

HOLLYBURN COUNTRY CLUB

THE
VIEW

**FALL
2022**

I S S U E



BOARD OF DIRECTORS

Santokh Birk
Director

Nancy Chapman
Chair

Paul Conibear
Director

Anna Day
Director

Darrin DeCosta
Director

Doug Holman
Treasurer

Alan Howie*
Director

Chris Johnston
Secretary

Diane Kennedy
Vice Chair

Rola Priatel
Director

Clay Sterio
Director

**New member*

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For all Membership inquiries
contact Cait Lundy at 604.913.4508.

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Creative Manager.

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AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 BC DAY	2	3	4	5	6 Tennis BC U14 2 Star Event
7 Tennis BC U14 2 Star Event	8	9	10 Fall Program Registration	11 Aquatics Program Registration	12 Tennis Program Registration	13 Odlum Brown VanOpen Begins
14	15	16	17	18	19	20
21 Odlum Brown VanOpen Ends	22 Hockey Summer Camps Begin	23	24	25	26 Hockey Summer Camps Ends	27
28 Tennis Hotshots Jr. Event Equipment Swap Drop Off Starts	29 Rep Prep Boot Camps Start	30	31 Men's Hockey Early Bird Registration Ends			

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Equipment Swap Drop Off Ends	3
4	5 Labour Day	6 Back to School Bridge Sheila Robertson Trophy Hockey Tryouts Begin	7 Youth Golf	8	9	10 HollyGras <i>SpecialEvents@hollyburn.org</i>
11	12 Swim Team Tryouts <i>awolfe@hollyburn.org</i> Mini Squash	13	14	15 Bridge Quarterly Club Championship	16 Pickleball Club Champs	17 Pickleball Club Champs
18 Pickleball Club Champs	19 Chad Warren Tennis Charity Mini Golf	20	21 Adult Golf	22	23	24
25 Tennis BC U9/U10 Series Event	26 Mini Karate	27	28	29 Thursty Squash Open House	30 National Truth & Reconciliation Day	

2022

AUG 13-21 Odlum Brown VanOpen
SEP 10 HollyGras
OCT 10 Thanksgiving

OCT 28 HollyWeen
NOV 18 Father Daughter Ball
DEC 31 NYE

Board Chair & General Manager Message



Nancy Chapman
Board Chair
Board@hollyburn.org



Kathryn Cowden
General Manager
KCowden@hollyburn.org

Dear Members,

We are writing this article in collaboration as the Board and Management are equally excited about the recent Member approval of Renew '22.

With 85.8% of votes cast in-favour of Renew '22, Hollyburn's revitalization plan is already underway.

The Renew '22 Committee and Management have begun a formal tendering process for the Renew '22 project Prime Consultant. Final selection of the Prime Consultant will be confirmed in late July with the goal of commencing detailed design work in August and submitting permits to the District in late 2022.

In the meantime, a Renew '22 Member Design Advisory Committee is being formed to engage with Members throughout the Renew '22 detailed design process. Members on the Committee will advise on the aesthetic and design of the new spaces and act as ambassadors for the project. A formal application process has been created to ensure fairness and transparency. If you are interested in volunteering on this Committee please select the button below for more information and to complete the application.

Apply Here!

Applications are being accepted until July 29th, 2022 with the goal of forming the committee by mid-August. If you have questions about this committee please contact Gavin Hamblin ghamblin@hollyburn.org.

Throughout the Renew '22 project, Members will be encouraged to visit our Renew '22 blog to stay updated on how plans are progressing.

Renew '22 Blog

As we press forward with Renew '22 planning behind the scenes, Management is continuing to make improvements to the Club and to your Member experience. In addition to the Corridor Improvement Project, which is currently underway (see page 6 for more details), the following "Feedback in Action" initiatives have been completed:

- Clay and grass court updates now on the Hollyburn App
- Flavored water in the Men's and Ladies spas
- Return of the pool inflatable (*a big win for our Mini-Members!*)
- New menus in the Bar and Grill
- Return of the Hollyburn car wash
- Court resurfacing on courts 13-18
- Beautification of Hollyburn's grounds
- Parking lot line painting

In Loving Memory

Lynda Orr

Member since 1974

Terry Discoe

Member since 2020

Bruce Smith

Member since 1978

Next time you are on the Hollyburn App, please take a moment to acknowledge one (or a few) of Hollyburn's incredible team of employees through the "Hollyburn High-Five" submission form. Kudos directly from Members go a long way in making our employees feel appreciated.



We would also like to take this opportunity to welcome and congratulate Alan Howie for his appointment on Hollyburn's Board of Directors. Alan joins the following volunteers on the 2022/2023 Board of Directors:

- **SANTOKH BIRK**
- **NANCY CHAPMAN** - CHAIR
- **PAUL CONIBEAR**
- **ANNA DAY**
- **DARRIN DECOSTA**
- **DOUG HOLMAN** - TREASURER
- **ALAN HOWIE**
- **CHRIS JOHNSTON** - SECRETARY
- **DIANE KENNEDY** - VICE-CHAIR
- **ROLA PRIATEL**
- **CLAY STEIRO**

As we head into a new Board calendar, we would like to send our gratitude to the following Board Members whose terms have ended: Matt Bradshaw, Carol Fraser, Guy Elliott and Kevin Smith.

We wish everyone an enjoyable and safe summer wherever your travels may take you. If you are in town, Members are encouraged to join us on July 27 for our much-loved Lobster Boil, August 14-21 for the return of the Odium Brown VanOpen tournament, and on September 10, for our annual Member Appreciation Day, Hollygras! It's always an exciting time to be at the Club and a great time to soak up our wonderful view from the patio.

Receiving the Membership's confidence to bring the Renew '22 plan to fruition is an exciting moment in Hollyburn's history. We look forward to bringing the project to life and in turn continuing to improve your Member experience.

We look forward to seeing everyone back in September.

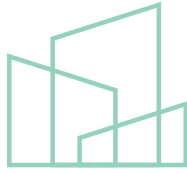
A handwritten signature in black ink that reads "nchapman".

A handwritten signature in black ink that reads "K. Lawrence".



Is there something that we can implement to enhance your experience?

Members are encouraged to use the "You Speak, We Listen" feedback submission form on the Hollyburn App to share your ideas.



CORRIDOR IMPROVEMENT PROJECT

Have you noticed the construction at the Club?

It is our Corridor Improvement Project!

As of June 27th, we began Phase 1 of the Corridor Improvement Project, an initiative driven by "Feedback in Action", and started renovations on the Viewing Lounge (previously known as the Curling Lounge).

WHAT IS THE CORRIDOR IMPROVEMENT PROJECT?

The Corridor Improvement Project is a multi-year project which will revitalize all of the corridors in the Club, including improvements to flooring, lighting, furniture, wall coverings and more. At the completion of the project, Hollyburn's corridors will match the level of finish expected in a private club setting.

This project is not part of the Renew '22 project scope or budget; it is part of the Club's annual capital budget.

TENTATIVE TIMELINE

Phase One is scheduled to be complete by mid-September. Phases Two - Four will be completed over the next three years. The project is being phased to minimize Member impact and will be scheduled to dovetail with Renew '22 construction to further minimize impact when feasible.

MEMBER IMPACTS

Please note the following immediate closures and impacts:

- The Viewing Lounge will be closed between June 27 and mid-September.
- Member traffic will be redirected through the large ice or lower floor; directional signage will direct traffic.
- Viewing to small ice and turf will be closed; viewing is available inside these facilities.
- Baby Haven will be closed for the duration of the project.

Please reference the project FAQ (for more details on specific departmental impacts. Updates will be communicated to Members as needed in the Club's weekly eblast. For additional information please contact Gavin Hamblin at ghamblin@hollyburn.org. We look forward to improving your Member experience in our Viewing Lounge.

PROJECT FAQ



What's Happening at Hollyburn?

Special Events

Sep 10	HollyGras
Oct 9	Thanksgiving Dinner Platters
Oct 28	HollyWeen
Nov 18	Father Daughter Ball
Dec 31	New Years Eve Party

Save the Date

Father Daughter Ball RSVP Opens October 12 at 8:00am

HollyGras

Member Appreciation Day

Saturday, Sep 10

Throw on your Cowboy and Cowgirl boots and hats and mark your calendars for HollyGras! Join us for a full day of fun activities, live music, and delicious food in our lower parking lot. Free for Members! Questions to LBatcho@hollyburn.org

Hollyday Parties

Can you believe the holidays are already right around the corner? Holiday parties are already booking up quickly Let us take care of the planning and book your event with our incredible catering team. Bookings can be made by emailing Layla Cowley LCowley@hollyburn.org

Corridor Improvement Project

The Viewing Lounge (previously known as the Curling Lounge) is being renovated. This is Phase 1 of the Corridor Improvement Project, a multi-year capital project that aims to revitalize all of the corridors in the Club. The Viewing Lounge Renovation includes new carpet, lighting, furniture, resilient wall coverings and more. The Viewing Lounge was closed as of June 27 and construction is expected to be complete in mid September. Please read the full FAQ on this project for more information.

Project FAQ

Odlum Brown VanOpen

We are thrilled to be hosting the 2022 Odlum Brown VanOpen again this year! Tickets are on sale now for the Odlum Brown VanOpen, Aug 13 - 21, 2022. Hollyburn Members can conveniently charge tickets to their Member accounts and avoid online fees. For ticket info and prices visit the ticket page. To charge to your Member account send an email to Tickets@vanopen.com with the date you want tickets, quantity, and your name & Member number.



Welcome

Director of Athletics

Please welcome our Director of Athletics, James Holloway, to the Hollyburn team! James comes to us with a strong background in athletics, education, coaching, operations and customer service. James also brings to Hollyburn international experience as he was born in South Africa and grew up in the Middle East; his wife and daughter now call Vancouver home. He has worked for a number of organizations focused on athletics and customer/member-engagement including Trinity Western University, Edmonton Sport and Social Club, Touchmark and the American International School of Abu Dhabi. James can be contacted at JHolloway@hollyburn.org.



Athletic Director Message

James Holloway / *Director of Athletics*
JHolloway@hollyburn.org

What's Happening *in Athletics*

Fall Program Registration *August 11-13*

Save the date for fall program registration!
Program details can be found on page 70.

PROGRAM REGISTRATION

Wednesday, Aug 10 (Online Only)

6:30am: Childcare
6:40am: Karate
6:50am: Hockey & Skating
7:00am: Youth
7:10am: Badminton, Squash & Pickleball
7:20am: Golf
Music - email music@hollyburn.org to book

AQUATICS

Thursday, Aug 11 (Online Only)

6:30am: HCC Parent & Tot
6:40am: HCC Preschool
6:50am: Swim Kids 1-4
7:00am: Swim Kids 5-10
7:10am: All Other Aquatics Programs
7:20am: Aquatics Private Lessons - email
prea@hollyburn.org to book

TENNIS

Friday, Aug 12 (Online Only)

6:30am: Playball
6:40am: Red Ball
6:50am: Orange Ball
7:00am: Green Ball
7:10am: Regular Ball, Girls Tennis, Teen Squad
& Pro Classes
7:20am: Adult Tennis
7:30am - In-Person & By Phone

Facility Updates

Turf Closure

The Turf will be closed from August 10-21 during the Odlum Brown VanOpen. It will reopen on August 22 for regular programming.

Small Ice Re-Opens

The small ice re-opens on Monday, August 22nd. Login to www.hollyburn.org to view our ice schedule and check for available stick and puck and general skate times.

Pool Shutdown

The pool shutdown is being moved to December. The quieter time over winter break will be utilized to reduce Member impact and allow for access to the pool at the start of the fall term without interruption to programs. The pool will be shutdown from December 19 until January 8, re-opening January 9, 2023.





For the Love of the Game

The one thing I have known since the start of high school, is that one day I wanted to provide opportunity for kids like me to find a sport or activity that they love. Some are lucky, ending up in a program they love, with coaches that guide them and competition that inspires them. But then you hear people say I don't like sport, or I am not good at anything. Which tells me you just have not found 'your' sport yet.

It has been wonderful the last three months at Hollyburn Country Club, to see Members of all ages be active and involved with many of our activities. Starting my career as a Coach, Physical Education Teacher and later a school Athletic Director in international schools, 10 years of my life was spent trying to convince students that there is a sport out there for them. Where I grew up in South Africa, similar to how Canada does with hockey, all the boys were playing rugby in the winter and cricket in the summer. I desperately wanted to play either. Unfortunately, there was not much space for kids who couldn't keep up with the level of performance. Then came a move overseas at age 14 and all of a sudden there was new things to do. So started my journey with volleyball, where through high school and university and later into coaching I found my sport. A journey that shaped how I see our interaction with sports. It was my entry into Track & Field, Badminton, Basketball and later Golf too. I found my love for sport and the passion to share that with others.

We are excited that at Hollyburn, our community from the ages of 1 to 100 can enjoy a variety of sports and activities to find their joy. With over a dozen departments offering programs, there is a high likelihood your next social, physical or intellectual pursuit is waiting... yet to be discovered. Restart an old passion or find something brand new.

For our young Members, take the same approach. There is always an opportunity to try new things. All our programs have the staff and coaches in place to help mold provincial and national level achievers. And with the importance of developing cross-disciplinary motor skills, play experience and social skills it is much more valuable to be in a new and exciting program than in no program at all.

The Athletic Department is always happy to guide and advise as to what opportunities are available at the Club, and we would be able to direct you to the relevant professionals if required.

Hope to see you all on the court, floor, ice, deck, and in the studio soon!



James Holloway

Director of Athletics

JHolloway@hollyburn.org

Junior Athletic Recognition

The Hollyburn Junior Athletic Recognition Program was developed in 2002 to recognize outstanding achievement by junior athletes participating in competitive programs at Hollyburn.
Congratulations to the following 2021/2022 Junior Athletes:



BADMINTON
Emerson Chong



SWIM TEAM
Stella Harris



MINOR HOCKEY
Conor Smith



SQUASH
Jasper Creed



TENNIS
Jack Davison



FIGURE SKATING
Marija Cvetkovic



KARATE
Ryan Oishi



*Congratulations to Julie Cross the recipient
of the 2021/2022 Bud & Sally Stevens Award*



This year's recipient is an amazing HCC Member and volunteer, and is breaking new ground with the Bud & Sally Stevens award as she becomes the first person to ever receive the award twice!

She is a long-standing Member of Hollyburn and has contributed countless hours of her time and expertise.

She served four terms as a Member of the Hollyburn Board Committee's— the maximum number of terms allowable. During her eight

years, she served as Figure Skating Board Representative and Chair of the Governance Committee. She was also a Member of the Board Executive serving as Club Secretary. Most recently, she has worked diligently to assist in updating the Club's bylaws, bringing Hollyburn's governance practices in line with current laws and best practices.

Figure skating being her athletic passion, Figure skating Coaches Diane and Joanne are so grateful for the support they received from her for more than 25 years.

During her time on the Board, she was always the voice of calm and reason, providing sound guidance through the many issues that arise in a complex operation like Hollyburn.

"Our world could use more people like her, thoughtful, a fierce advocate for what is the right thing to do, decent to the core, and a whole bunch of fun"

We are very pleased to recognize Julie for this award...again!

AFFILIATE CLUB

Lagardère Paris Racing

Bois de Boulogne, La Croix Catelan



In a green and relaxing setting, Lagardère Paris Racing is a family friendly sports club located in the heart of the Bois de Boulogne, La Croix Catelan is one of the largest and most beautiful sports areas in the capital. On nearly 7 hectares, the site mainly welcomes tennis, swimming and fitness enthusiasts, not to mention children for whom many activities have been developed to experience sports and activities on a daily basis.

A complex with a paddle court and 45 tennis courts allowing tennis players to indulge their passion on all Grand Slam surfaces

(15 clay courts, 8 synthetic clay courts, 3 grass, 16 in quick and 4 in resin)

Located in the heart of the sports area, the exceptional swimming pool area consists of a 50m pool, heated and open all year round and a 33m pool open from April to September

In summer, you will enjoy green spaces much appreciated for their tranquility. Rest, read, relax around the pool terrace and tennis courts also the rooftop is a space dedicated to idleness with an unexpected view of the Eiffel Tower.

To visit this Club or any of our affiliated Clubs please contact Member Services for a letter of introduction.



Green Initiatives In the Restaurant

Here at Hollyburn, our restaurant is one of the most frequented facilities by our Members. It's where you come to catch up with friends, enjoy a meal with family, or savor a glass of wine after a tennis match. With so much activity in our restaurant, it's important to us that we do as much as we can to minimize our carbon footprint from the products we bring in to our serving materials. Below are a few examples of green initiatives in the Restaurant.



Single Use Plastics

We have taken several measures to reduce the use of single use plastics at Hollyburn:

- *using paper or compostable plastic straws*
- *bringing reusable cups to our Bistro 950 and for children in the restaurant*
- *using compostable takeout boxes, bags, and cups*
- *adding new glass bottles for sparkling and still water service*

Product Selection

We always do our best to source the highest quality ingredients for our Members. In doing so, there are several ways that we also make sure to source products that support the environment:

- *using as much of our products as possible*
- *75% of our seafood is line caught*
- *reducing the amount of meat in our kitchen*
- *choosing local produce grown here in B.C*



New Menus

We have upgraded our old restaurant menus to new reusable menu covers that are safe to sanitize and don't have to be thrown out after every use. These new covers will greatly reduce our paper waste in the restaurant. In addition, the new paper in our drink menus

does not impact trees or water. Instead this paper comes from a high concentration of mineral content. The manufacturing of this paper produces no pollution to the air, rivers or waterways.



Catching Up With Christa!

Since we last caught up with Christa, she has broken **5 more world records!**

1. **100m dash 18.49**
(first woman over 85 to run under 19 seconds)
2. **Triple jump 6.16m**
(previous record 5.50m)
3. **Long Jump 3.01m**
(previous record was 2.93)
4. **200m dash 39.58**
(previous record was 41.58 – first woman over 85 to run under 40 seconds.)
5. **Broke her own triple jump record with a new distance of 6.35m**

Christa also had some fun and ran a 4x100 relay with her granddaughter's husband and two of her three great grandsons (age 6 and 9) and their time was 1:17.50.

Christa continues to dominate the Master's Track and Field. Well done Christa, your Hollyburn family continues to cheer for you! In between breaking records, Christa took some time out of her day to answer some questions for our Hollyburn Members:



You have a number of incredible achievements, in your career, what has been your biggest accomplishment to date? My biggest accomplishment was being selected by WMA (World Masters Athletics) as the best Females master for 2013. It was the first time a Canadian master athlete was given that honour.

The biggest event was breaking the 400m world record with a time of 79.53 seconds, the first time a female at age 76 ran that distance under 80 seconds.

I know there are many Members at the Club who dream of staying as active as you have. What advice would you give to Members to maintain physical activity levels throughout their life? Try to find a sport which is fun. It has to be enjoyable and you have to look forward to it every time.

You have continued to be involved in sports for most of your life. With so many young girls dropping out of sport, as a woman, what advice would you give to some of our young female Members to encourage them to stay involved in sport? Try to make some time for yourself every day. It often is difficult to study, have job or be responsible for a family. But it is really important to make time for yourself.

You have been a Member at Hollyburn for almost 30 years! Do you have a favourite Member Moment? Many years ago, the Federation Cup was held at Hollyburn. Steffi Graf was playing and I got to meet her and watch her play with her team.

What is your go-to order at the Bar & Grill? My favourite meal is the Cesar Salad with shrimps.

What is your favourite part of being a Member at Hollyburn? To meet with friends and family

★ ★ ★ ★ ★

HOLLYGRAS

September 10th



FREE

2PM-6PM
LOWER PARKING LOT

★ ★ ★

Member Appreciation Day

Join us for all the fun at your Club! Enjoy food from our food stations, live entertainment, games and more! Every Member must register on GameTime and will receive two food tickets. No Member-guests permitted.

Contact: SpecialEvents@hollyburn.org.



Hollyburn's "You Speak, We Listen" feedback form is a great way for Members to bring Management's attention to things that are going well at the Club or things that need attention. Below are a few examples of comments received through this form from Members and the responses followed-up by Management.

"The GameTime App only allows me to book one child into HollyVille. Is it possible to book more than one child at the same time?" We have some constraints within GameTime. Other departments at the Club have a maximum daily reservation limit. If we change this setting to allow HollyVille bookings, then other departments will be affected negatively with Members being able to make more than their allowed limit of reservations. We will try to work with GameTime to see if there is a workaround.



"Could we possibly request two or more TV's, in the High Performance gym, with the ability to push mobile content workout videos to the TV's?" Thanks for your suggestion! We will be considering options such as TV's for the High Performance gym in the coming year. Your suggestion will be included in our assessment of athletic spaces after the summer.

"I was at the Club last night and was able to have the wedge salad for dinner. I added salmon. Not only was it excellent, but it was fresh, tasty, provided great value and was definitely something I would come back to order again. My friend had the Nicoise and said the same. Thank you! Keep up the great work." Thank you kindly for the positive feedback! We are happy to hear that both you and your friend enjoyed your salads. We will ensure that the Culinary team receives your feedback and kudos!

We want to hear from you! Submit your feedback through the "You Speak, We Listen" feature on the Hollyburn App!



“When will the baby change tables be back in the family swim change room?” We are currently looking for replacement change tables. We will continue to work towards replacing them as soon as we can. Thank you for your patience!

“Are the cups in the spas reusable?” Yes. The new plastic cups are reusable. They are collected daily and washed in the Club. We are saving hundreds of plastic cups each day with the new initiative and helping the environment at the same time!

“The new orange and lime water in the ladies spa is such a nice touch!” Thank you for the kind note! It is always a pleasure to receive positive feedback. Let us know if there are any specific flavours you might want to see.



“It would be very helpful to have a portable water dispenser at the entrance to Courts 13-16.” Thanks for your note. Unfortunately, there is not a potable water source nearby that would enable us to put a water cooler at the entrance to Courts 13-16. We are happy to report, however, that there are water bottle fillers in the washrooms by Court 20 and a water cooler on the Clay Court Patio for your use. We are also in the process of sourcing a vending machine for the clay court patio during the summer months.

New App Feature!



Did you know, you can now give your kudos to a staff member, facility or experience through the High-Five function on your Hollyburn App? Let management know about a positive moment so we can recognize those who are making your Member experience great!

Back Together, Better Than Ever

Enjoy a few pictures from our favourite Member moments in recent months!







2022/2023 Board of Directors

Introducing your new Board of Directors, as elected on June 20, 2022.



Santokh Birk
Director



Nancy Chapman
Chair



Paul Conibear
Director



Anna Day
Director



Darrin DeCosta
Director



Doug Holman
Treasurer



Alan Howie
Director
New Member



Chris Johnston
Secretary



Diane Kennedy
Vice Chair



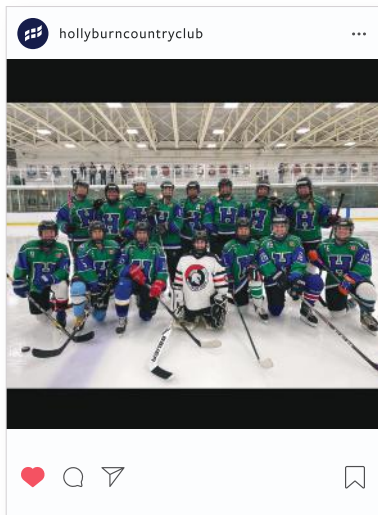
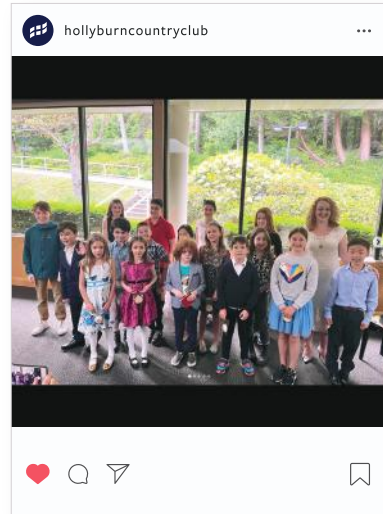
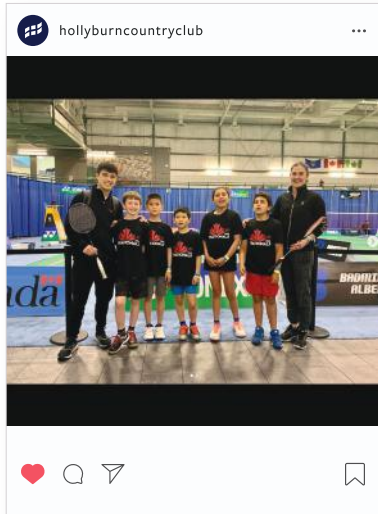
Rola Priatel
Director



Clay Sterio
Director

If you have any feedback or ideas for the Board of Directors, please contact Nancy Chapman at board@hollyburn.org.

Insta-Moments



Stay connected with your club and use the hashtags
#hollyburncountryclub #aclubforlife

Follow us on  Instagram @hollyburncountryclub

HOLLYBURN
HAZY
PALE ALE



We are beyond excited to introduce a passion project we've been working on. Hollyburn Hazy Pale Ale is our collaboration with award winning brewmaster, Azlan Graves, of Main Street Brewing.

We wanted to capture a beer perfect for our Member's to enjoy throughout the summer. Something built for a warm evening on Hollyburn's deck after a game of tennis or pickleball- in a tall can, of course!

Hollyburn Hazy is focused on Mosaic hops (think papaya and mango), accentuated with North West classic Cascade hops (sweet citrus notes). The end result gives you a full, round aroma without overwhelming

bitterness or pine-y flavour. Super smooth, light and a dry finish. The label celebrates our mountainside location, designed by our own Creative Manager, Philip Aristou.

This classic American pale ale would be a perfect pairing with the tangy and saucy meatball sub on our Bar & Grill menu.

From Main Street Brewing & the Hollyburn Team, we hope you enjoy, cheers!



Carolyn Yu
Bar Manager
CYu@hollyburn.org



*Throw a Holiday
Party like it's*

2019

It's not too early to plan your family or company get together this Holiday season, dates fill up fast! Let our Catering Team plan the perfect event for you.

Dance and mingle the way we used to
and book your Holiday party at Hollyburn today!

catering@hollyburn.org | hollyburncatering.com


HOLLYBURN
COUNTRY CLUB

FEATURED ARTIST

Cam Swaze



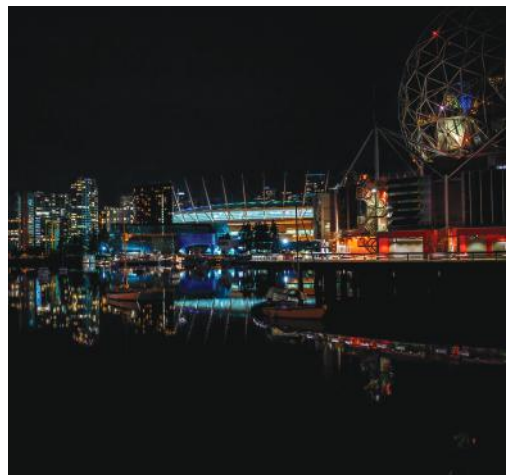
Cam Swaze discovered his passion for photography at the age of 15. His unique eye for artistic angles and moment capturing creativity has transformed over the years into his current work and style. With a focus on building @swzewrld as a unique brand with an emphasis on shooting artistic lifestyle photography, Cam has since intensely diversified and curated unique landscape photography to further promote Indigenous culture and arts.

His goal is to continue to travel the globe and explore his own backyard while capturing unique landscape, panorama and artistic photography to help spread awareness, knowledge and information pertaining to Indigenous culture and his own unique Metis heritage.



His online engagement and reach continues to grow at an enormous rate with @swzewrld, being showcased by women's magazines all over the world. Cam has worked intensely with many social media influencers with large online followings.

Cam currently operates under the BC Registered business :SWAZE CREATIVE. and oversees an exciting new photography specific mastermind group with like minded professionals every Tuesday VIA zoom.





