

WINTER 2026 PROGRAM GUIDE



**NORTH SHORE
WINTER CLUB**
Since 1958

WINTER REGISTRATION

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

Members	Nov 18, 2025	Non Members	Dec 2, 2025
10:00am	Adult Tennis	10:00am	All Programs
10:30am	Junior Tennis		
11:00am	Hockey		
11:30am	All Other Programs		



NORTH SHORE WINTER CLUB

Since 1958



SOMETHING FOR EVERYONE

HOCKEY | TENNIS | PICKLEBALL | AQUATICS | FITNESS | DINING

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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



KYLE TURRIS
General Manager
kturris@nswc.ca



RUSSELL RITCHIE
Controller
rritchie@nswc.ca



CASEY DALGLEISH
Director, Facilities
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FAWN GILL
Director, Marketing
& Membership
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TIM PORTNOV
Director, Racquets
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GARTH PROUSE
Director, Fitness
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BEN MAXWELL
Director, Hockey
bmaxwell@nswc.ca



SHANE MCNEIL
Manager, F&B /
Executive Chef
smcneil@nswc.ca



JOANNE FRY
Manager, Member
Services & Youth
jfry@nswc.ca



NATALIE RAW
Manager, Athletics &
Executive Administration
nraw@nswc.ca



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

PROGRAM REGISTRATION INFORMATION



JOANNE FRY

Manager, Member Services & Youth
j fry@nswc.ca

MEMBER SERVICES HOURS

Monday – Sunday: 6:00am – 10:00pm

Please visit nswc.ca for the most updated information regarding registration or phone Member Services: 604-985-4135.

Member Registration opens on Tue Nov 18th, 2025

10:00am	Adult Tennis
10:30am	Junior Tennis
11:00am	Hockey
11:30pm	All Other Programs

Non Member Registration opens on Tue Dec 2nd, 2025

10:00am	All Programs
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REGISTRATION

- Registration must be made online at nsw.gametime.net.
- If you need assistance registering, please contact Member Services at **604-985-4135**.
- All programs have a minimum and maximum enrollment.
- A waiting list will be formed after a program is filled.
- No credits or pro-rating will be provided for missed sessions.

PAYMENT

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

CANCELLATION POLICY

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

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

REFUNDS AS FOLLOWS:

- **100% Refund:** up to 2 weeks (14 days) before program start
- **50% Refund:** up to 1 week (7 days) before program start
- **No Refund:** within 2 days (48 hours) of program start
- **The day the program starts is not included in the required notice period.**

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.

- Changes and Cancellations exceeding 3 per membership in a single season are subject to a 5% administrative fee.
- Hockey: Full refunds will be applicable to those whose team schedules conflict with hockey programming.

CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit <https://nsw.gametime.net/> for details.

FITNESS REGISTRATION AND CANCELLATION INFORMATION

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

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

AVAILABLE FOR PURCHASE AT MEMBER SERVICES:

- Tennis Balls
- Pickleballs
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)
- Branded NSWC clothing & hats
- Sunscreen
- Sunglasses
- NSWC Towels & Blankets
- NSWC Jibbitz (Croc Charms)

SKATE SHARPENING

Available at Member Services.

- Drop off and pick up your skates at Member Services
- 24 hour turnaround to have your skates sharpened
- Single or 10 pack available

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.

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

NSWC HOLIDAY HOURS

Tuesday, Dec. 23 6am - 4pm

Wednesday, Dec. 24 6am - 12pm

Thursday, Dec. 25 CLOSED

Friday, Dec. 26 CLOSED

Wednesday, Dec. 31 6am - 2pm

Thursday, Jan. 1 CLOSED

*Wishing you a joyful
holiday season!*

MEMBER MOMENTS

DOG DAY OF SUMMER

On Sunday, September 7, members and their four-legged friends gathered for our annual Dog Day of Summer. With treats, face-painting, a photo booth, a sizzling outdoor barbeque, and of course, tennis balls galore, it was the ulti-mutt way to close out the season!



MASTERS SWIM CHALLENGE: 100 X 100

This season, Masters Coach Amy Saari-Roth introduced a new endurance test: 100 x 100's— that's 10,000m in one go, totaling more than four hours in the pool! Huge congratulations to everyone who took on the challenge, and a special thank you to those who joined in to support!



U13 AI HOCKEY SHOWCASE

Congratulations to our talented U13 AAA hockey team on their showcase win, held September 19–21. Facing off against top teams like the San Jose Jr. Sharks and L.A. Jr. Kings, the boys battled hard and made us all proud. Way to go, team!



MEMBER MOMENTS

TENNIS & PICKLEBALL TOGETHER

The Club's first-ever Dual Tennis & Pickleball Tournament took place Saturday, August 23, with an amazing turnout of members. Despite the summer heat, players brought their energy and competitive spirit. Congratulations to all who participated, we can't wait for next year!



LEI'D BACK LUAU

On Saturday, August 23, the Club transformed into a tropical paradise for our adults-only Lei'd Back Luau. With island-inspired food, live entertainment, and plenty of festive fun, members enjoyed an evening escape without leaving town. Thank you to everyone who helped make the night so memorable!



MEMBER MOMENTS

SUMMER SMASH

Our 26th annual Summer Smash Tennis Tournament was one of the best yet, featuring 286 players, nightly live entertainment, player barbecues, an awards dinner, and more. Congratulations to our winners and finalists, and a heartfelt thank you to the volunteers and staff who made it all possible. We're already looking forward to next year!



ROOFTOP GRAND OPENING

Members gathered on July 28 to celebrate the grand opening of our resurfaced upper outdoor tennis courts. The event featured an exciting exhibition match with our very own Fabio Walker and Tim Portnov, followed by refreshments on the upper patio. Thank you for celebrating this milestone with us!



MEMBER MOMENTS

V&D REGIONAL SWIM MEET

Over the August long weekend, the Club proudly hosted the annual V&D Regional Swim Meet, welcoming swimmers from across the Lower Mainland and beyond as they competed for spots at Provincials in Prince George. Thank you to our dedicated volunteers and talented athletes, we couldn't do it without you!



PROVINCIAL SWIM MEET

Congratulations to all the swimmers that competed at Provincials in Prince George this year! Angus Brackstone, Oscar Brackstone, Thomas Carroll, Amy Einhorn, Max Einhorn, Jackson Ferguson, Juliette Ferguson, Sydney Gill, Kai Godo, Kazumi Godo, Koji Godo, Saskia Oord, Tyce Oord, Levi Pauli, Lucia Pauli, and Isla Rae as well as our coaches Cosette Bachmann and Maxine Sealey - you made us all very proud!



FOOD & BEVERAGE



SHANE MCNEIL
Manager,
F&B/ Executive Chef
smcneil@nswc.ca



FAITH SULLIVAN
Coordinator, Events
fsullivan@nswc.ca

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



DANCE

WINTER 2026



CHRISTIE SAUNDERS
Dance Instructor
dancewithchristie@gmail.com



DANCE WITH CHRISTIE

If you have a child that has shown interest in beginning dance or a child that wants to continue to develop their dance technique, there is something for you with Christie's offerings.

Classes run in approximately 8 weeks sessions and will be available for registration on gametime. If you would like more information regarding the spring dance program or the competitive dance program, please contact Christie directly at dancewithchristie@gmail.com

For pop up classes and workshops please follow Christie on Instagram: [dancewithchristie](https://www.instagram.com/dancewithchristie)

SAMPLER (3.5-6YRS)

The Sampler class is to give little ones a taste of all the classes offered (Ballet, Jazz, Musical Theatre & Hip Hop). The ballet and jazz basics will be taught and fun routines in all styles will be learned. A minimum of 2 styles will be focused on in each class.

