

HOLLYBURN COUNTRY CLUB

THE
VIEW

WINTER

2022

ISSUE



BOARD OF DIRECTORS

Santokh Birk
Director

Nancy Chapman
Chair

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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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contact Cait Lundy at 604.913.4508.

Design by Philip Aristou,
Creative Manager.

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NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Tennis Canada Western Team Championships	5 Swim Team Time Trial
6 Daylight Saving Time Ends	7	8	9	10	11 Remembrance Day Morgan Reilly Tournament	12
13	14	15	16	17	18 Father Daughter Ball	19 Tennis BC 2 Star U12 Boys & Girls Tournament
20 Tennis BC 2 Star U12 Boys & Girls Tournament	21	22	23 Winter Program Registration	24 Winter Aquatics Registration Grand Tasting	25 Winter Tennis Registration	26 Swim Meet
27 Club Closes 4PM Swim Meet	28	29	30			

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Music Recitals Hotshots	5	6 Activity Committee Appreciation	7	8 Kids Tennis Christmas Party Ladies Christmas Charity Round Robin	9 Hollyburn Hockey Christmas 3on3 Tournament Begins	10
11 Tennis BC U9/U10 Series Santa Brunch	12	13	14 Holiday Lunch Platters	15 Holiday Lunch Platters	16 Holiday Lunch Platters	17
18 Hanukkah Hockey Christmas 3on3 Ends Santa Brunch	19 Pool Shutdown Dec 19 to Jan 8	20	21 Holiday Lunch Platters	22 Holiday Lunch Platters	23 Holiday Lunch Platters	24
25 Christmas Day Club Closed	26 Boxing Day Hanukkah Ends	27	28	29	30	31 New Year's Eve

2022

DEC 31

NYE

2023

APR 14
JUN 17
SEP 9

Mother Son Ball
Summer Solstice
HollyGras

NOV 17
DEC 31

Father Daughter Ball
NYE

Holiday Operating Schedule

December 23, 2022 to January 2, 2023

DATE	FITNESS CENTRE	AQUATIC CENTRE	RACQUETS	TENNIS DESK	* YOUTH LOUNGE	*TURF	*HOLLYVILLE CHILDCARE	SPORTS BOUTIQUE	ADMIN OFFICE
FRI, DEC 23	5:30AM-9PM	CLOSED	6AM-10PM	8AM-8PM	10AM-3PM	Youth Supervised 12:30PM-8PM	8:45AM-8PM	10AM-8PM	9AM-5PM
SAT, DEC 24	6:30AM-3PM	CLOSED	7AM-2PM	9AM-2PM	CLOSED	Youth Supervised 10AM-3PM	8:45AM-1PM	10AM-3PM	CLOSED
SUN, DEC 25	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
MON, DEC 26	9AM-7PM	CLOSED	9AM-10PM	9AM-8PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
TUE, DEC 27	5:30AM-10PM	CLOSED	6AM-10PM	9AM-8PM	CLOSED	Youth Supervised 10AM-3PM	8:45AM-1PM	CLOSED	CLOSED
WED, DEC 28	5:30AM-10PM	CLOSED	6AM-10PM	9AM-8PM	10AM-3PM	Youth Supervised 12:30PM-8PM	8:45AM-1PM	11AM-4PM	10AM-3PM
THU, DEC 29	5:30AM-10PM	CLOSED	6AM-10PM	9AM-8PM	10AM-3PM	Youth Supervised 12:30PM-8PM	8:45AM-1PM	11AM-4PM	10AM-3PM
FRI, DEC 30	5:30AM-9PM	CLOSED	6AM-10PM	9AM-8PM	10AM-3PM	Youth Supervised 12:30PM-8PM	8:45AM-1PM	11AM-4PM	10AM-3PM
SAT, DEC 31	6:30AM-3PM	CLOSED	6AM-3PM	9AM-3PM	CLOSED	Youth Supervised 10AM-3PM	8:45AM-1PM	11AM-4PM	CLOSED
SUN, JAN 1	9AM-7PM	CLOSED	9AM-10PM	9AM-8PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
MON, JAN 2	5:30AM-9PM	CLOSED	6AM-10PM	8AM-8PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

*Subject to change. Aquatic Centre will be closed for maintenance from Dec 19, 2022- Jan 8th, 2023

