



# NORTH SHORE WINTER CLUB

## Summer 2022 Program Guide



### SUMMER REGISTRATION

**Members** May 10th, 2022 10am

**Non Members** May 24th, 2022 10am

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

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**NORTH SHORE WINTER CLUB**

1325 Keith Rd E,  
North Vancouver, BC V7J 1J3  
604.985.4135



@myNSWC



@myNSWC



# SENIOR MANAGEMENT TEAM



**JOANNA HAYES**  
General Manager  
jhayes@nswc.ca



**RUSSELL RITCHIE**  
Controller  
ritchie@nswc.ca



**KRISTEEN DEGOBBI**  
Director of Membership & HR  
kdegobbi@nswc.ca



**KIM HIRJI**  
Director of Recreation  
& Club Events  
khirji@nswc.ca



**GARTH PROUSE**  
Director of Fitness  
gprouse@nswc.ca



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



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



**FAWN GILL**  
Membership Sales  
Coordinator  
fgill@nswc.ca



**JENN MCDONALD**  
Senior Accountant  
jmcdonald@nswc.ca



**CHRISTINA ERDMAN**  
Head Chef  
cerdman@nswc.ca



**NORTH SHORE WINTER CLUB**  
1325 E. Keith Rd. North Vancouver, BC V7J 1J3  
604.985.4135

# 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, May 10th, 2022

## Non Member Registration opens at

10:00am on Tuesday, May 24th, 2022

## REGISTRATION

- Registration must be made online at [nswc.gametime.net](http://nswc.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.

## 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.



# 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

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.
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).







## 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.



## 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.



# MEMBER MOMENTS

## Tennis Awards

*April 2nd, 2022*

On April 2nd the NSWC Tennis Committee hosted a night of fun and celebration with food, drinks, live music, prizes, games, and an awards ceremony. The event celebrated the Club Championship Tennis tournament series: Singles, Mixed Doubles and Doubles.

Participants were encouraged to wear hippie inspired love & peace costumes. Wow! NSWC members did not disappoint. Check out the amazing outfits, jewelry, boots, wigs, etc. in the photos below! Thank you to the amazing tennis community at the NSWC!

## Mixed Doubles

*Feb 21 – 26*

The Mixed Doubles Club Championship tennis tournament is a wrap. Tons of tennis packed into a week of fun. Winners and finalists pictured below.



## MEMBER MOMENTS



### Play Like a Girl

NSWC Girls teams had an amazing season of fun, hard work and growing as a team. Congratulations to the U11 Girls for winning 4-3 to win the Tri-Cities Female Ice Classic. The U9 Girls managed to win all their games to cap off an undefeated season playing in the Tri-Cities Female Ice Classic.

### Pickleball Socials



If you are thinking of trying out the Pickleball Courts at the Club, there are lots of socials and events to help get you started. Reach out to Amy Walker for more information [awalker@nswc.ca](mailto:awalker@nswc.ca).

A great group of pickleball players is forming at the NSWC. Come be a part of it! This photo is from a Mixed Doubles event in March. Lots of fun was had by everyone and the evening was ended with some food and beverages in the Club lounge.



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## FEATURED ATHLETE

# Gwenyth Rae

**Age:** 13

**How many years have you been tennis at the Club?**

About 7 years. I must've been 6 years old when I started taking lessons at the club, starting with red-ball.

**Do you have a role model in sports, who and why?**

There are lots of amazing athletes that I watch on TV, but at the NSWC, I look up to Maxine Sealey. This hockey season, I played on the U18 female hockey team with her, and got to know her a bit better. She is a great swimmer and hockey player. She is encouraging and is a great leader on and off the ice, and in and out of the pool.

**Do you have any goals this summer in your sports?**

I would like to work on the accuracy and power of my serve. I will continue to work on my singles tennis game, to gain confidence to play in some tournaments.

**Do you have a favourite coach?** My tennis techniques and skills have come from the feedback from all of my coaches through the years however the feedback that really sticks in my head and I always think back to, is the specific advice and tips from my private tennis lessons with Nicole Mclennan.