Jan 14- Mar 4

Wed	8 sessions	5:45pm – 6:30pm
Member: \$152	Non Member: \$158	
Instructor: Christie		

MULTIDISCIPLINE 1- JAZZ/ HIP HOP/MUSICAL THEATRE (5.5+ YRS)

This class is for all levels, beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music. In the musical theatre portion students will work on: Singing, Drama and Dance. Students will learn to act out scenes, play drama games, as well as learn songs and dances from classic or current musicals. The class will dictate which discipline they wish to focus on for the session but all disciplines will be touched on throughout the term.

Jan 14- Mar 4

Wed	8 sessions	6:30pm – 7:15pm
Member: \$152	Non Member: \$158	
Instructor: Christie		

MULTIDISCIPLINE 2- JAZZ/ HIP HOP/MUSICAL THEATRE (11+ YRS)

This class is for all levels, beginner to dancers with experience. Students will learn basic Jazz technique including jumps and turns as well as Hip Hop steps and style while learning to perform dance routines to fun upbeat music. In the musical theatre portion students will work on: Singing, Drama and Dance. Students will learn to act out scenes, play drama games, as well as learn songs and dances from classic or current musicals. The class will dictate which discipline they wish to focus on for the session but all disciplines will be touched on throughout the term.

Jan 14- Mar 4

Wed 8 sessions 7:15pm – 8:00pm

Member: \$152 Non Member: \$158

Instructor: Christie

ACRO

Acro is a style of dance that combines dance technique with acrobatic elements. It is defined by its athletic character, its choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Students will safely learn basic acrobatic elements such as rolls, handstands, and cartwheels. They will also do some partner work. This class is taught by the amazing Acrobatic Arts certified instructor Miss Kiana. These classes run the first and last Sunday of the month only.

Jan 25, Feb 1, Feb 22, Mar 1

Sun 4 sessions

3:30pm – 4:30pm ACRO 1 – open level age 5+

4:30pm – 5:30pm ACRO 2 – age 9+ or invitation

Member: \$88 Non Member: \$92

Instructor: Christie & Kiana

COMPETITIVE GROUPS

Pre-requisites required. These groups will be entering 3-5 dance competition in the spring. The Competitive program will run from September to end of May. Dancers are required to attend all classes and must have previously completed at least 3x 8 week sessions of Jazz/Hip Hop or Multidiscipline with Christie. This program is by invite only. For more information please email dancewithchristie@gmail.com

Instructor: Christie



EVENTS



FAITH SULLIVAN

Coordinator, Events
fsullivan@nswc.ca



BIRTHDAY PARTY PACKAGES

Celebrate your child's special day at NSWC with one of our exciting party packages!

SPORTBALL PACKAGE

Includes: One hour of Sportball with a registered instructor and one-hour room rental for food.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

BOUNCY CASTLE PACKAGE

Includes: One-hour bouncy castle rental with a party host and one-hour room rental for food and cake.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

HTC PACKAGE

Includes: One-hour private HTC ice rental and one-hour room rental for food and cake.

Guests: Includes 16 meal plans (additional rates apply for more than 16 guests).

Note: NSWC does not supply skates or gear. Full gear and helmets are required.

OPTIONAL ADD-ONS:

Additional items can be added for a rental fee. A host charge may apply based on activities and the number of kids.

MEAL PLANS, choose one:

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

ADDITIONAL ADDS FOR MEAL PLANS (up to 16 guests)

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

DETAILS:

Packages include up to 16 guests. Additional charges apply for over 16 guests (maximum of 25 children). Parent involvement is required. Price also includes private party room, tables, chairs, utensils, and plates. No outside food is permitted, except for birthday cakes.

BOOKING:

Parties must be booked at least 4 weeks in advance. Final guest numbers are due 1 week prior to the event. For inquiries or to book, email catering@nswc.ca.

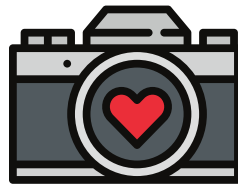


BREAKFAST *With* SANTA

SATURDAY, DEC 13TH 2025

Hohoho! Bring the whole family and join us for a magical morning with Santa! Enjoy a delicious buffet breakfast filled with holiday favourites and plenty of cheer.

PHOTOS WITH
SANTA
AVAILABLE!!



FIRST SEATING: 9AM
SECOND SEATING: 10:45AM



CHILD MINDING & CAMPS



JOANNE FRY

Manager, Member & Youth Services
daycamps@nswc.ca



CHILD MINDING

KIDS CORNER (18 MOS-8 YRS)

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, being creative and reading.

HOURS OF OPERATION

Mon-Thu	4:00pm-8:00pm
Fri	4:00pm-5:00pm
Friday Fun Night	5:00pm-9:00pm

MEMBER PACKAGE

\$80/ mo per child (\$40 for each additional child)

MEMBER DROP IN

\$14/ hr (\$8 hr for additional child)

RESTRICTIONS

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

FRIDAY FUN NIGHTS (3-8 YRS)

It's a family affair. The Kids can enjoy bouncy castles and games supervised in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area. This is complimentary for our Members. Please note that due to the fact that children can come and go from these areas, parent supervision is required if the child is under 5 years of age.

Fri: 5:00pm-9:00pm (excluding long weekends)

YOUTH CAMPS

PRO D DAY CAMPS (5-9 YRS)

Send your child(ren) for a full day of fun including arts & crafts, sports, visits to the park and more. Pick up and drop off at the front entrance. Lunch & snacks included.

Friday, February 13th 2026 9:00am-4:00pm \$80/day

CAMP CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start
50% Refund: up to 1 week (7 days) before program start
No Refund: within 2 days (48 hours) of program start

Please email cancellations@nswc.ca. and include the following:

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



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.



FITNESS



GARTH PROUSE

Director, Fitness
gprouse@nswc.ca

PERSONAL TRAINING

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: 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: \$95





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: \$65

3 – Member: \$55

4 – Member: \$45

5 – Member: \$40

6 – Member: \$35

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

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

FITNESS CENTRE HOURS

Monday – Sunday: 6am – 10pm

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

FITNESS CLASSES

Fitness enthusiasts have the flexibility of attending fitness classes throughout the week. Drop-in or 10-20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

PRICES

Drop-in: Member \$25

10 Pass: Member \$190

20 Pass: Member \$340

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

PERSONAL TRAINING

PERSONAL TRAINERS



GARTH PROUSE

Garth is an industry veteran with over twenty years of experience training private clients, coaching teams, and teaching fitness classes. He has helped individuals of all ages—from children to seniors—reach their health and performance goals through a balanced, mechanics-focused approach to strength and conditioning.

A former member of Canada's National Rugby Team and BC Junior A Hockey alumni, Garth draws on his athletic background to design safe, effective programs that promote long-term progress.

As the Director of Fitness at the NSWC, he oversees all fitness operations, manages strength and conditioning for hockey, tennis, and swimming, and leads the development of new classes, fostering a positive and inclusive environment for all members.



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!



HAILEY HARKINS

Hailey grew up as a member at the NSWC playing hockey and swimming for the Marlins. Hailey played two years of major midget for the Fraser Valley Rush. Hailey committed to play at Minot State University but decided to focus on school instead. Hailey went to Brock University to study Kinesiology with a minor in sport injury management. Hailey's focus around training is to help their clients leave each session better than they came. Hailey will help you reach whatever goals you may have whether it is general fitness or sport specific.

