

NORTH SHORE WINTER CLUB

Summer Kids Camp Guide 2022



SUMMER CAMP REGISTRATION

Members April 5th, 10am

Non Members April 19th, 10am

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



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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.

TENNIS

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

DINING

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

SOMETHING
for
EVERYONE

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.

FITNESS

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

PICKLEBALL

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



**NORTH SHORE
WINTER CLUB**

WWW.NSWC.CA

REGISTRATION

Member Registration Opens: April 5th at 10am

Non Member Registration Opens: April 19th at 10am

**Please note non member registration may be limited or cancelled due to Covid-19.*

Registration must be made online at **nsw.gametime.net**

If you need assistance registering, please contact Member Services at 604-985-4135.

- All programs have a minimum and maximum enrollment.
- A waiting list will be formed after a program is filled.
- No credits or pro-rating will be provided for missed sessions.

CANCELLATION POLICY

Cancellation requests must be in writing by emailing cancellations@nswc.ca. Please include name of participant, name of the program and the start date and 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 and up to 48 hours after the start of a program.
- No Refund: More than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or information due to printing errors and to cancel any classes due to low enrollment.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of three days prior to the program start date. All participants will be informed by email or by phone.

PAYMENT

- Payment must be made in full at the time of registration.
- Member accounts will be automatically charged once the program starts.
- Public registration requires full payment at the time of registration.
No other payment is accepted.
- GST will be charged upon payment when applicable.

POOL RULES AND INFORMATION

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

LIFESAVING SOCIETY SWIM FOR LIFE

Summer at the NSWC is spent outside. Swimming lessons run May – August in the outdoor pool located in the courtyard of the Club surrounded by grass areas and our Tiki Bar. If you or your child are looking to improve their swimming, you can book our 10 day lesson sets or private lessons. Contact aquatics@nswc.ca with any questions.

NSWC is transferring over from Red Cross Swimming programs to the Lifesaving Society Swimming programs as of May 2022. Anyone who has previously taken swim lessons at the Club with Red Cross can use the information on page 10 & 11 to help understand what program equivalent would be for their child. Please reach out to aquatics@nswc.ca if you have any questions. Our Lifeguards are happy to do a swim test once the pool is open to ensure that registrants are in the correct program.

Please note that NSWC follows all PHO orders and guidelines around the Covid-19 virus sent out by our provincial governments which may change programs and registration.

LIFESAVING SOCIETY SWIM FOR LIFE PROGRAMS

Swim for Life is a complete learn-to-swim program from Parent & Tot through to Leadership. Easy to program and easy to explain, Swim for Life leads seamlessly into the Society's lifesaving training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.



LESSON SETS & DATES

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

Lesson Sets 1 – 3 (Open to Members and Non Members)

Set 1: May 24 – 27 & May 30 – Jun 3
(No lessons May 23rd)

Set 2: Jun 6 – 10 & Jun 13 – 17

Set 3: Jun 20 – 24 & Jun 27 – 30
(No lessons Jul 1st)

Sets 4 – 7

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

Set 4: Jul 4 – 8 & Jul 11 – 15

Set 5: July 18 – 22 & Jul 25 – 29

Set 6: Aug 2 – 5 & Aug 8 – 12
(No lessons Aug 1st)

Set 7: Aug 15 – 19 & Aug 22 – 26

PRICE PER SET

Member: \$70 (30 min) \$95 (45 min)

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



SWIM FOR LIFE PRESCHOOL PROGRAM

3 yrs – 5 yrs

Swim for Life Preschool ensures children become comfortable in the water and have fun developing a foundation of water skills. The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

PRESCHOOL 1

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 enter and exit water, jump into chest deep water, put face in water, blow bubbles and float on front and back (with assistance). ***This is a parent participation class.***

Sets 1 – 3: 3:30pm – 4pm

Sets 4 – 7: 10:30am – 11am

PRESCHOOL 2

Children learn new swimming skills including entering and exiting the water, jump into chest deep water, float, roll and glide on front and back and flutter kick with buoyant aid. PFD is worn throughout this lesson set. This level is primarily an orientation to the water for those who have minimal experience in water.