**What is your favourite pre-game/meet meal?**

I really like a good burger and a salad.

**Besides tennis, what other activities do you enjoy?**

I swim and play hockey at the NSWC. Outside of the club, I enjoy skiing, field-hockey, playing with my labrador retriever Hugo, baking and art.

**What do you enjoy most about playing at the NSWC?**

There is a sense of community, and I love that each year of sports creates new memories.

**Favourite Song:** Someone to you by Banners or Missing Piece by Vance Joy.



# FEATURED ATHLETE

## Isla Rae

**Age:** 9

**How many years have you been swimming at the Club?** I have been swimming for about 6 years at the club.

**Do you have a role model in sports, who and why?**  
I look up to my sister Gwenyth Rae. She is my role model because she encourages me in the pool & I see that every time she swims she is doing her best. I hope I can be as good as her.

**Do you have any goals this summer in your sports?**  
I have three goals for this swim season: get better at getting my hands out of the water in butterfly, get new personal bests for my swim races and hold my breath for one whole 25m length.

**Do you have a favourite coach?** I think that all my coaches are great but my favourite coach changes every year. Last year it was a tie between Jordan & Buzz.

**What is your biggest accomplishment in swimming?** Probably my 3 trophies for most outstanding swimmer & how my time always get shorter from the start of my swim year to the end.

**Do you have any good luck rituals or superstitions before meets?** Yes I have one ritual and that's getting Kendra to put on my cap.

**What is your favorite pre-game/meet meal?**  
It's usually the macaroni from the NSWC.

**Besides swimming, what other activities do you enjoy?** Tennis, hockey, singing, acting, dancing and karaoke.

**What do you enjoy most about playing at the NSWC?** The amazing people there. They are always so kind, supportive and friendly.



# 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.





# SUMMER FEATURED RECIPES

## Chicken Caesar Pasta Salad

**YIELDS:** 8 **PREP TIME:** 10 mins

**TOTAL TIME:** 30 mins

### INGREDIENTS

- 1 lb. penne
- 1 tbsp. extra-virgin olive oil
- 2 boneless skinless chicken breasts
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- Kosher salt
- 2 c. chopped romaine lettuce
- 1 c. halved grape tomatoes
- 1/2 c. freshly grated Parmesan
- 1/2 c. croutons
- 2/3 c. Caesar dressing
- Juice of 1/2 lemon
- 1 tbsp. freshly chopped parsley
- Freshly ground black pepper

### INSTRUCTIONS

1. In a large pot of salted boiling water, cook penne according to package directions until al dente. Drain and transfer to large bowl.
2. Meanwhile, in a large skillet over medium heat, heat oil. Season chicken with Italian seasoning, garlic powder, and salt. Cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
3. Add romaine, tomatoes, Parmesan, croutons, and chicken to pasta bowl.
4. In a medium bowl, whisk together Caesar dressing, lemon juice, and parsley and season with salt and pepper. Pour over penne mixture and toss to combine.



## Peach Bellini Mocktail

*Frozen Peach Bellini Mocktails are a cool and refreshing drink to beat the summer heat and can be enjoyed by the whole family.*

**SERVINGS:** 2 **PREP TIME:** 5 mins

### INGREDIENTS

- 2 ripe peaches, peeled and sliced (or you can use frozen)
- 1 c. sparkling apple juice, plus more for serving
- 2 tsp. Splenda Sugar Blend
- 1 tsp. lime juice

### INSTRUCTIONS

1. Place sliced peaches in freezer for 1 hour.
2. Combine peaches, 1 cup sparkling apple juice, Splenda Sugar Blend, and lime juice in a blender and blend until smooth.
3. Pour into 2 glasses and add about 1/2 inch of additional sparkling apple juice.





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## Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

The Allan McGavin Sports Medicine Clinic (AMSMC) 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 AAI and advanced practice IMS/dry needling. He is actively working towards achieving his Diploma in Sport Physiotherapy, by acting as team physiotherapist for elite hockey teams. He is passionate about helping people return to active living, maximizing function and performance. Sheldon continues to be very involved in sport, training for triathlons and playing hockey, golf, and tennis recreationally.