EMILY SCORSE

Emily has been Personal Training for 14 years, and has created incredible lasting relationships throughout her career. She takes pride in her ability to not only help clients with their physical goals, yet also their mental well being. As a WNBF Pro Bikini Competitor, Emily understands how important discipline and motivation is to reach your goals, and she's here to help! She has trained a wide variety of clients including teenagers as young as 14, to seniors into their 90's. Emily is a people person, an empathic and compassionate person, and truly loves the fitness industry for all the positivity it brings to people.



MINOR HOCKEY



BEN MAXWELL

Director, Hockey
bmaxwell@nswc.ca



JOSH WALLS

Senior Coordinator, Hockey
jwalls@nswc.ca

GENERAL INQUIRIES EMAIL
hockey@nswc.ca

MINOR HOCKEY

LEARN TO SKATE (3 YRS – 5 YRS)

This class will focus on hockey player's foundations, set up, stance, edge control and balance. Learn to Skate is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or U7. Equipment needed: Helmet with cage, hockey gloves & skates.

LEARN TO SKATE GROUP 1

Jan 10 – Mar 7 (No session Feb 14)
Sat 8:00-8:45am 8 sessions
Member: \$160 Non-Member: \$280

LEARN TO SKATE GROUP 2

Jan 10 – Mar 7 (No session Feb 14)
Sat 11:15-12:00pm 8 sessions
Member: \$160 Non-Member: \$280

COOKIE MONSTERS (5 YRS – 7 YRS)

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

BEGINNER GROUP 1 (5 YRS – 7 YRS)

Jan 10 – Mar 7 (No session Feb 14)
Tue & Sat: 5:00pm – 5:45pm, Sat: 9:45am – 10:30am 16 sessions

BEGINNER GROUP 2 (5 YRS – 7 YRS)

Jan 10 – Mar 7 (No session Feb 14)
Tue & Sat: 4:15pm – 5:00pm, Sat: 10:30-11:15am 16 sessions

ADVANCED

Jan 10 – Mar 7 (No session Feb 14)
Tue & Sat: Tue 5:45pm – 6:30pm, Sat: 8:45am – 9:30am
16 sessions Member: \$320 Non Member: \$560

POWER EDGE PRO

Power Edge Pro is an on-ice player development system utilizing proprietary equipment and training patterns, widely popular amongst the pros such as Connor McDavid and Connor Bedard. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance and deceptive movements. 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. As one of the only PEP certified places in the lower mainland, our coaches are all certified to get the maximum amount of development out of this level of training. Full hockey equipment is required.

Jan 11 – Mar 8	(No session Feb 15)
Sun:	8 sessions
3:45-4:45pm	U13 (11 – 12 yrs)
5:00-6:00pm	U8/U9 (6 – 8 yrs)
6:15-7:15pm	U15/U18 (13 – 17 yrs)
7:30-8:30pm	U11 (9 – 10 yrs)
Member: \$360	Non Member: \$540 Coach: Cole Todd

POWER SKATING

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

Jan 11 – Mar 8 (No session Feb 15)	
Sun:	8 sessions
3:15-4:00pm	U7/U8 (5 – 7 yrs)
4:00-4:45pm	U9 (7 – 8 yrs)
4:45-5:30pm	U15/U18 (13 – 17 yrs)
5:45-6:30pm	U11 (9 – 10 yrs)
6:30-7:15pm	U11 (9 – 10 yrs)
7:15-8:00pm	U13 (11 – 12 yrs)
Member: \$320	Non Members: \$480 Coach: Karen Kos

PUCK SKILLS

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

Jan 10 – Mar 7	(No session Feb 14)
Sat:	8 sessions
3:45 – 4:45pm	U11 (9 – 10 yrs)
5:00 – 6:00pm	U9 (6 – 8 yrs)
6:15 – 7:15pm	U13 – U18 (11 – 17 yrs)
Member: \$320	Non Members: \$480
Coach: Tyson Mulock	

D-SKILLS (FORWARDS & DEFENSE)

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

Jan 10 – Mar 7	(No session Feb 14)
Sat:	8 sessions
12:45pm – 1:45pm	U11 (9 – 10 yrs)
2:00pm – 3:00pm	U9 (7 – 8 yrs)
3:15pm – 4:15pm	U13/U18 (11 – 17 yrs)
Member: \$320	Non Members: \$480
Coach: Andy Willigar	



SKATING THAT TRANSLATES®

Ben Payne's SKTT program focuses on game specific power skating and edge work. At Skating That Translates® players will not only learn "HOW" to effectively Skate but the importance of the "WHY" and "WHERE". The game of hockey is predicated on recurring movement patterns. The more times players are put in game-like environments in practice and development sessions, the higher probability to execute when they encounter these situations come game time. For example, from attacking the defense and defending oncoming players, to Agility and mobility to create space and separation in small areas on both the defensive and offensive side of the puck all require technical and tactical ability. The Skating That Translates® System is complete with 3 phases. "Skill to GAME". The phases are subjective to the player's age and level.

Skating That Translates develops the entire skill set of a player and builds layers on top of the foundation of skating. If you cannot skate you cannot handle the puck, pass or shoot efficiently. Therefore you will not be effective in an individual tactical and team setting. Skating That Translates® takes power skating and "Edge-work" a step further in a full comprehensive program. Ben Payne and SKTT teach the "HOW" & "WHY" in skating and skill development to build and develop your son or daughter as a complete player. Age and skill level is subjective to the above. Full hockey equipment is required.

LEARNING OUTCOMES:

- **SKATING FUNDAMENTALS** – Themed Edge Work and Power Skating
- **PUCK SKILL FUNDAMENTALS** – Puck control, stick hand and puck placement, & passing
- **OFFENSIVE & DEFENSIVE TACTICS** – Game scenario exercises / Game Play

NOTE: THIS PROGRAM IS SUBJECTIVE TO THE RESPONSE OF THE PLAYER. All themes may not be covered based on player comprehension.

Jan 10 – Mar 7	(No session Feb 14)
Sat:	8 sessions
8:00am – 9:00am	U9 (7 – 8 yrs)
9:00am – 10:00am	U11 (9 – 10 yrs)
10:15am – 11:15am	U13 (11 – 12 yrs)
11:30am – 12:30pm	U15/U18 (13 – 17 yrs)
Member: \$320	Non Members: \$480
Coach: Ben Payne	

BATTLE CAMP

COMPETE. THINK. EXECUTE.

Leveled Hockey's Battle Camp, developed and led by North Shore Winter Club's own Jacob Taylor-Wong, takes players beyond isolated skill drills and puts their abilities to the test in real-game environments.

This program focuses on the "how," "why," and "when" of competition — teaching players not just to win battles, but to think, react, and adapt under pressure.

Modern hockey demands more than just skating and puck skills. With today's game being faster and more situationally complex, players must combine tactical awareness, speed of execution, and resilience in competitive moments. Battle Camp integrates puck protection, body positioning, and small-area decision-making into progressive drills that simulate real in-game challenges.

The system is structured in three phases: Skill → Competition → Game. Each phase builds on the last, layering core mechanics into competitive game play designed to develop complete players who can perform under game-speed conditions.

If you can't win battles, create separation, or make quick reads under pressure — your skills will never fully translate to success in games. Battle Camp bridges that gap by transforming individual techniques into tactical performance.