THE SPORTS BOUTIQUE

FALL INTO *Fashion*

**Fall into fashion with new styles
arriving at The Sports Boutique!**

A few of our personal favourites include Rail's, Z Supply,
Toad & Co, and Paper Label! Come in and be sure to find
something for men, women, and children of all ages.



 THE SPORTS BOUTIQUE

ODLUM BROWN VANOPEN SUMMER SALE

AUG 13-21

The Sports Boutique will be moving for the nine days of the tournament down to the vendor village located at the guest parking lot.

VISIT US FOR GREAT DEALS

The Sports Boutique on the Hill will remain open as usual with the following hours:

Mon-Thu 8am-9pm
Fri-Sun 8am-8pm

Squash balls, hockey tape, tennis balls, etc. will be available at Member Services for your convenience.


HOLLYBURN
COUNTRY CLUB

THANASI KOKKINAKIS AUS
2019 PARTICIPANT



FEATURED ATHLETE

Stella Harris



Age: 13

Sport: Swim Team (Hollyburn Hurricanes)

Number of years you have played your sport? It has been about four years on the team but I have been swimming since I was a baby in lessons and at Sakinaw lake where I spend my summers.

What is your biggest accomplishment in your sport? Winning 2 silver medals at my first provincials in 2022. Also, receiving the dolphin award in 2021.

What would be your ultimate achievement? Making it to trials.

Who is your role model in your sport? My role model is my sister, Tessa because she is the reason I started swimming.

Do you have any good luck rituals or superstitions? I always check on the heat sheet who is diving over me in the next race.

What is the best advice you have been given? It was when I was a lot younger and I had a race and I was very scared. A random girl walked up to me and said "at least it's not a 200 fly". I think about this line before every race.

Where do you draw your inspiration from? Do you have a motto that inspires you or helps you to accomplish your goals? My inspiration is from my coach, Brad because he helps every swimmer on our team find a goal and how we can accomplish it in the best way.

What is your favorite pre-game meal? An English muffin with peanut butter on top.

What are three essential items in your sports bag? Too many caps, 3 swim suits and my earphones.

When you were younger, what did you want to grow up to be? Since I was little, I have always wanted to be a doctor.





Do you still want to be what you mentioned in the last question or do you have another vision? I have honestly no clue, but I want to keep pursuing swimming for as long as I can.

What other sports or activities do you enjoy in your spare time? Other than swimming, it would have to be volleyball.

What tournament /challenge would you like to participate in? Canadian Trials.

As a Hollyburn Member, what is your favorite Hollyburn moment? My favorite moments are having nice dinners with my whole family.

What do you want to be remembered for when you outgrow your sport at Hollyburn? I want to be remembered for always having fun, making the team laugh and being a leader to the younger swimmers.



FEATURED ATHLETE

Lucas Johnson



Age: 13 **Sport:** Tennis

Number of years you have played your sport? 10

What is your biggest accomplishment in your sport? My biggest accomplishment so far is being in the Super Achievers tennis program at Hollyburn.

Who is your role model in your sport? My role model is Rafael Nadal.

What is the best advice you have been given? Never give up. It's not over until it's over.

Where do you draw your inspiration from? Or do you have a motto that inspires you or helps you to accomplish your goals? I am inspired because I love tennis and I want to work on being the best.

What is your favorite pre-game meal? Peanut butter sandwich and a smoothie.

What are three essential items in your sports bag? Tennis rackets, water, notebook and pen.

When you were younger, what did you want to grow up to be? A professional tennis player.

Do you still want to be what you mentioned in the last question, or do you have another vision? Yes, still a professional tennis player.

What other sports or activities do you enjoy in your spare time? I enjoy any sports and playing piano.

What tournament/challenge would you like to participate in? I would like to participate in the Tennis Canada Junior Nationals.

As a Hollyburn Member, what is your favourite Hollyburn moment? My favourite Hollyburn moment is the 2022 Hollyburn Junior Classic tennis tournament.

What do you want to be remembered for when you outgrow your sport at Hollyburn? I want to be remembered for being the hardest worker and the most passionate about my sport.



FEATURED STAFF



Ken Konkle

Chef de Cuisine

How long have you been working for Hollyburn? 5.5 Months

What do you like most about working at Hollyburn Country Club? My time at Hollyburn has been such a refreshing environment to be part of. I would say what excites me the most is being around a solid group of people day in and day out who are committed to building an exceptional Member experience, with big things on the horizon!

What is your biggest achievement to date – personal or professional? Nothing in my 20 years of restaurant life could come close to being a dad!

Name three fun facts about yourself.

1. My wife and I once took a summer off and rode our bicycles to Brooklyn, NY
2. I taught cooking classes in Japan
3. I used to live in Iqaluit, Nunavut. I would make ice cream by simply running the mixer outside in the arctic air.

Supervisor: What makes this employee an important party of our Hollyburn Country Club Community? Ken has been with us for 6 months now. In that time, we have made 24 menu changes, launched a new brunch program, done a wine dinner, a brewmasters dinner, spot prawn week, cinco de mayo and summer solstice to name but a few. He has demonstrated a dedication to his craft and to teaching the next generation of cooks. He approaches cooking with a passion for both food and systems, working on how we organize our kitchen, train our staff as well as working to deliver a delicious product. We are super excited for what the future holds for Ken, Hollyburn, and Renew 2022.

Challenges We've Conquered in Aquatics

Whether you're a regular at Hollyburn's Aquatic Facility or you just watch from the windows overlooking the pool, you've probably noticed a bunch of friendly new staff! Here's a little "behind the scenes" of the Lifeguarding industry recently.

Over the past 2 years, there has been a substantial decline in the number of certified Lifeguards. When there were strict Covid precautions that were in place from 2020-2021, it was a major challenge for not only Hollyburn, but pools all around globe to find certified Lifeguards to keep their facilities safe and open.

The training and courses required to become a Lifeguard in British Columbia are very hands-on. As you can imagine, hands-on training does not mix well with social distancing. The result? A vast majority of these training courses were put on hold, essentially erasing a generation of potential Lifeguards. Not only that but also creating a major challenge for current Lifeguards to recertify themselves.

The Hollyburn Aquatics Department wasn't the only facility that was affected by this bottleneck. Over 1/3 of the pools in North America, including our neighboring West Vancouver Aquatic Center, were forced to reduce their hours of operation, remove the program options and in some cases, temporarily close down altogether due to staff shortages.

Even through those challenging times, your Aquatics department stayed afloat. We are able to brag that our facility was the first in Western Canada to successfully and safely bring back the Aquatic programs amidst the surrounding chaos. In fact, we've had many pools around Canada reached out to us for advice and follow in our footsteps with our successful continuation of our Aquatic programs. Without challenges, there wouldn't be growth.



As Lifeguarding courses begin opening back up to everyone, pool facilities and programs have started to follow.

At Hollyburn, we've got 5 newly certified Lifeguards and Instructors on our team with more to come! We're incredibly excited to see our department, Members and staff continue to grow and reach their boundless potential.

Whether you're at the pool to cool off, warm up, or to get your daily exercise in, our Lifeguards – beginner or veteran, are here to keep the facility a safe and enjoyable environment for the entire Hollyburn family!

These are the 5 main steps to be hired as a lifeguard:

- 1 Bronze Medallion**
13+ years old
- 2 Bronze Cross**
Completion of Bronze Medallion
- 3 Standard First Aid (SFA)**
14+ years old
- 4 National Lifeguard Pool (NL – Pool)**
15+ years old & completion of the above courses
- 5 Water Safety Instructor (WSI)**
15+ years old

Note: Pool Shutdown dates have been changed to after the Fall session is over (De 19– Jan 8), unlike past years when it has taken place in the beginning of September.



Patrick Rea
Aquatic Coordinator
PRea@hollyburn.org

QUARTERLY UPDATE

Adult Aquatics



Rick Hunter, Whistler Tri

Why Join Masters, Tri Guys & Co

There are many reasons why you should join Masters, Tri Guys and Co and below is just a few. It caters for the serious pro, the fitness swimmer and the social swimmer, promoting friendship and fun a long the way.

- Full body workout and “User Friendly”.
- Pressure is off the joints when swimming in the water.
- Overall muscle tone and improved posture.
- Assists in weight loss and maintenance.
- Improves Cardio and strengthens lungs reduces stress.
- Improves sleep.
- Always feel cleansed after a workout.
- Promotes fun and friendship.
- Eliminates a slip and fall or being hit by a car.



Marnie Carsky, 3rd Place



Marnie Carsky , 2nd Place, Vernon Sprint Triathlon



Hayley Kaczanowski and Victoria Konantz first Triathlon first Triathlon



Hayley Kaczanowski and Victoria Konantz first Triathlon first Triathlon



Victoria & Haley, lost Lake



Carly Monahan and son Rory North Shore Tri



Alan Morris 3 Silver, 3 6th place finish, World Masters Korea

SWIM TEAM

HURRICANES QUARTERLY UPDATE



The Swim Team has a lot of momentum after the past season. Our numbers on the team almost doubled as our Swim Academy and Monsoon programs welcomed many new athletes throughout the year. The team really came together with team meets in Whistler and Kamloops in the spring. Great performances are ahead at all of the championship meets in the summer! Congratulations to our SwimBC Divisional Championships swimmers – Henry Brewster, Noah Cheon, Claire DeCoteau, Brooke Johannson, Valentina Kolytchev, Burton Li, Alessandra McCready, Kinsey Rossen, Bayden Smith and Natalie Yu! Our SwimBC Provincial Championships team – Henry Brewster, Tristan Govier, Brooke Johannson, George Kingdon, Valentina Kolytchev, Burton Li, Thea Masselink, Bayden Smith and Rafael Wang! We are also expecting great results from our Canadian Junior Championship swimmers – Tristan Govier, Valentina Kolytchev and Thea Masselink!

Canada Games Team

Hurricanes Tristan Govier has qualified to represent BC at Canada Games this summer in Niagara Falls! Tristan came close in the backstroke and butterfly events but eventually qualified off of his 200m Freestyle. A big accomplishment for one of our swimmers!



Hurricanes Swim Team Awards

We would like to congratulate all of our 2021-2022 Award Winners who put in so much work in practice and raced to incredible times throughout the season!

Female Top Performers

Phillipa Lotz (10&under), Stella Harris (11-12), Claire DeCoteau (13-14), Thea Masselink (15&over)



Male Top Performers

Cameron Chen (10&under), Marcus Zhou (11-12), Noah Cheon and Bayden Smith (13-14), Tristan Govier (15&over)



Most Improved by Group

Amelia Wang, Gracie Griffiths, London Mayo, Ella Leon, Olivia Falls, Nikki Torshizi, Emma Johnston, Brooke Johannson, Ashton Govier



Leadership Awards by Group

Olivia Wang, Zoe Pan, Marlowe Murphy, Holly McMillan, Pippa McMillan, Bianca Roth, Mia Zhou, Saige Fiorvento, Rafael Wang
Swimmer of the Year (Junior Athlete): Stella Harris



Dolphin Award

Henry Brewster

We love having new Members and encourage interested swimmers to join our Summer Swim Camps in July! We will also be having team try-outs on September 12 and September 14 from 5-6pm. If you have any questions please contact Head Coach Annie Wolfe at awolfe@hollyburn.org.

The best way to be a part of the team is to get into our summer skill camps. For more information, contact Annie Wolfe.

Email Annie Wolfe

For more information about the club please contact Coach Brad Hutton or visit us online!

Email Coach Hutton

Hurricanes Swim Team Website



Brad Hutton

Head Coach
BHutton@hollyburn.org



Annie Wolfe

Head Assistant Coach
AWolfe@hollyburn.org

QUARTERLY UPDATE

Badminton

Summer Camps

Our summer camps are in full swing! If you haven't registered your kids yet, we still have some spots available in a few camps.

We also offer drop-in option for those who can't commit for the week. Please email Julia ahead of time to check if there is any space available for the day of your drop-in.

Coaching Team Update

Saurabh Pandiar

Saurabh moved from India to Vancouver last year. He has attended the national badminton championships in India for many years and won Mens Single title in All India Civil Service Games.

Connor Louie

Connor is a competitive player from Vancouver. He is a NCCP Certified Badminton Coach and competed in many tournaments, including BC Junior Provincials and Junior Canadian National championships. He ranked as high as 2nd in B.C. in the U19 category.

Joey Li

Joey is from China and received badminton training as a junior in Shanghai. He won the 2014 Boys Doubles 1st place in Shanghai City Championship, 2019 Mixed Doubles & Mens Doubles 1st place at Greenshell Open, and 2019 Mens Singles 2nd Place at BC U23 Provincial Championship



2022 HCC Jr Club Championships



Bridge Club News

As Spring approached, live Bridge returned to the Creekside room, much to the delight of our players. The buzz in the room at the beginning of every game tells why an overwhelming majority of our players expressed their support for live bridge over virtual bridge.

The return included our Tuesday morning Supervised Play game and our Thursday morning Invitational Duplicate game. We held a series of special events, including Quarterly Club Championship games and competitions for our trophies.

The Thursday duplicate game will continue throughout the summer but the Supervised Play/Topics session is on summer break until the beginning of September.

Looking ahead to the Fall, we hope to add Learn to Play bridge lessons to our program. They will be an introduction to the world's greatest card game. Learn the basics of bidding and play. Each lesson will combine discussion with lots of play. Find out why bridge becomes a life-long passion for enthusiasts, offering a unique combination of social occasion, fun and intellectual stimulation. This course is designed for both those who have never played bridge before and those who want a structured review of the modern five-card major bidding system. Lesson hand-outs are included.

Our trophy games have a history stretching back over fifty years and we have competed for three of them so far this year.



The Bell trophy was donated in memory of H. F. Bell by Gordon and Marjorie Gauer in 1970 and the winners were Barbara Green and Joyce Turner. Our 2022 winners are Don Chan and Mabel Chan.

The first competition for the Mort Ferguson trophy (Mort was Hollyburn Country Club President, 1970-1972) was in 1978 when it was won by Burt and Claire Foster. The 2022 winners are Homa Boustani and Ken Kaan.





Competition for the Cam Cameron Trophy started in 1970 as an Individual game when it was won by Joan Stornach. Since 2005 it has been run as a pairs event. Current 2022 trophy holders are Carol Grant and Connie Holland

Calendar Dates

Thu, Sep 15, 9:30am–12:45pm

Bridge Quarterly Club Championship

Thu, Oct 6, 9:30am–12:45pm

Bridge Sheila Roberston Trophy Pairs

Thu, Nov 3, 9:30am–12:45pm

Bridge Quarterly Club Championship Pairs

The Sheila Robertson trophy was donated in 1992 by Frank (Robbie) Robertson when it was won by Dorry Nelms and Lois Lester. Ken Kaan and Homa Boustani are the current (2021) holders. The 2022 competition for the trophy will launch our Fall bridge season.

Visit www.bridgeclubnews.ca for all the bridge results and news, not only at Hollyburn but also at the other North Shore bridge clubs.



Stephen Beaton

Bridge Professional

bridge@hollyburn.org



QUARTERLY UPDATE

Figure Skating

The Hollyburn Figure Skating Team competed virtually at the 2022 BC/YK Section STARSkate Competition from March 11-13. This replaced our annual road trip to Kelowna for the normal in-person competition. All skaters were required to submit a video of their performance for the judges to evaluate. Overall, our team did very well and the results are as follows:

Gracie Griffiths	STAR 2	Silver Standard
Zoe Pan	STAR 2	Bronze Standard
Caitlyn Johnson	STAR 2	Silver Standard
Emily Yip	STAR 3	Gold Standard
Katarina Cubric	STAR 3	Silver Standard
Keira McGladdery	STAR 3	Silver Standard
Madeline McCready	STAR 3	Silver Standard
Scarlett Jando	STAR 3	Gold Standard
Karmin Au	STAR 3	Silver Standard
Brianna Cheng	STAR 3	Gold Standard
Kate Chan	STAR 3	Gold Standard
Eden Hornor	STAR 4	3rd place
Giahna Venier	STAR 4	1st place
Chanelle Yehia	STAR 4	5th place
Marija Cvetkovic	STAR 10	1st place

On the last day of the season, our team had an exciting and busy day. It was the annual fun day, Ice Olympics! The skaters were divided into three groups and competed in various events that tested their skating skills. After two hours of games and races, each team presented their team cheer and creative posters in the final round. After careful deliberations by our judges, the Purple Penguins came out on top beating the Pink Cats by a single point! Finishing in third place was the Blue Butterflies. Congratulations to all three teams for their great efforts and positive team spirit!

Following Ice Olympics, it was our Year End Banquet. Junior Athlete of the Year for figure skating was also announced during the evening. This year's winner is Marija Cvetkovic. With her busy school life in grade 12, Marija managed to pass her gold level skating skills test and win multiple competitions at the same time! What an accomplishment!

As we celebrated the end of a successful figure skating season, it was also a bittersweet evening with the retirements of our two long time coaches, Joanne Sloman and Diane Beaudet. It's truly the end of an era after 41 years for Joanne and 27 years for Diane at Hollyburn. We laughed and cried as we watched a moving video montage prepared by Craig McDowell. We want to thank them for the amazing work they did for the team over the years and all their love and support for the skaters.

Joanne and Diane will both be dearly missed and we wish them a happy retirement!



Joanne and Diane with some staff members



Lorenza Sammarelli Kletas

Skating Professional

figureskate@hollyburn.org



Melissa Folino

Skating Professional

figureskate@hollyburn.org

Meet Our New Figure Skating Coaches



Lorenza Sammarelli Kletas

Length of time in your field: 25+ years

PLAYING/COACHING HISTORY

- Competed at the Junior Competitive Level. Passed Gold FreeSkate, Gold Dances, Gold Artistic and Gold Figures. NCCP Level 3 National Coach Certified. Coach skaters from Star 1 to Competitive Levels. CanSkate & CanPower Certified. Two-time BC Winter Games Coach. Two-time BC Winter Games Team Leader
- 15 years Off Ice Training: Teaching Off Ice Rotation & Jumps, Flexibility & Core Stability, Skating Theory Classes to educate skaters on SOV (Scale of Values), Skating Terms, Spin Position, Variations, Planned Program sheets and Nutrition, Zumba & Jr. Zumba Certified, former Aerobics Instructor. Harness trained. Coached by Dr. Hellmut May, Faye Marshall, Joanne Sloman. Mentored with Keegan Murphy, Bruno Marcotte, Marlena Mitchell and Joanne McLeod
- 1996 - Started Coaching Career while attending Langara College
- 2000 - 2003, CanSkate Coordinator - Champs International Skating Centre of BC
- 2005 - 2014, Co-Director & Club Administrator - Inlet Skating Club of Port Moody: Responsible for Off Ice Programs & Club Administrator. Directed, Choreographed & Produced many successful ice shows and maintained club spirit through various training and creative events.

- 2014 - 2022, Competitive Club Coach - Connaught Skating Club
- 2003 Miss BC
- 2003 Miss Canada
- 2010 Winter Olympics, Figure Skating Practices Announcer
- 2010 - 2016 Skate Canada Competition Announcer

WHY DO YOU DO WHAT YOU DO?

I have been involved in this sport for over 35 years! First as a spectator, athlete, competitor, now coach and National competition announcer & former Olympic Figure Skating Event announcer. Figure Skating; gave me grace, taught me discipline, academic and training balance, the value of respect and gave me the opportunity to travel. It was fun at times, tough at times, it challenged me, rewarded me, and I made lifelong friends along the way. My coaches instilled these values in me, and I strive to do the same with my skaters. This sport is my passion! I love watching my skaters grow and improve to reach their goals!

COACHING PHILOSOPHY

I believe that a skater needs to have a strong skating foundation to reach their optimal potential. I want each skater to enjoy their training, have self-discipline and strive for excellence with working in a positive environment.

Meet Our New Figure Skating Coaches



Melissa Folino

Length of time in your field: 17+ years

PLAYING/COACHING HISTORY

1985-1995

- Ten-year competitive history in pairs competition
- Competed at the Pre Novice level Chicoutimi Quebec 1989, Senior Pairs level at the Canadian National Championships, Halifax Nova Scotia, 1995
- Coached by Paul Wirtz and Olympic coaches at an elite training center in Montreal Quebec. There we trained with Canadian, International, World and Olympic top figure skating champions.
- Figure Skating trophies and medals spanning an 18-year history in competitive participation from pre-preliminary level to senior competitive including singles, pairs and dance disciplines. Includes BC Section, Quebec Section, Western Divisional, Eastern Divisional and National ("Canadians") competitions

2000-2007 (Coaching)

- The Canadian Figure Skating Association National Coaching Certification Program - Level I & Level II – completed
- Port Coquitlam FSC
- Excellent Ice South Surrey
- White Rock FSC

WHY DO YOU DO WHAT YOU DO?

Through a lifetime of athletic experience, and a mother of 3 children, I understand the value of discipline, dedication, and hard work ethics this sport brings to athletes and how it prepares them for life. I want to share with my students my love and passion for skating and the joy of accomplishments that comes with advancing their skills in preparation for success.

COACHING PHILOSOPHY

I value creating great memories with my students, while providing a comfortable yet constructive enjoyable atmosphere, while teaching to respect others, showing good sportsmanship while encouraging them every day, creating a well-rounded athlete.



1st Place, Purple Penguins



2nd Place, Pink Cats



3rd Place, Blue Butterflies



2022 Ice Olympics



L-R: Zoe Pan, Caitlyn Johnson, Emily Yip, Katarina Cubric, Keira McGladdery
 * Missing: Gracie Griffiths



L-R: Eden Hornor,
 Giahna Venier, Channele Yehia



L-R: Madeline McCready, Scarlett Jando, Karmin Au,
 Brianna Cheng, Kate Chan



Marija Cvetkovic, Figure Skating
 Junior Athlete of the Year



Figure Skating Year End Banquet

FITNESS

The Fitness Centre at Hollyburn is one of the busiest and most frequented areas of the Club alongside the Restaurant. We have a large team of Fitness Consultants and an even larger Team of Contractors instructing Group Classes, Pilates Classes and Personal Training, with hundreds of Members coming and going through the doors on a daily basis. We have the Peak Studio located on the upper Fitness Floor, the Pacific Studio (Pilates Studio) on the lower Fitness floor, Studio94 (the Dojo) located in the lower hallway alongside the High-Performance Centre. Whatever your training needs and wants may be, we have it all in Fitness.

Our Group Fitness Classes include everything from Spin Bootcamps to GymBeam to Hiit classes to traditional and not-so-traditional Yoga classes. We offer over 50 classes a week, taught by professional Instructors with all levels of Fitness in mind, making the entire schedule inclusive for everyone. We offer Monthly passes that automatically renew on the first of every month unless you cancel it with us.

Monthly Unlimited Pass (UP Pass)	\$110
Student Ultimate Pass (SUP Pass)	\$75
Light Unlimited Pass (LUP Pass)	\$75

Pilates Group Classes are all a la carte with Members able to sign up for classes one at a time, with Levels 1, 2 and 3. Classes are booked to an 8-person limit with waitlist options available if class is full. We also offer a Mat Fundamentals for those into Pilates where you will learn the fundamental principles of the classical Pilates method. Reawaken and tone small muscles. Lengthen and strengthen large muscles. Modifications will be made for injury prevention and recovery. We require all Members new to Pilates to take 1 to 3 private sessions before joining the Level 1 Group Classes.



Shelley Grisbrook
Fitness Centre Manager
sgrisbrook@hollyburn.org



Oscar Obst
Personal Trainer & Fitness Supervisor
oobst@hollyburn.org

Pilates Group Class Drop-in	\$23
Pilates 10x Class Pass	\$210
Pilates 20x Class Pass	\$400

Both Group Class and Pilates Group Class schedules can be found on the MindBody app, not the Hollyburn Member website. Click button below for an easy step-by-step 'how to' obtain the MBO app if you are unfamiliar.

Get the Mind Body App

Our Team of Personal Trainers are some of the best in the city, with a wide diversity of offerings, definitely something for every body! We have specialists in Mui Thai boxing, Powerlifting, varying sport specifics, gymnastics, Pilates, Specialty rehabilitation, CrossFit and more. Our Personal Trainers utilize both floors of the Fitness Centre, the Turf area and the High-Performance Centre. The HPC has recently been upgraded with a refreshed look and is equipped with top of the line Rogue equipment.

Personal Training 1-on-1	\$85
Training in Partners	\$110 /\$55ea
Small Groups (3-5 ppl)	\$40ea
Specialty Rehab Training or Pilates	\$95

We encourage all Members to practice thoughtful gym etiquette with the cleaning of equipment, re-racking the weights, courtesy to other Members waiting for machines and equipment and arriving on time for classes and sessions. Cell phones may be used for music, apps and texting; however, no phone calls are permitted in the Fitness Centre. We have cancellation policies in effect at all times.

For all Fitness Centre offering information, Personal Training or Pilates requests, you can email Shelley at sgrisbrook@hollyburn.org.



Regular Workouts for Life

While getting and staying in a regular fitness regime is a huge accomplishment, issues like injuries and lack of motivation can come into your fitness routine and make you stop exercising. We need to keep up regular workouts, and understanding some of the changes you might experience after quitting exercise is crucial.

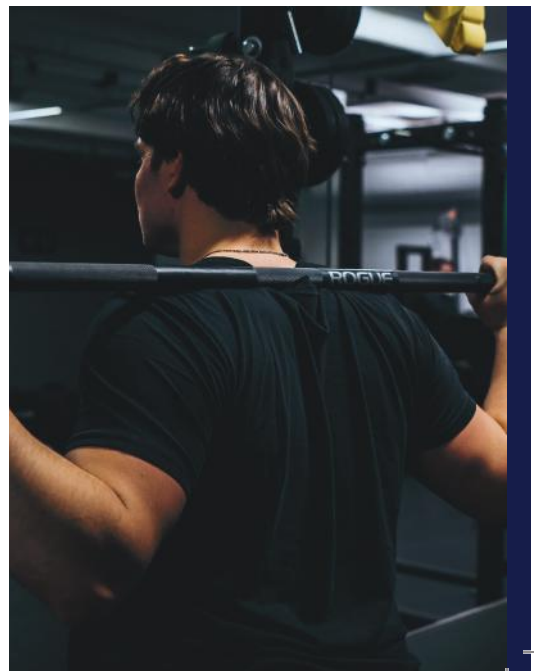
It is essential to take some time off training as it is vital to recovery and will avert overtraining syndrome, but too much time off from your workouts can not only decrease endurance, strength and flexibility, it can increase the risk of medical complications. Lack of exercise can jeopardize your long-term health fitness and cause heart diseases, diabetes, and high blood pressure. This is due to stiffening of veins and arteries and accumulation of fats around the heart, hindering its functionality. As a result, the blood pressure goes up, and the heart starts developing complications due to having to overwork. In addition to these diseases, lack of exercise is also likely to affect the functionality of your brain. Activity triggers most of the brain neurotransmitters that play a significant role in mood control.

Time off training is vital for recovery, however, too much time away from the gym can make you lack motivation and doubly hard to get back to your regular workout routine. Once you are used to regular exercise and you suddenly stop, you are likely to experience an increase in body fat and an increase in weight, especially if you do not change the diet you were used to when you were exercising. Due to lack of demand for power and strength, the muscles gradually start becoming smaller and the fat cells start growing more prominent. Additionally, the fats, which the body was converting into muscles during exercise starts becoming soft and squishy.

Regular exercise gradually increases your muscles and muscle strength as the body converts most of the fats into muscles. When you stop exercising for too long, you start losing your muscles and strength. The fats that the body had converted into muscles start becoming soft due to lack of regular work out. While the muscles might remain unchanged after a month of inactivity, you may notice a loss in sport-specific power, and you are likely to feel weaker.