### ALEXANDRA HARRIS

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

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





### 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.



### 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.

## 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.



### 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

## 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 – September 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](mailto: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 below to help understand what program equivalent would be for their child. Please reach out to [aquatics@nswc.ca](mailto:aquatics@nswc.ca) if you have any

questions. Our Lifeguards are happy to do a swim test once the pull 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 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 – Jun 10 & Jun 13 – Jun 17**

**Set 3: Jun 20 – Jun 24 & Jun 27 – Jun 30**

*(No lessons Jul 1st)*

### Lesson Sets 4 – 8

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

**Set 4: Jul 4 – Jul 8 & Jul 11 – Jul 15**

**Set 5: July 18 – Jul 22 & Jul 25 – Jul 29**

**Set 6: Aug 2 – Aug 5 & Aug 8 – Aug 12**

*(No lessons Aug 1st)*

**Set 7: Aug 15 – Aug 19 & Aug 22 – Aug 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. Recommended Age: 3yr – 5yr

### 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**

# SWIMMER PROGRAMS

Swimmer Programs are recommended for those ages 5 yrs to 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: 4:30pm – 5pm**

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

## 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](mailto: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](mailto: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.

**Jun 6 – 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.*

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 1</b>	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 2</b>	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	<b>Parent &amp; Tot 3</b>	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own....	<b>Preschool 1</b>	Sea Otter	Bobbers
If 5 years+...	<b>Swimmer 1</b>		
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...	<b>Preschool 2</b>	Salamander	Floater
If 5 years+...	<b>Swimmer 1</b>		

Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	<b>Preschool 3</b>  <b>Swimmer 1</b>	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+...	<b>Preschool 4</b>  <b>Swimmer 1</b>	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+...	<b>Preschool 5</b>  <b>Swimmer 2</b>	Whale	Dippers
Is 5 to 12 years and just starting out...	<b>Swimmer 1</b>	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...	<b>Swimmer 2</b>	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...	<b>Swimmer 3</b>	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...	<b>Swimmer 4</b>	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...	<b>Swimmer 5</b>	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...	<b>Swimmer 6</b>	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...	<b>Swimmer 7 / Rookie Patrol</b>	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	<b>Swimmer 8 / Ranger Patrol</b>	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	<b>Swimmer 9 / Star Patrol</b>	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	<b>Bronze Star</b>		Master Swimmer

# 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

## DANCE WITH CHRISTIE

Dance with Christie continued through the spring holding classes for her Junior Competitive dance program on Wednesday evenings and Saturday mornings. Thursday evenings were also added back to her scheduling.

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

If you would like more information regarding September's Competitive Dance program please contact Christie directly at [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com)



# Youth Camps & Child Minding

## CHILD MINDING

### 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 | 8. Aug 22 - Aug 26 |

#### ACTIVITIES INCLUDE:

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

#### WHAT TO PACK EACH DAY:

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

**Camp drop off is at 9am  
& pick up is 4pm.**

**Members: \$300 / week  
\$240 / weeks 5**

**Non Members: \$425 / week  
\$340 / weeks 5**

**Drop in (if available)**

**Members: \$65 day  
Non Members: \$95 day**

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

### NSWC Day Camp Add On

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](mailto: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 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 3rd**

*\*Program is weather dependent*

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

## BIRTHDAY PARTY PACKAGES

### Pool Package

Includes: One hour of swimming including games and pool toys, and one hour reserved space on our Tiki deck picnic lawn area 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 (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. Max 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.





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 Training

## 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 over-

all health goals. Garth's approach 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.

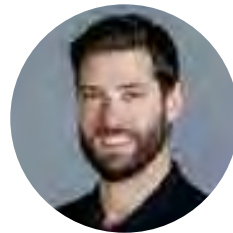
As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic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



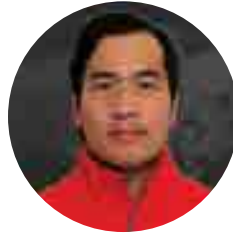
### FRANCINE RATTRAY

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!