LEARNING OUTCOMES

- **PUCK SKILL APPLICATION** – Puck protection, quick-release passing, and deceptive handling under pressure
- **COMPETE & POSITIONAL TACTICS** – Small-area 1v1 to 3v3 battles focusing on angles, spacing, and body leverage
- **GAME IQ & DECISION-MAKING** – Reading and reacting to evolving play scenarios on both sides of the puck

Jan 10 – Mar 7	(No session Feb 14)
Sat:	8 sessions
4:30 – 5:30pm	U13 (11 – 12 yrs)
5:45 – 6:45pm	U9 (7 – 8 yrs)
7:00 – 8:00pm	U11 (9 – 10 yrs)
Member: \$320	Non Members: \$480
Coach: Jacob Wong	

U13 SKILLS (11-12 YRS)

U13's have the ability to sign up for extra development in the mornings run by Development Coach Cole Todd. This skate will work on individual skills to enhance a player's game to the next level. This skate is open to all level groups (A1 through A4).

Jan 13 – Mar 3	(No session Feb 17)	
Tues	7:15-8:15am	7 Sessions
Member: \$308		

U11 SKILLS (9 – 10 YRS)

U11's have the ability to sign up for extra development in the mornings run by Development Coach Cole Todd. This skate will work on individual skills to enhance a player's game to the next level. This skate is open to all level groups (A1 through A4).

Jan 15 – Mar 5 (No session Feb 19)
 Thur 7:15 – 8:15am 7 Sessions
 Member: \$308

FEMALE ADULT SKILLS & 3ON3

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

Jan 10 – Mar 7 (No session Feb 14)
 Sat 7:30 – 8:30pm 8 sessions
 Member: \$180 Non Member: \$270



CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start. 50% Refund: up to 1 week (7 days) before program start. No Refund: within 2 days (48 hours) of program start.

Please email cancellations@nswc.ca. and include the following:

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



28TH ANNUAL TNT TOURNAMENT

DECEMBER 18-23, 2025

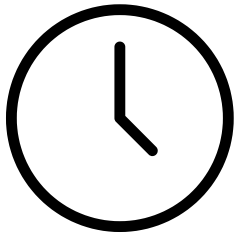
60+ TEAMS

U7-U9

HOCKEY@NSWC.CA

SKATE SHARPENING

BY TIME OUT SPORTS



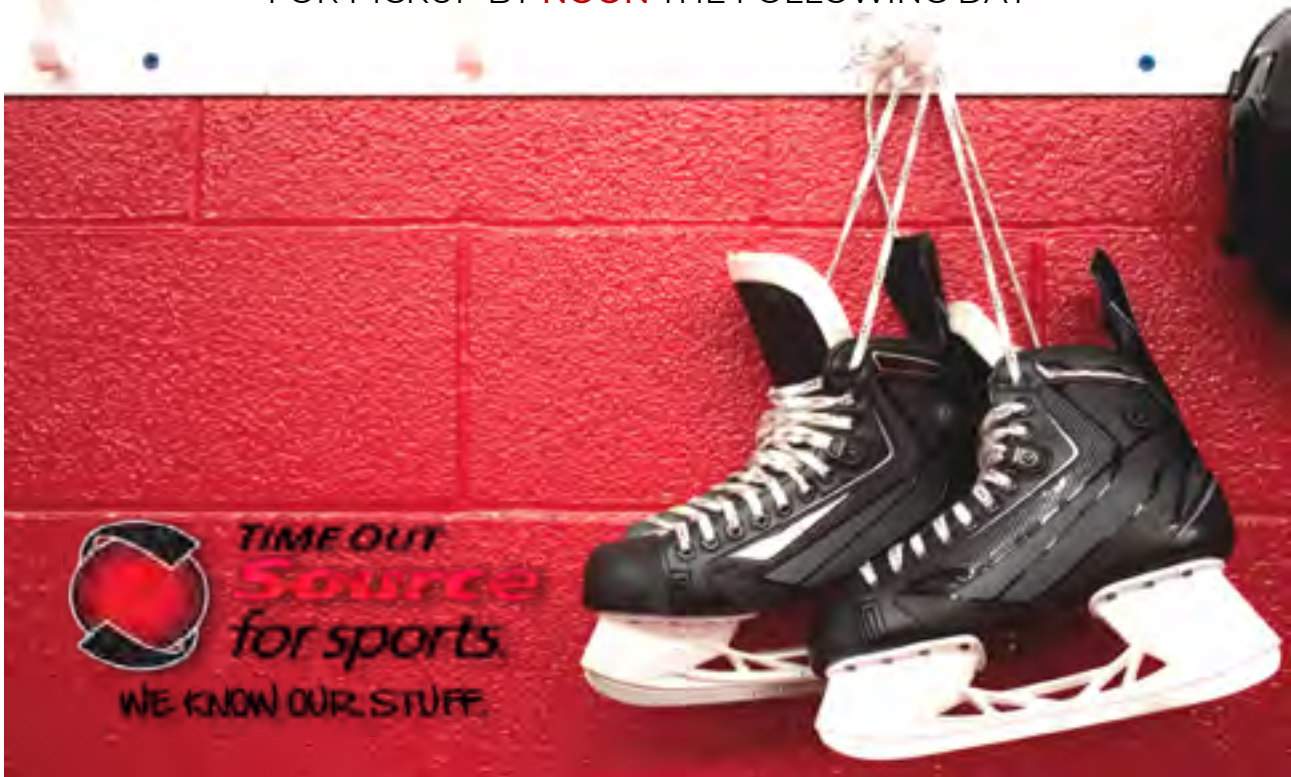
**PICK UP YOUR SKATES AFTER
4 HOURS IF DROPPED OFF AT MEMBER
SERVICES BETWEEN 10AM & 2PM**

**PASSES ARE AVAILABLE FOR
PURCHASE AT MEMBER SERVICES**

SINGLE
\$12.50
+ TAX

10 PACK
\$90
+ TAX

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



PICKLEBALL



AMY WALKER

Tennis/Pickleball Pro
amywalker@shaw.ca



PICKLEBALL

ADULT DRILLS & PLAY BEGINNER/INTERMEDIATE

This class is for easy play and new players. Learn technique, basic tactics and footwork.

Sept 3-Sept 17		
Wed	3 Sessions	7:00pm-8:00pm
Member: \$75	Coach Irene	
.....		
Jan 7 - Jan 28	(no class Jan 21)	
Wed	3 Sessions	6:00pm-7:00pm
Member: \$75	Coach Irene	
.....		
Jan 7 - Jan 28	(no class Jan 21)	
Wed	3 Sessions	7:00-8:00pm
Member: \$75	Coach Irene	
.....		
Jan 8 - Jan 29	(no class Jan 22)	
Thur	3 Sessions	9:15-10:15am
Member: \$75	Coach Irene	
.....		
Jan 8 - Jan 29	(no class Jan 22)	
Thur	3 Sessions	10:15-11:15am
Member: \$75	Coach Irene	
.....		
Feb 25 - Mar 11		
Wed	3 Sessions	6:00pm-7:00pm
Member: \$75	Coach Irene	
.....		
Feb 25-Mar 11		
Wed	3 Sessions	7:00-8:00pm
Member: \$75	Coach Irene	
.....		
Feb 26-Mar 12		
Thur	3 Sessions	9:15am-10:15am
Member: \$75	Coach Irene	
.....		
Feb 26-Mar 12		
Thur	3 Sessions	10:15am-11:15am
Member: \$75	Coach Irene	

ADULT DRILLS AND PLAY ADVANCED 3.75-4.0+

For players who enjoy a fast and hard-hitting game that want to focus on improving strategy and advanced skills.