Sets 1 – 3: 3:30pm – 4pm

**Sets 4 – 7: 10am – 10:30am
or 2pm – 2:30pm**

PRESCHOOL 3

Children learn how to jump into deep water (wearing PFD), hold their breath under water, recover objects from the bottom of pool in waist deep water and float on front and back with rolling. They will also flutter kick on back and front.

Sets 1 – 3: 3:30pm – 4pm
Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm

PRESCHOOL 4

Children continue independent glides and kicking in deep water as well as jumping in, tread water for 10 seconds (wearing PFD), open their eyes under water, front and back float and increase their flutter kicks and learn front crawl.

Sets 1 – 3: 4pm – 4:30pm
Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm

PRESCHOOL 5

Children will learn to swim independently and participate in team games. They can tread water on their own, submerge and hold breath, whip kick in vertical position and do a 5m front and back crawl.

Sets 1 – 3: 4pm – 4:30pm
Sets 4 – 7: 10:30am – 11am
or 2pm – 2:30pm

SWIM FOR LIFE PRESCHOOL PROGRAM

5 yrs – 12 yrs

Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety—lessons that will last a lifetime!

SWIMMER 1

Entry level for those who did not take the Preschool lessons but have some experience in the water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks, rolls and front crawl wearing PFD.

Sets 1 – 3: 4:30pm – 5pm
Sets 4 – 7: 10am – 10:30am
or 2:30pm – 3pm

SWIMMER 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). The child will be taught interval training: 4x5 m flutter kick with 20 second rests.

Sets 1 – 3: 4:30pm – 5pm
Sets 4 – 7: 10am – 10:30am
or 2:30pm–3pm

SWIMMER 3

This level provides orientation on increasing skills in regards to all different types of swimming as well as teaching wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction.

Sets 1 – 3: 3:45pm – 4:30pm
Sets 4 – 7: 11am – 11:45am
or 3pm – 3:45pm

SWIMMER 4

Diving is introduced as well as swimming underwater and increasing lengths and times of different strokes. Back crawl is introduced, along with sculling skills and whip kick on back.

Sets 1 – 3: 3:45pm – 4:30pm
Sets 4 – 7: 11am – 11:45am
or 3pm – 3:45pm

SWIMMER 5

Breaststroke is introduced while front and back stroke are refined. Front and back somersaults as well as tuck jumps into deep water are introduced and interval training continues with longer sets.

Sets 1 – 3: 3:45pm – 4:30pm

**Sets 4 – 7: 11am – 11:45am
or 3pm – 3:45pm**

SWIMMER 6

Continue to build skills and endurance for front crawl, back crawl, swimming underwater. All strokes to include longer intervals as well as introducing scissor kicks and continuing to build confidence in the water. Children learn about the dangers of open water, hypothermia and the performance of rescue breathing on children

Sets 4 – 7: 11:45am – 12:30pm

ROOKIE PATROL

This program is for those that can do stride entries and compact jumps as well as confidently can do leg only surface support for 45 seconds, sprint 25m breaststroke, swim 100m on front crawl and back crawl.

Sets 4 – 7: 11:45am – 12:30pm

RANGER PATROL

Must have completed Rookie Patrol.

Sets 4 – 7: 11:45am – 12:30pm

STAR PATROL

Must have completed Ranger Patrol.

Sets 4 – 7: 11:45am – 12:30pm

PRIVATE LESSONS

Reach out to aquatics@nswc.ca to book your private lessons or for more information.

Private Swim Lessons are taught by qualified Lifesaving Society Swim 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.

RATES:

30 min:

Member \$33 | Non Member \$48

Package of 5 (30 min):

Member \$145 | Non Member \$220

45 min:

Member \$48 | Non Member \$70

Package of 5 (45 min):

Member \$215 | Non Member \$315

** Packages expire September 1, 2022*

LIFESAVING COURSES & PROGRAMS: LEARN FOR LIFE

CANADIAN SWIM PATROL

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. As an on-ramp to lifesaving, lifesaving sport and lifeguarding, the prerequisite is the ability to swim.

BRONZE STAR

Prerequisites: 8 yrs – 12 yrs

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

BRONZE MEDALLION

Prerequisites: Bronze Star, recommended or / 13 years old by last day of course if candidate does not have Bronze Star. Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPRA certification.