Regular exercise increases the rate of blood flow inside the body, which in turn increases the body's rate of metabolism. However, within a week after you stop your regular fitness routine; there is reduced blood flow in the body. As a result, muscles lose their fat-burning potential, and the body's metabolism rate slows down due to inactivity, which basically means that most of the food you eat is not burned up. Instead, the body stores it as fat.

Shelley Grisbrook
Fitness Centre Manager



QUATERLY UPDATE

Hockey

Quantum Speed Elite Skating Training

Quantum Speed wrapped up their 4th season at Hollyburn in June. Quantum Speed provides elite skating instruction for motivated players from U11 through to Pro. The Summer 2022 program at Hollyburn sold out with significant waiting lists. The Quantum Speed staff, led by Vanessa Hettinger and Stephanie Hanlen, incorporate video technology to provide players with immediate, 1-on-1 feedback during the sessions. Steffany and Vanessa are the only two Master Power Skating Instructors certified by Hockey Canada. We look forward to hosting Quantum Speed again in 2023.

Parent information sessions and Summer 2023 program registration will take place in January 2023. Invitations will be emailed to Hollyburn families in December.



Vancouver Canucks First Shift Program

Hollyburn hosted a 5th successful and sold out session of The First Shift program this past winter. The program is for players between the ages of 6-10 who have never played minor hockey. Following the completion of The First Shift program in March 2022, 14 players continued to skate in our own "The Second Shift" program. We look forward to graduating many of our First Shift players into minor hockey for the 2022/23 season.



Hollyburn Women's Intro to Hockey And Skating

What started as a request to form a small group of 5-6 hockey moms quickly grew to a group of 14 women who were introduced to hockey and skating instruction. Hockey Coordinator Andrea Benac put the players through the paces on Thursday evenings this past Spring. We look forward to continuing these sessions in the Fall and once again growing the Women's Hockey program at Hollyburn. Hollyburn Hotties, Hollyburn Ms Stix, and Hollyburn HERicanes – watch out... looks like a new team will be forming soon.





Cookie Monsters Class Of 2022

In the 2021/22 season, we had over 30 Cookie Monsters in the program. This is a great sign for the future growth of the Hollyburn Huskies minor hockey program. The kids were very vocal, energetic and showed that they absolutely LOVED to play hockey. We can't wait to see them in a Huskies jersey!



Minor Hockey Equipment Exchange

Aug 29-Sep 2 | Virtual Sports Lounge

Hollyburn Hockey is anticipating an equipment shortage to hit retailers this summer and into the 2022/23 season. Acting on Member feedback and to help with any short-term equipment shortages, Hollyburn will be hosting our first ever Minor Hockey Equipment Exchange. Please visit www.hollyburnhockey.com for equipment exchange details. Members will also be able to try-on 2022/23 hockey apparel and place orders for delivery in mid-October.



Adam Hayduk
Hockey Director
Hockey@hollyburn.org



Andrea Benac
Hockey Coordinator
Hockey@hollyburn.org

KARATE QUARTERLY UPDATE

Brand New Black Belts!

What a great joy - after three years of pandemic break the international karate family met in Calgary again. Sensei Shinohara 8th degree Black Belt from Japan, Sensei Foster and Hollyburns' Sensei Stoddart were also very happy about the reunion so see all the participants from Canada, England, Ireland, Scotland, Greece and The Netherlands.

In their training Senseis Shinohara and Foster conveyed the principles of Wado ryu and central concepts. Both Senseis placed great emphasis on Kihon, as this is where the fundamentals of correct techniques and body mechanics are trained.

All participants were highly motivated, supported each other during the exercises and enjoyed these days together. At the end of the seminar we all agreed: This was a wonderful reunion with the Wado Kai family, from which we return to our home Dojos strengthened and focused.

Our gratitude to Shinohara 篠原正道 Sensei Norma Foster Sensei, Des Bell Sensei, Peter Stoddart Sensei, and Barry B Welch Sensei for their support, guidance, and corrections. What an amazing group of instructors! We are honored and privileged to have you in our karate family and be able to train with you! We can't thank you enough.

Thank you to all the parents, grandparents, and instructors that brought their kids and supported this event too, until we meet again!



Peter Stoddart
Karate Professional
karate@hollyburn.org
Phone: 604.913.4575

Little Ninjas and Colour Belt Testing

Today in the Dojo Nicholas performed Karate Basics & Kata then sparred with 3 of his Dojo-mates. He was well beyond his comfort zone at times outmatched but he dug deep, kept it together, relied on his skills and came through, Way to Go!

Our newest Black Belts!

Logan Bayley	2nd Degree
Ryan Oishi	2nd Degree
Addy Groenwold	1st Degree
Mitchell Stibbard	1st Degree
Cooper Hatswell	1st Degree
Hana Horsman	1st Degree
Ryan Lewis	1st Degree





MUSIC

Year End Recitals

We had a fantastic year in the music department. Many of our students are doing Royal Conservatory of Music exams and we had amazing year end recitals. Summer is for resting and doing different things but we will be so happy to see all our students back in September.

Big thank you to all music teachers for bringing joy into lives of so many Hollyburn families.



Vlada Mars
Fine Arts Professional
Music@hollyburn.org



HOLLYBURN SQUASH



Junior Squash Pathway



There are a variety of squash balls designed to encourage players of all ages and levels to play squash.

Mini Squash Red, Orange and Green balls along with single yellow and double yellow dot balls will challenge today's participants while providing a fun, active, learning environment.

Start developing the ABC's of sport; Athleticism, Balance and Coordination as you enjoy an active lifestyle while developing full body control and social skills.

Programs for youth are available starting with Mini Squash (3-5yrs), Red Ball (5-7yrs), Orange Ball (6-9yrs), Green Ball (9-12yrs) plus a Teen and Competitive Program.

2021/22 Season in Review

Last season was a positive one as the Covid-hangover started to wear off. Players began returning to play however after some had quite a lengthy layoff the return was often a slow one as the body adjusted to using those squash muscles once again. Each month more and more players returned to play and got their physical legs back under them as they regained their squash conditioning. Fall 2022 looks to be a promising one as a regular squash season with full compliment of leagues, tournaments and programs is calling.

Our Thursty Squash League returned in Fall 2021 with many players anxious to get back on court with friends and competitive rivals.

City Singles and Doubles league play returned and our Hollyburn Div 1 Doubles Team secured first place during the regular season before falling in the finals to VLTBC.

The Junior and Senior Nationals returned after a two year hiatus and were both held in BC, Victoria and Vancouver respectfully. The senior Championships saw record attendance as the all glass court was set up in Jack Poole Plaza while multiple squash clubs were also used to play the more than 1200 matches. Many Hollyburn Members were seen taking in the action at the GC as it was an event not to be missed.

Hollyburn was represented by our very own Penny Wedd, 2nd in W65+, Val Johnson, 3rd in W 55+ and Jeff Boag, 4th in M45+.

Our season wrapped in June with the return of the Hollyburn Junior Fall Classic, a Squash BC Starters event for players looking to gain competitive game and match play experience. The event saw 24 players, 9 from Hollyburn and the rest from the lower mainland compete in a 4 hour intensive event.

Players were split into three skill groups with congratulations to our own, Jude Cohen, 1st in Group C, Stellan Ball, 2nd in group B along with all the others who participated.

Thank you to our Junior Team Program and Fall Classic sponsors who assisted with providing our players with a full squash kit comprised of a Manta racquet, carry bag, eye guards and balls along with goody bags, pizza and prizes for the Spring Classic entrants.



Jeff Boag

Squash Professional
squash@hollyburn.org



FEATURED COACH



Jeff Boag

Head Squash Pro

NCCP LEVEL III COACH

Hollyburn's Head Squash Pro, Jeff Boag, has been actively coaching for 25+ years with experience at Provincial, National and International events. As a player Jeff is still active, he is the current BC Provincial 40+ Mens Singles Champions and finished 4th at the 2022 Canadian Championships in the 45+ category.

Jeff was a former top 3 overall player in BC for a decade and competed on the BC Men's Provincial Team for many years winning a Canadian Team Championship

with BC in 2001. On the Doubles court he has won a Provincial and Western Canadian Men's Doubles Championship. As a junior he finished as high as 3rd at the Canadian Junior Nationals in the U16 category and won a Gold medal with Team BC at the 1995 Canada Winter Games.

On the coaching side he led BC to Gold, Silver and Bronze medals at the 2007 and 2011 Canada Winter Games while also coaching Team Canada to multiple team and individual medals at the 2012 Junior PanAm Games in El Salvador.

Jeff is available to assist you in your pursuit to becoming a better squash player or assist if you are looking to start from the beginning and are stepping on court for the first time.



Farewell - Jasper Creed

This fall we will sadly be saying goodbye to our top junior player, 3 time Junior Athlete-of-the-Year and Assistant Junior Coach, Jasper Creed.

Jasper will be attending Shawinigan Lake School on Vancouver Island where he will have the opportunity to advance his scholastic career while also playing for the SLS Squash Team. The SLS team is coached by Mike Johnson, former coach to many top 10 world ranked players. SLS has been a feeder school for many Ivy League programs and top squash colleges and universities in



the US. We wish Jasper best of luck while we know that his hard work ethic will certainly carry him to greatness and lastly we hope to see him back at Hollyburn during school breaks. Good luck Jasper and come back to visit us often!





TENNIS QUARTERLY UPDATE

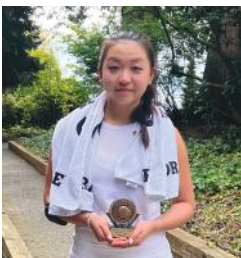


Our High Performance Coach Atton Burrell recently travelled with Team BC to the U18 Canadian Nationals.

The Hollyburn Junior Classic ran very smooth last weekend. Thanks to all the Members that helped out. The Hollyburn Juniors brought home some hardware. Well done to all the Juniors who competed, with another year of hard work and dedication we aim to bring home more trophies next year.



Catherine Racu was a Girls U14 Doubles Winner and 4th place finisher in the singles.



Isabelle Zhu Girls U18 singles finalist.



Jack Davison Boys U16 doubles winner.



Hannah Hashemi and Lily Molavi representing HCC at the Tennis BC Girls, Set, Match Event.

We had a great turnout for this years Junior Opening Day! Thanks to all the players and coaches who helped make it such an awesome event.



Our Spring Oct 2 Star Tennis BC tournament was well attended with Hollyburn players.

Lucas Lorence was runner up in the Boys event.

We had an all Hollyburn semi finals in the girls event with Mia Skogen defeating Jordana Fiorvento in the final.



We had a full Red and Orange Ball tournament for the Spring Hotshots Tournament. 38 Hollyburn Juniors in total. Congratulations to all the players for attending and to our winners.

Red Ball: Morgan De Voest
Orange Ball: Ryan Fasihi
Green Ball: Aneel Grewal



Congrats to the HCC Mens Division 2 Champions!



Ladies Just Wanna have Fun Event "Triple the Fun" With a new format for social tennis and 3 exhibition matches all the ladies seemed to have a blast at our annual charity fundraiser for Breast Cancer and Vancouver Downtown Eastside womens Shelter.



Karyn Boyd, Sharon Young and Chanelle Stollery won best dressed.



Thank you to all participants that supported the return of the Lapidus Cup in 2022. We had 36 players battle it out for the title and some high stakes in the team auction.



Congrats to Jo-Anne Weiler and Trish Fitzgerald on winning the Ladies event. Jo-Anne was also the owner of her team!

Congrats to Rob Hill and Laird Branham on the big win in the mens event. Lila Nabi was the owner of the team.

HCC Billie Jean King Girls Event

The HCC Girls hosted NVTC to a BJK style Team Tennis Event. Each player played one set of doubles and one set of singles. There were so many great matches including one epic set that took over 2 hours! Team HCC supported each other and made new friends and hitting partners with the NVTC girls. In the end HCC was victorious in wins but most importantly victorious in having fun as a team. They look forward to their next challenge! Thanks to Members Amy Wong and Darcy Cuthill for organizing this great event!



Jack's Road to Nationals

The Tennis Team is very proud to let you know that this Winter season Jack Davison finished in 4th place at Provincials earning him a spot to compete at the U16 Tennis Canada Nationals. This is Jack's first time competing at Nationals and it has not been an easy road for him to get there.

Jack was a late developer when it came to learning new skills on the court. He was also very quiet. It was and still is now, Jack's work ethic that made him stand out from the rest. Jack will always give his best effort on the court regardless to what the activity is. It's never a question when working with him if he's willing to go the extra distance. From a coach's perspective this is the main ingredient when developing a high-level player. Skills and tactics can be trained but hard work comes from within.

A big part of this comes from the values that have been instilled in Jack from his family and coach Atton Burrell who also plays a big part in his success.

Jack has faced many adversities along the way including injuries and the recent pandemic. In 2020 Jack also earned the right to compete at Nationals but it was taken away due to lockdowns. Jack used this to motivate himself to work even harder on his game to ensure he wouldn't miss out again.

The Tennis team want to congratulate Jack on his recent achievements and we will keep supporting him on his Tennis journey. We hope that Jack's story will inspire all of our up and coming players to understand that if you want to achieve your dream you have to put in the hard work!



Alex Korch

Tennis Director

akorch@hollyburn.org



CHILDCARE QUARTERLY UPDATE



MINI SPORTS

Athletics Upgrade!

Mini Scholars Athletics will be joining forces with various pros to offer an additional sports component each month! Join us for Mini Karate, Mini Squash, Mini Golf and new this term, Mini Badminton!



HCC Youth



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
Youth@hollyburn.org



Hollyburn has Youth spaces throughout the Club!

Use this page to help navigate where your kids can be when they are not in a program or with you.

TURF

- Children 5 years and under are required to be with a parent or guardian.
- Maximum of 50 children at one time.
- No food or beverages, other than water, are allowed.
- Sign your child in and record where you will be in the Club.



ESPORTS LOUNGE

- Children 8 years and older.
- Complete orientation form with a supervisor.



YOUTH CENTRE

- Children 6 years and older.



FALL 2022 PROGRAM REGISTRATION

PROGRAM REGISTRATION

Wednesday, August 10 *(Online Only)*

- 6:30am: Childcare
- 6:40am: Karate
- 6:50am: Hockey & Skating
- 7:00am: Youth
- 7:10am: Badminton, Squash & Pickleball
- 7:20am: Golf

Music - email music@hollyburn.org to book

AQUATICS

Thursday, August 11 *(Online Only)*

- 6:30am: HCC Parent & Tot
- 6:40am: HCC Preschool
- 6:50am: Swim Kids 1-4
- 7:00am: Swim Kids 5-10
- 7:10am: All Other Aquatics Programs
- 7:20am: Aquatics Private Lessons*

**email prea@hollyburn.org to book!*

TENNIS

Friday, August 12 *(Online Only)*

- 6:30am: Playball
- 6:40am: Red Ball
- 6:50am: Orange Ball
- 7:00am: Green Ball
- 7:10am: Regular Ball, Girls Tennis, Teen Squad & Pro Classes
- 7:20am: Adult Tennis
- 7:30am: In-Person & By Phone

REGISTER: www.hollyburn.org

Contact Jessica at jkatzin@hollyburn.org for login assistance.

Hollyburn Programs By Age

See department page for program details

4 MOS-3 YRS	3-5 YRS	5-6 YRS	6-12 YRS
AQUATICS	AQUATICS	AQUATICS	AQUATICS
CHILD CARE	BADMINTON	BADMINTON	SWIM TEAM
	CHILD CARE	SKATING	BADMINTON
	SKATING	HOCKEY	SKATING
	HOCKEY	KARATE	HOCKEY
	KARATE	SQUASH	KARATE
	SQUASH	TENNIS	MUSIC
	TENNIS	YOUTH	SQUASH
	VSL GOLF		TENNIS
			YOUTH
			VSL GOLF
12-13 YRS	13-16 YRS	16-18 YRS	18+ YRS
AQUATICS	AQUATICS	AQUATICS	AQUATICS
SWIM TEAM	SWIM TEAM	SWIM TEAM	ADULT AQUATICS
BADMINTON	BADMINTON	BADMINTON	BADMINTON
SKATING	SKATING	SKATING	BRIDGE
HOCKEY	HOCKEY	HOCKEY	HOCKEY
KARATE	KARATE	FITNESS	FITNESS
MUSIC	MUSIC	KARATE	KARATE
SQUASH	SQUASH	MUSIC	MUSIC
TENNIS	TENNIS	SQUASH	SQUASH
YOUTH		TENNIS	TENNIS
VSL GOLF			VSL GOLF

AQUATICS



Patrick Rea
Aquatic Coordinator
PRea@hollyburn.org

HOURS OF OPERATION

Please refer to the Hollyburn website www.hollyburn.org for detailed information about the pool schedules and lane availability.

IMPORTANT REMINDERS

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, AT ALL TIMES. The adult to child ratio is 1:3.

It is important for Members to follow and respect the pool schedules. The aquatics committee and management work collectively to develop a harmonized pool schedule that works for all. All programs and activities are taken into consideration. Even if it looks like there are only a few swimmers in the pool during a particular time, pool time is allocated for specific user groups, and attendance can vary. Hollyburn lifeguards and management will be enforcing the delegated times within the schedule to ensure the best possible operation of our pool.

CANCELLATION NOTICE

As per House Rule 30, Members will be charged the full fee for all programs they register for unless 48 hours cancellation notice is received or the program is cancelled in writing by the Recreation Office or Member Services prior to the first day of class. However, when the program commences on a Monday, Members are requested to cancel 72 hours in advance.

Please be aware there is a 24-hour cancellation policy on private lessons.

BOOKING INFORMATION

Fall registration opens on Thu, Aug 11

- 6:30am (Parent & Tot)
- 6:40am (Preschool 0–5)
- 6:50am (Swim Kids 1–4)
- 7:00am (Swim Kids 5–10)
- 7:10am (All other Aquatics Programs)
- 7:20am (Private Swim Lessons) – Email PRea@hollyburn.org to book!

Bookings will be not accepted prior to the registration opening date and time. If a class is full, please do not hesitate to register on a waitlist or contact the aquatic department to discuss your options.

Registration for group programs can be done online through the Hollyburn Member website or through the Aquatic Coordinator, Athletic Coordinator, or the Aquatic Supervisor.

Private lessons can only be booked by prea@hollyburn.org. We will confirm private lessons on a first come first serve basis.

To enable our Aquatic Coordinator time to coordinate instructors and organize appropriate class sizes the swim lesson online registration closes Sunday, September 4 at 11:55pm. Registration after this time must be done directly with the Aquatic Coordinator at prea@hollyburn.org. Members may not register for classes or switch lessons after the third week of the lesson set.



PRIVATE LESSONS

A private swim lesson with one of our accredited swimming instructors is the first step to becoming the type of swimmer that you have always wanted to be. Lessons can be booked for all ages and a variety of times are available to accommodate your busy schedule. Turn to the end of this section for available private lesson times.

Due to high demand, private lessons booked Monday through Thursday may only be booked in the set times indicated on the grid at the end of this section. This is to accommodate as many Members as possible on these days. Please note this means one-hour private lessons can only be booked Friday through Sunday, during which lessons of any duration may be booked from any start time within the times indicated.

PRIVATE LESSONS

30 min	\$35.00
45 min	\$52.50
60 min	\$70.00

SEMI-PRIVATE (2 participants)

30 min	\$46.00 (\$23.00 each)
45 min	\$69.00 (\$34.50 each)
60 min	\$92.00 (\$46.00 each)

SMALL GROUP (3–5 participants)

30 min	\$18.00 each
45 min	\$27.00 each
60 min	\$36.00 each

AQUATIC PROGRAM F.A.Q.

Q: What programs does HCC Aquatics offer?

A: We offer the HCC Parent and Tot, HCC Preschool, the Red Cross Swim Kids Program and the Lifesaving Society Bronze Star, Bronze Medallion, and Bronze Cross. We also offer adult swimming programs such as Aquafit and M&M's, and first aid courses (CPR-C/ AED and Standard First Aid) as well.

Q: We want to get our children into swimming, where do we start?

A: Children under the age of 3 will start out in the HCC Parent and Tot program. At age 2, our Intro to Penguin classes give children a chance to challenge entry to unparented lessons. Preschool children (3-5 yrs) should start in Egg, and school aged children (5+ yrs) should start in Swim Kids 1.

Q: It's been a while since we swam or we swam in a different program. Which level should we register for?

A: We are happy to arrange a 5-minute swim evaluation with one of our staff. Simply arrange a time during any general swim and we can tell you the best level for them. This is especially important as for safety and quality assurance, children signed up for a level too advanced for them will be removed from the class. We always try to move them to a better class, but if we cannot the original fee will not be refunded.

Q: How do I know which level to register for next session?

A: All swimmers will receive an end of session report card prior to the registration deadline. We ask that all participants bring past reports to any upcoming sessions so their instructors can continue to fill them out as your child progresses.

SWIM COMBO PROGRAMS

*Monday through Thursday

Hollyburn is happy to offer several combined athletics programs to keep our young Members healthy and physically active. Children in these programs are dropped off after school for one of the below sports, and when their class finishes are brought by HCC staff to the pool for swim lessons afterwards. Parents pick them up after swimming at either 5:15pm or 5:45pm, thoroughly tucked out after their activities. Simply register for one of the below programs and a 4:45pm swim lesson (at your child's level) on the same day to be included in the program. See the grid at the end of this section for available swim classes.

Tennis and Swim

Playball and Swim: 3:45pm–4:30pm

Red Ball and Swim: 3:30pm–4:30pm

Badminton and Swim

Badminton and Swimming Combo (3–5 yrs): 3:45pm–4:30pm

Badminton and Swimming Combo (6–8 yrs): 3:45pm–4:30pm

HCC PARENT & TOT

PENGUIN & PARENT

4–36 mos

Parent or caregiver will participate in the classes along with their child. This class will concentrate on continually building your child's confidence and technique in the water while having fun. See grid for program times.

- *Supports and Holds*
- *Front–Position, floats, and kicks*
- *Back–Position, floats, and kicks*
- *Breath Control - Getting wet, mouth and nose bubbles, and submersion*
- *Safety Skills*
- *Entries and Exits -Slip-ins and jumps*

INTRO TO PENGUINS

2–3 yrs

This Parent and Tot level is focused on building a tot's independence in lessons to get them ready to enter HCC's Preschool Program. Parents or caregivers are slowly transitioned out of the class as their tot's independence increases. See grid for program times.

- *Assisted Slip-ins and Jumps*
- *Rhythmic Breathing*
- *Assisted Front and Back Float*
- *Assisted Front and Back Kick*

HCC PRESCHOOL PROGRAM

The Aquatics department has developed a customized preschool swim program geared to the needs of our Members. The focus of this program is to create a fun and active environment for swimmers to develop their swimming and water safety skills, and advance through the progression of levels based on their abilities. Listed below are some of the skills for the HCC Preschool levels (not all). Do not hesitate to contact the Aquatics Department with any questions regarding our preschool program or your child's swim level. We are always happy to arrange a 5-minute swim evaluation with one of our staff. Turn to the end of this section for program times and a preschool program conversion chart.

EGG

2–3 yrs

This level is only for those who have taken and completed Intro to Penguins. Registration for this level **MUST** be done directly with the Aquatics department. Proof of level completion will be required for registration. Anyone registered who has not completed Intro to Penguins will be removed from the class. Parents/caregivers are not required to be in the water.

- *Kick with a Buoyant Object on Front and Back*
- *Submersion*
- *Assisted Front and Back Floats*
- *Assisted Front and Back Kick*

EGG

3–5 yrs

*Parents/caregivers are not required to be in the water.

- *Kick with a Buoyant Object on Front and Back*
- *Submersion*
- *Assisted Front and Back Floats*
- *Assisted Front and Back Kick*

HATCHLING

3–5 yrs

Please note that children who are still 2 years old may register for this class IF they have taken the Egg (2-3) level and been given a sticker of completion by their instructor. All under-age registration must be done through Aquatics staff.

- *Unassisted Slip-ins and Jumps in Chest Deep Water*
- *Unassisted Front and Back Floats*
- *Unassisted Front Kick*
- *Assisted Roll-Over Kick, Back to Front*

CHICK

3–5 yrs

- *Unassisted Back Kick*
- *Unassisted Roll-Over Kick, Back to Front*
- *Assisted Roll-Over Kick, Front to Back*
- *Big Arms with Kick*
- *Assisted Side Kick*

LITTLE PENGUIN

3–6 yrs

- *Unassisted Treading Water in Main Pool*
- *Slip-ins and Jumps in the Main Pool*
- *Unassisted Back Float with Assisted Return to Wall*
- *Unassisted Roll-Over Kick, Front to Back*
- *Big Arms with Kick*
- *Unassisted Side Kick*

BIG PENGUIN

3–6 yrs

- *Sitting Dive*
- *Front and Back Kick*
- *Big Arms with Kick*
- *Side Kick*
- *Assisted Front/Side Kick Combo, Front to Side*

EMPEROR PENGUIN

3–6 yrs

- *Kneeling Dive*
- *Assisted Head First Scull*
- *Front and Back Kick*
- *Side Kick*
- *Introduction to Front Crawl*

RED CROSS SWIM KIDS

5–14 yrs

This 10-level program for school aged children will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breast stroke, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance with fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels. Contact the Aquatics Department with any questions regarding your swim level. Listed below are some of the skills for the Red Cross Swim Kids levels (not all). See grid for program times.

SWIM KIDS 1

- *5 m Distance Swim*
- *Submerge Head*
- *Front and Back glides with kick*
- *Roll-over Guides*
- *Front Swim*

SWIM KIDS 2

- *10 m Distance Swim*
- *Deep Water Activities*
- *Side guides*
- *Front Swim*

SWIM KIDS 3

- *15 m Distance Swim*
- *Deep water float*
- *Surface Support (treading water)*
- *Front/Side Glide combination*
- *Front and Back Glides with kick*

SWIM KIDS 4

- *25 m Distance Swim*
- *Flutter kick on back*
- *Kneeling Dives*
- *Intro to Sculling*
- *Front Crawl*
- *Back Swim*

SWIM KIDS 5

- *50 m Distance Swim*
- *Treading Water-1 min*
- *Stride Dive*
- *Front and Back Crawl*
- *Whip Kick*

SWIM KIDS 6

- *75 m Distance Swim*
- *Sculling*
- *Front Dive*
- *Front and Back Crawl*
- *Elementary Back Stroke*

Swimmers will need to complete SK 6 before trying out for our Hollyburn Hurricanes Swim Team

SWIM KIDS 7

- *150 m Distance Swim*
- *Choking Rescues with full obstruction*
- *Elementary Back Stroke*
- *Front Scull*
- *Whip kick*
- *Front and Back Crawl*

SWIM KIDS 8

- *300 m Distance Swim*
- *Surface Dives*
- *Eggbeater*
- *Dolphin Kick*
- *Breast Stroke*
- *Elementary Back Stroke*
- *Refined Front and Back Crawl*

SWIM KIDS 9

- 400 m Distance Swim
- Skills continued from Swim Kids 8
- Self-rescues
- Side Stroke

SWIM KIDS 10

- 400 m Distance Swim
- Self-rescues
- Side Stroke
- Skills continued from SK 9

LIFESAVING SOCIETY PROGRAMS

BRONZE STAR

Prerequisite: 12 yrs and ability to swim 200m
Bronze Star is the pre-Bronze Medallion training standard and an excellent for preparation in Bronze Medallion. Learn self-rescue techniques, in-water rescue skills, first aid and more!

Contact prea@hollyburn.org for more info
Date: TBC

BRONZE MEDALLION

No age prerequisite if candidate has Bronze Star; if not, must be 13 years by last day of course.

Swim Kids 9 recommended
Bronze Medallion covers self-rescue techniques, victim tows, carries and more! Rescues involve conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies.

Contact prea@hollyburn.org for more info
Date: TBC

BRONZE CROSS

Prerequisite: Bronze Medallion
Bronze Cross is the final installation Bronze courses. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of emergencies.

Contact prea@hollyburn.org for more info
Date: TBC

NEW TO HOLLYBURN SWIMMING?