Jan 7 - Jan 28 (no class Jan 21)
Wed 3 Sessions 6:00pm-7:00pm
Member: \$75 Coach Barry

Jan 7 - Jan 28 (no class Jan 21)
Wed 3 Sessions 7:00pm-8:00pm
Member: \$75 Coach Barry

Jan 8 - Jan 29 (no class Jan 22)
Thur 3 Sessions 9:15-10:15am
Member: \$75 Coach Barry

Jan 8 - Jan 29 (no class Jan 22)
Thur 3 Sessions 10:15-11:15am
Member: \$75 Coach Barry

Feb 25 - Mar 11
Wed 3 Sessions 6:00pm-7:00pm
Member: \$75 Coach Barry

Feb 25-Mar 11
Wed 3 Sessions 7:00-8:00pm
Member: \$75 Coach Barry

Feb 26-Mar 12
Thur 3 Sessions 9:15am-10:15am
Member: \$75 Coach Barry

Feb 26-Mar 12
Thur 3 Sessions 10:15am-11:15am
Member: \$75 Coach Barry

ADULT DRILLS AND PLAY INTERMEDIATE 3.0-3.5

For players who enjoy a moderate pace and want to learn new shots, improve technique, and discover new strategies.

Jan 9-Feb 6
Fri 5 Sessions 9:15am-10:15am
Member: \$125 Coach Mark

Feb 13-Mar 13
Fri 5 sessions 9:15am-10:15am
Member: \$125 Coach Mark

ADULT DRILLS AND PLAY ADVANCED 3.75-4.0+

For advanced players who want to achieve a well-rounded game with advanced shots and skills.

Jan 9-Feb 6
Fri 5 Sessions 10:15am-11:15am
Member: \$125 Coach Mark

Feb 13-Mar 13
Fri 5 sessions 10:15am-11:15am
Member: \$125 Coach Mark

ADULT DRILLS AND PLAY FOR NEW MEMBERS!

This class is for new NSWC members! Sign-up to learn or expand your pickleball skills. It's a great way to meet new friends at the Club. Not new to the NSWC but new to pickleball? Feel free to sign-up! Players will be grouped by levels.

Jan 9-Feb 6
Fri 5 Sessions 11:15am-12:15pm
Member: \$125 Coach Mark

Feb 13-Mar 13
Fri 5 sessions 11:15am-12:15pm
Member: \$125 Coach Mark

ADULT DRILLS AND PLAY ADVANCED 3.75-4.0+

Pickleball Saturday morning! Join Mark for advanced skills and drills.

Jan 10-Feb 7
Fri 5 Sessions 10:15am-11:15am
Member: \$125 Coach Mark

Feb 21-Mar 7
Fri 3 sessions 10:15am-11:15am
Member: \$75 Coach Mark

ADULT DRILLS AND PLAY INTERMEDIATE 3.0-3.5

Pickleball Saturday morning! For intermediate players who want to improve skills and receive instructional play time.

Jan 10-Feb 7
Fri 5 Sessions 10:15am-11:15am
Member: \$125 Coach Mark

Feb 21-Mar 7
Fri 3 sessions 10:15am-11:15am
Member: \$75 Coach Mark

ADULT MIXED DOUBLES AND GENDER DOUBLES NIGHT

Sign-up with a mixed doubles partner in GameTime. First hour: gender doubles. Second hour: mixed doubles. Two hours of pickleball matches and fun!

Fri Jan 9 6:00pm-8:00pm
Member: \$20

WOMEN'S GRAND SLAM - INTERMEDIATE/ADVANCED GRID PLAY 3.25-4.0

Mix & match competitive pickleball followed by appetizers in Lounge.

Fri Jan 30 Member: \$35
6:00pm-8:00pm Pickleball
8:00pm Meet in Lounge

VALENTINE'S DAY SOCIAL

Mix & match friendly social. Wear red, pink or white. Adults only.

Fri Feb 13 6:00pm-7:30pm
Member: \$15

WORKSHOP

Shot of the Month – FEBRUARY – THIRD SHOT DROP

Drives are great but most times the third and fifth shot should be a drop. Learn the proper technique and what to do after you hit a good or bad drop. Lots of drills and instruction time.

Sun Feb 22 10:30am-12:00pm
\$25

ADULT PINOT & PICKLEBALL NOVICE/INTERMEDIATE SOCIAL: 2.0-3.0

Enjoy a Friday night of mix-and-match pickleball with friends. Players will be grouped by level. Meet in the Lounge afterwards for a glass of wine and appetizers.

Fri Feb 27 Member: \$30
Pickleball 6:00pm-7:15pm
Social 7:15pm

GUESTS PLAY FOR FREE!

Fri Feb 27 7:15pm-9:15pm
Each member is allowed to bring one guest. 16 players max (8 members, 8 guests). Social does not count towards guest quota.

MEN'S PICKLEBALL AND PINTS - INTERMEDIATE/ADVANCED GRID PLAY 3.25-4.0

Mix & match competitive pickleball followed by appetizers and pints in Lounge.

Fri March 6 Member: \$35
6:00pm-8:00pm Pickleball
8:00pm Meet in Lounge

ADULT FREE MEMBER-LED SOCIALS:

Mix-and-match member-led socials. Maximum 16 players. 3.25-4.0+ players only. To participate you must register in GameTime.

Mon: Jan 12, Feb 9, Mar 9 x
7:15-8:30pm



TENNIS COACHES



TIM PORTNOV
Director, Racquets



NICOLE MCLENNAN
Head of Junior Performance
and Development



FABIO WALKER
Tennis Pro



AMY WALKER
Tennis Pro



CHRIS STEAD
Tennis Pro



LYNNE SCHWEITZER
Tennis Pro



ADRIAN OZEWICZ
Tennis Pro



KELLY OCKELOEN
Tennis Pro



VADIM KORKH
Tennis Pro

PICKLEBALL COACHES



IRENE MAH
Pickleball Pro



BARRY MAH
Pickleball Pro



MARK JONES
Pickleball Pro



AMY WALKER
Pickleball Pro

JUNIOR TENNIS

FALL 2025



TIM PORTNOV

Director, Racquets
tportnov@nswc.ca



JUNIOR TENNIS

RED BALL (5-7 YRS)

RED Ball Tennis will develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. This course will also include teaching players the rules of the game and scoring for ½ court (RED COURT).

Jan 10–Mar 14		
Sat	12:00pm–1:00pm	Sessions-10
Member: \$300	Non Member: \$396	

Jan 6-Mar 10		
Tue	3:30pm–4:30pm	Sessions-10
Member: \$300	Non Member: \$396	

Jan 9-Mar 13		
Fri	3:30pm–4:30pm	Sessions-10
Member: \$300	Non Member: \$396	

ORANGE BALL (8-10 YRS)

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

Jan 10–Mar 14		
Sat	1:00pm–2:00pm	Sessions-10
Member: \$300	Non Member: \$396	

Jan 6-Mar 10		
Tue	3:30pm–4:30pm	Sessions-10
Member: \$300	Non Member: \$396	

Jan 9-Mar 13		
Fri	3:30pm–4:30pm	Sessions-10
Member: \$300	Non Member: \$396	

GREEN BALL (11-12 YRS)

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

Jan 10–Mar 14
Sat 2:00pm–3:00pm **Sessions-10**
 Member: \$300 Non Member: \$396

Jan 6–Mar 10
Tue 3:30pm–4:30pm **Sessions-10**
 Member: \$300 Non Member: \$396

Jan 9–Mar 13
Fri 3:30pm–4:30pm **Sessions-10**
 Member: \$300 Non Member: \$396

TEEN TENNIS (14-18 YRS)

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

Jan 10–Mar 14
Sat 3:00pm–4:00pm **Sessions-10**
 Member: \$300 Non Member: \$396

U12 / U14 CHAMPS (12-14 YRS)

Develop your tennis skills in a fun cooperative environment. Improve technical and tactical play with drills and games completely adapted to different player levels and player needs. This group will be playing with regular tennis balls on a full tennis court. Sept 2–Dec 16 (excluding statutory holidays)

Jan 6–Mar 10
Tue 4:30pm–6:00pm **Sessions-10**
 Member: \$450 Non Member: \$594

Jan 9–Mar 13
Fri 4:30pm–6:00pm **Sessions-10**
 Member: \$450 Non Member: \$594

CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start
 50% Refund: up to 1 week (7 days) before program start
 No Refund: within 2 days (48 hours) of program start

Please email cancellations@nswc.ca. and include the following:

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



ADULT TENNIS

FALL 2025

ADULT DRILLS

DIVISION 2 & 3

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

Jan 8-Mar 12
Thu 11:00am-12:00pm Sessions-10
Member: \$300

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!