BRONZE CROSS

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

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

SWIMMING FOR ADULTS

MASTERS

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

May 16 – Aug 24

Mon & Wed | 8pm–9pm

Member Drop In: \$15 / class

Member 5 Pack: \$60



Swim for Life Aquatic Registration

Before you make your swim class selection, please check our registration guidelines below.

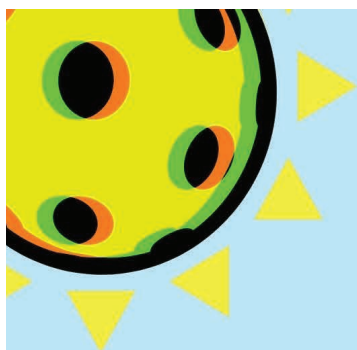
If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own... If 5 years+...	Preschool 1 Swimmer 1	Sea Otter	Bobbers
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet... If 5 years+...	Preschool 2 Swimmer 1	Salamander	Floaters
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec... If 5 years+...	Preschool 3 Swimmer 1	Sunfish	Gliders Divers
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	Preschool 4 Swimmer 1	Crocodile	Surfers
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	Preschool 5 Swimmer 2	Whale	Dippers



Swim for Life Aquatic Registration

Before you make your swim class selection, please check our registration guidelines below.

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 5 to 12 years and just starting out...	Swimmer 1	Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 2	Seal
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 4 Swim Kids 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		Master Swimmer



Sign-up now!

SUMMER CAMPS!

Tennis, Pickleball & Swimming

**Red
BALL**

**Orange
BALL**

**Green
BALL**

Let's play kids! Join us for a 3-hour tennis, pickleball, and swim camp every week this summer! Want more than 3-hours of fun? Add-ons available. Stay and play longer with all-day camp option.



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.



MULTI SPORT DAY CAMPS

Ages: 5 yrs to 11 yrs

Each week offers multi sport activities to keep kids active and doing lots of different things including sports, crafts, scavenger hunts and more! Day camps are supervised in the safe environment of the Club by NSWC experienced youth leaders. Snacks and lunch are provided.

WEEK	DATES
1	Jul 4 - Jul 8
2	Jul 11- Jul 15
3	Jul 18 - Jul 22
4	Jul 25 - Jul 29
5	Aug 2 - Aug 5
6	Aug 8 - Aug 12
7	Aug 15 - Aug 19

ACTIVITIES INCLUDE:

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

WHAT TO PACK EACH DAY:

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

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

Drop in (if available)

Member: \$65 day | Non Member: \$95 day

Drop off 9am | Pick up 4pm

Members:

\$300 / week | \$240 weeks 5

Non Members:

\$425 / week | \$340 / weeks 5

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

NSWC DAY CAMP ADD ON

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

SUMMER FRIDAY FUN NIGHTS!

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

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

All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16.

Fridays: 5pm-9pm

Starting Friday June 3th

**Program is weather dependent*

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



NSWC SUMMER HOCKEY CAMPS

Our NSWC Summer Camps are a great way to keep your kids active over the break. Drop them off for a day of fun activities with 2 on-ice sessions including skating, puck skills and games (*COVID depending). The kids will also get introduced to off-ice development and team games. Lunch is included.

U9 (2016 – 2014 BIRTH YEARS)

Aug 22 – Aug 26: 8am – 3pm | 5 sessions

Aug 29 – Sep 2: 8am – 3pm | 5 sessions

U9 (FORMERLY INITIATION) ITINERARY

8:00am	Drop Off
8:30am – 9:30am	On Ice Power Skating
9:45am	Snack
10:00am -10:45am	Off Ice Games/Dev.
11:00am – 12:00pm	Swimming
12:15pm – 12:45pm	Lunch
1:15pm – 2:30pm	Puck & Game Skills
3:00pm – 3:15pm	Dressing Room Pick Up

Member: \$375 /week

Non Member: \$545 /week

U11 (2013 & 2012 BIRTH YEARS)