Hollyburn runs HCC Parent and Tot, HCC Preschool, and Red Cross Swim Kids.

For those of you that are new to Hollyburn, here is a conversion chart with the Red Cross and West Vancouver Preschool level equivalents.

Swim participants will know when they are ready to advance to the next level upon receiving a completion badge for their current level. Swimmers should not register in the next level unless they have received their report card indicating so or have completed a swim evaluation from one of our instructors.

All of our accredited swim instructors are trained and certified by the Canadian Red Cross to teach water safety and improve stroke technique.

NO SWIM LESSONS

Fri Sep 30	Sat Oct 1
Sun Oct 2	Sat Oct 8
Sun Oct 9	Mon Oct 10
Fri Nov 11	Sat Nov 12
Sun Nov 13	

POOL SHUTDOWN

Dec 19–Jan 8



FALL 2022

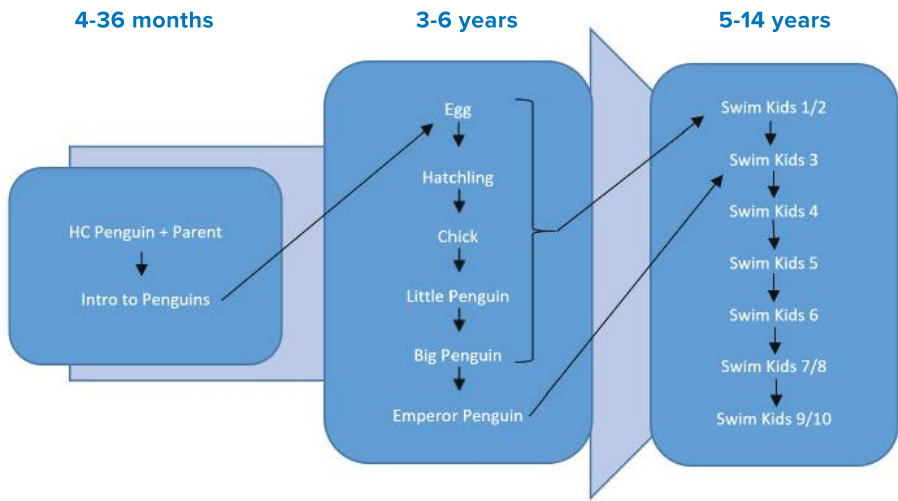
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	Sep 12–Dec 12	Sep 13–Dec 13	Sep 14–Dec 14	Sep 15–Dec 15	Sep 17–Dec 17	Sep 18–Dec 18
	<i>(No class Oct 10)</i> 30 min = \$117.00 60 min = \$234.00	30 min = \$126.00 60 min = \$252.00	30 min = \$126.00 60 min = \$252.00	30 min = \$126.00 60 min = \$252.00	<i>(No class Oct 1, Oct 8, Nov 12)</i> 30 min = \$99.00 60 min = \$198.00	<i>(No class Oct 2, Oct 9, Nov 13)</i> 30 min = \$99.00
Penguin and Parent 4–36 months					11:00am–11:30am	9:30am–10:00am
Intro to Penguins 2–3 yrs				5:45pm–6:15pm	9:30am–10:00am 11:30am–12:00pm	
Egg 2–3 yrs			4:15pm–4:45pm		11:30am–12:00pm	
Egg 3–5 yrs	3:45pm–4:15pm 4:45pm–5:15pm	5:45pm–6:15pm	4:45pm–5:15pm	3:45pm–4:15pm	9:00am–9:30am 11:00am–11:30am	9:30am–10:00am
Hatchling 3–5 yrs	4:15pm–4:45pm	4:45pm–5:15pm 5:15pm–5:45pm	3:45pm–4:15pm 4:45pm–5:15pm	4:45pm–5:15pm 5:15pm–5:45pm	9:00am–9:30am 9:30am–10:00am	
Chick 3–5 yrs		3:45pm–4:15pm	5:15pm–5:45pm	4:45pm–5:15pm	9:00am–9:30am 9:30am–10:00am	
Little Penguin 3–6 yrs		4:45pm–5:15pm	4:15pm–4:45pm	4:45pm–5:15pm	10:00am–10:30am	
Big Penguin 3–6 yrs	5:15pm–5:45pm		4:45pm–5:15pm	5:15pm–5:45pm	10:00am–10:30am	
Emperor Penguin 3–6 yrs						
Swim Kids 1 & 2 5+ yrs	4:45pm–5:15pm x2	5:15pm–5:45pm x2	4:45pm–5:15pm	5:45pm–6:15pm	10:30am–11:00am x2	
Swim Kids 3 5+ yrs	4:45pm–5:15pm	4:45pm–5:15pm	3:45pm–4:15pm		10:00am–10:30am	
Swim Kids 4 5+ yrs	5:15pm–6:15pm	4:45pm–5:45pm			10:00am–11:00am	
Swim Kids 5 5+ yrs	3:45pm–4:45pm		3:45pm–4:45pm	4:45pm–5:45pm	10:00am–11:00am	
Swim Kids 6 5+ yrs	4:45pm–5:45pm	3:45pm–4:45pm		3:45pm–4:45pm	11:00am–12:00pm	
Swim Kids 7 & 8 5+ yrs		3:45pm–4:45pm	5:15pm–6:15pm	3:45pm–4:45pm	11:00am–12:00pm	
Swim Kids 9 & 10 5+ yrs	3:45pm–4:45pm				11:00am–12:00pm	

**Times in blue indicate sessions in the Swim Combo program. These lessons have limited availability.
If your child is not participating in the program please consider another available time to allow other Members a chance to join!*

PRIVATE LESSONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sep 12–Dec 12	Sep 13–Dec 13	Sep 14–Dec 14	Sep 15–Dec 15	Sep 16–Dec 16	Sep 17–Dec 17	Sep 18–Dec 18
<i>(No class Oct 10)</i>				<i>(No class Sep 30, Nov 11)</i>	<i>(No class Oct 1, Oct 8, Nov 12)</i>	<i>(No class Oct 2, Oct 9, Nov 13)</i>
3:30pm–4:15pm (x2)	3:30pm–4:15pm (x2)		3:30pm–4:15pm (x1)	<i>*Any duration is available</i>	<i>*Any duration is available</i>	<i>*Any duration is available</i>
4:15pm–4:45pm (x2)	4:15pm–4:45pm (x2)		4:15pm–4:45pm (x2)	3:00pm–7:00pm (x7)	9:00am–10:00am (x5)	10:00am–12:00pm (x2)
5:15pm–5:45pm (x2)		5:15pm–5:45pm (x2)			10:00am–11:00am (x3)	10:00am–12:00pm (x2)
5:45pm–6:30pm (x4)	5:45pm–6:30pm (x3)	5:45pm–6:30pm (x3)			11:00am–12:00pm (x2)	10:00am–12:00pm (x2)

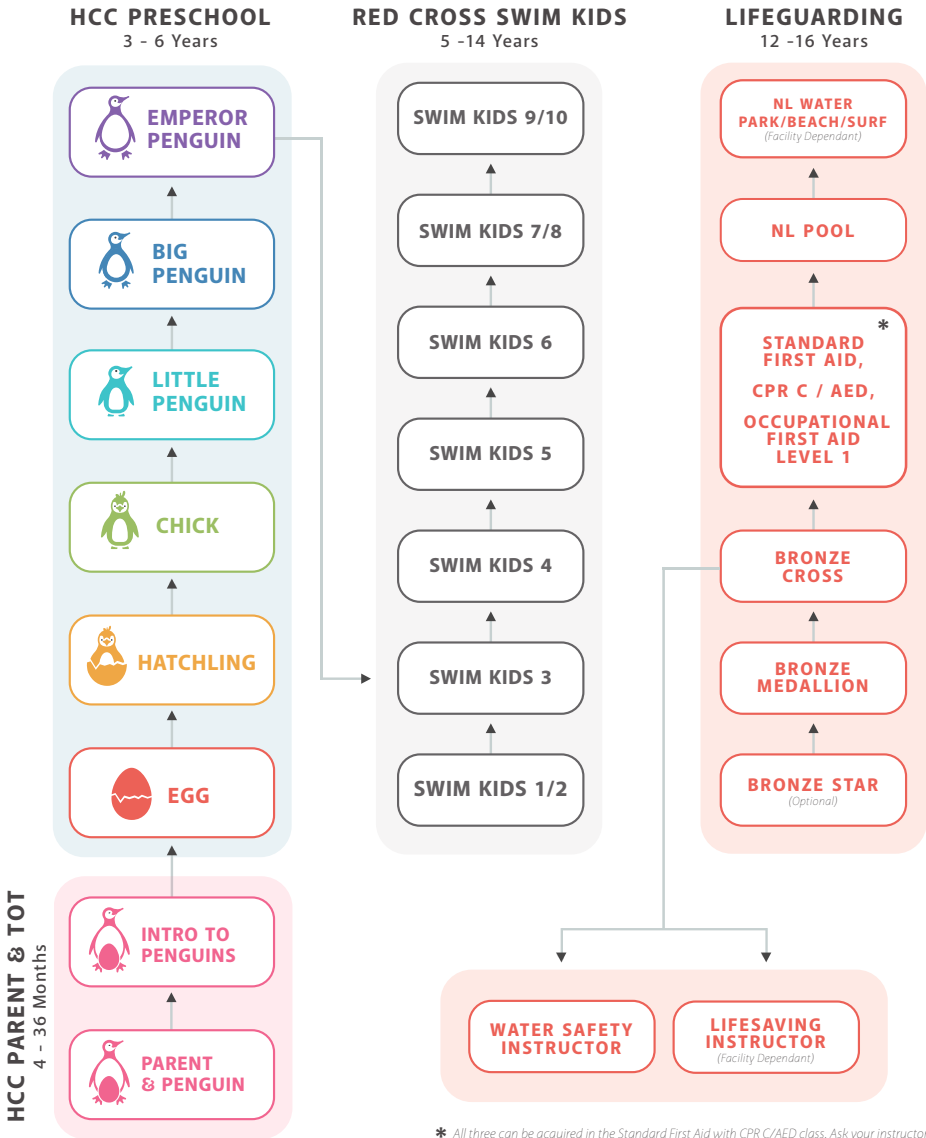
**Lessons Monday through Thursday may only be booked in the indicated times and durations.
Availability is limited by available pool space and may increase if group programs are cancelled*



HCC Parent and Tot/Preschool <i>(4 mos–6yr)</i>	West Vancouver Parent and Tot/Preschool <i>(4 months–5yrs)</i>	Red Cross Preschool <i>(3–6 yrs)</i>	Red Cross Swim Kids <i>(5+ yrs)</i>
Penguin & Parent	Ducks	Starfish, Duck, Sea Turtle	
Intro to Penguins	Jellyfish		
Egg	Minnows and Seals	Sea Otter	SK1
Hatchling	Guppies and Dolphins	Salamander (taken for 0–2 sessions)	SK1
Chick	Guppies and Dolphins	Salamander (taken for 3 or more sessions)	SK1
Little Penguin	Seahorses and Killer Whales	Sunfish	SK2
Big Penguin	Sharks	Crocodile	SK2
Emperor Penguin	Ogopogos and Barracudas	Whale	SK3

HOLLYBURN PATHWAYS

AQUATICS





SWIM TEAM



Brad Hutton
Head Coach
BHutton@hollyburn.org



Annie Wolfe
Head Assistant Coach
AWolfe@hollyburn.org

PRE-COMPETITIVE PROGRAMS

SWIM ACADEMY 1

6–9 yrs

Prerequisite basic skills of freestyle, backstroke and breaststroke kick (Completed Swim Kids 6)
Swim Academy 1 is our introductory program to the Hurricanes and competitive swimming. Swimmers should be able to swim 25m of freestyle or backstroke comfortably and continuously. Program focus is on breathing, sculling, dolphin kick and breaststroke kick skills with introductions to starts, turns and mini-competitions. Swimmers are encouraged to train two or three times a week.

Sep 19–Dec 15

Mon–Thu | 5:00pm–5:45pm

\$495* | Annie Wolfe

SWIM ACADEMY 2

7–11 yrs

Prerequisite basic skills of freestyle, backstroke, breaststroke and butterfly (Completed Swim Kids 8)
Swim Academy 2 is the second level in the Hurricanes program where skills from Swim Academy 1 are further developed as well as learning to swim all four strokes legally. Swimmers should be able to swim 100m comfortably and continuously. In addition, swimmers are introduced to the pace clock, training sets, speed work and calisthenics. Swimmers are encouraged to train three times a week.

Sep 19–Dec 15

Mon–Thu | 5:45pm–6:45pm

\$600* | Annie Wolfe

SWIM TEAM PRIVATE LESSONS

5–18 yrs

Prerequisite basic skills of freestyle, backstroke and breaststroke kick (Completed Swim Kids 6)
Swimmers who are in our Pre-Competitive programs or interested in joining the Swim Team can contact Brad at bhutton@hollyburn.org to set up private lessons with one of our coaches. Swim Team Private Lessons will focus on competitive swim skills outside of our regular programming.

COMPETITIVE PROGRAMS

MONSOON

9–12 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

Our Monsoon Group is the first step into regional competitions in the Hurricanes program. Swimmers in Monsoon will train three or more times a week, regularly participate in competitions and aim to compete at LMR competitions. Swimmers will focus on technical efficiency in all four strokes as well as improving both kicking speed and endurance. They will also learn racing skills such as starts, turns and finishes.

Sept–Jun

Mon Thu Fri | 3:45pm–5:00pm

Tue | 5:15pm–6:45pm

Sat | 8:30am–10:00am

\$240* | Annie Wolfe

TSUNAMI GROUP

11–18 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

Tsunami Group has our swimmers focusing on improving technical skills and fitness levels in all areas while focusing on other sports. Strengthening skills such as goal setting, team work and time management. Swimmers in Tsunami Group will train two-three times a week and are encouraged to attend regional competitions.

Sept–Jun

Tue, Wed, Fri | 3:45pm–5:00pm

Sat | 8:30am–10:00am

\$200* | Brad Hutton

TYPHOON GROUP

11–14 yrs

Prerequisite SwimBC Divisional Standards

Swimmers in this Typhoon have made competitive swimming one of their focus sports and are committed to attending 5-6 training sessions per week which include dryland, yoga and mental skills. Swimmers may enter the group from either Tsunami. The focus will be preparing athletes for success at provincial and eventually national competitions.

Sept–Jun

Mon | 5:00pm–6:45pm

Tue | 3:45pm–5:15pm

Wed | 4:15pm–6:45pm

Thu | 3:45pm–6:15pm

Fri | 5:45am–7:30am

Sat | 6:30am–9:30am

\$340* | Brad Hutton

PURSUIT

13–18 yrs

Prerequisite SwimBC Provincial Standards and approaching Canadian Western Championships

The athletes in Pursuit must qualify with their school to participate so that they have the flexibility in their schedule to attend appropriate practices. Group Members must qualify for specific competitions and be committed to the training schedule.

The program is geared towards achieving national time standards and beyond. Upon graduating from school, athletes will be ready to swim at the university level and beyond.

Sept–Jun

Mon Fri | 5:45am–7:30am

Mon | 3:15pm–6:15pm

Tue | 3:45pm–5:30pm

Wed, Thu | 1:45pm–5:00pm

Sat | 6:30am–9:30am

\$390* | Brad Hutton

**Plus annual SwimBC registration & Team Development Fees for all prices*

For more information about the club please contact Coach Brad Hutton at BHutton@hollyburn.org or visit our website www.hurricaneswimteam.com!

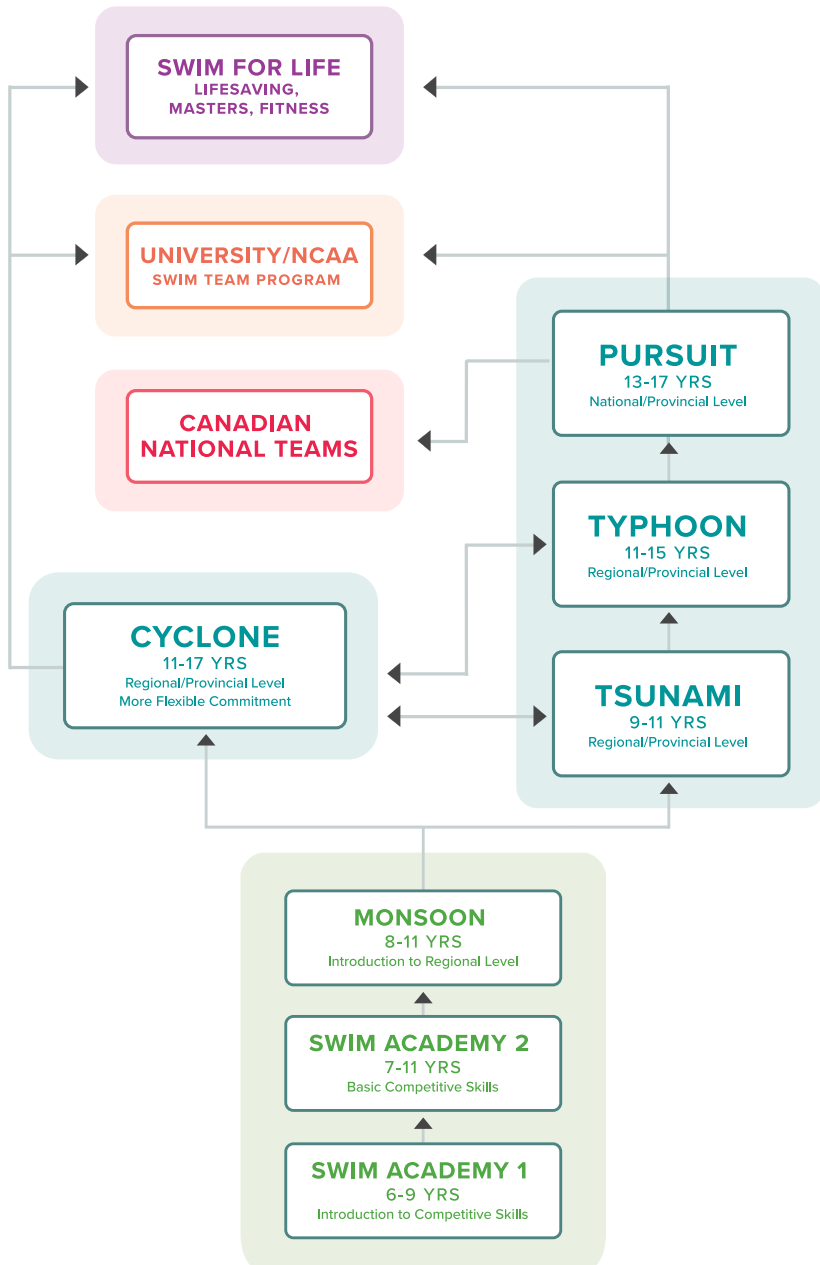
[Email Coach Hutton](#)

[Hurricanes Swim Team Website](#)



HOLLYBURN PATHWAYS

SWIM TEAM



ADULT AQUATICS



John Ryan
*Masters Swim Coach &
Adult Aquatic Coordinator*
SwimMaster@hollyburn.org

MASTERS

Sep 5–Dec 18

The Master's program caters for all ages and abilities. If your goal is to swim a length of the pool non-stop or to finish an Ironman, we can help you. We cater to those who want to stay fit and those that have a competitive goal. We also cater to those who want to be in a fun social environment while enjoying an aerobic workout and a full body tone. "Fitness, Friendship and Fun all in One"

Coaches: John Ryan, Janice Avon, Lucas Ouellette and Marisa Ruus

TRI GUYS & CO

These are the splash and dash groups for the early morning risers who are looking for a fast and hard cardio workout before they shoot off to work. These groups consist of Triathletes, Iron men/women, ex-swimmers and well conditioned fitness swimmers.

Sep 6–Dec 15

**Tue & Thu | 6:00am–7:00am
and 7:00am–8:00am | \$240**

TRI GUYS & CO

This group is a good working group and has multiple abilities. We have the speedsters and those that want more of a skills and drills focused workout with attention to form. This group consists of ex-swimmers, ex-Iron men/women and fitness swimmers.

Sep 6–Dec 15

**Tue & Thu | 8:00am–9:00am
and 9:00am–10:00am | \$240**

SENIOR SWIM FIT

A program for the mature swimmers who still like a challenge and keep fit but even more so "have fun" in the process. We aim to give a good cardio workout as you improve your strokes.

Sep 6–Dec 15

Tue & Thu | 8:00am–9:00am | \$240

MASTERS LITE

This program developed from a one day a week to a three day a week program. Your complete weekly cardio program is now here in a low impact environment. It is for the swimmers who have little or no coached program experience. We will move at a pace that you are comfortable with and work on your stroke as we go. We also work on how to read the set/workout on the white board. Lane ethics will also be covered.

Sep 5–Dec 17

Mon, Wed & Fri | 10:00am–11:00am | \$360

SATURDAY & SUNDAY DROP-IN

Weekend training is a bit more relaxed and we tend to focus a little more on how to do flip/tumble turns, dives/starts and sprints. Although it's a relaxed session we will still try to reach a goal of 4k by the end.

Sep 10—Dec 17

Sat | 7:30am–9:00am

Sep 11–Dec 18

Sun | 7:00am–8:30am & 8:30am–10:00am

Drop-in charge: \$15

ADULT LESSONS

There is no better way to speed up the learning curve than a private one to one swimming lesson. If you are the person that had a traumatic aquatic experience at some stage in your life and can't shake that feeling or if you want to improve and refine your stroke for a new goal/event that requires you saving energy in the swim section then this is the best way to achieve that. I hear the same issue numerous times during the year "I run 4min miles, bike 200k on the weekends, hit the pool and die after two laps". If this is you, I highly recommend a private one to one coaching lesson to identify and work on solving the issues in a safe and progressive manner.

Coaches: John Ryan, Janice Avon, Symun Pall, Tara Treagus, Kimia Ameri and Savannah Bacchus.

ADULT PRIVATE LESSONS

Monday: 10:00am–2:00pm
Tuesday: 10:00am–2:00pm
Wednesday: 10:00am–2:00pm
Thursday: 10:00am–2:00pm
Friday: 10:00am–2:00pm

(Evening weekdays and weekend times are available upon request)

AQUATIC REHAB LESSONS

WITH SYMUN PALL

Symun has been working in the Hollyburn aquatics department for the last 7+ years as a lifeguard/swim instructor and now aquatic leader. She has graduated with a degree in Human Kinetics from UBC Okanagan. With her experience working as a kinesiologist she has been exposed to various injuries (shoulder, hip, knee, foot etc.) In combination with her aquatics background Symun can help provide a swimming lesson that can also be beneficial for a progressive rehab process. Contact: John Ryan at swimmaster@Hollyburn.org

AQUA FIT

18+ yrs

Our water workouts are fun and offer a challenge to anyone attending. The instructors help you work at your own comfort level and keep the exercises fun and entertaining but with little or no joint impact. This is an excellent addition to any exercise regime.

Sep 5–Dec 18

Mon, Wed, Fri | 9:00am–10:00am

No Monthly Fee | Drop-in: \$6/class

MERMAIDS AND MERMEN

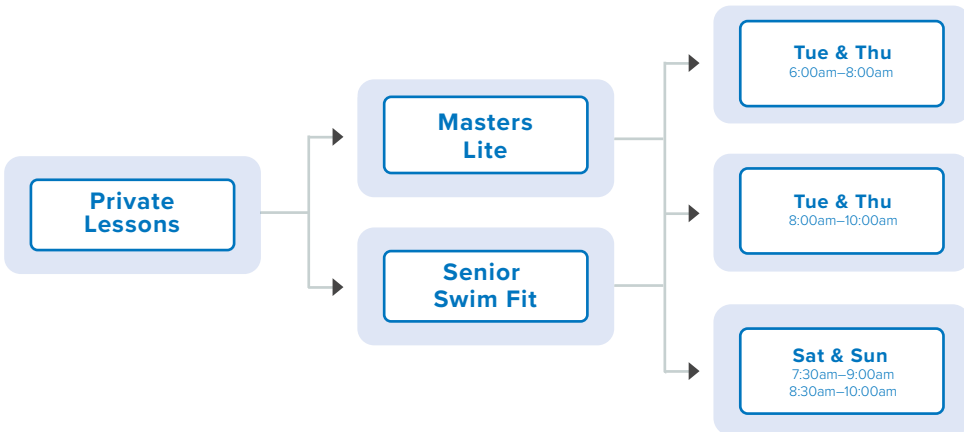
16+ yrs

Come join Janice Avon, for a swimming and fitness experience like no other. Learn to be fast, fluid, effortless and smart in the water. Basic knowledge of freestyle, backstroke and breaststroke is recommended.

Sep 6–Dec 18

Tue & Thu | 10:00am–11:00am | \$240

ADULT AQUATIC PATHWAY



BADMINTON



Julia Chen
Badminton Professional
Badminton@hollyburn.org

JUNIOR PROGRAMS

TWEEDY BIRDS

3.5–5 yrs

Children of almost any age find badminton easy to learn and fun to play. This class is specially designed for young kids to learn to be athletic, active and to learn some basic racquet skills. Swing, bash, play, jump and run -- it is a great way to learn hand-eye coordination while having tons of fun at the young age!

Sep 12–Dec 10

Mon–Thu | 3:45pm–4:30pm

\$290 (once a week)

\$420 (twice a week)

HCC BADGE PROGRAMS FOR BEGINNERS AND INTERMEDIATES

Our Badge Challenge Program is specially designed for kids aged 6 to 12 who are at beginner or intermediate levels. Players enrolled to the Badge programs will be on their way to improve their games. Discipline, enjoyment, dedication, focus and a positive attitude is incorporated in the training program. All instructions are provided by qualified coaches.

BADGE BRONZE

6–8 yrs

Sep 12–Dec 10

Mon–Thu | 3:45pm–4:30pm

Sat | 9am–10am

\$290 (once a week)

\$420 (twice a week)

BADGE SILVER & GOLD

8+ yrs

Sep 12–Dec 10

Mon–Thu | 4:30pm–5:30pm

Sat | 10:00am–11:00am

\$290 (once a week)

\$420 (twice a week)

BADMINTON TEENS PROGRAM

12+ yrs

This program is for teenagers who would like to learn to play badminton at recreational level. The program will focus on a fun way of learning badminton while improving players' fitness level. The lessons include conditioning training program, on-court instructions and match play.

Sep 12–Dec 10

Mon/Wed | 5:30pm–7:00pm

\$420 (once a week)

\$680 (twice a week)

BADMINTON FOR GIRLS ONLY

8–12 yrs

This class is specially designed for girls to learn to be active. It focuses on improving racquet skills and court movement. The class will also combine fun games, physical components and game play. Each player in this class will receive a complimentary half hour private lesson.

Sep 12–Dec 10

Tue | 4:30pm–5:30pm

\$290 (once a week)

JUNIOR LADDER

6+ yrs

Our Junior Ladder Program is entirely match play. It is a fun way for kids to gain more experience in an actual game setting. Please email Julia if you are interested to play.

Fri | 3:30pm–4:30pm

No charge

PRIVATE LESSON

Private lessons are available for booking.

Email Julia to book your lessons:

badminton@hollyburn.org

BADMINTON & SWIMMING COMBO

3–8 yrs

Our staff will escort your kids from badminton gym to the pool. Please note that you will register your kids separately based on your kids' swimming level and badminton level. Badminton session is 10 weeks

Sep 12–Dec 10

Badminton: 3:45pm–4:30pm

Swim Lesson: 4:45pm–5:15pm

*(*note, 30 mins for most 3-5 years lessons & 60 mins for Swim Kids 4+, Please pick up your kids base on your kids swimming lesson time)*

Mon/Tue/Wed/Thu

\$290 (badminton lesson only)

BADMINTON TEAM HAWKS

The competitive badminton Hawks require a minimum on-court training of 4-6 hours per week. The program involves games, drills and fun activities for the young enthusiast. Players in this program will be able to represent Hollyburn by competing in selected junior local tournaments and eventually working their way to the Provincial and National Level of play.