### 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.



# Fitness



**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](http://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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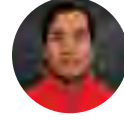
# Minor Hockey



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



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



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

## SUMMER 2022 PROGRAMS

### Learn To Skate (Hockey)

**Ages: 3yrs – 5yrs**

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

**Instructor: Tyson Mulock/  
Kiana Watson**

**Jul 5- Aug 18**

**Tue / Thu: 14 Sessions**

**4:15pm – 5pm**

**Member: \$210 | Non Member: \$420**

### Cookie Monsters (Beginner)

**Ages: 5yrs – 7yrs**

The NSWK Cookie Monster Program will help introduce young players to the game of hockey. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required. Players must be able to fall and get up without assistance to be eligible for the program.

**Instructor: Tyson Mulock  
/Kiana Watson**

**Jul 5 – Aug 18**

**Tue / Thu: 14 Sessions**

**5pm – 5:45pm**

**Member: \$210 | Non Member: \$420**

### Cookie Monsters (Advanced)

**Instructor: Tyson Mulock (RINK HTC)**

**Jul 5- Aug 18**

**Tue / Thu: 14 Sessions**

**5:45pm – 6:30pm**

**Member: \$210 | Non Member: \$420**

### Sniper And Playmakers Camp

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

**Instructor: Tyson Mulock**

**Jul 18 – Jul 22**

**Mon / Wed / Fri: 3 Sessions**

**(U6/7) 8am – 9am**

**(U8/9) 9am – 10am**

**(U11/13) 10:15am – 11:15am**

**(U15/18) 11:15am – 12:15pm**

**Member: \$120 | Non Member: \$200**

**Aug 29 – Sep 2**

**Mon – Fri: 5 sessions**

**(U6/7) 8am – 9am**

**(U8/9) 9am – 10am**

**(U11/13) 10:15am – 11:15am**

**(U15/18) 11:15am – 12:15pm**

**Member: \$150 | Non Member: \$270**

### Shooting & Tactical Zone Entry

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

**Instructor: Tyson Mulock**

**Aug 2 – Aug 5**

**Tue– Fri : 3 sessions**

**(U6/7) 8am – 9am**

**(U8/9) 9am – 10am**

**(U11/13) 10:15am – 11:15pm**

**(U15/18) 11:15am – 12:15pm**

**Member: \$120 | Non Members \$200**

**Aug 8 – Aug 12**

**Mon / Wed / Fri: 3 Sessions**

**(U6/7) 8am – 9am**

**(U8/9) 9am – 10am**

**(U11/13) 10:15am – 11:15pm**

**(U15/18) 11:15am – 12:15pm**

**Members \$90 | Non Members \$150**



## Battle Camp

Will entail puck protection, body checking and rub outs for appropriate age groups. This class will be used for all the skills and techniques that players have acquired. Now they will be forced to use their skills in battle situations to make sure they can get to the next level. They will be taught how to use body positions and techniques to be evasive for defenders and create scoring opportunities. Conditioning will be a part of this as well. GET READY!

**Instructor Tyson**

**Aug 15 – Aug 19**

**Mon – Fri: 5 sessions**

(U6/7) 8am – 9am

(U8/9) 9am – 10am

(U11/13) 10:15am – 11:15pm

(U15/18) 11:15am – 12:15pm

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

## Power Skating

With the game becoming much faster at an earlier age being able to compete at the highest levels requires players to incorporate advanced levels of footwork into their game. Karen's background in the biomechanics of skating applies scientific principles to movement on the ice giving young players the knowledge and ability to achieve advanced levels of speed at an early age.