Facility Schedules-Available on the website and app

CLUB HOURS

DATE	REGULAR HOURS 5:30AM-12:00AM	FRONT DESK
FRI, DEC 23	5:30AM-12AM	8AM-9PM
SAT, DEC 24	7AM-4PM (Facilities close at 3pm)	8AM-3PM
SUN, DEC 25	CLOSED	CLOSED
MON, DEC 26	9AM-12AM	9AM-9PM
TUE, DEC 27	5:30AM-12AM	8AM-9PM
WED, DEC 28	5:30AM-12AM	8AM-9PM
THU, DEC 29	5:30AM-12AM	8AM-9PM
FRI, DEC 30	5:30AM-12AM	8AM-9PM
SAT, DEC 31	5:30AM-5PM (Facilities close at 4pm)	8AM-4PM
SUN, JAN 1	9AM-12AM	9AM-9PM
MON, JAN 2	5:30AM-12AM	8AM-9PM

FOOD SERVICES HOURS

DATE	*BISTRO	BAR & GRILL
FRI, DEC 23	8AM-5PM	11:30AM-10PM
SAT, DEC 24	CLOSED	10AM-2PM
SUN, DEC 25	CLOSED	CLOSED
MON, DEC 26	CLOSED	11:30AM-10PM
TUE, DEC 27	8AM-5PM	11:30AM-10PM
WED, DEC 28	8AM-5PM	11:30AM-10PM
THU, DEC 29	8AM-5PM	11:30AM-10PM
FRI, DEC 30	8AM-5PM	11:30AM-10PM
SAT, DEC 31	8AM-5PM	10AM-4PM
SUN, JAN 1	CLOSED	10AM-10PM
MON, JAN 2	CLOSED	11:30AM-10PM



General Manager Message

Kathryn Cowden / *General Manager*
KCowden@hollyburn.org

Team Hollyburn,

Over the past few years, driven by the impacts of COVID, private clubs have increasingly become a sought-after home-away-from-home for Members. Private clubs, like Hollyburn, offer Members a sense of community (perhaps a temporary oasis from the stresses of the world) and a safe environment for families.

Unfortunately, over the past year, we have witnessed an increasing level of disrespectful behavior within our community which erodes Member satisfaction and harms our employee culture. For this reason, during the week of November 21-25 we will be raising awareness about the responsibility Members and employees share for building a community built on mutual respect. The campaign will bring awareness to Team Hollyburn (our community) and how the players on the team (both Members and employees) support one another in creating a welcoming environment we are all proud of. To learn more about Team Hollyburn and our November initiatives, please see **page 21**.

On the topic of celebrating our unique community, on September 8, after a three-year hiatus due to COVID, we hosted our annual Past Presidents Dinner.

It takes a true leader to balance the needs and expectations of a strong group of Board of Directors, a community of 7500 Members and Management. In fact, we have only had 32 Members who have stepped up to the challenge since Hollyburn was founded. Even though there are term limits on being Club President/Chair, our past presidents remain strong leaders and role models in our community and I would like to thank them again for their ongoing support and guidance. Each member of this legacy group has helped shape Hollyburn into the amazing Club it is today.

Nancy Chapman, our current Club Chair, has only been in her position for one year (with one year to go), but I think we can all agree that she has already made her mark. Her unwavering desire to make Hollyburn exceptional, to strengthen Club governance and set plans in motion that will have positive impacts on Hollyburn for generations to come is inspiring. I look forward to seeing what Nancy and the Board of Directors will accomplish this year.



Speaking of individuals who make a difference, our activity committees are under way for the 2022/23 season. Hollyburn has over twelve activity committees comprised of Members who volunteer their time to support the various athletic communities within the Club. To all of our committee Members, thank you! If you are interested in volunteering your time on a committee please reach out – we are always looking to hear from new voices.

Over the summer months, our former Curling Lounge was transformed into our new Viewing Lounge, as part of our Corridor Improvement Plan. We hope Members agree that we have accomplished our goal of making the space feel and look more reminiscent of a social space that welcomes socialization, not just a corridor for Member traffic.

The transformation of this small corridor sheds light on the aesthetic future of Hollyburn. Over the next three to five years, as we continue to complete future phases of our Corridor Improvement Plan and bring Renew '22 to life, I'm confident Hollyburn will become the envy of all other private clubs. I am personally incredibly excited to be a part of our Cinderella story and I hope you are too. The next phase of our Corridor Improvement Plan will commence in April to dovetail with Phase One of Renew '22. For additional details on Renew '22, please read our Renew '22 article on **page 13**.