Aug 22 – Aug 26: 9am – 4pm | 5 sessions

Aug 29 – Sep 2: 9am – 4pm | 5 sessions

9:00 am	Drop Off
9:30am – 10:30am	On Ice Power Skating
10:45am	Snack
11:00am -11:45am	Off Ice Games/Dev.
12:00am – 1:00pm	Swimming
1:30pm – 2:00pm	Lunch
2:30pm – 3:45pm	Puck & Game Skills
4:00pm – 4:15pm	Dressing Room Pick Up

Member: \$375 /week

Non Member: \$545 /week



GOALIE SPECIFIC CAMPS

REFRESHER CAMP

Jul 11 – Jul 14

This camp is aimed to keep the goaltenders skills sharp & up to date mid way through the off season. We will focus on fundamental habits of movement, visual attachment and save process. Each day will include 1 hour of off ice training, 2 hours of on ice training (75mins of technical ice/45mins of power skating) and a 30min seminar.

Coaches:

Lynden Sammartino & Kai McDonald

GROUP 1:

Ages: 13 yrs & under

Jul 11 – Jul 14 | 8am – 1pm

8am - 9:15am: Technical Ice

9:30am - 10:15am: Power Skating

10:45am - 11:45am: Off Ice

12:00pm - 1:00pm: Lunch* and Seminar

**Lunch not provided*

GROUP 2:

Ages 14 yrs +

Jul 11 – Jul 14: | 9:30am – 2:30pm

9:30am - 10:15am: Power Skating

10:30am - 11:45am: Technical Ice

12:00pm - 1:00pm: Lunch* and Seminar

1:15pm - 2:15pm: Off Ice

**Lunch not provided*

Member: \$799 | Non Member: \$899

TRYOUT PREP

Aug 12 – Aug 14

Our Tryout Prep Camp is focused on

getting goaltenders ready for the upcoming evaluations. This camp will focus on edge control, dynamic situations and simplifying tactics.

Each day will include 1 hour of off ice training, 2 hours of on ice training (75mins of technical ice/45mins of power skating) and a 30min seminar.

Coaches:

Lynden Sammartino & Kai McDonald

GROUP 1:

Ages: 13yrs & under

Aug 12 – Aug 14 | 8am – 1pm

8am - 9:15am: Technical Ice

9:30am - 10:15am: Power Skating

10:45am - 11:45am: Off Ice

12:00pm - 1:00pm: Lunch* and Seminar

**Lunch not provided*

GROUP 2:

Ages 14 yrs +

Aug 12 – Aug 14 | 9:30am – 2:30pm

9:30am - 10:15am: Power Skating

10:30am - 11:45am: Technical Ice

12:00pm - 1:00pm: Lunch* and Seminar

1:15pm - 2:15pm: Off Ice

**Lunch not provided*

Member: \$599 | Non Member: \$699





*COME JOIN US AT
THE NSWC!*

SUMMER HOCKEY CAMPS 2022

U9 & U11

- AUG 22 - AUG 26
 - AUG 29 - SEP 2
-

GOALIE CAMPS

- JUL 11 - JUL 14
- AUG 12 - AUG 14



Our NSWC Summer Camps are a great way to keep your kids active over the break. Details included in guide. Register on Gametime.

Tennis & Pickleball SUMMER 2022

JUNIORS TENNIS PROGRAMS

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

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

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

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

Week 1:	Jul 4—Jul 8	9am – 12pm	5 sessions
Week 2:	Jul 11—Jul 15	9am – 12pm	5 sessions
Week 3:	Jul 18—Jul 22	9am – 12pm	5 sessions
Week 4:	Jul 25—Jul 29	9am – 12pm	5 sessions
Week 5:	Aug 2—Aug 5	9am – 12pm	4 sessions <i>(No camp Aug 1)</i>
Week 6:	Aug 8—Aug 12	9am – 12pm	5 sessions
Week 7:	Aug 15—Aug 19	9am – 12pm	5 sessions
Week 8:	Aug 22—Aug 26	9am – 12pm	5 sessions
Week 9:	Aug 29—Sep 2	9am – 12pm	5 sessions

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

TENNIS PICKLEBALL & SWIMMING SUMMER CAMPS

Red & Orange Ball (Ages: 6 yrs – 8 yrs)

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

** You can "add on" to your tennis camp and have your child(ren) attend a Multi Sport Camp after or before their Tennis Program. This is a great idea for those parents that need all day supervision for their children.