**Instructor Karen Kos**

**Aug 3 – Aug 5**

**Wed / Fri: 2 sessions**

(U6/7) 9am – 9:45am

(U8/9) 10am – 10:45am

(U11/13) 11:15am – 12pm

(U15/18) 12:15pm – 1pm

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

**Aug 8 – Aug 12**

**Mon / Wed / Fri: 3 sessions**

(U6/7) 9am – 9:45am

(U8/9) 10am – 10:45am

(U11/13) 11:15am – 12pm

(U15/18) 12:15pm – 1pm

**Member: \$90 | Non Member: \$150**

**Aug 15th – 19th**

**Mon / Wed / Fri: 3 sessions**

(U6/7) 9am – 9:45am

(U8/9) 10am – 10:45am

(U11/13) 11:15am – 12pm

(U15/18) 12:15pm – 1pm

**Member: \$90 | Non Member: \$150**

**Aug 22 – Aug 26**

**Mon/Wed / Fri: 3 sessions**

(U6/7) 9am – 9:45am

(U8/9) 10am – 10:45am

(U11/13) 11:15am – 12pm

(U15/18) 12:15pm – 1pm

**Member: \$90 | Non Member: \$150**

## High Performance Defense Skills

Defense is an evolving position. The modern defenseman must know how to play in all three zones. They need to have elite level backwards skating, transitions, footwork, puck skills and decision making. Most importantly, defensemen need to be able to play their position and know the fundamentals on how to contain, angle and defend. Defensemen will be taught how to use their stick, to control their gap, defend 1-1s and other odd man rushes.

**Instructor Jared Eng**

**July 25 – Jul 29**

**Mon / Wed / Fri: 3 sessions**

(U8/9) 1:45pm – 2:45pm

(U11/13) 3pm – 4pm

(U15/18) 4:15pm – 5:15pm

**Member: \$90 | Non Member: \$150**

**Aug 8 – Aug 12**

**Tue / Wed / Thu: 3 sessions**

(U8/9) 2pm – 3pm

(U11) 3:15pm – 4:15pm

(U13) 4:30pm – 5:30 pm

(U15/18) 5:45pm – 6:45pm

**Member: \$60 | Non Member: \$100**

**Aug 22 – Aug 26**

**Mon- Fri: 5 sessions**

(U8/9) 2pm – 3pm

(U11) 3:15pm – 4:15pm

(U13) 4:30pm – 5:30pm

(U15/18) 5:45pm – 6:45pm

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

## Power Edge Pro

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

**Instructor Cody Campbell**

**Jul 23 – Jul 24**

**Sat / Sun: 2 sessions**

(U6/7) 9am – 10am

(U8/9) 10am – 11am

(U11/13) 11:15am – 12:15pm

(U15/18) 12:30pm – 1:30pm

**Member: \$80 | Non Member: \$120**

**Aug 6 – Aug 7**

**Sat / Sun: 2 sessions**

(U6/7) 9am – 10am

(U8/9) 10am – 11am

(U11/13) 11:15am – 12:15pm

(U15/18) 12:30pm – 1:30pm

**Member: \$80 | Non Member: \$120**

**Aug 13 – Aug 14**

**Sat / Sun: 2 sessions**

(U6/7) 9am – 10am

(U8/9) 10am – 11am

(U11/13) 11:15am – 12:15pm

(U15/18) 12:30pm – 1:30pm

**Member: \$80 | Non Member: \$120**





## Hockey Transition

Teaching play on both sides of puck in game situation drills. I will focus on "why" we are working on certain skills and talk about how we can use these skills during games. I will also be focusing on the details of hockey, which often get overlooked. My overall goal will be to improve player's skill, understanding of the game, and on ice awareness.