Completing Phase One of our Corridor Improvement Plan and charging forward with Renew '22 weren't the only projects Management focused on over the summer.

Other projects driven by Member feedback completed over the past few months include:

- *Repainting of parking lines*
- *Upgraded sound system in Small and Large Ice*
- *Improvements to Men's and Ladies Spa saunas*
- *Launch of Hockey Night at Hollyburn*
- *Recoating of tennis courts #13-16*

Upcoming projects that are currently underway include:

- *Upgrades to lower parking lot lighting*
- *Replacement of NW Fitness Door (new glass doors similar to what was installed in the Administration entrance)*
- *Replacement and upgrades to pool air handling system with energy recovery system*
- *Updated Club House Rules*

Rest assured, Management and the Board are just as focused on what the Club will need in 10-15 years as we are on what needs to be accomplished in the short-term. In our annual Member Satisfaction Survey we will be probing the Membership to learn more about your current level of satisfaction and what you believe the Club needs in 10-15 years to meet your needs. To learn more on the survey which should land in your inbox this November and our Needs Assessment go to **page 16**.

Nancy and I really value these View articles as they provide a great opportunity to give the Membership an update on everything we are striving towards and celebrate everything we have accomplished. We hope you agree, but if you would like to see different content addressed in these articles please do not hesitate to reach out with your feedback.

K. Rowden

In Loving Memory

Audrey Williams
Member since 1963

Tom De Long
Member Since 1964

Joyce Noel
Member Since 1984



Board Chair Message

Nancy Chapman / Board Chair
Board@hollyburn.org

We hope everyone enjoyed the beautiful summer and its extension well into October! The Board also enjoyed our summer break, and it was great to see so many Members enjoying the first Odium Brown tennis tournament in 3 years! It was nice to see the club at its best, welcoming our visitors from around the world and watching some incredible tennis.

The 2022/23 board season is now well underway. Here are our highlights to date:



Board Governance is more efficient with 11 directors

After the last AGM we transitioned to the smaller board of 11 directors as per our new bylaws. Overall the Board composition has remained relatively stable as we welcomed just one new director this year -- Alan Howie, a CPA with significant experience in F&B operations.

As you know, the Board is charged with:

- *Protecting, preserving and growing Hollyburn's assets*
- *Developing and monitoring the strategic plan*
- *Ensuring Hollyburn's financial vitality*

We are always looking for volunteers to help us manage our fiduciary duties. If you are a CPA or a lawyer and are interested giving back to our community, I'd love to connect with you. Please reach out at board@hollyburn.org.



Club Benchmarking conducts Peer Review for Hollyburn

In October, the Board and Management attended an all-day strategic planning session facilitated by private club industry experts, Club Benchmarking.

Club Benchmarking reviewed Hollyburn's financial performance relative to twenty-two private clubs (chosen for their membership size, amenities offered and total revenues) from all across North America. We are proud to report that Hollyburn is operating at the median or better in all financial KPIs presented. Hollyburn was rated a "healthy" club and our report card comments include:

1. *Hollyburn offers a compelling Member experience with broad array of services and amenities*
2. *Hollyburn has a Strong Balance Sheet and the compound annual growth rate on Member's equity over the past five years has averaged over 5.5%*
3. *Focus of Governance is (and should be) on making the Member experience better*
4. *Most Members think like Owners and take pride in our Club*



Club Benchmarking emphasized that at private Clubs, F&B is an amenity

Compared to for-profit restaurants, Club Benchmarking explained that club F&B operations are inherently inefficient, due to our extended hours and associated staffing requirements, high menu and ingredient rotation so Members don't tire of them, the limited pool of potential diners and the complexity of operating multiple food outlets.

Clearly, the business model for Hollyburn's F&B is not the same as for a commercial restaurant. At Hollyburn, membership satisfaction in F&B is far more important than a financial return on investment. A Board goal this year is to delve further into what F&B as an amenity means for Members as Renew '22 comes to fruition.



Speaking of Renew '22 – your input matters

The Board also spent a considerable amount of time

discussing expectations around what the Member experience will be once Renew '22 is completed. To that end, our annual Member Satisfaction survey will be distributed shortly and Member input is critical, so please plan to put aside the 20-25 minutes to complete the survey when it hits your inbox mid-November.



Hollyburn now has a waitlist

The Club is now at capacity with 3125 memberships and 7500 Members. Management has

instituted a waitlist and will not be accepting any new Members until at least April 2023, and then will only accept new memberships at the attrition rate of retiring Members.

