles in your legs and core, not just your arms.

## Pilates

Pilates helps with players that are always working on their strokes, and seeking to be the best they could be. Pilates can help build flexibility and muscles that you might not have thought about building. It also helps to build your posture and can help build your stability and overall strength in the court.

## Cycling

Cycling is an old classic if you're looking to crosstrain. It can help build your leg muscles and your reaction time, as well as your stamina. The more you train, the better you'll become at both sports. Just like tennis, there are lots of applications to do well in cycling, so you can become both a tennis star and a cycling star!

## Weights

You might have heard it before, but weightlifting can always be a good option if you're seeing to put a little more power behind your swing. Lifting can build your endurance, your muscle mass, and even the power behind your racket, and it's a great way to help boost your tennis scores.



# 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 OPERATING HOURS

**6:00am - 10:00pm** Monday - Sunday

### PRIME TIME HOURS

**6:00pm - 10:00pm** Monday – Friday

### JUNIOR COURT TIMES

**3:00pm, 4:00pm, & 5:00pm** Monday – Friday  
**3:30pm - 6:00pm** Saturday  
**11:45am - 2:15pm** Sunday

## 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) advanced court bookings within a 7-day period (Sunday – Saturday). Maximum of two (2) PRIME TIME bookings (6pm – 10pm).
- 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.
- Sat/Sun Junior times are reserved on court 1.

## 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 six (6) 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 75 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.

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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

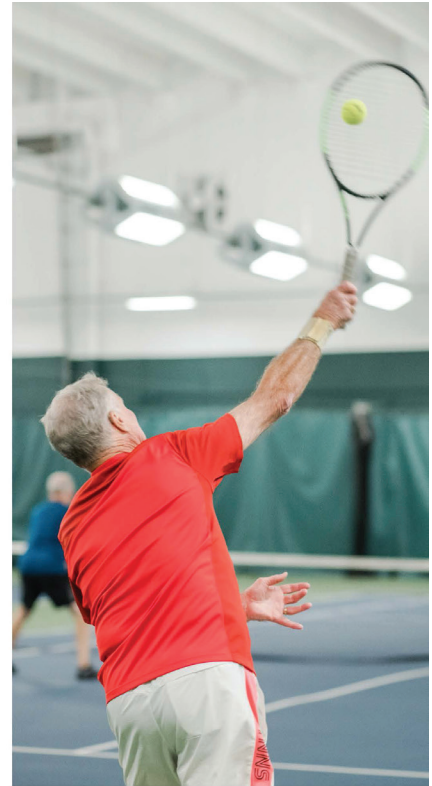
Block bookings may occur at the discretion of the Tennis Director. To avoid any conflict on court allocation, please forward this information to the Tennis Director thirty (30) days prior to the dates required. Committee representatives must complete a block booking form listing all players and court 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](mailto:fwalker@nswc.ca)

#### Tennis Private Lessons

<b>Adult Private</b>	<b>\$80</b>
<b>Jr. Private</b>	<b>\$70</b>
<b>Adult Semi Private</b>	<b>\$47.50 each</b>
<b>Jr. Semi Private</b>	<b>\$42.50 each</b>
<b>Adult Group of 3</b>	<b>\$37.50 each</b>
<b>Jr. Group of 3</b>	<b>\$32.50 each</b>
<b>Adult Group of 4</b>	<b>\$32.50 each</b>
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