**Instructor: Cody Campbell**

**Jul 23 – Jul 24**

**Sat / Sun: 2 sessions**

(U8/9) 1:45pm – 2:45 pm

(U11/13) 3:00pm – 4:00pm

(U15/18) 4:15pm – 5:15pm

**Member: \$80 | Non Member: \$120**

**Aug 6 – Aug 7**

**Sat / Sun: 2 sessions**

(U8/9) 1:45pm – 2:45 pm

(U11/13) 3:00pm – 4:00pm

(U15/18) 4:15pm – 5:15pm

**Member: \$80 | Non Member: \$120**

**Aug 13 – Aug 14**

**Sat / Sun: 2 sessions**

(U8/9) 1:45pm – 2:45 pm

(U11/13) 3:00pm – 4:00pm

(U15/18) 4:15pm – 5:15pm

**Members \$60 / Non Members \$ 120**

## Puck Skills

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

**Coach: Jon Woodyard**

**Jul 5 & Jul 7**

**Tue/ Thu: 2 sessions**

**U8-U9 9am – 10am**

**U11/U13 10:15am – 11:15am**

**U15/U18 11:30am – 12:30pm**

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

**Jul 11, Jul 13, Jul 15**

**Mon/Wed/Fri: 3 sessions**

**U8-U9 9am – 10am**

**U11/U13 10:15am – 11:15am**

**U15/U18 11:30am – 12:30pm**

**Member: \$90 | Non Member: \$150**

**Jul 18, Jul 20, Jul 22**

**Mon/Wed/Fri: 3 sessions**

**U8-U9 9am – 10am**

**U11/U13 10:15am – 11:15am**

**U15/U18 11:30am – 12:30pm**

**Member: \$90 | Non Member: \$150**

**Aug 15, Aug 17, Aug 19**

**Mon/Wed/Fri: 3 sessions**

(U8/9) 2pm – 3pm

(U11) 3:15pm – 4:15pm

(U13) 4:30pm – 5:30 pm

(U15/18) 5:45pm – 6:45pm

**Member: \$90 | Non Member: \$150**

## Skating That Translates

This class 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 the 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 sense of understanding of the significance behind the movement patterns.

**Instructor Ben Payne**

**Aug 2, Aug 4, Aug 6**

**Tues / Thur / Sat: 3 sessions**

(U8/9) 3:15pm – 4:15pm

(U11) 4:30pm – 5:30pm

(U13) 5:45pm – 6:45pm

**Member: \$90 | Non Member: \$150**

## Female Development

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

**Instructor Kiana Watson**

**Aug 3 & Aug 5**

**Wed/ Fri: 2 sessions**

(U9) 4:15pm – 5:15pm

(U11/13) 5:30pm – 6:30pm

(U15/18) 6:45pm – 7:45pm

**Member: \$60 | Non Member: \$100**

**Aug 8 & Aug 10**

**Mon / Wed: 2 sessions**

(U9) 4:15pm – 5:15pm

(U11/13) 5:30pm – 6:30pm

(U15/18) 6:45pm – 7:45pm

**Member: \$60 | Non Member: \$100**

**Aug 15 & Aug 17**

**Mon/ Wed: 2 sessions**

(U9) 4:15pm – 5:15pm

(U11/13) 5:30pm – 6:30pm

(U15/18) 6:45pm – 7:45pm

**Member: \$60 | Non Member: \$100**

**Aug 22 & Aug 24**

**Mon / Wed: 2 sessions**

(U9) 5:30pm – 6:30pm

(U11/13) 6:45pm – 7:45pm

(U15/18) 8pm – 9pm

**Member: \$60 | Non Member: \$100**

## 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/Development

11:00am – 12:00pm Swimming

12:15pm – 12:45pm Lunch

1:15pm – 2:30pm Puck & Game Skills

3:00pm – 3:15pm Dressing Room Pick Up

Member: \$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/Development
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: 13yrs and under

Jul 11 – Jul 14: 8am – 1pm

#### GROUP 1 SCHEDULE (13 & UNDER)

8am - 9:15am: Technical Ice

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

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

12:00pm - 1:00pm: Lunch (not provided) and Seminar

Group 2: Ages 14 yrs +

Jul 11 – Jul 14: 9:30am – 2:30pm

#### GROUP 2 SCHEDULE (14+)

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

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

12:00pm - 1:00pm: Lunch (not provided) and Seminar

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

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 and under

Aug 12 – Aug 14 | 8am – 1pm

#### GROUP 1 SCHEDULE (13 & UNDER)

8am - 9:15am: Technical Ice

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

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

12:00pm - 1:00pm: Lunch (not provided) and Seminar

Group 2: Ages 14 yrs +

Aug 12 – Aug 14: 9:30am – 2:30pm

#### GROUP 2 SCHEDULE (14+)

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

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

12:00pm - 1:00pm: Lunch (not provided) and Seminar

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

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



# Senior Men's Hockey

## Philosophy

The North Shore Winter Club takes great pride in providing a world-class hockey experience at all ages.