Jan 6-Mar 10
Tue 8:00pm-9:00pm Sessions-10
Member: \$300

Jan 5-Mar 9 (excluding Feb 16)
Mon 10:00am-11:00am Sessions-9
Member: \$270

Jan 9-Mar 13
Fri 11:00am-12:00pm Sessions-10
Member: \$300

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!

Jan 6-Mar 10
Tue 7:00pm-8:00pm Sessions-10
Member: \$300

Jan 8-Mar 12
Thu 10:00am-11:00am Sessions-10
Member: \$300

Jan 9-Mar 13
Fri 10:00am-11:00am Sessions-10
Member: \$300



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.

Jan 5-Mar 9 Mon Member: \$270	(excluding Feb 16) 10:00am–11:00am	Sessions-9
Jan 6-Mar 10 Tue Member: \$300	10:00am–11:00am	Sessions-10
Jan 6-Mar 10 Tue Member: \$300	11:00am–12:00pm	Sessions-10
Jan 6-Mar 10 Tue Member: \$300	6:00pm–7:00pm	Sessions-10
Jan 7-Mar 11 Wed Member: \$300	8:00pm–9:00pm	Sessions-10
Jan 8-Mar 12 Thu Member: \$300	11:00am–12:00pm	Sessions-10
Jan 8-Mar 12 Thu Member: \$300	7:00pm–8:00pm	Sessions-10
Jan 9-Mar 13 Fri Member: \$300	10:30am–11:30am	Sessions-10

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.

Jan 5-Mar 9 Mon Member: \$270	(excluding Feb 16) 9:00am–10:00am	Sessions-9
Jan 6-Mar 10 Tue Member: \$300	9:00am–10:00am	Sessions-10
Jan 6-Mar 10 Tue Member: \$300	12:00pm–1:00pm	Sessions-10
Jan 7-Mar 11 Wed Member: \$300	7:00pm–8:00pm	Sessions-10
Jan 8-Mar 12 Thu Member: \$300	10:00am–11:00am	Sessions-10
Jan 8-Mar 12 Thu Member: \$300	8:00pm–9:00pm	Sessions-10



MEN'S TENNIS TRAINING

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

LEVEL 3.0-3.5+

Jan 6-Mar 10
 Tue 9:00am-10:00am Sessions-10
 Member: \$300

Jan 7-Mar 11
 Wed 6:00pm-7:00pm Sessions-10
 Member: \$300

Jan 8-Mar 12
 Thu 6:00pm-7:00pm Sessions-10
 Member: \$300

LEVEL 4.0 +

Jan 5-Mar 9 (excluding Feb 16)
 Mon 9:00am-10:00am Sessions-9
 Member: \$270

Jan 7-Mar 11
 Wed 9:00am-10:00am Sessions-10
 Member: \$300

Jan 8-Mar 12
 Thu 9:00am-10:00am Sessions-10
 Member: \$300

Jan 9-Mar 13
 Fri 9:00am-10:00am Sessions-10
 Member: \$300



LADIES DOUBLES DAY LEAGUE

LEVEL 2.0 - 3.5

This will be a competitive Match Play format with Coach Lynne helping everyone organize their matchups. Keep in mind this is for players who are beginner level and NOT on a Tennis BC spring league roster. Lynne will manage your scores and move players up and down the courts based on level of play and results. You can expect to play a variety of different players each week.

Please note – if you register for this session your attendance is mandatory. This league cannot work if there are players missing. If you cannot make a scheduled session, you MUST find a spare for yourself.

Jan 9-Mar 13
 Fri 11:45am-1:00pm Sessions-10
 Member: \$375

MASTERS LADIES DOUBLES IN-HOUSE LEAGUE

(LEVEL 2.5 - 3.5)

This league is intended for ladies 60+ who are at a Tennis BC Div 5 level at minimum. The format will be competitive match-play with ups/downs each week, organized by coach Lynne. Please note - if you register for the session your attendance is mandatory. This league cannot work if there are players missing. If you cannot make a scheduled session you must find a spare for yourself.

Jan 6-Mar 10
 Tue 11:45am-1:00pm Sessions-10
 Member: \$187.50

CANCELLATION POLICY

100% Refund: up to 2 weeks (14 days) before program start
 50% Refund: up to 1 week (7 days) before program start
 No Refund: within 2 days (48 hours) of program start

Please email cancellations@nswc.ca. and include the following:

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

COMPETITIVE TENNIS

FALL 2025



NICOLE MCLENNAN

Head of Junior Performance
and Development
juniortennis@nswc.ca

COMPETITIVE PROGRAMS

The NSWC Competitive stream is designed to develop the tactical, technical, physical, and psychological skills required for players to compete at a provincial and national level. For each age/stage of development, our programs teach the skills necessary to establish the foundation for future progress and success.

Players must meet specific skill requirements to be eligible for registration in all Competitive Programs. All players will need to be assessed before registering in a competitive program.

Programs in this stream require a time commitment and the schedule for these programs reflect the minimum number of hours recommended for players at that stage of development.

If you have any questions regarding the time commitment and/or would like to schedule an assessment, please contact Nicole

McLennan at juniortennis@nswc.ca.

U9 ORANGE COMPETITIVE

This program is for players wanting to compete in Tennis BC U9 Future Star Tournaments. Players in this program will use the orange court and orange ball to aid in the development of the fundamental skills needed for an all-court game.

Jan 5 – Mar 12 (excluding Feb 16)
Mon, Tue & Fri 4:30pm-6:00pm
Wed 7:00am-8:30am
Member Price: \$1755
Non-Member Price: \$2316.60



U12/ U14 COMPETITIVE

This program is for players who are currently competing or hoping to start competing in 2-star and 3-star Tennis BC sanctioned tournaments. Players are expected to commit to the Afternoon Program (Mon, Wed, Thurs) and one or two morning sessions (Tues and/or Fri) for a minimum of 4-days/week.

AFTERNOON PROGRAM DETAILS:

Jan 5 – Mar 12 (excluding Feb 16)
 Mon, Wed & Thur 3:30pm-6:00pm
 Member Price: \$2,175
 Non-Member Price: \$2,871

MORNING PROGRAM DETAILS:

Jan 6 – Mar 10
 Tue 6:45am-8:45am
 Member Price: \$600
 Non-Member Price: \$792

Jan 9 – Mar 13
 Fri 6:45am-8:45am
 Member Price: \$600
 Non-Member Price: \$792

U14/U16 PROVINCIAL

This program is for players competing in 3.5-star, Selections Series, and Provincial tournaments. Players are expected to be regularly competing in Tennis BC or Tennis Canada sanctioned events. Players are expected to commit to the Afternoon Program (Mon, Wed, Thurs) and one or two morning sessions (Tues and/or Fri) for a minimum of 4-days/week.