In conjunction, Board and Management are working together to re-evaluate our current entrance fee structure, how to minimize programming waitlists, and to manage the membership cap across all membership categories in line with Hollyburn's mission, vision and values.



Employee Recognition Fund (ERF) increase coming

The Employee Recognition Fund (ERF) was established in 1989 to

promote employee morale and to recognize outstanding performance and all staff are eligible recipients. Recognition may include educational seminars, social functions (including the staff holiday party) long service awards and on the spot awards for extraordinary efforts that positively impact the Member experience. While disbursements are at the discretion of the GM upon recommendation by Members and/or Staff, the Treasurer audits the disbursement of the ERF quarterly.

The ERF was last increased in 2012 to \$25 twice annually per membership when we had 200 employees -- now we have over 315 employees. The Board voted unanimously to raise the semi-annual contribution to the ERF to \$40 per Regular membership starting April 2023.

With arrival of shorter days, sweater weather and our regular weather programming (rain!), I'd like to take this moment to wish all of you a bright and beautiful holiday season!

On behalf of the Board,



What's Happening at Hollyburn?

New Year's Eve Party

Saturday December 31, 6pm-9pm

We are back Hollyburn! After a two year hiatus, we are once again hosting our hugely successful New York New Year's Eve Party. This family friendly event includes live music, children's entertainment, food, beverages and more! As per tradition, we will celebrate "midnight" at 9pm.

RSVP's Open Thursday, December 1 at 8:00am. Instructions on how to RSVP will be sent prior to December 1.

Santa Brunch

Ho, Ho, Ho! Santa is back in town! Mark your calendars for our annual Santa Brunches, December 11 & 18 from 10am-2pm. RSVP's can be made to Coltan CWebster@hollyburn.org.

Hollyburn Toy Drive

Join us for Hollyburn's first ever Holiday Toy Drive! In collaboration with The Salvation Army, we will be accepting toy and sport equipment donations to give back to our community. Our Toy Drive tent will be set up on Friday, December 2 from 3:00pm-7:00pm and Saturday, December 3 from 10:00am-2:00pm. Holiday attire is encouraged! Complimentary festive hot chocolate provided upon donation.

Holiday Lunches

Our holiday lunch platters are returning this year! Bring your coworkers in for a festive family style lunch at your Club. Lunches will run December 14, 15, 16 & 21, 22, 23. Reservations must be made at least 72 hours' in advance. Reserve to Coltan CWebster@hollyburn.org.

Corridor Improvement Project

In September, the Viewing Lounge (previously known as the Curling Lounge) was re-opened upon completion of Phase One of our Corridor Improvement Project, an initiative driven by "Feedback in Action".

VIEWING LOUNGE IMPROVEMENTS AND FEATURES

We hope Members agree that we achieved our goal of making the space look and feel more inviting and reminiscent of a living room, not just a corridor. Improvements include:

- *Improved lighting*
- *Increased ceiling height*
- *New glass between small ice and turf*
- *New glass doors*
- *New wall finishing*
- *New flooring*
- *New digital storytelling boards*
- *Addition of water and clearing station*

WHAT'S NEXT?

Phase Two, which will include the Squash Entrance and Gymnasium corridor, is tentatively scheduled to commence in the spring of 2023. 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.

QUESTIONS?

Members are encouraged to read the FAQ to learn more about our Corridor Improvement Project. For additional information please contact Gavin Hamblin.

Thank you for your patience during renovations; we hope you enjoy an elevated private club experience in the improved space.



Athletic Director Message

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

What's Happening *in Athletics*

Winter Program Registration *November 23-25*

PROGRAM REGISTRATION

Wednesday, November 23 (*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, November 24 (*Online Only*)

6:30am: HCC Parent & Tot
6:40am: HCC Preschool
6:50am: Swimmer 1-4
7:00am: Swimmer 5-9
7:10am: All Other Aquatics Programs
7:20am: Aquatics Private Lessons-email
prea@hollyburn.org to book

TENNIS

Friday, November 25 (*Online Only*)

6:30am: Playball
6:40am: Red Ball
6:50am: Orange Ball
7:10am: Green Ball
8:50am: Regular Ball, Girls Tennis,
Teen Squad & Pro Classes
7:20am: Adult Tennis
7:30am: In-Person & By Phone

Pool Shutdown

The pool will be shutdown for its annual maintenance from December 19, 2022-January 8, 2023. The pool will re-open for Member use on Monday, January 9, 2023.