The Senior Men's Hockey League is designed to provide a safe, fun, social and competitive hockey environment that's accessible to players of all skill levels. Senior Men's Hockey is a recreational league that's as rewarding on and off the ice.

Senior Men's is governed by the Hockey Committee, who's mission is to maintain a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members and to welcome new members into a friendly and enjoyable hockey focused organization.

## Division 1

Sr. Men's Div. 1 is a fast competitive league with lots of young players. They enjoy the quick competition with a friendly rivalry between teams. There is a draft for new teams each year to try and mix up the players and it creates a more social atmosphere.

## Division 2

Sr. Men's Div. 2 uses the same format as Div. 1, with the same friendly rivalries and an annual draft, but the pace is a little slower. So if you do not want to chase player's fresh out of minor hockey, this is where you want to be! Div. 2 also welcomes all new players to come out and play. The league averages 6 games a month every Sunday and usually two Wednesdays per month.

There is also the chance to spare on teams, which allows you to play when you don't have a game scheduled or if you can't make your own team's ice time. No shortage of ice-time!

## Annual All Star Game

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

## Playoffs & Banquet

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

## Registration & Fees

Registration will be available early July.







## SUMMER PICKLEBALL!

Join us for outdoor pickleball programs this summer! It's a great game for the whole family. Sign-up for programs and learn more!

### 3 Reasons to Play Pickleball:

1

It's crazy fun!

2

Lifelong sport!

3

Improves your reflexes!

# TENNIS COACHES



**FABIO WALKER**  
Director of Tennis



**NICOLE MCLENNAN**  
Head of Junior  
Development



**AMY WALKER**  
Tennis Pro



**CHRIS STEAD**  
Tennis Pro



**TIM PORTNOV**  
Tennis Pro



**GRAEME KASSAUTZKI**  
Tennis Pro



**ADRIAN OZEWICZ**  
Tennis Pro



**BEN DUNBAR**  
Tennis Pro



**JASON TORPEY**  
Tennis Pro



**ANGIE WALKER**



**ALEX WALKERR**

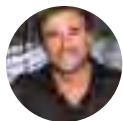
## Tennis Level of Play/Self-Rating Guide

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

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



# Junior Tennis



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

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

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

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

## TENNIS, PICKLEBALL & SWIMMING SUMMER CAMPS

### Red & Orange Ball

**Ages: 6yrs – 8yrs**

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.

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

*(No camp Aug 1)*

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

**Members: \$225 / week | 180 / week 5**

**Non Members: \$300 / week | \$240 / week 5**

### Green Ball

**Ages: 9yrs – 11yrs**

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

*(No camp Aug 1)*

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

**Members: \$225 / week | 180 / week 5**

**Non Members: \$300 / week | \$240 / week 5**

# Adult Tennis



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

## ADULT TENNIS DRILLS HELL WEEK

Ladies: Division 1, 2, 3 (you must be a member of these divisions to sign up for these sessions) Men: 4.0 or higher level (you must be a member of these divisions to sign up for these sessions) Adult Tennis Hell Week sessions are based on what league teams you play on. Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game play and strategy. These camps will have it all!