AFTERNOON PROGRAM DETAILS:

Jan 5 – Mar 12 (excluding Feb 16)
 Mon, Wed & Thur 3:30pm-6:00pm
 Member Price: \$2175 Non-Member Price: \$2871

MORNING PROGRAM DETAILS:

Jan 6 – Mar 10
 Tue 6:45am-8:45am
 Member Price: \$600 Non-Member Price: \$792

Jan 9 – Mar 13
 Fri 6:45am-8:45am Session Count: 10
 Member Price: \$600 Non-Member Price: \$792



TENNIS LEVEL OF PLAY/SELF-RATING GUIDE

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

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

TENNIS POLICIES & PROCEDURES

RACQUETS COMMITTEE

The Racquets Committee consists of members of the Club who are active in all levels of racquet sports and work closely with Club staff to ensure that policies, procedures, tournaments and events meet the needs of the tennis and pickleball 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 Racquets Committee, approved by the Board of Directors, and are intended to support all racquets 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 Member Services.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutouts 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).

COURT BOOKINGS

6:45am-9:45pm Monday – Sunday

PRIME TIME HOURS

6:00pm - 8:30pm Monday – Thursday

JUNIOR COURT TIMES

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

3:30pm - 6:00pm Saturday

11:45am - 2:15pm Sunday

RESERVATIONS & COURT BOOKING PROCEDURES

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

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).
- Bookings for court 7 can only be made on the same day by calling Member Services. Please note court 7 is reserved for pickleball exclusively on Monday and Friday evenings from 6:00-9:00pm.
- From June 1 – September 30, a player may have a maximum of six (6) advanced court bookings within a 7-day period. Maximum three (3) advanced primetime bookings per week.
- From October 1 - May 31, a player may have a maximum of five (5) advanced court bookings within a 7-day period. Maximum two advanced (2) primetime bookings per week.
- Prime-time (Monday – Thursday 6:00pm, 7:15pm). All players must be listed 48 hours in advance in Gametime.
- 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.
- Private and Semi- Private lessons will count towards weekly booking entitlements.

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 twenty-four (24) hours before the booked time or a late cancel fee of \$15.00 + GST per court will be charged. No shows will receive a \$50.00 + GST fee per listed player.

WALK-ON FOR VACANT COURTS

If a court is available for walk-on, players must check in with Member Services 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 Member Services.

NO SHOWS

A court that is not claimed within fifteen (15) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at Member Services. If you know you will be late, please call Member Services 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 two (2) times in a given month.
- A Guest fee of \$15 + GST for juniors and \$20 + 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 \$15 + 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 Member Services to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with Member Services until the Ball Machine keys have been returned.

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 Racquets Director. To avoid any conflict on court allocation, please forward this information to the Racquets 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 Racquets Director, tportnov@nswc.ca

TENNIS PRIVATE LESSONS MEMBERS

Private	\$90
Semi Private	\$52.50 each
Group of 3	\$42.50 each
Group of 4	\$36.50 each
Hitting Sessions	\$60





RACQUETS EVENTS

JANUARY - DECEMBER 2026

REGISTRATION FOR ALL EVENTS ON GAMETIME

JANUARY

SUNDAY 18th - SATURDAY 24th

Club Championships Mixed Doubles

Deadline Wednesday, January 14th at 10:00pm.

WEDNESDAY 28th

Women's Australian Open Grand Slam #1 5:45PM

THURSDAY 29th

Men's Australian Open Grand Slam #1 5:45PM

FEBRUARY

SUNDAY 1st - SATURDAY February 7th

Club Championships Men's & Women's Doubles

Deadline Wednesday, January 28th at 10:00pm.

FRIDAY 13th

PICKLEBALL Valentine's Day Social 6:00PM -7:30PM

Mix & match friendly social. Wear red, pink or white. Adults only.

APRIL

APRIL - JUNE

Men's and Women's Spring League

MAY

WEDNESDAY 20th

Men's French Open Grand Slam #2 5:45PM

THURSDAY 21st

Women's French Open Grand Slam #2 5:45PM

SUNDAY 24th

PICKLEBALL

Club Championships Mixed Doubles

JUNE

WEDNESDAY 24th

Men's Wimbledon Grand Slam #3 5:45PM

THURSDAY 25th

Women's Wimbledon Open Grand Slam #3 5:45PM

AUGUST

SATURDAY 8th - SATURDAY 15th

SUMMER SMASH Doubles Tournament

Deadline Sunday, August 2nd at 10:00pm. Open to the public. Great event with a party atmosphere, makes this the best tournament in the lower mainland!

SEPTEMBER

WEDNESDAY 16th

Men's US Open Grand Slam #4 5:45PM

THURSDAY 17th

Women's US Open Grand Slam #4 5:45PM

SUNDAY 20th - SATURDAY 26th

Club Championships Singles

Deadline Wednesday, September 17th at 10:00pm.

OCTOBER

SUNDAY 11th

PICKLEBALL

Club Championships Men's & Women's Doubles

SATURDAY 17th - SATURDAY 24th

PAUL SHELLARD MEMORIAL

Fall Classic Mixed Doubles Tournament

Deadline Tuesday October 14th at 10:00pm.

- Open to the public

Great tennis with awards dinner and dance on final Saturday.

OCTOBER - FEBRUARY

Women's Dogwood League

NOVEMBER

FRIDAY 13th - SUNDAY 15th

Triple Threat Mixed Team Tennis Event

- All levels welcome!

- Friday night Team Draw & Social 6:00PM - 8:00PM

- Matches Sat 14th & Sun 15th 9:00AM - 6:00PM

- Prize money for winners!

DECEMBER

SUNDAY 13th

Christmas Mixer

3:00PM - 6:00PM

Sponsored by the Tennis Committee - No charge. Prizes for the best Christmas outfit. Winners' celebration in the bar.

MONDAY 14th

PICKLEBALL

Holiday Social

6:00PM - 7:30PM

Mix & match friendly social. Wear red, green, Santa hats!

Adults only.

Please note that these dates are correct at time of printing.
Subject to change.