YOUNG GUN

9+ yrs

Sep 12–Dec 14

Mon/Wed | 5:30pm–7:00pm

\$680 (Invited players)

SKILL ENHANCEMENT & MATCH PLAY

(Invited players)

Sep 12–Dec 17

Sat | 10:00am–12:00pm

\$580 (10 classes)

NEXT GENERATION

by invitation

Sep 12–Dec 14

Mon & Wed | 5:30pm–7:00pm

\$680

Badminton Online Court Booking Now Available! All available court times are showed under the tabs of GYM/Badminton Booking/Member Booking/Racquet Booking

ADULT PROGRAMS GROUP LESSONS

We offer badminton adult group lessons and private lessons during the day; you can email Julia to book your lessons:
badminton@hollyburn.org

TUESDAY AND THURSDAY DOUBLES LEAGUE

This program is for intermediate or advance players. Our badminton adult coordinator will organize the games for you and play with you. No commitment is required.

Tue/Thu | 7:30pm–10:00pm

\$5 per person to cover shuttlecocks cost

THURSDAY BADMINTON NIGHT

Thursday night is for beginner or intermediate level player, no cost if you bring your own shuttlecocks.

Thu | 7:30pm–9:30pm

LADIES' BADMINTON SOCIAL PLAY

A group of badminton ladies play regularly on Tuesday and Thursday morning. You are welcome to join the group and you will be surprised how much fun and exercise from playing badminton.

Tue/Thu | 10:00am–12:00pm

\$30 annual fee to cover the shuttlecock cost

ANNUAL COMMITTEE FEE

A mandatory \$25 committee fee will be billed to all badminton players for the season of 2022/2023. The committee fee will be used for badminton department activities, tournament events and coaches' travel expenses for the season. If you have any questions about the fee, please email: badminton@hollyburn.org

HOLLYBURN PATHWAYS

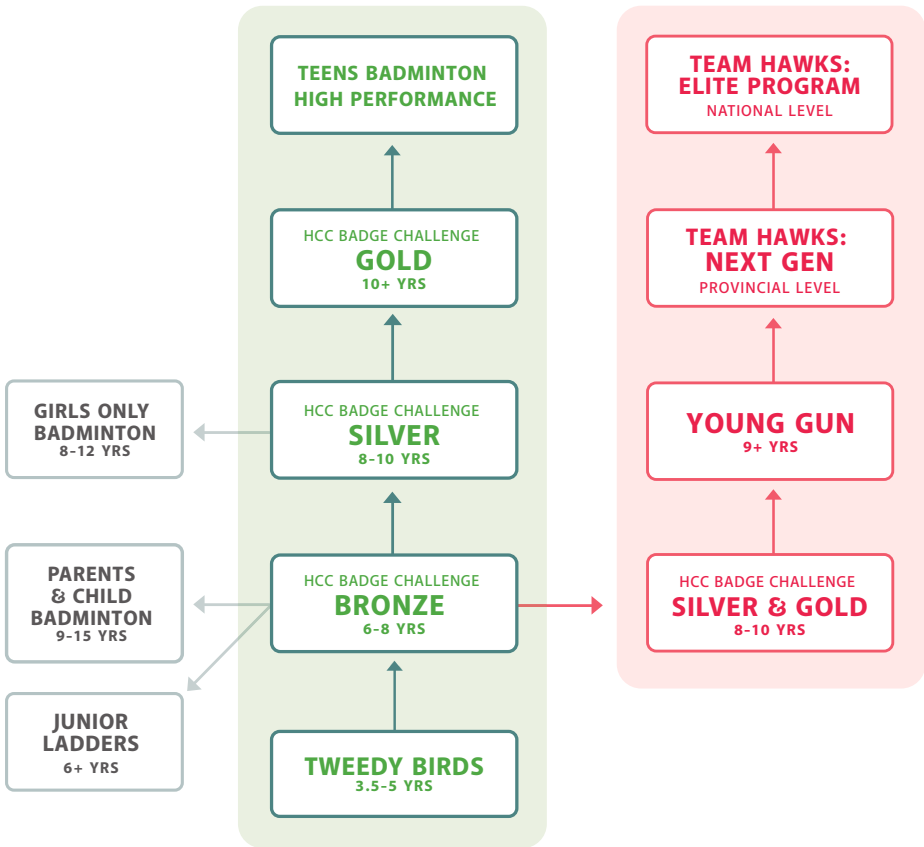
BADMINTON

RECREATIONAL

High School and University levels

COMPETITIVE

Provincial and National levels



BRIDGE



Stephen Beaton

Bridge Professional

Bridge@hollyburn.org

SUPERVISED PLAY

A short "Tip of the Day", chosen to satisfy the interests of the group, is followed by the play of hands from a Hollyburn duplicate game. During the play, anyone can ask for advice on how to bid or play a hand. This game is ideal for anyone who wants to enjoy the fun of playing bridge while learning how to play the game better. Come alone or with a partner and we'll fit you into our group. The game is now on a summer break. Play will resume on September 13.

Sep 13–Dec 13

Tue | 10:00am–12:00pm

Upper Dining Room

\$8 | Instructor: Stephen Beaton

INVITATIONAL DUPLICATE GAME

The Thursday morning duplicate bridge game is sanctioned by the American Contract Bridge League. It is restricted to Members of the Hollyburn Country Club and their invited guests, and to Members of other private clubs. The coffee station includes complimentary coffee and tea. No partner? No problem. We'll pair up those without partners and we have a standby partner on call.

Aug 4–Dec 15

Thu | 9:30am–12:45pm

Creekside 2

Drop in: \$8 (Hollyburn Members)

\$10 (guests)

Director: Stephen Beaton

SOCIAL PLAY

Members who want to get together for an afternoon of social bridge are welcome to come to the upper dining room on Tuesday afternoon and use the bridge tables set up for their convenience. Bridge supplies are available at the Member Services desk. It is on a summer break in July and August.

Sep 13–Dec 13

Tue | 1:00pm–3:00pm

Upper Dining Room

no charge

OPEN DUPLICATE GAME

The Monday evening duplicate bridge game is sanctioned by the American Contract Bridge League and is not restricted to Hollyburn Club Members. The coffee station includes complimentary coffee and tea. Those without a partner can be accommodated if it does not create a half table. Restart date TBA, subject to Member interest.

Mon | 6:30pm–9:00pm

Creekside room

Drop in: \$8 (Hollyburn Members)

\$10 (guests)

Director: TBA

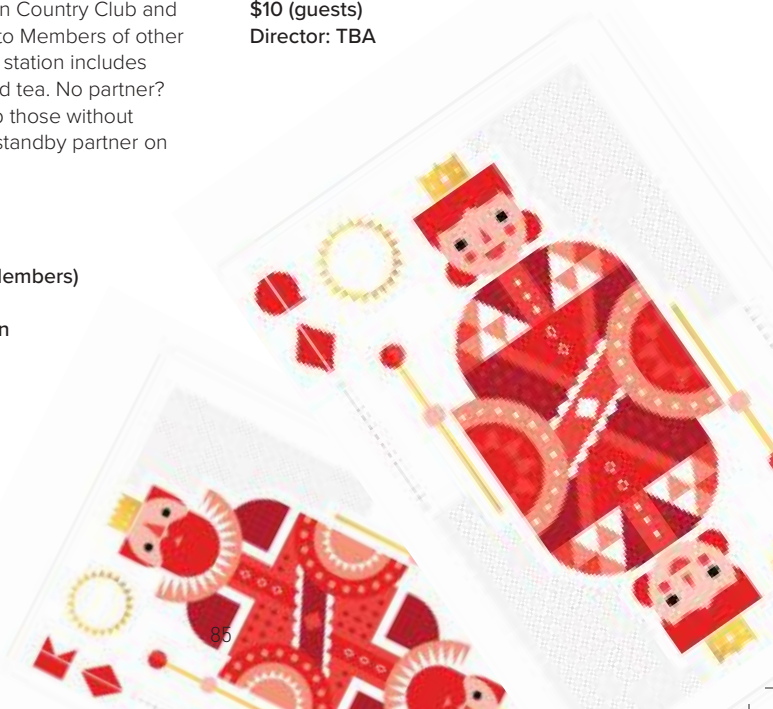


FIGURE SKATING



Melissa Folino
Skating Professional
figureskate@hollyburn.org



Lorenza Sammarelli Kletas
Skating Professional
figureskate@hollyburn.org

CANSKATE

BEGINNER LEVEL 1

3+ yrs

This class covers balance, gliding forward, backward skating, basic turns and stopping. Must be able to skate without assistance from coaches (bars available) Parent MUST be in attendance.

Sep 13–Dec 6

Tue | 3:30pm–4:15pm | \$273

Sep 15–Dec 8

Thu | 3:30pm–4:15pm | \$273

Sep 17–Dec 10 **No class Oct 8 or Nov 12*

Sat | 12:30pm–1:15pm | \$231

INTERMEDIATE LEVEL 2+3

4+ yrs

Prerequisite Level 1

This class covers more advanced turns, cross overs speed and jumps

Sep 13–Dec 6

Tue | 4:15pm–5:00pm | \$273

Sep 15–Dec 8

Thu | 4:15pm–5:00pm | \$273

Sep 17–Dec 10 **No class Oct 8 or Nov 12*

Sat | 1:15pm–2:00pm | \$231

ADVANCED LEVEL 4–6 & JR ACADEMY

This class is for Figure Skaters Only, covering jumps, spins, and preparation for the figure skating team.

Sep 12–Dec 5* | Mon | 4:45pm–5:30pm** | \$252

Sep 13–Dec 6 | Tue | 5:00pm–5:45pm | \$273

Sep 15 – Dec 8 | Thu | 5:00pm–5:45pm | \$273

Sep 17–Dec 10* | Sat | 11:00am–11:45am** | \$231

Sep 17–Dec 10* | Sat | 2:00pm–2:45pm | \$231

**No class Oct 8, Oct 10 or Nov 12*

***On Large Ice*

PLEASE NOTE

A Skate Canada Association on time/year fee of \$55 will be charged to your account to cover insurance and registration for any Can Skate program. Any cancellations made within the 48hrs of the Can Skate program start date will be subject to pay the \$55 fee.

PROGRAM REQUIREMENTS

Proper fitting skates (no Velcro type skates), helmets with face masks (no bike helmets), gloves, skate guards are required. Adult supervision for all children under the age of 8 is mandatory.

CAN SKATE PROGRAM REGISTRATION

Wed, Aug 10 | 6:50am (online only)

CANCELLATION POLICY

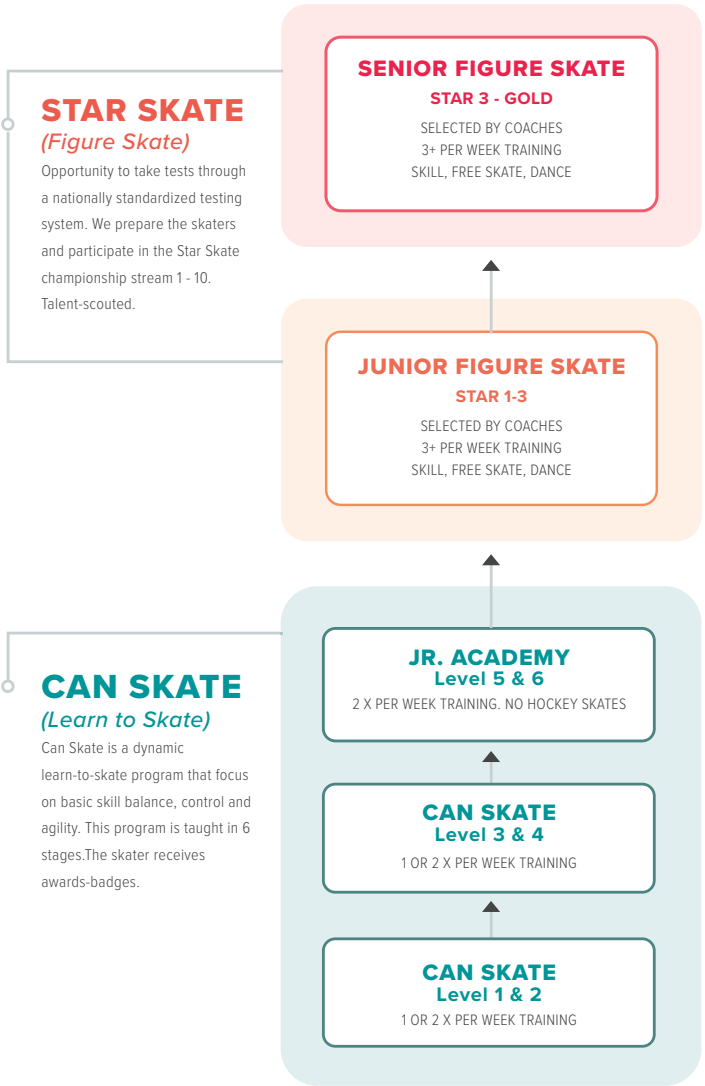
As per house rule 30, Members will be charged the full fee for all programs they register for unless 48 hours cancellation notice is received. However, when a program commences on a Monday, 72 hours' notice is required.

FIGURE SKATING ICE SCHEDULE

Monday	Junior	3:45pm–5:30pm
	Senior	5:45pm–7:45pm
Wednesday	Junior	3:30pm–4:45pm
	Senior	4:45pm–6:00pm
Thursday	Jnr/Snr	6:30am–8:30am
Friday	Junior	3:30pm–4:45pm
	Senior	4:45pm–6:00pm
Saturday	Junior	8:30am–10:15am
	Senior	9:45am–11:00am

HOLLYBURN PATHWAYS

FIGURE SKATING



GOLF

**VIRTUAL^{VR}
SPORTS**
LOUNGE

YOUTH VSL GOLF PROGRAMS

MINI GOLF

3–5 yrs

The Mini-Golf program provides an introduction to Hollyburn Golf. In this class, you will meet Golf Pro Oliver and learn about the upcoming golf programs at Hollyburn. This class is beneficial for any child who has an interest in trying golf or is interested in participating in upcoming WELCOME TO GOLF (Age 6–9 yrs) programs.

Sep 19, Nov 7, Dec 12 | Mon

11:00am–11:30pm (Max 6)

11:30am–12:00pm (Max 6)

12:00pm–12:30pm (Max 6)

12:30pm–1:00pm (Max 6)

Regular price: \$12/session

Mini Athletic price: \$10/session

WELCOME TO GOLF (JUNIOR)

6–7 yrs

Welcome to Jr Golf is an introductory program for children who have not yet or only experienced golf a few times. The objective of this is to learn fundamental movement skills and help build overall motor skills. The program focus is on fun and to introduce the basic skills required to play golf. (Putting, Chipping, Full Swing) This program occurs within the VSL, or on the Turf field and in summer months at nearby golf courses. Maximum 4:1 instructor ratio.

Sep 6–Dec 7 (14 classes)

Tue or Wed 3:30pm–4:15pm

VSL and Turf | \$350 (Wed)

Instructor: Oliver Tubb

WELCOME TO GOLF

(Weekly Program)

8–9 yrs

Welcome to Jr Golf is an introductory program for children who have not yet or only experienced golf a few times. The objective of this is to learn fundamental movement skills and help build overall motor skills. The program focus is on fun and to introduce the basic skills required to play golf. (Putting, Chipping, Full Swing) This program occurs within the VSL, or on the Turf field and in summer months at nearby golf courses. Maximum 4:1 instructor ratio.

Sep 6–Dec 7 (14 classes)

Tue or Wed | 4:15pm–5:00pm

VSL and Turf | \$350 (Wed)

Instructor: Oliver Tubb

LEARN TO PLAY GOLF (JUNIOR)

10–13 yrs

Learn to Play Golf is an introductory program for children who have played some golf and are familiar with the game. The objective is continue developing fundamental golf movement skills, and to introduce the skills required to play golf on the course. (Putting, Chipping/Pitching, Full Swing - Driver, Irons) Following this program your child will be prepared for the upcoming golf season. Maximum 6:1 instructor ratio.

Sep 6–Dec 7 (14 classes)

Tue or Wed | 5:00pm–6:00pm

VSL and Turf | \$400 (Wed)

Instructor: Oliver Tubb



ADULT GOLF PROGRAMS

WOMENS GOLF (BIRDIES) NIGHTS IN THE VSL ADULT (WOMEN ONLY)

18+ yrs

Join Golf Pro Oliver and guest coaches for a fun and introductory golf session in the VSL. We will provide easy to follow golf instruction, fun, games, and prizes and together help you develop skill and build confidence so you can take your game onto the course.

Maximum 8:1 Instructor ratio

Sep 20 or Oct 18 or Nov 22

7:00pm–9:00pm (women only)

VSL and Turf | \$99 (120 min class)

Instructor: Oliver Tubb and Guest Coach

LEVEL 1–INTRODUCTION TO GOLF ADULT

18+ yrs

This is a four x 1 hour lesson program designed to introduce the basic concepts, techniques and fundamentals of the game, in a fun, social environment. No prior golf experience necessary. Classes will cover the full swing, short game and putting, basics on equipment, golf terminology and course etiquette. Max 4:1 golfer to instructor ratio.

Sep 21, 28, Oct 5, 12

Oct 19, 26, Nov 2, 9

Nov 16, 23, 30, Dec 7

Wed

10:00am–11:00am

6:00pm–7:00pm

VSL and Turf

\$200 (4 x 60 min class)

Instructor: Oliver Tubb

VSL GOLF PRIVATE LESSONS

We are offering golf lessons in the VSL with our Golf Professional Oliver Tubb. Whether you are new to golf or an experienced golfer, Oliver will provide tailored lessons to improve your skills and get you ready for the 2022 outdoor season. We are excited to be able to provide a space for Members to practice their golf game all year round! Contact golf@hollyburn.org for inquiries.

PRIVATE & SEMI PRIVATE:

Adult Member Private Lesson (18+ yrs)
45 minutes \$100

Adult Member Private Lesson (18+ yrs)
60 minutes \$120

Adult Member Semi Private Lesson (18+ yrs)
60 minutes \$65 per person

Adult Member / Guest - Semi Private Lesson (18+ yrs)
60 minutes \$75 per person

Junior Member Private Lesson (10–18 yrs)
45 minutes \$85

Junior Member Private Lesson (5–9yrs)
30 minutes \$55

Junior Member Semi Private Lesson (10–18 yrs)
60 minutes \$60 per person

Group Lessons (both simulators):
Adult Member + Guest Small Group

Coaching (min 4 people required)
60 minutes \$75 per person

OTHER OFFERINGS

Off site Nine Hole On Course Playing Lessons–2.5 hrs (Please Inquire)

Off Site Short Game or Putting lesson
60 minutes (Please Inquire)

VSL LESSON FAQ

What to expect from golf instruction at

Hollyburn: When you have a lesson at the VSL, you can expect premium golf instruction, customized to your unique golf ability and needs. Your instructor will help ensure understand correct golf swing concepts, along with the fundamental athletic set up and movement needed to create solid contact. You will be tasked with fun challenges and practice drills to help you acquire skill and improve.

The golf Simulators: Located upstairs in the VSL, we have two multi-sport simulators. You can play a round on one of the many virtual courses, or practice your skills at the driving range. The simulator captures data from both your swing and the golf ball, providing an accurate playing and practice experience. This data collected includes your swing speed, ball speed, carry distance, total distance, shot dispersion, club path and face relationship, which your instructor will help you understand so you can build confidence and improve your game.

How many golfers can attend a lesson: Lessons are available privately, semi-privately and in small groups, using one or both simulators.

How long are the lessons: Your initial lesson is 60 minutes, and subsequent lessons are 45 minutes.

How do I book a lesson: Please book your lesson by contacting Oliver at golfpro@hollyburn.org

Which days of the week are lessons available: Availability may change week to week, but generally speaking lessons will be available at various times Monday to Friday.

I have never played golf before, can I still take a lesson: Absolutely, a lesson is a great way to get started, and your instructor will help you build confidence and ensure you start golf the right way.

I don't have clubs, can I still take a lesson: Yes, We do have clubs you can use for your lesson, please reach out to Oliver ahead of time. Your instructor will discuss golf equipment and sizing for you, and to your options for purchasing.

Do you offer on-course playing lessons: Yes, talk with your instructor to schedule an on-course lesson at golf courses throughout the region, both in private and semi-private formats. Additional fees apply.

Do you offer short game and putting lessons: Yes, short game and putting lessons are taught both in the VSL, or can be scheduled at a nearby golf course.

I am an accomplished player, will lessons in the simulator help my game: To get the most from your instruction experience, bring your questions and observations from your play on the course. The simulator experience provides accurate feedback and precise data to help you and your instructor develop an improvement plan.



HOCKEY



Adam Hayduk
Hockey Director
Hockey@hollyburn.org



Andrea Benac
Hockey Coordinator
Hockey@hollyburn.org

COOKIE MONSTERS

4–5 yrs

A fun program that introduces the new players to the skills involved with playing hockey. Fundamentals of skating and stick control are developed and reinforced through fun movements and small area games. The Cookie Monsters program requires players to be able to comfortably skate the length of the ice without assistance from a coach/parent or the use of any skating aid. Players are strongly recommended to complete CanSkate Level 1 or be able to skate on their own to register for this program. Excluding Thanksgiving Weekend (Oct 10)

Sep 18–Dec 7

Sun | 9:45am–10:30am

Wed | 3:45pm–4:30pm

Small Ice

\$250 (1x per week)

\$395 (2x per week)

WOMEN'S INTRO TO HOCKEY AND SKATING

22–75 yrs

Monday Women's Intro to Hockey and Skating is designed for beginners with very little to no skating experience that wish to learn how to skate and be introduced to basic hockey skills such as passing shooting and puck skills. Players can expect to get skill instruction, scrimmage time, and a great workout all while having fun! Thursday evenings are for our women continuing their skating and hockey journey after participating in our 9-week spring session. These players can expect to further develop their basic skating, hockey fundamentals and hockey IQ with a mix of instruction, scrimmage and small-area games! Excluding Thanksgiving Weekend (Oct 10)

Sep 17–Dec 8

Mon | 8:45pm–9:45pm

Thu | 9:00pm–10:00pm | Small Ice

\$295 (1x per week) | \$590 (2x per week)



GOALTENDER DEVELOPMENT SESSIONS

This program is offered to the goalies of Hollyburn Huskies teams: U8 through U18. Goalies will be grouped by age and skill level. There will be a maximum of 6 spots. The instructor to student ratio will be 1:3. Excluding Thanksgiving Weekend (Oct 10)

Sep 18–Dec 3

Sat | 11:00am–12:00pm

Small Ice | \$150

POWER SKATING

To become a powerful athlete, specifically a powerful hockey player, there are several prerequisites needed to achieve high-performance. The goal of this program is to create office training habits that effectively translate into on-ice power and high-performance. This program will challenge athletes to create more functional range (Mobility) to maximize stride length and protect against overuse injuries. Balance (Stability) and Core Strength (Tensegrity) will be a primary focus to ensure there are no energy leaks within the movements being taught, and athletes will learn to create the right tension in the right places. Finally, explosiveness through the use of plyometrics (rapid lengthening and shortening of the muscles) will be safely trained to increase power, speed and agility. Excluding Thanksgiving Weekend (Oct 10)

Dates and Times TBD

MINOR HOCKEY REP TRYOUT

U13, U15, U18 tryouts will commence the week of Tuesday September 6. U11 tryouts will begin on Friday September 16.

MINOR HOCKEY KEY DATES:

Aug 28–Sep 2:

Hockey Equipment Exchange

Tue, Sep 6:

U13, U15, U18 Rep Tryouts Begin

Mon, Sep 12:

Start of U6–U9 and house hockey

Sat, Sep 10 or Mon Sep 12:

U11 Rep Tryouts

Tue, Oct 25:

Minor Hockey Photo Day

Nov 11–13:

Morgan Rielly U13 Tier 2 Tournament

Dec 9–18:

Hollyburn Christmas 3on3 Tournament

Sun, Dec 18:

Last day of minor hockey before Christmas break

Tue, Jan 3:

Hockey resumes after Christmas break

Mon, Mar 6:

Anticipated final day of minor hockey

MINOR HOCKEY EQUIPMENT EXCHANGE

Huskies hockey will be hosting it's very first equipment exchange prior to the start of the 2022/2023 minor hockey season! The exchange will be held in Creekside from 8:00am–7:00pm throughout the week, with the exception of Sunday August 28 and Monday August 29. Members will have the opportunity to bring lightly used equipment to sell, as well as have the option to purchase. This is a great opportunity to get rid of any extra gear you might have, or to purchase equipment without breaking the bank!

Aug 28–Sep 2

Creekside

Sun | Equipment Drop-off

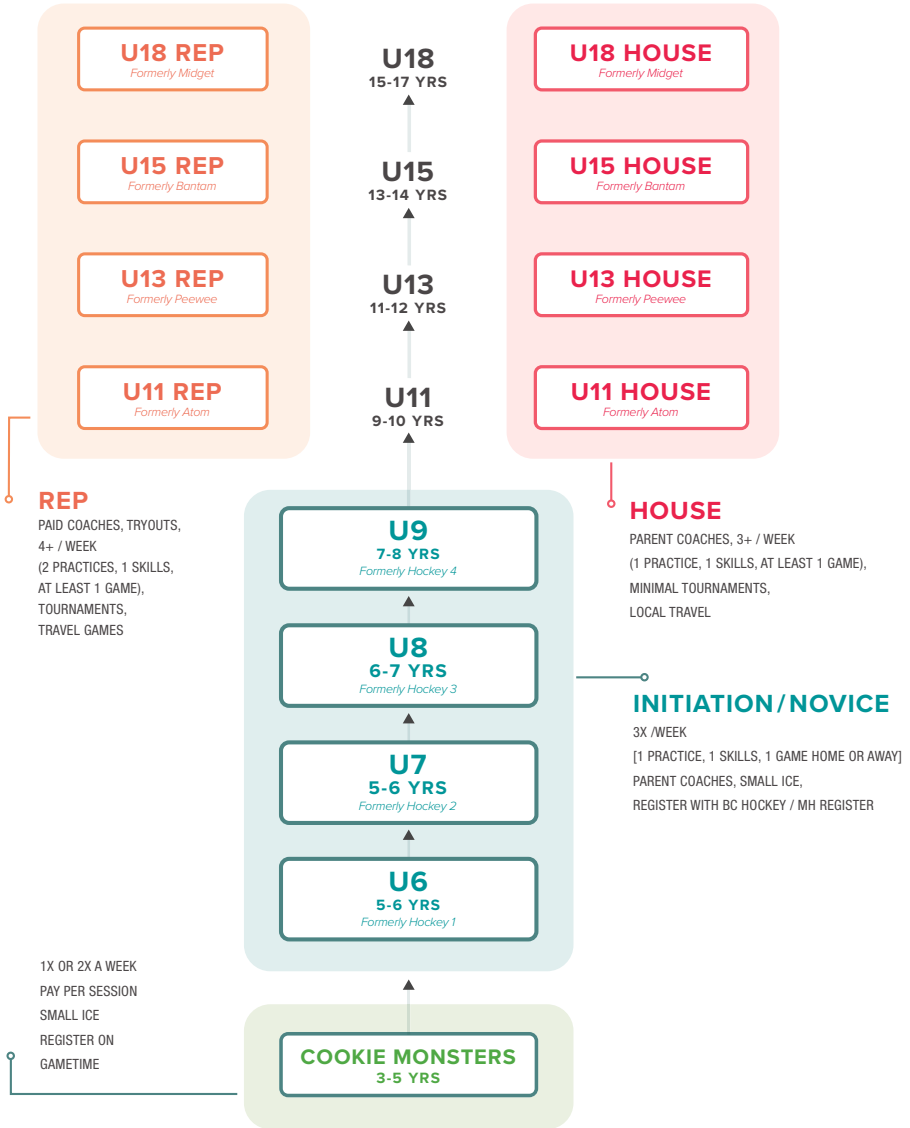
Mon | Equipment Drop-off until 12:00pm

Tues–Friday | 8:00am–7:00pm

HOLLYBURN PATHWAYS

HOCKEY

SEASON SEPTEMBER - MARCH



MEN'S HOCKEY

Hollyburn's Men's Hockey is safe, fun, recreational hockey for men. There is no body checking in Hollyburn Men's Hockey. We respect each others age, athleticism and playing ability and seek to avoid injury while making the game enjoyable for all.