### WEEK 1

Jul 4 – Jul 8 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 2

Jul 11 – Jul 15 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 3

Jul 18 – Jul 22 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 4

Jul 25 – Jul 29 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 5

Aug 2 – Aug 5 | Tue – Fri: 4 sessions  
9am – 10:30am | Member: \$104

### WEEK 6

Aug 8 – Aug 12 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 7

Aug 15 – Aug 19 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### WEEK 8

Aug 22 – Aug 26 | Mon – Fri: 5 sessions  
9am – 10:30am | Member: \$130

### HELL WEEK

Ladies: Division 3,4,5 (you must be a member of these divisions to sign up for these sessions) Men: 3.0 – 3.5 level (you must be a member of these divisions to sign up for these sessions) Adult Tennis Hell Week sessions are based on what league teams you play on. Are you ready to work hard on the tennis court?!? If so, then these high intensity week long tennis training camps are for you!! The sessions will be filled with technical skill training, high intensity drills, match play, and singles & doubles game play and strategy. These camps will have it all!

### WEEK 1

Jul 4 – Jul 8 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### WEEK 2

Jul 11 – Jul 15 | Mon – Fri: 5 sessions  
10:30am – 12pm |  
Member: \$130 |

### WEEK 3

Jul 18 – Jul 22 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### WEEK 4

Jul 25 – Jul 29 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### WEEK 5

Aug 2 – Aug 5 | Tue – Fri: 4 sessions  
10:30am – 12pm | Member: \$104

### WEEK 6

Aug 8 – Aug 12 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### WEEK 7

Aug 15 – Aug 19 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### WEEK 8

Aug 22 – Aug 26 | Mon – Fri: 5 sessions  
10:30am – 12pm | Member: \$130

### ADULT DRILLS DIVISION 3 & 4

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

Jul 6 – Jul 27 | Wed: 4 sessions  
5pm – 6pm | Member: \$100

Jul 5 – Jul 26 | Tue: 4 sessions  
6pm – 7pm | Member: \$100

Aug 3 – Aug 31 | Wed: 4 sessions  
5pm – 6pm (no session Aug 10)  
Member: \$100

Aug 2 – Aug 30 | Tue: 4 sessions  
6pm – 7pm (no session Aug 9)  
Member: \$100

### ADULT DRILLS DIVISION 4 & 5

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

Jul 7 – Jul 28 | Thu: 4 sessions  
4pm – 5pm | Member: \$100

Jul 5 – Jul 26 | Tue: 4 sessions  
5pm – 6pm | Member: \$100

Aug 4 – Sept 1 | Thu: 4 sessions  
4pm – 5pm (no session Aug 11)  
Member: \$100

Aug 2 – Aug 30 | Tue: 4 sessions  
5pm – 6pm (no session Aug 9)  
Member: \$100

## ADULT DRILLS Beginner - Level 1.0 - 1.5

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

Jul 5 - Jul 26 | Tue: 4 sessions  
4pm - 5pm | Member - \$100

Jul 7 - Jul 28 | Thu: 4 sessions  
5pm - 6pm | Member: \$100

Aug 2 - Aug 30 | Tue: 4 sessions  
4pm - 5pm (no session Aug 9)  
Member: \$100

Aug 4 - Sept 1 | Thu: 4 sessions  
5pm - 6pm (no session Aug 11)  
Member: \$100

## ADULT DRILLS Intermediate Level 2.0 - 2.5

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

Jul 6 - Jul 27 | Wed: 4 sessions  
4pm - 5pm | Member: \$100

Jul 7 - Jul 28 | Thu: 4 sessions  
6pm - 7pm | Member: \$100

Aug 3 - Aug 31 | Wed: 4 sessions  
4pm - 5pm (no session Aug 10)  
Member: \$100

Aug 4 - Sep 1 | Thu: 4 sessions  
6pm - 7pm (no session Aug 11)  
Member: \$100

## Men's Tennis Training Level 3.5 and up

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

Jul 6 - Jul 27 | Wed: 4 sessions  
6pm - 7pm | Member: \$100

Aug 3 - Aug 31 (no session Aug 10)  
Wed: 4 sessions | 6pm - 7pm  
Member: \$100





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

### Perform better.

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

## PRE-BOOKED COURT LIMITATIONS

### Tournaments

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

### Block Bookings

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

### Court Rental

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

### Tennis Private Lessons

<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>
<b>Jr. Group of 4</b>	<b>\$27.50 each</b>
<b>Adult &amp; Junior Hitting</b>	<b>\$50</b>



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