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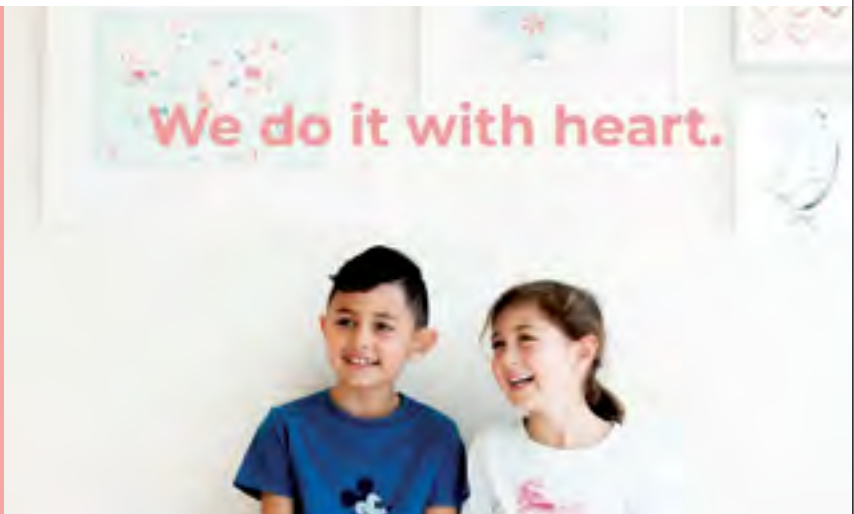
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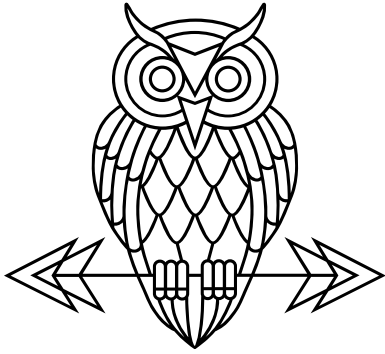
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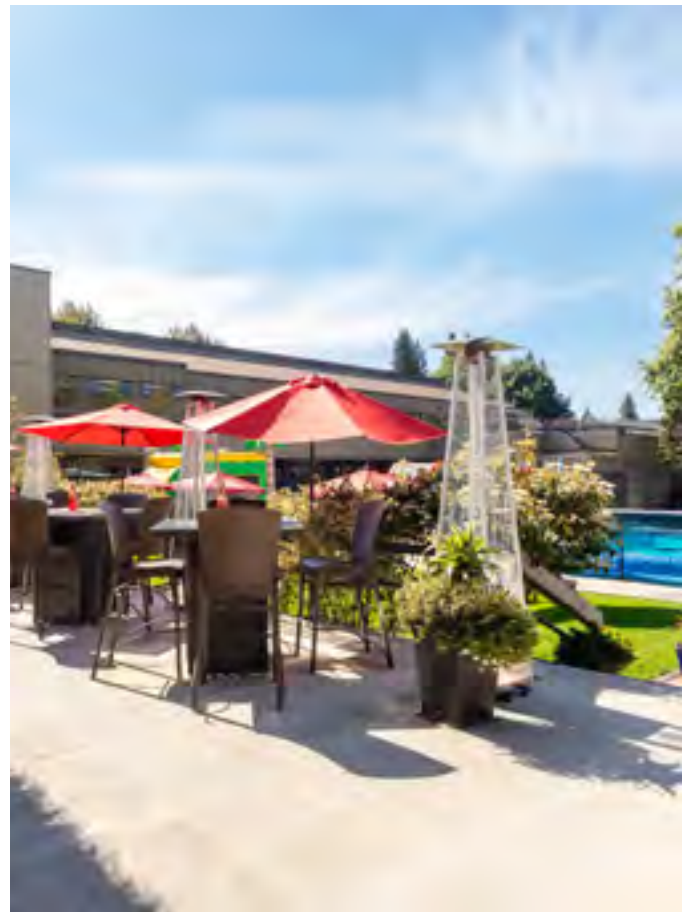


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The original AMSMC clinic was founded at the University of British Columbia in 1981. Forty years and multiple clinics later, they continue to be a leader in the treatment of sports injuries and rehabilitation throughout the Lower Mainland. Having this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



PATIENT COORDINATOR TEAM

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

MEET THE TEAM

CHIROPRACTOR



DR. TYLER HUNSBERGER

Dr. Hunsberger graduated from Bloomsburg University of Pennsylvania on a four-year tennis scholarship, earning a Bachelor of Science in Exercise Science, before completing a Bachelor of Science in Human Biology and a Doctor of Chiropractic degree at the National

University of Health Sciences in Chicago. His practice focuses on musculoskeletal conditions, particularly soft tissue injuries and joint dysfunction, integrating chiropractic care with Shockwave therapy, custom orthotics, Active Release Techniques® (ART®), laser therapy, and targeted rehabilitation exercises. He works with athletes of all levels and serves as a consultant for Vancouver's entertainment industry. Outside the clinic, he enjoys tennis, hockey, skiing, biking, surfing, and golf.



PATRICK PAYNE

Patrick was born and raised in North Vancouver and grew up around the North Shore Winter Club. He has a lifelong connection to sport, with a background in hockey playing for the North Van Wolfpack from 2011-2014. He continues to stay active through golf, skiing, and surfing. His clinical

focus lies in rehabilitation and performance, helping individuals recover from injury and return to doing what they love, whether that's sport, work, or everyday activity. He's excited to be back on the North Shore and looks forward to working with hockey athletes and the broader community once again.

ATHLETIC THERAPISTS



BRITTNEY HODGMAN

Brittney grew up in New Zealand with a lifelong passion for sports, especially soccer, which sparked her interest in athletic therapy. She completed her education in the United States, where she became a Certified Athletic Trainer (NATA) and began her career in the collegiate sports environment. This experience gave her the opportunity to work closely with high-performance athletes, focusing on injury prevention, rehabilitation, and return-to-play strategies. Brittney has since relocated to Canada and is preparing to sit for her Canadian certification exam in the coming year. She currently serves as the Head Athletic Therapist for the North Shore Warriors Hockey Academy, where she provides comprehensive care and on-ice support for developing athletes.



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.

PHYSIOTHERAPISTS



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 and maximizing function/performance. Sheldon continues to be very involved in sport, training for triathlons and playing hockey, golf, and tennis recreationally.



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.



NATALIE MARSHALL

Natalie Marshall previously worked at the clinic as a Kinesiologist before completing her Masters of Physical Therapy at UBC. Natalie grew up on the North Shore playing competitive soccer and volleyball and now enjoys individual sports such as cycling, running, hiking and skiing. She has experience working with both neurological and orthopaedic populations and is keen to help manage a variety of complex cases. Natalie will be offering custom bike fitting, plans to get involved with local sports teams, and intends to start up running and cycling clubs out of the North Shore location.

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.



FLIXZL REYES

Flixzl's interest in injury rehabilitation started when he first attended his first physiotherapy session at age 16 when he tore his UCL of his elbow while wrestling at a national tournament. He graduated from Vancouver Career College's Registered Massage Therapy Program in 2022 as well

as becoming a Certified Personal Trainer through the National Academy of Sports Medicine in 2022. Flixzl is very athletic, training in various combat sports with his main sport being wrestling as well as practicing MMA, jiu jitsu, and kickboxing. He also has interests in weightlifting and bodybuilding. He is very interested in rehabilitation of shoulder, knee, hip, and spine injuries.



JAIME PAQUETTE

Jaime has been working as a Registered Massage Therapist (RMT) since graduating from the Vancouver College of Massage Therapy program over 10 years ago. She is particularly interested in treating

headaches, repetitive strains, pregnancy-related issues, and sports injuries. Her

treatments often incorporate Swedish (relaxation) massage, trigger point release, and instrument-assisted soft tissue mobilization. In her free time, Jaime enjoys cooking, hiking, and camping. Having grown up and currently living on the North Shore, Jaime is thrilled to be a part of the AMSMC team!



MICHELLE KORPIJAAKKO

Michelle has extensive experience working with a wide range of patients and conditions, including athletes recovering from acute injuries, individuals managing chronic pain, and those seeking support after surgery or medical procedures. She believes strongly in a patient-centered

approach and works collaboratively with everyone to develop a treatment plan that not only addresses immediate concerns but also supports long-term health and performance. Her goal is to empower patients with the tools, education, and home care strategies they need to recover, build resilience, and achieve their personal goals.

KINESIOLOGIST



TOMAS KAVAN

Tomas completed his Bachelor of Kinesiology at Capilano University and a Master of Physical Therapy at UBC.

A certified personal trainer through the National Strength & Conditioning Association, he combines hands-on therapy, biomechanics, and targeted

exercise to help clients recover, build strength, and improve function. Originally from the Czech Republic, he now calls North Vancouver home and is passionate about endurance sports, recently qualifying for the Half Ironman Age Group World Championships. Outside the clinic, he enjoys swimming, cycling, skiing, and exploring the outdoors with his dog, Archie.

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