MEN'S HOCKEY REGISTRATION:

Men's Hockey registration will open at the end of June. Registration covers all Men's Hockey activities including the 2022/2023 season, Saturday morning 3 on 3 plus Spring and Summer Hockey. Register through mens.hollyburnhockey.com

DIVISIONS:

During the registration process you will be requested to select which division you wish to participate in.

Division 1 is our most competitive hockey for players 19 years of age and older. Division 3 is aimed at a slower pace and lower caliber of play based upon skill and with respect to Senior players. Division 3 is for players 26 years of age and older.

REGISTRATION FEES:

Register before Aug 31: \$300

Register after Aug 31: \$400



KARATE



Peter Stoddart

Karate Professional

Karate@hollyburn.org

Phone: 604.913.4575

Sensei Peter is a Karate Canada 6th Degree Black Belt, International Competitor, BC Winter Games Head Coach and a Karate BC Provincial Coach. He was a Double Gold Medalist at Wado Kai World Championships and 2016 Masters Gold Medalist. He has competed and trained in Asia, Europe and North America over a 30 year career studying and teaching Martial Arts.

MISSION STATEMENT

To build on the success of the Hollyburn Black Belt Karate Program through communication, Member engagement, and the promotion of fun, fitness, and good sportsmanship.

“A Confident Child is an Unstoppable Child”

Our award winning program continues to grow in size every year and is proven to enhance endurance, physical and mental strength, flexibility, speed, coordination and balance in everyone! Martial arts are not only fun to learn, but also creates a strong sense of wellbeing in ones skill set.

Little Ninjas & Karate at Hollyburn encompass competitive & non-competitive elements. Our team helps our students forge a solid foundation for real world situations in a safe and fun atmosphere for every student. Whether they want to pass their Black Belt or be a National Champion. Training with our internationally renowned Sensei & 6th Degree Black Belt Peter Stoddart in The Dojo will put them on the right path.

Social Development

Youngsters will have positive interaction with other children of their own age though team games and personal goals.

Discipline

Our activities strongly encourage discipline within the class, at home and in school. Children learn to set a good example while building strong leadership skills.

Life Skills

Classes develop a child's basic motor skills, building coordination, balance, and control as well as providing plenty of mental and physical problem solving challenges.

Focus & Attention

We ensure children work on their ability to goal set and enhance their focus in a dynamic and exciting Martial Arts environment.

IMPORTANT INFORMATION

- Examination Fees \$45
- 1–2 Private lessons are recommended per participant before a Belt Test.
- There are no classes on Tournament Days, Special Event or Holiday weekends.
- Classes may be combined to adjust for class numbers and ability levels.
- Annual Karate BC & WadoKai
Dues: Little Ninjas \$45, Beg/Int/
Adv \$95, Black Belts \$180

If you are new to Little Ninjas Karate, your uniform is FREE!

Available from the Sports Boutique.

CANCELLATION POLICY

Members will be charged the full fee for all programs unless they cancel within the first two weeks of the program. After the first two weeks of programs, no refunds will be issued for cancelled programs.

HOLIDAYS (NO CLASS)

Labour Day: Sep 5

Truth and Reconciliation Day: Sep 30

Thanksgiving: Oct 7 & 10

Remembrance Day: Nov 11

Winter Break: Dec 19–Jan 8

KARATE PROGRAM REGISTRATION:

6:40am on Wed, Aug 10 (Online Only)

MINI KARATE

3–5 yrs

The Mini Karate program provides an introduction to Hollyburn Karate. In this class, you will meet Sensei Peter and learn about our Dojo. This class is beneficial for those considering participating in Little Ninjas.

Sep 26, Oct 24, Dec 5 | Mon

11:00am–11:30am | 11:30am–12:00pm

12:00pm–12:30pm | 12:30pm–1:00pm

Regular price: \$12/session

Mini Athletic price: \$10/session

Mini Karate Cancellation Policy

Members will be charged the full program fee unless 72 hours cancellation notice is received or the program is cancelled.

Karate Cancellation Policy:

Members will be charged the full fee for all programs unless they cancel within the first two weeks of the program. As of September 26th, at 6pm the cancellation policy is in effect and no refunds will be issued for cancelled programs.

LITTLE NINJAS

4–6 yrs

The Little Ninjas Program is a detailed curriculum that focuses on improving preschool age children's basic motor and listening skills. Fun team and individual games that develop eye hand coordination, reaction and timing are base elements in this program. It's a great way to get them ready for the real thing! All Little Ninja classes are 1 day per week for kids 4–6yrs, 45min.

Sep 12–Dec 16

Mon | 3:45pm–4:30pm & 4:45pm–5:30pm

Tue | 3:45pm–4:30pm

Wed | 3:45pm–4:30pm

Thu | 3:45pm–4:30pm

Fri | 3:45pm–4:30pm

**No class Sep 30, Oct 1, 7, 8, 10, Nov 11, 12*

\$294 | \$273 (Mon) | \$231 (Fri)

COLOUR, BROWN & BLACK BELT KARATE

7+ yrs

Intermediate belt program. Traditional Karate forms and sparring in a Dojo environment with a focus on Discipline, Self-Control, Confidence and Physical Fitness. Perfect for active youngsters who need an energetic outlet! Recommended training for belt advancement is 2x per week.

Sep 12–Dec 15

Mon | 6:00pm–7:00pm

Tue, Wed, Thu, Fri | 4:45pm–5:45pm

**No class Sep 30, Oct 1, 7, 8, 10, Nov 11, 12*

\$301 | \$279.50 (Mon) | \$236.50 (Fri)

BROWN & BLACK BELT KARATE

7+ yrs

Black and Brown belt participants who are targeting either Black Belt, competitive levels or higher. Advance throws, counters and self-defense sequences are commonly practiced in this class with an eye to developing the Complete Martial Artist.

Sep 13–Dec 15

Tue, Thu | 6:00pm–7:00pm | \$301

ADULT COLOUR, BROWN & BLACK BELT KARATE

15+ yrs

With an emphasis on the Tradition of Martial Arts. Participants will learn a variety of concepts, self-defense techniques and skills; all while having fun in a positive, safe and encouraging environment. Over the course of the session, we will cover stances, focus, awareness, breath, body movement, balance, timing, and how to punch, block, and kick!

Sep 12–Dec 14

Wed | 6:00pm–7:00pm

**No class Sep 30, Oct 1, 7, 8, 10, Nov 11, 12*

\$301 | Sensei Norma Foster

ADULT COLOUR, BROWN & BLACK BELT KARATE

**All brown belts or higher can register*

This advance seminar class is run by Sensei Norma Foster for Black and Brown belt participants. Training will focus on enhancing their skills for competitive level training.

Sep 17–Dec 10

Sat | 10:00am–12:00pm

\$430 | Sensei Norma Foster



FALL 2022

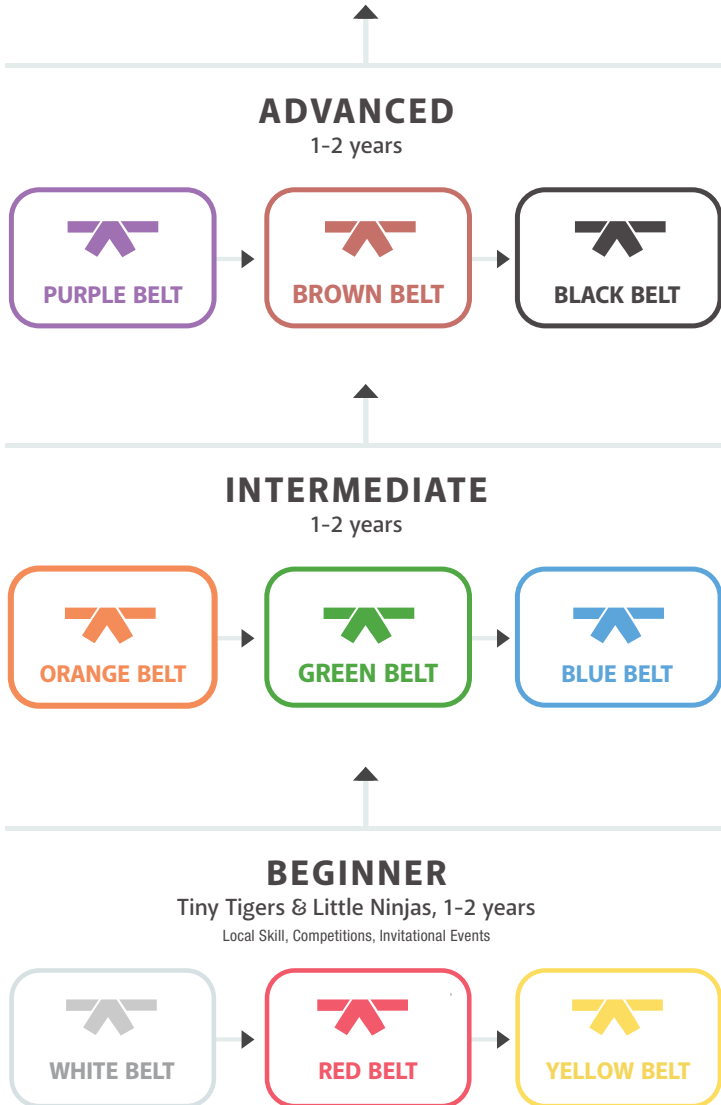
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					ADVANCE BROWN & BLACK BELT 10:00am-12:00pm
LITTLE NINJAS 3:45pm-4:30pm	LITTLE NINJAS 3:45pm-4:30pm	LITTLE NINJAS 3:45pm-4:30pm	LITTLE NINJAS 3:45pm-4:30pm	LITTLE NINJAS 3:45pm-4:30pm	
LITTLE NINJA 4:45pm-5:30pm	COLOUR, BROWN & BLACK BELTS 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm-5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm-5:45pm	
COLOUR, BROWN & BLACK BELTS 6:00pm-7:00pm	BROWN & BLACK BELTS 6:00pm-7:00pm	ADULTS COLOUR, BROWN & BLACK BELTS 6:00pm-7:00pm	BROWN & BLACK BELTS 6:00pm-7:00pm		

HOLLYBURN PATHWAYS

KARATE

COMPETITIONS

Provincial Championships, BC Winter Games
Karate Canada Nationals
Pan Am Games, Olympics



MUSIC



Vlada Mars
Fine Arts Professional
music@hollyburn.org

MUSIC PROGRAM 2022/2023

Please note that all lessons are offered in person at the Club. All lessons are organized from September till June and there is no need to re-register for winter or spring terms.

PIANO

6+ yrs

Enjoy the convenience of private piano lessons at the Club! Vlada Mars is starting her 25th year at Hollyburn and will guide students in a course of study suited individually to the needs of your child. Traditional and contemporary repertoires will be used to develop the skills of sight-reading, ear training, theory and duet work. The students will have opportunity to play at the Christmas and Spring Recital, preparation for examinations (piano, theory, harmony and history) with the Royal Conservatory of Music are also available.

Sep 12, 2022–Jun 16, 2023

Mon–Fri | 2:00pm–8:00pm | Studio 2

30 min \$175 (35 lessons, monthly fee)

45 min \$262.50

60 min \$350

Vlada Mars

ADULT CLASSES

Adult students are most welcome as well. Appointments can be arranged to suit your busy schedule on a “pay-as-you-go” basis.
60 min \$100

PIANO

6+ yrs

Learn how to play piano in fun environment. Course specialized for the young children age 6 and up as well as the older beginners, and advanced students

Sep 12, 2022–Jun 16, 2023

Mon–Fri | Studio 4

30 min \$162.75 (35 lessons, monthly fee)

45 min \$244.12

60 min \$325.50

Adults \$93/hr

Nina Djokic

GUITAR, BASS AND UKULELE

8+ yrs

Beginners and advanced students as well as adults or children are welcome. We offer a range of styles including classical, jazz, blues and rock guitar, bass guitar, ukulele, incorporating duet work and a performance at the two recitals.

Sep 12, 2022–Jun 16, 2023

Mon–Fri | Studio 3

30 min \$162.75 (35 lessons, monthly fee)

45 min \$244.12

60 min \$325.50

Adult Lessons: \$93/hr

Mark Klausmayer

VOICE

6+ yrs

Either you want to be a future Idol or perform in the Opera this is a great opportunity to learn proper breathing technique, variety of styles: classical, jazz and rock and enjoy singing! All levels and ages are welcome. Duet work will also be incorporated.

Sep 14, 2022–Jun 15, 2023

Tue/Wed | Studio 1

30 min \$162.75 (35 lessons, monthly fee)

45 min \$244.12

60 min \$325.50

Adult Lessons: \$93/hr

Sherrie Ashworth

DRUMS

6+ yrs

Academy will provide a safe, personal, helpful, and enjoyable learning environment, where the student can experience the Increase your skills from beginner to advanced drumming techniques. You will learn through lessons that suites your pace, experience and goals. Our instructor is actively playing in two bands (rock and jazz) and will bring his expertise and style to the lessons.

Sep 13, 2022–June 17, 2023

Mon/Thu/Fri | Studio 1

30 min \$162.75 *(35 lessons, monthly fee)*

45 min \$244.12

60 min \$325.50

Adult Lessons: \$93/hr

Goran Mars

MODERN MUSIC PRODUCTION AND COMPOSITION

10+ yrs

Students will learn how to write, arrange and mix music on their computer through music theory, working with a DAW (digital audio workstation), composing with loops, acoustic and electronic instruments, vocals and creating drum beats, as well as arranging, mixing and mastering using modern digital tools.

Sep 14, 2022–June 18, 2023

Mon-Fri | Studio 3

30 min \$162.75 *(35 lessons, monthly fee)*

45 min \$244.12

60 min \$325.50

Adult Lessons: \$93/hr

Mark Klausmayer

Please check our website for the private lesson policy. To register or to obtain more information please contact Vlada Mars, Fine Arts Professional at 604 913 4526 or via e-mail music@hollyburn.org



PICKLEBALL



After a great outdoor season, we are returning to play in the Gymnasium. Here is a look at the Pickleball schedule for Fall 2022. Please note that the schedule is subject to change. The most accurate schedule can be found online via the Hollyburn App and Hollyburn Website. The online schedule will indicate when there are closures or schedule changes due to special events.

Drop-In:

Drop-in times are ideal for Members who want to play a game with a pre-arranged group of 2-4 players.

**Court bookings open at 8am daily. Bookings can be made up to 7 days in advance through the Hollyburn Website.*

Social Play:

Social Play sessions are open to all players looking for game play. They are Member organized with the goal to provide an opportunity for active, social play with a variety of partners and opponents.

**Social Play must be booked in advance through the Hollyburn Website. Registration opens up one week in advance. Limited spots available.*

Racquet Bookings:

Racquet bookings can be booked for any racquet sport and provide another opportunity to play during the week with friends.

**Pre-book your court through the Hollyburn Website 7 days in advance.*

Member Bookings:

Member booking times are also available and can be used for Pickleball as well. These times are multi-purpose use and can be booked to play any sport (e.g. Badminton, Basketball...etc.).

INDOOR GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		SOCIAL PLAY 9am-10:30am (full gym)				
SOCIAL PLAY 10am-11:30am (full gym)		DROP-IN 10:30am-12:30pm (half gym)		SOCIAL PLAY 10am-11:30am (full gym)		DROP-IN 10am-11:30am (half gym) & 11:30am-2:30pm (full gym)
DROP-IN 11:30am-1:00pm (half gym)	DROP-IN 12:00pm-1:30pm (full gym)		DROP-IN 12:00pm-1:30pm (full gym)	DROP-IN 11:30am-1:00pm (half gym)		
					DROP-IN 1:30pm-6:00pm (half gym)	DROP-IN 2:30pm-5:30pm (half gym)
	DROP-IN 5:30pm-7:30pm (half gym)		DROP-IN 5:30pm-7:30pm (half gym)	DROP-IN 4:30pm-7:30pm (half gym)		RACQUET BOOKING 5:30pm-7:00pm (full gym)
					RACQUET BOOKING 6:00pm-7:30pm (full gym)	
SOCIAL PLAY 7:30pm-10:00pm (half gym)		SOCIAL PLAY 7:30pm-10:00pm (half gym)		SOCIAL PLAY 7:30pm-10:00pm (half gym)		



PLAYER RATINGS CHART

The Pickleball Player Ratings Chart will allow you to better understand your skills and level of play. This chart will be used for a variety of Pickleball activities at Hollyburn. All pickleball inquiries can be made to Pickleball@hollyburn.org

GREEN: *Beginner/Low Intermediate*

- Has completed an intro to pickleball clinic
- Just starting to play actual games
- Learning how to keep score and where to stand
- Working towards getting service in consistently
- Starting to sustain a rally
- Working on controlling the ball

BLUE: *Intermediate*

- Less comfortable with hard hitters
- Comfortable keeping score and knows where to stand
- Accuracy of shots is variable
- Typical shot would be medium in strength
- Serves tend to be mid court—working on getting them deeper and harder consistently
- Working on broadening repertoire of consistent shots

RED: *Advanced*

- Hits all types of shots but has not mastered every shot type
- Specifically places shots rather than just hitting shots anywhere
- Hitting ball harder but shy's away from hard volleys
- Hitting less unforced errors, comfortable at the net
- Can place serves where they want consistently
- Working on 3rd shot drop
- Moves to the non-volley zone
- Dinks consistently but working on keeping dinks lower

BLACK: *More Aggressive*

- Comfortable with aggressive and offensive play
- Often hits aggressively and enjoys the challenge of hard volleys
- Often has dink rallies of 5+ shots
- Often hits a 3rd shot drop
- Very comfortable at the net and moves to non-volley zone often
- Can serve to any location at will
- Often hits hard overhead putaways



HOLLYBURN SQUASH



Jeff Boag
Squash Professional
Squash@hollyburn.org

JUNIOR PROGRAM

The Junior squash program is your opportunity to focus on developing skills shared by a variety of activities. Squash is a rotational sport that shares foundational skill development with baseball, field hockey, ice hockey, golf, plus many other sports.

There are a variety of squash balls, (EZ, red/orange/green/single and double dot) each with a unique bounce rate that are designed to promote longer rallies, greater strike success rate and increased improvement rate for todays youth.

Squash is an active, social sport for life which is known as one of the top rated post secondary institution activities for those balancing school life and an active lifestyle.

2 day registration price
50% off 2nd session

MINI SQUASH INTRO

3–4yrs

The Mini-Squash program provides an introduction to Hollyburn Squash. In this class you will meet Coach Jeff and learn about the benefits of the sport. This class is beneficial to those considering participation in Tiny Tots.

Sep 12, Oct 3, Nov 21 | Mon
10:00am–10:30am | 10:30am–11:00am
11:00am–11:30am | 11:30am–12:00pm
Mini-Athletic price: \$10/session

TINY TOTS - ACTIVE START

3–4 yrs

Your child's first intro to racquet sports and first steps to building strong gross motor skills. Your child will spend time running, kicking, throwing, and swinging a racquet in a fun, safe environment as we set the stage for early development.

Sep 20–Oct 25
Nov 1–Dec 6 | Tues
11:00am–11:40am | 2:15pm–3:00pm
\$150

Sep 22–Oct 27
Nov 3–Dec 8 | Thu
11:00am–11:40am | 2:15pm–3:00pm
\$150

JUNIOR RED BALL - ACTIVE START

5–6 yrs

A class focused on improving gross motor skills and building confidence in striking the ball while laying the foundation for success in the later years of sport. At this level we will use the Mini Squash Red Ball and transition into the Orange Ball. Equipment required, junior racquet (21-25") + eye guards

Sep 12– Dec 12
Mon | 3:30pm–4:30pm
\$288 | (No class on Oct 31)

Sep 14–Dec 14
Wed | 3:30pm–4:30pm | \$312

Sep 11– Dec 11
Sun | 1:00pm–2:00pm | \$312

JUNIOR ORANGE BALL - BRONZE LEVEL

6–8 yrs

Plenty of on court games and skill development challenges to build confidence. At this level we will use the Mini Squash Orange Ball and transition into the Green Ball. Equipment required, junior racquet (23-27") + eye guards

Sep 12– Dec 12

Mon | 4:30pm–5:30pm

\$288 | (No class - Oct 31)

Sep 13– Dec 13

Tue | 3:30pm–4:30pm | \$312

Sep 14–Dec 14

Wed | 4:30pm–5:30pm | \$312

Sep 15– Dec 15

Thu | 3:30pm–4:30pm | \$312

Sep 11– Dec 11

Sun | 2:00pm–3:00pm | \$312

JUNIOR GREEN BALL - SILVER & GOLD LEVEL

9–16 yrs

Players at this level are focused on game play and skill development in a recreational format. Lessons include on court instruction, game and match play with referring components. New players are welcome and will mix in with returning players. Participants will use the green ball or single dot ball and transition into the double yellow dot ball. Players who register for 2+ days will receive complimentary entry into the Fall and Spring Classics.

Sep 12– Dec 12

Mon (Skills) | 5:30pm–7:00pm

\$288 (No class - Oct 31)

Sep 13– Dec 13

Tue | 4:30pm–5:30pm | \$312

Sep 14–Dec 14

Wed (Games) | 5:30pm–7:00pm | \$312

Sep 15– Dec 15

Thu | 4:30pm–5:30pm | \$312

Sep 11– Dec 11

Sun | 3:00pm–4:30pm | \$312

HOLLYBURN JUNIOR SQUASH CLASSICS

Each fall and spring Hollyburn hosts its own junior squash events. The Fall and Spring Classics are great events for first time players and developing players looking to gain additional match play and tournament style experience. Participants from the lower mainland are invited to attend and to challenge our Hollyburn Junior Team players.

The dates for Fall 2022 (mid Nov) and Spring 2023 (late June) are yet to be finalized however they are always well attended and provide both player and parent a valuable opportunity to learn what competitive squash is all about.

There are plenty more events taking place monthly throughout the lower mainland for beginners through the more experienced level players, beginning with 'Starter' Events (1/2 day) up through the various 'Silver' (1-2 day) and Gold (2+ day) events. Contact the squash office to see which events are right for you.

BIRTHDAY PARTIES

A squash party is a great way to get together with friends while getting plenty of exercise. All the equipment can be provided; including squash racquets, squash balls and even dodge balls. The squash centre can also be set up to host a F&B component and offers plenty of space for parents to hang out too. Contact the squash office for details and pricing.



ADULT PROGRAMS

BEGINNER - LEARN TO PLAY - SINGLES

A 4-week program to begin your squash journey and ensure you are confident on court, including components on a variety of areas including;

Serving & Return of serve

Swing technique

Various angles & shot making options

Movement and court positioning

Oct 4–25 | Nov 8–29

Tue | 7:00pm–8:00pm

\$160

DOUBLES SQUASH - LEARN TO PLAY + LESSONS

Grab a group of 2 or 3 players and jump into doubles squash. It's plenty of fun, very social and a great way to extend your squash carrier too. Play with the coach or get paired up with other keen players to get started.

Intro sessions and more can be arranged through the squash office.

\$80/hour

SKILLS CLINIC + GAME PLAY

Jump start your skill development through a variety of racquet and movement drills designed to increase your skill level and overall squashIQ.

Sep 6–27 | Oct 4–25 | Nov 8–29

Tue | 5:30pm–6:30pm

Sep 8–29 | Oct 6–27 | Nov 3–24

Thu | 10:00am–11:00am

Sep 10–24 | Oct 8–29 | Nov 5–26

Sun | 4:30pm–5:30pm

\$100 - Monthly (4 sessions)

DROP IN

Open to all players looking for additional games. Play a game (or two) then come off court and rotate opponent. Players will self-organize and take turns in round robin play. Attendance is voluntary so come when you can, but remember to come often.

Sep 6–Dec 27

Tue | 5:00pm–6:30pm | Free

WOMENS DATABASE

We are collecting names with the goal to assist you find others who are looking for games. Add your name to the online (GameTime) database of players and spread the word. A womens squash ladder will be created to assist with finding players.

WOMENS SOCIAL PLAY + SKILLS

Calling all current and former ladies squash players. Time to get back on court and get your heart pumping for a great cardio workout. Improve skills with drills followed by game play. Members can drop-in and play games or pre-register for a skills and drill session followed by game play with our coach.

Sep 14–Oct 26 | Nov 2–Dec 14

Wed | 7:00pm–8:00pm | \$175 (7 weeks)

Sep 15–Oct 27 | Nov 3–Dec 15

Thu | 10:00am–11:00am | \$175 (7 weeks)

WOMENS DAYTIME SOCIAL LEAGUE

Are you interested in a great workout and finding others to play? The Social League is your opportunity to meet others and get a great workout on the squash court. Register online through Gametime or email, squash@hollyburn.org

Tue | 10:00am–11:30am

MONTHLY BOX LADDER

Are you looking for games and require scheduling flexibility? The Box Ladder provides flexibility to play when you can and helps to find players of your ability. Sign up is ongoing online and manually at the Squash Centre. Each month new players are added. There is no fee to join. Members are responsible for contacting opponents, arranging match times and booking courts. Remember to record your results!

World Squash Day

Sat, Oct 15

HCC events are under construction.

Stay tuned!

THURSTY SQUASH LEAGUE

Choose from multiple 5-week cycles throughout the squash season. Select the cycle/s you prefer and sign up. Each cycle you will be placed with 5 other like skilled players and each week you will have a start time and an opponent to play. Play your match, record your results and move your way up!

FALL CYCLES

Oct 6 – Nov 3 | Nov 10–Dec 8

Thu | 5:30pm–7:30pm

\$45 Annual Thrusty League Fee. A one time fee that applies to all players who register to play in the fall and/or winter sessions.

OPEN HOUSE/THURSTY LAUNCH PARTY!

Come for the games, stay for the apres!
All players will mix and play a round robin style night of games. Register online.
Sep 29 | Thu | 5:30pm–7:30pm | Free

2022 - YEAR END WIND UP

Come for the games, stay for the apres!
Players will be grouped according to skill and play in a round robin style format with prizes for the top players in each group and best 'holiday' attire! Singles and Doubles players invited.

Dec 15 | Thu | 5:30pm–7:30pm | Free

SQUASH COMMITTEE FEE

The annual squash committee fee is charged to all players who register for an organized, competitive league such as the Thrusty League or any of the Vancouver City Singles or Doubles Leagues. The fee covers team dues and wind-up events associated with each league. The rate of the fee will be decided by the squash committee in fall 2022.

VANCOUVER DOUBLES SQUASH LEAGUE (VDL)

Each week Hollyburn requires 8 players per division spread onto 4 teams. There are two divisions with matches at either HOL, VLT, EVE and VRC. Contact the squash office to register or register online. Each division requires a Member rep/organizer.

Oct 5–Mar 15 | Wed | 6:00pm–9:00pm

VANCOUVER LADIES DOUBLES SQUASH LEAGUE (VLDL)

Players register individually and are drafted onto a team with matches taking place at either HOL, VLT, EVE or VRC. Contact the squash office for details on registration.

Oct 6–Mar 16 | Thu | 6:00pm–9:00pm

VANCOUVER SINGLES SQUASH LEAGUE (VSL)

The VSL takes place at a variety of participating clubs with matches focused in the greater Vancouver area. Contact the squash office to put forth your team request. 4 players are required to field a team each week. Player registration is completed online direct with the league. Details will be made available ASAP. In addition a Squash BC m'ship is required.