The Multi Sport camp offers different activities for your child to participate in in a safe, supervised environment. To sign up for the ALL DAY option please go to Gametime "day camp" and sign up for "Multi Sport Add on" for the date you have also selected as your Tennis program.

Tennis & Pickleball

SUMMER 2022

TENNIS PICKLEBALL & SWIMMING SUMMER CAMPS

Green Ball (Ages: 9 yrs – 11 yrs)

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

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

Week 1:	Jul 4—Jul 8	12pm – 3pm	5 sessions
Week 2:	Jul 11—Jul 15	12pm – 3pm	5 sessions
Week 3:	Jul 18—Jul 22	12pm – 3pm	5 sessions
Week 4:	Jul 25—Jul 29	12pm – 3pm	5 sessions
Week 5:	Aug 2 —Aug 5	12pm – 3pm	4 sessions <i>(No camp Aug 1)</i>
Week 6:	Aug 8—Aug 12	12pm – 3pm	5 sessions
Week 7:	Aug 15—Aug 19	12pm – 3pm	5 sessions
Week 8:	Aug 22—Aug 26	12pm – 3pm	5 sessions
Week 9:	Aug 29—Sep 2	12pm – 3pm	5 sessions

Member: \$225/week \$180/week 5

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



Party Packages

SUMMER 2022

POOL PACKAGE

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

SPORTBALL PACKAGE

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

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 for Meal Plans

(up to 16 guests)

- **Pizza (16 slices)**
- **Nachos**
- **Chicken Strips (16)**
- **Fries**
- **Veggies & Dip Platter**
- **Fruit Platter**
- **Dessert Platter**
(assortment of squares, cookies)

All Birthday Party Activity and Meal plans include up to 16 guests, additional for above 16 guests.

Maximum of 25 children. Parent involvement is required. Price includes table, chairs, utensils, plates.

No outside food is permitted in the Club with the exception of Birthday Cake.

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

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



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2021 IS BRINGING NEW UPGRADES JUST FOR YOU.

CONSTRUCTION OF **INDOOR PICKLEBALL COURTS**

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

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

ADDITION OF **HEALTH & WELLNESS CLINIC**

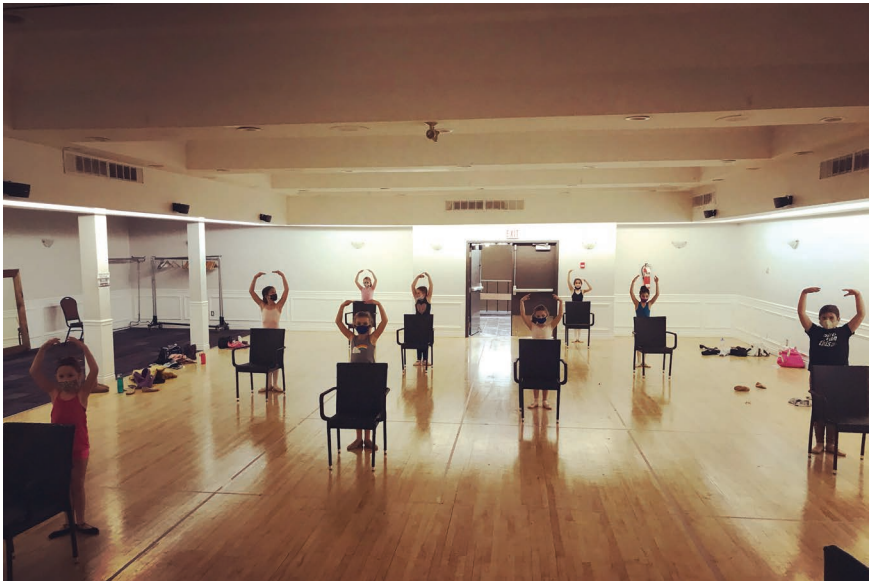
CLUB SECURITY AND FOB SYSTEM UPGRADE

FRONT ENTRANCE DRAINAGE

REROOFING OF CLUBHOUSE

NEW **ROADWAY SIGN**

POOL IMPROVEMENT PROJECTS





NORTH SHORE
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