MEN

Oct 3–Mar 13 | Mon | 6:00pm–8:00pm

WOMEN

Oct 4–Mar 14 | Tue | 6:00pm–8:00pm

LESSONS & RATES

A variety of private, semi-private and group lessons are available for all levels of players from beginners to the more experienced. Youth sessions start for ages 5+ and will incorporate a variety of movement activities to encourage a healthy lifestyle; running, jumping, throwing, catching, swinging, reaction drills and more all in a fun atmosphere. Squash specific lessons for juniors and adults incorporate physical as well as technical and strategical components. A combo of drills and game play will be utilized. Book your lessons, squash@hollyburn.org.

PRIVATE

30min \$50

45min \$65

60min \$85

SEMI-PRIVATE (2)

60min \$100

90min \$140

GROUP (3-4)

60min \$120

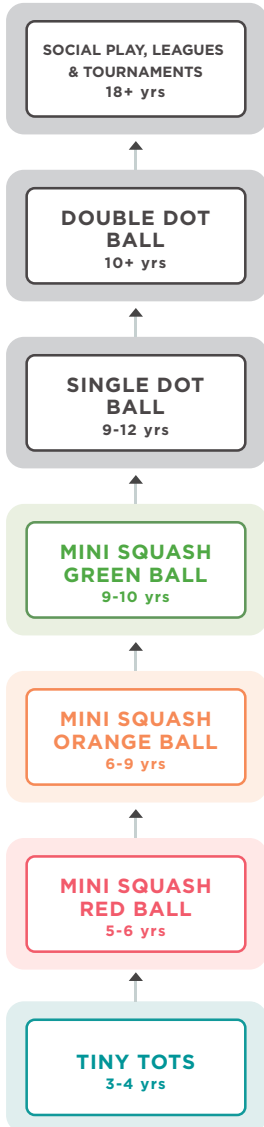
90min \$160

HOLLYBURN PATHWAYS

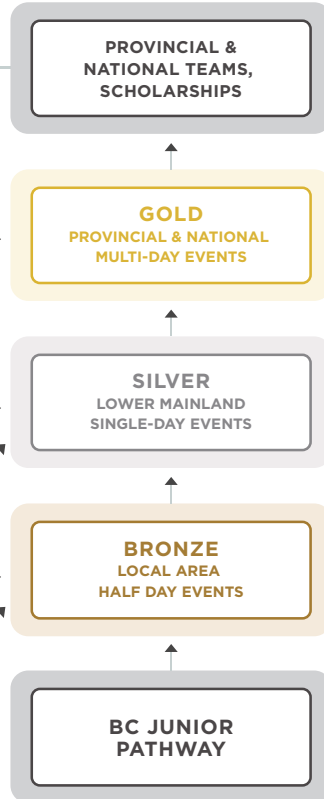
SQUASH

JUNIOR TO ADULT

SQUASH FOR LIFE DEVELOPMENT STREAM



COMPETITIVE STREAM



TENNIS



Alex Korch
Tennis Director
AKorch@hollyburn.org

TENNIS PROGRAMS FALL 2022

PROGRAM REGISTRATION

Fri, Aug 12

- 6:30am Playball
- 6:40am Red Ball
- 6:50am Orange Ball
- 7:00am Green Ball
- 7:10am Regular Ball, Girls Tennis,
Teen Squad & Pro Classes
- 7:20am Adult Tennis
- 7:30am In-Person & By Phone

SESSION DATES

Sep 12–Dec 18 (14 weeks)

HOLIDAYS (NO CLASSES)

Thanksgiving Mon Oct 10
Remembrance Day Fri Nov 11

CANCELLATION NOTICE

For all Junior and Adult Programs, Members must cancel prior to seven (7) days of program start date and time to avoid a full billing charge. Members withdrawing after the start date and time will be charged in full. Cancellations of individual lessons are not refunded or rescheduled. *Please be aware there is a 24-hour cancellation policy on private lessons.

STREAM DESCRIPTIONS

Development-Red Ball, Orange Ball, Green Ball, Regular Ball:

The developmental stream is meant for students that are either new to tennis or who want to build up their skills to progress on to the next level. Students in these classes will be taught all of the fundamental aspects of tennis that are integral in being able to enjoy playing this great game now, and for the rest of their lives!

Competitive-Red Ball, Orange Ball, Green Ball, Regular Ball:

The Competitive stream is meant for the students that are committed to tennis as one of their main sports. They should be playing at least twice a week and are committed to playing in-house and or local tournaments in the future. These students must have a basic grasp of how to rally and volley using their forehands and backhands, as well as be able to adequately start the point with a serve. Coach's approval is required to enroll in Competitive classes.

Pro-Red Ball, Orange Ball, Green Ball, Regular Ball:

The Pro classes are meant for students that have chosen tennis as their main sport and show enthusiasm and desire to excel in this area. Students accepted into this program need to exhibit not only great tennis ability but also the commitment, dedication and hard work habits that are required to become a great tennis player. Tournament participation and positive attitudes are a few of the essential requirements that all the coaches are expecting to see out of all of these players. Coach's approval is required to enroll in Pro classes.

JUNIOR TENNIS

PLAYBALL TENNIS

3–5 yrs (born 2017/2018)

Start off right! In our caring environment, we promote the love of physical activity while laying the foundation for the future enjoyment of sport. This class emphasizes agility, balance and coordination in a fun and safe setting.

Sep 12–Dec 15

Mon–Thu | 3:45pm–4:30pm

\$262.50 (one day per week)

\$243.75 (Mon)

“For Tennis and Swim, please register for the swim program of your choice via the aquatics page, no transfers will be offered currently.”

RED BALL DEVELOPMENT

(born 2014–2016)

Learn to move, throw and catch like an athlete. This program takes place on a Mini Tennis Court with Sponge & Red Balls. Basic technical and tactical concepts are incorporated in each class. Athletes will be introduced to the importance of listening skills and respect for the sport and others. Agility, balance and coordination are consistently integrated. Anticipation and swinging rhythm are part of daily training.

Sep 12–Dec 15

Mon–Thu | 3:30pm–4:30pm

\$350 (one day per week)

\$325 (Mon)

RED BALL COMPETITIVE

(born 2014–2016)

This program will continue to expand on the Technical and Tactical skills you have developed in the previous program as well as an introduction to competing. Coaches also focus on next level physical development through advanced movement and fundamental motor skills. Participants of this class are expected to play in our in-house “Hotshots” tournaments. Minimum 2 classes per week. Coach’s approval is required to enroll in this class.

Sep 13–Dec 15

Tue, Wed, Thu | 3:30pm–4:30pm

\$350 (one day per week)

“For Tennis and Swim, please register for the swim program of your choice via the aquatics page, no transfers will be offered currently.”

RED BALL PRO

(invitation only)

This is the start of our High-Performance.

The first stage where commitment and strong work ethics are reinforced. Kids in this program will play Provincial U8 tournaments in the near future. Participants of this class are expected to play local “Progressive Tennis” tournaments. In order to guarantee the proper development, we need to see the kids 3 times per week.

Players must have a skipping rope for each class. Coach’s approval is required to enroll in this class.

Sep 12–Dec 15

Tue, Wed, Thu | 3:30pm–4:30pm

ORANGE BALL DEVELOPMENT

(born 2012/2013)

Learn to move, throw and catch like an athlete. This program takes place on a $\frac{3}{4}$ Court with Orange balls. Basic technical and tactical concepts are incorporated in each class. Athletes will begin to develop focus and effort through a variety of game like situations. Agility, balance and coordination are consistently integrated. Anticipation and swinging rhythm are part of daily training.

Mon, Wed | 4:30pm–5:30pm

Tue, Wed, Thu | 3:30pm–4:30pm

\$350 (one day per week)

\$325 (Mon)

ORANGE BALL COMPETITIVE

(born 2012/2013)

This program will continue to expand on the Technical and Tactical skills you have developed in the previous program as well as an introduction to competing. Coaches also focus on next level physical development through advanced movement and fundamental motor skills. Participants of this class are expected to play in our in-house “Hotshots” tournaments. Minimum 2 classes per week. Coach’s approval is required to enroll in this class.

Sep 12–Dec 15

Mon, Wed, Thu | 4:30pm–6:00pm

\$525 (one day per week)

\$487.50 (Mon)

ORANGE BALL PRO

(invitation only)

This program is the second stage of our High Performance Program. Players in this program will work on their biomechanics, and will develop a strong technical foundation by the age of 10. Participants of this class are expected to play local "Progressive Tennis" tournaments. This is a critical stage of development and will set the foundation for the long-term pursuit of excellence! Commitment is key to success and the players need to be registered for a minimum of three days per week. Players must have a skipping rope for each class. Coach's approval is required to enroll in this class.

Sep 12–Dec 15

Tennis: Mon–Thu | 3:30pm–4:30pm

Fitness: Mon–Thu | 4:30pm–5:30pm

GREEN BALL DEVELOPMENT

(born 2010/2011)

Players will learn foundational technical and tactical principals that will enable them to enjoy singles and doubles tennis for life. This program takes place on a Full Court with Green Dot and/or Regular Tennis Balls and focuses on training beginner and intermediate pre-teens to play singles and doubles. Participants will learn foundational principals of swing and associated movements, combined with basic tactical application for singles and doubles. This class promotes tennis as a sport for life.

Sep 12–Dec 15

Mon–Thu | 3:30pm–4:30pm

Mon, Wed | 4:30pm–5:30pm

\$350 (one day per week)

\$325 (Mon)

GREEN BALL COMPETITIVE

(born 2010/2011)

Becoming a well-rounded athlete while building the full court tennis skills required to be a player. This program takes place on a Full Court with Green Dot and/or Regular Tennis Balls. This pivotal development stage strongly emphasizes the integration of basic technical and tactical elements through a variety of focused drills and match play situations designed to better prepare

athletes for regular tournament competition. Greater emphasis is placed on players to compete in our in-house "Hotshots" tournaments and in "Progressive Tennis" tournaments outside of Hollyburn Country Club. Coach's approval is required to enroll in this class.

Sep 12–Dec 15

Mon, Tues, Thu | 4:30pm–6:00pm

\$525 (one day per week)

\$487.50 (Mon)

GREEN BALL PRO

(invitation only)

These athletes are now moving towards developing specific game styles, and will experiment with different styles of play in order to find formulas for maximizing individual performance. Technical, tactical, physical and psychological adaptation will be regularly applied & monitored as athletes learn to compete and develop their own strengths. Participants of this class are expected to play local "Progressive Tennis" tournaments. Once again, commitment is key to success and the players need to be registered for a minimum of three days per week. Players must have a skipping rope for each class. Coach's approval is required to enroll in this class.

Sep 12–Dec 15

Tennis: Mon–Thu | 4:30pm–6:00pm

Fitness: Tue, Thu | 3:30pm–4:30pm

REGULAR BALL DEVELOPMENT

(born 2008/2009)

Players will learn foundational technical and tactical principals that will enable them to enjoy singles and doubles tennis for life. This program takes place on a Full Court with Regular Tennis Balls and focuses on training beginner and intermediate level teens to play singles and doubles. Participants will learn foundational principals of swing and associated movements, combined with basic tactical application for singles and doubles. This class promotes tennis as a sport for life.

Sep 12–Dec 15

Mon–Thu | 4:30pm–5:30pm

\$350 (one day per week)

\$325 (Mon)

REGULAR BALL COMPETITIVE

(2008/2009)

Becoming a well-rounded athlete while building the full court tennis skills required to be a competitive player. This development stage uses Regular Tennis Balls and strongly emphasizes the integration of advanced technical and tactical elements within match play. A key goal of this program is to inspire and promote interest within a performance environment. Greater emphasis is placed on players to compete in our in-house "Hotshots Compass" tournaments and in "Progressive Tennis" tournaments outside of Hollyburn Country Club. Coach's approval is required to enroll in this class.

Sep 13–Dec 15

Tue, Thu | 4:30pm–6:00pm

\$525 (one day per week)

REGULAR BALL PRO

(invitation only)

These athletes are now moving towards developing specific game styles, and will experiment with different styles of play in order to find formulas for maximizing individual performance. Technical, tactical, physical and psychological adaptation will be regularly applied & monitored as athletes learn to compete and develop their own strengths. Athletes MUST be regularly attending Tennis BC Provincial events. Players must have a skipping rope for each class. Coach's approval is required to enroll in this class.

Sep 12–Dec 16

Tennis: Mon–Thu | 6:00pm–7:30pm

Wed, Fri | 6:00am–8:00am

Fitness: Mon–Thu | 4:30pm–5:30pm

TEEN TENNIS

(born 2004–2007)

Teen Tennis is designed for skilled players who are unable to commit to a full competition schedule or, do not meet the requirements for the Pro level. This program develops skills required to successfully compete in Tennis BC developmental level tournaments and high school team play with the main focus being doubles play, positioning and tactics. Coach's approval is required to enroll in Squad B & Squad A.

Sep 12–Dec 14

2.0 Squad C–Mon, Tue, Wed

4:30pm–5:30pm

\$487.50 (Mon)

\$525 (one day a week)

2.5 Squad B–Mon, Tue, Thu

4:30pm–6:00pm

\$487.50 (Mon)

\$525 (one day a week)

3.0 Squad A–Tue, Wed, Thu

Tue, Thu | 6:00pm–7:30pm

Wed | 4:30pm–6:00pm

\$525 (One day a week)

GIRLS ONLY TEAM TENNIS

(born 2007–2012)

Our very popular and successful girl's only tennis class. All levels of play are welcome from Orange Ball to Regular Ball to join and have fun in an All-Girls environment while learning valuable tennis skills.

Sep 16–Dec 16

Fri | 4:30pm–6:00pm | \$525

SUPER ACHIEVERS PROGRAM

Sep 12–Dec 16

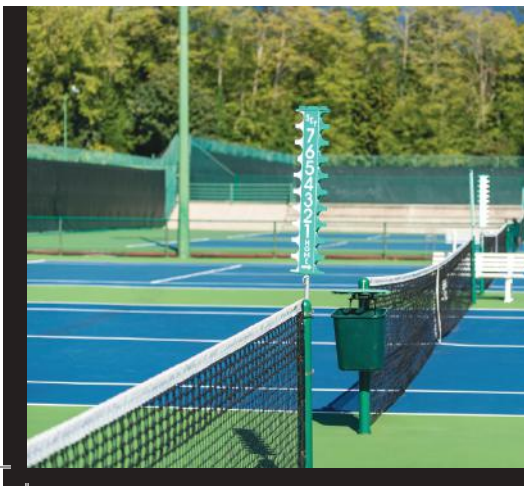
Tennis: Mon, Tue, Thu, Fri | 1:30pm–3:30pm

Wed, Fri | 6:00am–8:00am

Fitness: Mon–Thu | 4:30pm–5:30pm

For additional information about our High Performance Programs, please contact the High Performance Director at performancetennis@hollyburn.org

**All regular ball programs promote year round participation in inter-club events, ladders and tournaments, along with external tournaments. Hollyburn programs are all designed to inspire the spirit of competition no matter the age, level or experience...Get in the game!*



MATCH PLAY SCHEDULE

Sep 16–Dec 16

Red Ball: Fri 3:30pm–4:30pm

Orange & Green Ball: Fri | 3:30pm–4:30pm
(Match play is free for registered students in competitive and pro classes)

HOT SHOTS TOURNAMENT

Sunday Dec 4

Red Ball 10:00am–11:30am

Orange/Green Ball 12:00pm–2:00pm

Red, Orange & Green ball in-house tournament designed for juniors to play their first tennis tournament or gain some valuable match play experience.

PARENT EDUCATION WEEK

Oct 31–Nov 3

An opportunity for parents to ask questions regarding the junior tennis program to help them better understand their child's developmental journey in learning tennis as a sport for life.

ADULT TENNIS

Registration opens Friday August 12

7:20am Adult Tennis

7:30am In-Person & By Phone

Session Dates: Sep 12–Dec 18 (14 weeks)

HOLIDAYS (NO CLASSES):

Thanksgiving Mon Oct 10

Remembrance Day Fri Nov 11

CANCELLATION NOTICE

For all Junior and Adult Programs, Members must cancel prior to seven (7) days of program start date and time to avoid a full billing charge. Members withdrawing after the start date and time will be charged in full. Cancellations of individual lessons are not refunded or rescheduled. *Please be aware there is a 24-hour cancellation policy on private lessons.

LEVELS OF TENNIS ABILITY

Level 5.0+	Open
Level 4.5-5.0	Div 1
Level 4.0-4.5	Div 2
Level 3.5-4.0	Div 3
Level 3.0-3.5	Div 4/5
Level 2.5-3.0	Pre-League
Level 1.5-2.0	Rally
Level 1.0-1.5	Beginner

COMPASS SINGLES CHALLENGE

Men's & Ladies singles competition in the form of a draw that moves players in various directions based on their results. Sign up on gametime on registration day. Spaces are limited.

Oct 3–Nov 27 | \$15.00

LEARN TO PLAY

PLAYERS 1.0–1.5

This program is for new players and players with basic experience. Our goal is to help players gain confidence to play socially and to learn the skills to progress to our Rally level class. Ratio 6:1

Mon Sep 12–Dec 12 | 9:00am–10:30am

Sat Sep 17–Dec 17 | 11:00am–12:30pm

Sun Sep 18–Dec 18 | 11:00am–12:30pm

\$525 (Sat, Sun) | \$487.50 (Mon)

1.5–2.0 CLINIC (RALLY)

Players who have completed the Learn to Play or who are returning to tennis should register for this class. Players will be able to rally and have a general understanding of doubles after completing this course.

This class will also help players prepare to integrate themselves into our in-house leagues. Ratio 6:1

Mon Sep 12–Dec 12

9:00am–10:30am | 10:30am–12:00pm

Fri Sep 16–Dec 16 | 9:00am–10:30am

Sat Sep 17–Dec 17 | 9:30am–11:00am

Sun Sep 18–Dec 18 | 9:30am–11:00am

\$487.50 (Mon) | \$487.50 (Fri)

\$525.00 (Sat, Sun)

LADIES 2.5-3.0 CLINIC (PRE LEAGUE)

Eligibility: Must be competent in all strokes and able to maintain rallies at moderate pace.

This clinic is designed to work on your tactical, technical and physical foundations. Coaches use singles and doubles game situations each week, and work on improving your tennis game in all aspects.

Sep 16–Dec 16

Fri | 10:30am–12:00pm | 487.50

LADIES 3.0–3.5 CLINIC (DIV 4/5)

Eligibility: Must be competing in Interclub league or tournaments.

This clinic is designed to work on your tactical, technical and physical foundations. Coaches use singles and doubles game situations each week, and work on improving your tennis game in all aspects.

Sep 16–Dec 16

Fri | 10:30am–12:00pm | \$487.50

LADIES 3.5–4.5 CLINIC (DIV 2/3)

Eligibility: Players must competing at a Div 3 or higher level.

This clinic is designed to work on your tactical, technical and physical foundations. Coaches use singles and doubles game situations each week, and work on improving your tennis game in all aspects.

Sep 16–Dec 16

Fri | 10:30am–12:00pm | \$487.50

LADIES BALL MACHINE CLINICS

If you are looking for a great way to groove your strokes and work on basic patterns of play, our Ball Machine Class is for you. You will be given feedback on proper technique and shot selection.

Sep 12–Dec 14

Mon | 12:00pm–1:30pm | \$487.50

Recommended level 2.5–3.0 (Pre-League)

Tue | 9:00am–10:30am | \$525

Recommended level 3.5–4.5 (Div 2/3)

Wed | 10:30am–12:00pm | \$525

Recommended level 3.0–3.5 (Div 4/5)

LADIES PRO-AM TENNIS

Recommended level 2.5–3.0 (Pre league)

Doubles Matches with our Tennis Pro's! Join our pros in a match style environment and improve your game by playing against and with our elite staff. Limited to only 12 ladies (and four pros).

Level 2.5–3.0

Sep 14–Dec 14

Wed | 10:30am–12:00pm | \$525

Recommended level 2.5–3.0 (Pre league)

DRILLS

Designed to mimic the stroke sequences that players employ in a match. Drills allow players to hit the same stroke repeatedly and quickly to ingrain proper techniques. Drills are designed in doubles and singles formats where players will develop ball recognition, reaction, and repetition.

Sep 12–Dec 17

Mon 9:00am-10:30am

(Recommended level 2.0–3.0)

Mon 6:00pm-7:30pm

(Recommended level 3.5–4.0)

Wed 12:00pm-1:30pm

(Recommended level 2.0–3.0)

Thu 6:00pm-7:30pm

(Recommended level 3.5–4.5)

Fri 9:00am-10:30am

(Recommended level 2.0–3.0)

***Sat 12:00pm-1:30pm**

(Open to all levels-needs minimum 3 players to run)

**This class has a weekly sign up on the adult notice board at indoor courts. \$30 per class.*

\$487.50 (Mon)

\$525 (Wed) (Thu)

\$487.50 (Fri)

Drop in \$30 (based on availability)

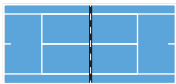


HOLLYBURN PATHWAYS

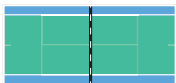
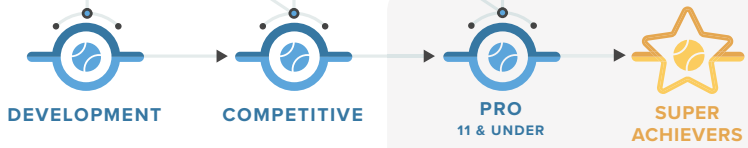
TENNIS



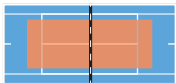
TEEN TENNIS
18 & UNDER



FULL COURT
14 & UNDER



GREEN BALL
12 & UNDER



ORANGE BALL
10 & UNDER



RED BALL
8 & UNDER



CHILDCARE



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Sami Tajbakhsh
Childcare Supervisor
STajbakhsh@hollyburn.org

HOLLYVILLE AND PROGRAM CLOSURES

Mon, Sep 5: Labour Day
Mon, Oct 10: Thanksgiving
Thu, Nov 11: Remembrance Day

Check out our Club's weekly E-Newsletter for any updates in Childcare or HollyVille!

TRANSFERRING CHILDREN

See the Youth section for more information.

PARENT'S NIGHT OUT & FAMILY FUN NIGHTS

Willy Wonka HollyWeen Oct 28th

DROP-IN PROGRAMS

HOLLYVILLE CHILDCARE REGISTERED DROP-IN

3 mos–7 yrs

Hollyville Childminding is now registration-based for you to conveniently book your spot in GameTime. Please visit GameTime for the most up-to-date operating hours. Bookings are a minimum of 15 minutes, and a maximum of 2 hours a day. *Dates and times subject to change.

UNSUPERVISED TURF TIME

4 mos–4 yrs

Sign out sports equipment from Member Services. *Dates and times subject to change.

Turf Bay 1

Mon–Fri | 9:00am–12:00pm

PARENT & TOT SUPERVISED DROP-IN

(Parent Participation)

4 mos–4 yrs

Spend some time with your littlest family member on the turf and enjoy the cars, parachute, building blocks, and more. *Dates and times subject to change.

Turf Bay 1

Mon–Fri | 3:30pm–4:30pm

PARENT & TOT SUPERVISED DROP-IN

(Parent Participation)

4 mos–4 yrs

Spend some time with your littlest family member on the turf and enjoy the cars, parachute, building blocks, and more. *Dates and times subject to change.

Turf Bay 1

Sat–Sun | 9:00am–12:00pm



REGISTERED PROGRAMS

PETITE BALLET

3–4 yrs

Explore the whimsy and creativity of dance through ballet! Join Carol Seary from West Coast Ballet, as we learn ballet through storytelling, music and rhythm, props and toys, animal imagery and more! Included in the cost is one pink or black ballet skirt—please wear black or light pink body suit and ballet slippers. No class Mon Oct 10.

Sep 12–Dec 12

Mon | 3:30pm–4:30pm

Youth Lounge | \$285

MINI BAKERS

3–5 yrs

In an instructor-led, safe environment, our Mini Bakers will build confidence in the kitchen through a variety of baking skills and healthy eating choices. Children will have fun learning about the food groups, measuring, food and table manners, using their senses to discover new flavours and foods, and holding utensils. This is a great class to make new friends, improve their social skills through teamwork, sharing, and responsibility. These recipes may contain nuts, gluten, dairy, or animal products. Please advise Sami at stajbakhsh@hollyburn.org if you have concerns about allergies or dietary restrictions. No class Oct 10.

Sep 12–Dec 12

Wed | 3:30pm–4:45pm

Studio | \$345

MINI SCHOLARS UNDER 3'S

1.5–3 yrs

The Mini Scholars Program is different every day, and offers a variety of learning through play-based exploration, and structured activities such as art, music and movement, literature, and circle time. There will be a curriculum and a theme-based learning calendar followed each month. This preschool-style program aims to develop a variety of interpersonal skills with a focus on problem solving, communication, socialization, creativity, self-help skills and kinder readiness.

Sep 6–Dec 16

9:00am–11:00am | Studio

Mon/Wed/Fri \$1,071

Tue/Thu \$765

Mon Only \$332

TueOnly \$383

Wed Only \$383

Thu Only \$383

Fri Only \$357

MINI SCHOLARS OVER 3'S

3–5 yrs

The Mini Scholars Program is different every day, and offers a variety of learning through play-based exploration, and structured activities such as art, music and movement, literature, and circle time. There will be a curriculum and a theme-based learning calendar followed each month. This preschool style program aims to develop a variety of interpersonal skills with a focus on problem solving, communication, socialization, creativity, self-help skills and kinder readiness.

Sep 6–Dec 16

9:00am–11:00am | Youth Lounge

Mon/Wed/Fri \$1,071

Tue/Thu \$765

Mon Only \$332

TueOnly \$383

Wed Only \$383

Thu Only \$383

Fri Only \$357

MINI SCHOLARS ATHLETICS

1.5–5 yrs

The Mini Scholars Athletics Program is different every day, and offers a variety of learning through play-based exploration, and structured activities. The athletic program focuses on movement, coordination, communication, working together, and team building while acquiring sports skills for later in life. *Registration for the Athletics program is independent from the 9:00am-11:00am program.

UPGRADE ATHLETICS!

Mini Scholars Athletics will be joining forces with various pros to offer an additional sports component each month! Look for “Mini Karate” information on the Karate page, “Mini Squash” information on the Squash page, “Mini Golf” information on the Golf page and NEW Mini-Badminton on the Badminton page. Register on GameTime or email Sami at stajbakhsh@hollyburn.org

Sep 6–Dec 16

11:00am–1:00pm | Studio

Mon/Wed/Fri \$1,071

Tue/Thu \$765

Mon Only \$332

Tue Only \$383

Wed Only \$383

Thu Only \$383

Fri Only \$357

MINI KARATE

3–5 yrs

The Mini Karate program provides an introduction to Hollyburn Karate. In this class you will meet Sensei Peter and learn about the benefits of the program. This class is beneficial to those considering participation in Mini Ninjas.

Sep 26 | Oct 24 | Dec 5 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini-Athletic price: \$10/session

MINI SQUASH

3–5 yrs

The Mini Squash program provides an introduction to Hollyburn Squash. In this class you will meet Coach Jeff and learn about the benefits of the program. This class is beneficial to those considering participation in Tiny Tots or Junior Red Ball.

Sep 12 | Oct 3 | Nov 21 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini-Athletic price: \$10/session

MINI GOLF

3–5 yrs

The Mini Golf program provides an introduction to Hollyburn Golf. In this class, you will meet Golf Pro Oliver and learn about the new golf programs at Hollyburn. This class is beneficial for any child who has an interest in trying golf.

Sep 19 | Nov 7 | Dec 12 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Regular price: \$12/session

Mini-Athletic price: \$10/session

NEW

MINI BADMINTON

3–5 yrs

The Mini Badminton program provides an introduction to Hollyburn Badminton. In this class, you will meet Badminton Pro Julia and learn about the new badminton programs at Hollyburn. This class is beneficial for any child who has an interest in trying badminton.

Sep 22 | Oct 13 | Nov 17 | Thu

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

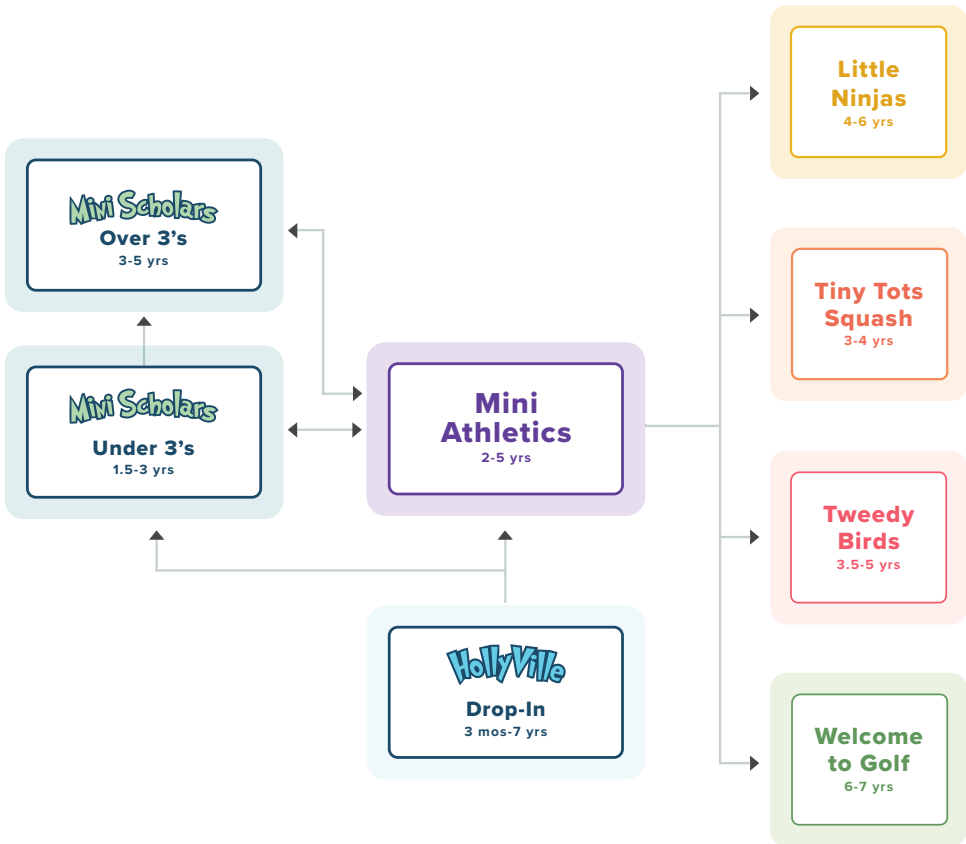
12:30pm–1:00pm

Regular price: \$12/session

Mini-Athletic price: \$10/session

HOLLYBURN PATHWAYS

HOLLYVILLE CHILDREN'S CENTRE



HCC Youth



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
Youth@hollyburn.org

YOUTH DROP-IN AND PROGRAM CLOSURES

Mon, Sep 5: Labour Day
Mon, Oct 10: Thanksgiving
Thu, Nov 11: Remembrance Day

Check out our Club's weekly
E-Newsletter for any updates in Youth!

REGISTERED PROGRAMS

CREATIVE BALLET

5–6 yrs

Creative Ballet focuses on developing the foundations of ballet technique by building on knowledge each week. The class also incorporates stretching and core strengthening which benefits athletes-both boys and girls. (Included in the cost is one pink ballet skirt-please wear pink leotard and ballet shoes).

Sep 12–Dec 12 (No Class Oct 10)

Mon | 4:30pm–5:15pm
\$285 | Youth Lounge

TRANSFERRING CHILDREN– TENNIS TO AQUATICS

4–8 yrs

We are excited to offer our Members the option to have your children transferred FROM one program TO another! Youth Leaders will pick up your child from their Tennis lesson and transfer them to the pool deck for their Aquatics lesson. *Please note: Our Youth Leaders will not be helping to change your child. There will be very limited space, register early!

Sep 6–Dec 13

Tue | 4:30pm–4:45pm | \$10

Tennis Lesson to Aquatics Lesson

Sep 7–Dec 14

Wed | 4:30pm–4:45pm | \$10

Tennis Lesson to Aquatics Lesson

Sep 8–Dec 15

Thu | 4:30pm–4:45pm | \$10

Tennis Lesson to Aquatics Lesson

YOUTH ART NIGHT

6–10yrs

Come join our talented instructor Skyla in one of her art classes this fall. Skyla will have the kids test their art ability while having fun with their friends.

Sep 16 | Fri

6:30pm–8:00pm | \$35

Oct 14 | Fri

6:30pm–8:00pm | \$35

Nov 18 | Fri

6:30pm–8:00pm | \$35

Dec 9 | Fri

6:30pm–8:00pm | \$30



DROP-IN PROGRAMS

YOUTH LOUNGE

6+ yrs

Hang out in the Youth Lounge afterschool and shoot some hoops on the Pop-A-Shot, play a round of foosball, or challenge your friends to a game on the Xbox. *Dates and times subject to change.

Mon, Tue, Wed & Fri | 3:30pm–8:00pm

Thu | 4:30pm–8:00pm *

Sat & Sun | 10:00am–6:00pm

Youth Lounge | Free / Drop-in

*YOUTH MOVIE NIGHT

Enjoy a movie alongside your friends! Feel free to bring down your dinner and dive in to a movie screening, chosen by your votes!

Thu | 6:00pm–8:00pm

Youth Lounge

YOUTH SUPERVISED TURF TIME

All Ages

Ready to burn off some energy after a long day of school? Join our youth leaders on the turf for sports and more! Children 3 years and under must be with a parent or guardian.

**Dates and times subject to change. Check Hollyburn.org > Facilities Schedules > Kids Activity Schedules for the most up-to-date offerings.*

Mon, Wed & Fri | 3:30pm–8:00pm

Tue & Thu | 3:30pm–8:00pm

Turf | Free / Drop-in

ESPORTS LOUNGE

8+ yrs

Hang out in the Esports lounge and play some video games, chill on the couches or hang with your friends. This space is equipped with high end gaming comp

Mon, Tue, Wed & Fri | 3:30pm–8:00pm

Thu | 4:30pm–8:00pm *

Sat & Sun | 10:00am–6:00pm

Youth Lounge | Free / Drop-in

Sep 16 | 6:30pm–8:00pm

Oct 14 | 6:30pm–8:00pm

Nov 17 | 6:30pm–8:00pm

10 kids | 6–10 years

\$30



WELLNESS



Kristian Stevens
Wellness Coordinator
KStevens@hollyburn.org

What is Acupuncture?

Acupuncture is a highly effective form of Traditional Chinese Medicine (TCM) that promotes the balance and flow of energy through your body's meridians - (energy pathways). Thin sterile needles are inserted by hand at specific acupuncture points (acupoints) to access the meridians and help restore your health.

How can acupuncture help me?

While acupuncture is most well known for its ability to relieve short and long-term pain, it has many other therapeutic benefits for conditions.

What does a typical acupuncture treatment consist of?

Your first treatment will take approximately 60 minutes and will begin with a detailed health assessment of up to 25 minutes. Your Registered Acupuncturist will inquire about your medical history and formulate a treatment plan that meets your specific needs. After your assessment, you will receive your first treatment.

Follow-up visits will consist of a short assessment and an acupuncture treatment. Your Registered Acupuncturist will stimulate specific points on your body by inserting very thin, sterile needles into the skin at various depths to promote and restore the body's balance of energy. This can take up to 15 minutes. After the needles are inserted, they will stay in place for 15 to 30 minutes. As part of your treatment your acupuncturist may recommend a combined treatment with one of three additional techniques of Acupressure or Cupping.



Does acupuncture hurt?

Acupuncture is not painful. Most clients don't feel anything, and the ones who do describe the feeling as a tingling sensation or a dull ache. The standard acupuncture needle is between 25mm to 50mm long and 0.25mm wide.

Is acupuncture right for me?

Most people experience significant improvements in their health and well-being after acupuncture treatments. However, it's best to book an appointment with a Registered Acupuncturist who will help determine if acupuncture is right for you.

Your Registered Acupuncturist will perform a health assessment, discuss your specific needs and health goals, then provide a customized, targeted treatment plan that offers the therapeutic benefits and solutions you need.

What is the meridian system?

The meridian system, also called channels, is your body's system of pathways through which energy and blood flow. It is a network that connects your nerves, blood vessels, lymphatic system and musculoskeletal system. Acupuncturists focus on the energy flow in the meridians to relieve obstruction which helps restore health to your mind and body.

Are there different techniques offered as part of your acupuncture treatment?

Yes, in addition to the primary acupuncture treatment, your acupuncturist may recommend a combined treatment with one of the three additional techniques of Acupressure or Cupping.

What is Acupressure?

Acupressure is designed to help promote circulation and relieve pain, this treatment includes acupressure, massage, stretching and manipulation. Techniques of pressing, rolling, grasping, rubbing and even gentle pounding are used to encourage the release of tension from myofascial tissue.

What is cupping?

Cups made of plastic or silicone and are placed over particular points on the body. A vacuum is created within the cup to draw the skin up. This treatment opens the skin's pores, eliminating the blood stasis which helps to stimulate the flow of blood and helps release toxins from the body. The treatment will cause circular red marks on the skin and will disappear in 2-5 days.

Does my insurance provider cover acupuncture?

Acupuncture is a recognized health care treatment covered by most extended plans. However, be sure to check with your insurance provider before your appointment to see how much is covered and if you require a doctor's note in advance for reimbursement purposes.

Austin Wei is a BC registered acupuncturist, as well as a CTCMA member. He comes from a family of medical practitioners, thus his passion for helping patients overcome illness or physical impairments.



Austin is here at the Club on Mondays and Wednesday booking can be made via Gametime or by calling 604-913-4563



WEST of 50



Julie Flynn
West of 50 Organizer
JFlynn@hollyburn.org

SPANISH LESSONS ARE BACK FOR THE FALL!

SPANISH LESSONS 1.2

This beginner's Spanish course is designed for students who have a little knowledge of Spanish. The goals of the course include reaching a basic communicative level and acquiring sufficient linguistic knowledge to understand the essentials of Spanish grammar. Specific objectives are flexible and tailored to the needs of students enrolled in each class, but all learners will acquire useful, everyday language that allows to them to express themselves at a basic level. Topics may include the following:

- introducing oneself and greeting others
- providing personal information; talking about family
- describing people and places
- expressing wants and needs
- interpreting and asking about schedules and times
- ordering in a restaurant; making reservations
- talking about the future

Linguistic instruction includes presentation of the phonetics and pronunciation of Spanish, as well as basic grammar and vocabulary. The intention is to provide learners with a solid foundation upon which they may continue to build their linguistic and communicative competence in Spanish.

A variety of language items will be presented, including, but not limited to:

- courtesy expressions (excuse me, I'm sorry, etc.)
- common and irregular verb conjugation in the present tense
- pronouns
- question words and question formation
- negation
- numbers, days, months, and time



TRACEY AZLYN

Tracey Azlyn has been teaching Spanish and English to adults for over ten years.

She graduated from Western University in London, Ontario with a master's degree in

Spanish and, later, specialized in language instruction, graduating with a postgraduate certificate in TESL from Humber College in Toronto, Ontario. In addition, she has been working as a certified Spanish to English translator for almost 20 years. Tracey has extensive knowledge of different dialects and varieties of Spanish, having lived, travelled, and studied in a number of Spanish-speaking countries. She has taught English and Spanish at Western University, McGill University, UBC, Capilano University and Simon Fraser University. All the while, she has used her understanding and experience of language teaching pedagogy to contribute to several language acquisition textbooks. Over the years, she has developed a keen interest in helping language learners with pronunciation and building strong communicative competence.

Sep 19–Oct 31 | Mon | 6 weeks
10:30am -12:00pm | \$160
10 spots available

RSVP jflynn@hollyburn.org

Please note: there will be no class on Thanksgiving Oct 10th.

WOMEN'S CLUB



Julie Flynn
Women's Club Organizer
JFlynn@hollyburn.org

Intuitive Development with Psychic Medium Melissa White



Join Melissa for an interactive, fun workshop to explore your own relationship with your spirit guides, angels and other helpers .

Some questions we will explore :

- what are spirit guides ?
- what are angels ?
- what is the role of these unseen helpers ?
- how can you work more closely with your own guides ?

There will be a guided meditative experience and Melissa will also offer each guest some insight into their team of guides.

Thu, Oct 6
6:30pm–8:00pm
Committee Room | \$75
RSVP jflynn@hollyburn.org

Gather to share experiences, grow, and network.



Let's build a community! There are some pretty incredible female leaders and business owners at Hollyburn, and it's time to bring them together. Hollyburn in partnership

with Carolyn de Voest, invites you to a professional women's meetup. Please join us for a glass of wine and a relaxed evening of connection and networking with like minded women.

Carolyn de Voest is the founder and principal of Better Your Best Business Performance Specialists for over 13 years. Carolyn and her team of associates work with business owners, leaders, and their teams to exceed their best.

Through coaching, consulting, training, and speaking, the team at Better Your Best equips organizations to enhance their leadership, optimize their teams, and execute their strategy.

She believes that to be successful, businesses need to put their people first, foster cultures of ongoing learning, and continuously engage in courageous conversations. Carolyn's clients appreciate her for her ability to ask powerful questions, listen intently and identify that which is not being said. She is direct in her approach by getting to the essence of that which is most important in order to overcome challenges and to achieve goals.

Tue, Oct 18
6:00pm–7:30pm
Creekside II
Free for Members
RSVP jflynn@hollyburn.org

SPEAKERseries



Julie Flynn
Speaker Series Organizer
JFlynn@hollyburn.org

PARENTING IN THIS NEW DIGITAL ERA

Hosted by Island Pacific School featuring Registered Clinical Councillor, Sharon Selby. Are you looking for new strategies to support your pre-teen in this new digital era? Learn effective parenting tools and tips in parenting school-aged children, tweens and teens as they step into these vital years of their young lives.

Join us on to hear from registered clinical counsellor and founder of Toddler to Teen® Anxiety Solutions, Sharon Selby. Sharon is passionate about reducing the high levels of anxiety increasingly impacting children and youth.



**ISLAND
PACIFIC
SCHOOL**

Island Pacific School is proudly hosting this speaker series for families who are wanting to gain new

tools, tips and support in parenting school-aged children, tweens and teens as they step into these vital years of their young lives.



Topics will include parenting in this digital age, transitioning into adolescence and learning how to best nurture our children to gain a strong sense of Self.

This event will be open for a 15-minute Q&A after an interactive 40-minute presentation by Sharon. If you are a parent looking for expert guidance, this 1-hour talk will give you insight into how you can best support your child and yourself.

Island Pacific School (IPS) is an independent IB middle school that focuses exclusively on meeting the educational needs of adolescents in Grades 6-9. Small by design, IPS enrolls 72 students in 4 classes of 16-18 each year. IPS is uniquely situated on Nexwlélexm (Bowen Island) in a small island community with almost half of the students living on the North Shore. Bowen Island is a 20-minute commute from West Vancouver via BC Ferries.

Wed, Sep 28

6:00pm–7:00pm | Creekside II

Free for Members & Member guests

RSVP Jflynn@hollyburn.org



Why Cyber Criminals are Increasingly Targeting the Successful and What You Should Do About it

Cybercrime is the fastest growing area of crime. Criminals have intensified their attention on the successful and high net worth. Why? Personal assets and reputation create attractive targets for theft and blackmail.

In addition, criminals are exploiting the speed, convenience, and anonymity of the Internet to commit a diverse range of criminal activities that know no borders, either physical or virtual.

Join us as we share bespoke strategies you should implement today for the protection of your family, privacy, reputation and capital from cyber attack.



Anwar Visram, Founder and CEO of Visram Security Inc is an internationally acclaimed speaker and Cyber Security Advisor to the Affluent. A former Global Chief Security Officer for a

multi-billion-dollar financial firm and founding member of Provincial Security Advisory

Council (PSAC). He brings his wealth of insight and expertise to the Affluent and the High Net Worth with bespoke strategies to protect family, uphold reputations, safeguard privacy and preserve capital. Anwar acts as an external chief security advisor and family cyber advisor navigating the intersection of family and business.

A subject matter expert with over 30 years of specialization in Cyber Security and Information Technology . His wealth of information focuses on the particular needs and vulnerabilities of the Affluent and the High Net Worth.

Anwar is a sought-after speaker for his ability to distill complex topics into an easily digestible format with actionable steps to protect what you hold most dear.

Anwar hold several top industry certifications including: Certified Information Systems Security Professional (CISSP), Certified Information Systems Auditor (CISA), Microsoft Certified Systems Engineer: Security (MCSE:Security), HP-UX System Administrator, and CompTIA Security+

**Wed, Oct 5
6:00pm - 7:00pm
Creekside II**

**Free for Members & Member guests
RSVP Jflynn@hollyburn.org**



PROGRAM START DATES

PROGRAM END DATES

HOLIDAYS - NO CLASSES

WAITLISTED CLASSES



HOLLYBURN
COUNTRY CLUB

PROGRAM REGISTRATION

How To Login & Register
for Programs in GameTime

1 Review “The View” program guide to see which programs are of interest to you for the upcoming season.

“The View” is available on www.hollyburn.org, on the HCC app, a hard copy is mailed out four times per year, or pick up a copy at Member Services. You can also see the upcoming programs in GameTime, the online registration platform.



2 Ensure you have all of your necessary account information.

Know the individual Member numbers for each family member. You will need these to register each family member in programs. Also ensure the email address linked to your children’s account is up to date, as this is where all program confirmations and other important information will be sent. To update this, contact James Darling at James.Darling@hollyburn.org.

3 Determine where to register for your chosen programs.

Online Registration through gametime:

- Aquatics
- Badminton
- Golf
- Skating
- Hockey
- Tennis
- Karate
- Squash
- Youth
- Hollyville

Registering with Individual Department:

- Aquatics Private Lessons
- Figure Skating and Skating Summer Camps*
- Fitness (Monthly Passes)
- Hockey (Minor Hockey & Spring Hockey Registration)
- Music
- Swim Master
- Swim Team
- West of 50
- Golf Private Lessons

*Figure Skating Summer Camps registration forms are available at Member Services or contact department

Drop-in Programs (no registration required):

- Aquafit
- Bridge
- Pickleball

**Please note that high performance programs require approval by the Head Pro of that department. Please contact the individual department about high performance program details.*

4 Determine when you can register for programs. *(Specific dates will be advertised prior to each seasonal registration).*

- Fall
- Winter
- Spring
- Summer

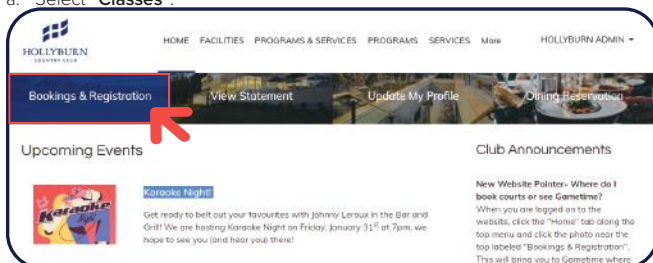
5 Log on to the Hollyburn website to access your GameTime account. **How to log into the Hollyburn Website (for registration)**

- Make sure you have your login username and password for **www.hollyburn.org**.
- If this is your first time logging on to the Hollyburn website since January 2020, you will need to register in order to create a login and password.
 - Click **"Member Login"** in the top right corner.
 - Click the **"Member Registration"** link in the bottom right corner of the login screen.
 - Validate your Hollyburn account by entering your Member number, first & last name.
 - Create a username and password. These are the credentials you will use to log on.
 - It is VERY important that you remember your username and password.
- We recommend logging on to the website at least one week prior to registration to ensure your login is working.
- Once logged on, click **"Bookings & Registration"** on the Home page to access GameTime.
- Once logged into your account you will be able to register on behalf of your dependents. Just enter in their Member number when prompted. There is no need to login and out of each account.
- You should also practice searching for all the classes you want to register in, so you are familiar before registration. This will make things much less stressful on registration day.
- Any issues contact Jessica at **JKatzin@hollyburn.org**.

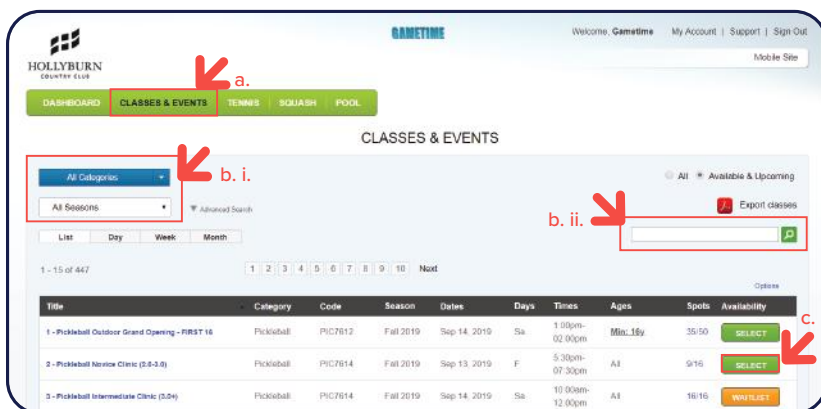
6 Search & register for programs.

Follow these steps to search for programs online.

- Login to www.hollyburn.org.
 - Click “Home” along the top menu.
 - Select “Bookings & Registration”.
- a. Select “Classes”.



- b. Search for programs, one of two ways:
- Select “Categories” and “Seasons” on the left hand side to filter the information.
 - Search for the class name in the **search box** on the right hand side of the page.
- c. Once you find your class click on the “Select” button to register.
- Follow the prompts to fill in the registrant’s information to complete registration.
 - OR contact the individual departments if required.



7 Review programs in GameTime.

- To view yours or your family's upcoming programs select **"My Account"** on the top right hand side of the page.
- Select **"Appointments"**.
- Here you will find all your upcoming appointments listed. If you want to review past appointments, select **"Past"**.
- If you want to view your family Member's bookings select **"Family Bookings"** at the centre of the page.
- This is a great way to double check that you have registered in all programs of interest.
- You can see if you or your family members are waitlisted for any programs or if any programs overlap/conflict.

The screenshot shows the GameTime website interface for Hollyburn Country Club. The top navigation bar includes 'Welcome, Gametime', 'My Account', 'Support', and 'Sign Out'. Below this is a green navigation bar with 'DASHBOARD', 'CLASSES & EVENTS', 'TENNIS', 'SQUASH', and 'POOL'. The main content area is titled 'My Account' and has a sub-navigation bar with 'Profile', 'Appointments', 'Transactions', 'Preferences', 'Family', and 'Forms'. The 'Appointments' tab is selected. The main content area is titled 'Gametime Testing' and has a sub-navigation bar with 'My Bookings', 'Family Bookings', and 'Upcoming | Past'. The 'Upcoming' tab is selected. Below this is a table of 'Upcoming Appointments' with columns for Date, Time, Class Code, Activity, Status, Detail, and Action. The table contains one row for 'Monday Sep 20, 2019' at '7pm' for 'CUR14602' with the activity 'Curing-Early Bird Registration'. Below the table is a 'Guests' section with a table for listing guests.

Annotations in the image:

- a.** Points to the 'My Account' link in the top right navigation bar.
- b.** Points to the 'Appointments' tab in the sub-navigation bar.
- c.** Points to the 'Past' tab in the 'Upcoming | Past' sub-navigation bar.
- d.** Points to the 'Family Bookings' link in the sub-navigation bar.

Program Cancellations & FAQ

1 What happens if I am waitlisted for a program?

- The confirmation will indicate if you are waitlisted at the time of registration.
- You will be notified if you are moved from the waitlist into a class. ***Make sure your contact email address is up to date to receive these updates, this includes your children's accounts.**
- If you register in back up programs in case you are not moved from the waitlist, please ensure you understand the cancellation policy for those programs. Cancellation fees will be applied to programs cancelled after the cancellation deadline.
- Departments will review programs with waitlists and make every effort to accommodate Members wherever possible. Please note that this is not always possible.
- Please allow each department two weeks to review their programs and waitlists, as they do their best to accommodate as many registrants as possible, before reaching out to them with your waitlist inquiries.
- If you are waitlisted and are not able to move off the waitlist of a preferred class we encourage you to try a new program or another sport. Contact JKatzin@hollyburn.org to find out what programs do have space available!

2 How do I cancel a registered program?

Members are not able to cancel themselves out of programs so please contact the specific department you want to cancel from or contact Jessica at JKatzin@hollyburn.org. Please note that Aquatics program registration closes one week prior to the start of their programs.

3 What is the cancellation policy for registered programs?

Most departments follow House Rule 30 outlined in the bylaws. The rule states that Members will be charged the full fee for all programs they register for unless 48 hours cancellation notice is received or the program is cancelled in writing by the Recreation Office or Member Services prior to the first day of class. However, when the programs commence on a Monday, Members are required to cancel 72 hours in advance. If you are unsure about a cancellation policy please contact the specific department you are inquiring about. This will help avoid unnecessary late cancellation fees.

4 Are programs able to be cancelled after the cancellation deadline?

Yes. Cancellations are accepted after the cancellation deadline, but are subject to the cancellation policy. This means that cancellations after the deadline will not be refunded.

5 What happens when a late cancellation is the result of being moved off the waitlist of another program?

In this case, it does depend on each departments policies. You will need to contact the department you are cancelling the program with and discuss their policy. If you are asking to be removed from a program after the cancellation deadline the cancellation policy may still apply in this scenario.

Registration Tips & Tricks



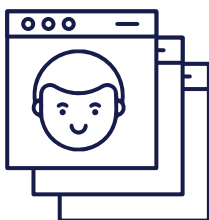
Web Browsers

It is recommended to use **Google Chrome**, GameTime functions best on this web browser. Other browsers may have glitches when trying to register.



Compatible Devices

Use a **desktop** or **laptop computer** rather than a mobile device or smart tablet. Using a smart phone or tablet can lead to errors with GameTime.



Multiple Children

If you are registering multiple children or for multiple programs you can open multiple GameTime pages in the same browser. You can pull up the classes you want to register in and have them each open in a new tab on your web browser. This will decrease the stress of going back to search for the next program for registration. You will already have the page ready to go! Just wait until registration opens, refresh the page, and register!

Athletics Contacts

AQUATICS

Patrick Rea

PRea@hollyburn.org

604.913.4574

ADULT AQUATICS

John Ryan

SwimMaster@hollyburn.org

604.913.4520

BADMINTON

Julia Chen

Badminton@hollyburn.org

604.913.4528

FIGURE SKATING

Lorenza Sammarelli Kletas

Melissa Folino

FigureSkate@hollyburn.org

604.913.4524

FINE ARTS

Vlada Mars

Music@hollyburn.org

604.913.4526

FITNESS

Shelley Grisbrook

SGrisbrook@hollyburn.org

604.913.4565

Fitness Desk

604.913.4563

HOCKEY

Adam Hayduk & Andrea Benac

Hockey@hollyburn.org

604.913.4523

KARATE

Peter Stoddart

Karate@hollyburn.org

604.913.4575

SQUASH & PICKLEBALL

Jeff Boag

Squash@hollyburn.org

Pickleball@hollyburn.org

604.913.525

SWIM TEAM

Brad Hutton

BHutton@hollyburn.org

604.913.4556

TENNIS

Alex Korch

AKorch@hollyburn.org

604.913.4522

WEST OF 50 & WOMEN'S CLUB

Julie Flynn

JFlynn@hollyburn.org

604.913.4559

YOUTH & HOLLYVILLE

Marc Shimwell

MShimwell@hollyburn.org

604.913.4562

ATHLETICS

& REGISTRATION SUPPORT

Jessica Katzin

JKatzin@hollyburn.org

604.913.4518