Meet our new Head of Tennis

Oliver (Oly) O'Shea



Oly first started playing tennis at the age of 5 in West Sussex, England. Reaching county level and winning various club titles in singles and doubles at both junior and adult age groups.

He has over 20 years of coaching experience and has coached internationally, in England, Australia & the Caribbean developing players of all ages from the beginner levels through to high performance. His methodology involves strategic goals to help players understand the tactics required to win matches which helps identify technical issues players can correct to successfully execute these tactics.

Oly started at Hollyburn in October 2013 and has held various positions in the tennis department including most recently the leading roles of Tennis Events and the Junior

Tennis Program. Oly still enjoys playing competitively as his passion for tennis goes way beyond any other sport.

LENGTH OF TIME IN FIELD

21yrs

STARTED AT HOLLYBURN

Oct 2013

PLAYING/COACHING HISTORY

Playing

- AOSLTC U16 & U18 Junior Team Captain and Men's 1st Team Captain in Sussex Division One for 5 years
- AOSLTC Championships: Men's Singles '11, Men's Doubles '06-'09, Mixed Doubles '07-'11
- HCC Championships: Men's Doubles '15, '17 & '20
- West Worthing Aegon British Tour: Men's Doubles '11
- NSW Summer Smash: Men's Doubles '22
- Touchtennis career high World Ranking: No. 10

Coaching

- Tennis Canada Club Pro 2 Active TPA Member
- LTA UK Development Coach Award LTA Level 3
- Tennis Australia Junior Development Coach Certificate 3 in Sports Coaching
- Cardio Tennis Instructor Tennis Australia Cardio Tennis

ASSIGNMENTS

- Head of Tennis, Hollyburn Country Club West Vancouver, Canada
- Tennis Professional, Tennis Events & Junior Tennis Coordinator, Hollyburn Country Club West Vancouver, Canada
- Tennis Professional, Necker Island (Richard Branson's Private Island) Virgin Gorda, British Virgin Islands
- Tennis Professional, UQ Sport Queensland, Australia
- Tennis Professional, David Lloyd Leisure West Sussex, England

WHY I DO WHAT I DO

Simply because I love tennis. I live and breathe tennis. I enjoy talking about tennis with anyone that wants to engage in the ups & downs, the ins & outs of anything tennis related. I could talk about tennis all day long! I believe tennis to be the greatest game in the world and surrounding myself with people that have a passion for this sport and want to become better at this beautiful game by turning to me to help them do that and achieve their goals in tennis is why I do what I do.

PHILOSOPHY

Giving players strategic goals to help players understand how to play the game, develop a love for the game and understand the tactics required to win matches. This helps identify technical issues players can correct, and be on board with correcting, to successfully execute these tactics.



renew | 2022

Plans are in motion for the future of Hollyburn!



Since the Membership approved Renew '22 at the Annual General Meeting in June, Management and the Board of Directors have wasted no time putting plans in motion.

Prime Consultant Selection Process

In July, the Board of Directors and Management, in consultation with Make Projects (Project Manager), conducted a competitive bidding process to hire an architectural firm to be the Club's Prime Consultant for the Renew '22 project.

The Prime Consultant, through an integrated design process, will lead, manage and coordinate a team of consultants to develop architectural and engineered plans that will then be tendered for construction proposals.

Through this competitive process, four proposals were evaluated on selection criteria that included relevant experience, key personnel, solution and price. Three firms

were short-listed for in-person interviews by our Renew '22 Committee, which includes representatives from the Board of Directors, Management and Make Projects.

We are proud to announce that hcma Architects + Design (hcma) is the firm that has been awarded the contract. hcma has vast experience in large scale community projects with challenging phasing, complex coordination requirements and discerning stakeholders. hcma has assembled a team of trusted consultants for the delivery of our project, including Box Interior Design (Box). Box recently worked with the Arbutus Club to transform their clubhouse and is currently working with Hollyburn to transform our corridors as part of the Corridor Improvement Plan. Box will bring significant experience and capability with respect to the creative direction of the food and beverage components of the project.



hcm Project Highlights:

- West Vancouver Aquatic Centre and Community Centre
- Peace Arch Hospital Maternity Clinic Renovation
- Harry Jerome Community Centre
- Vancouver Fire Hall No. 17
- Burnaby Lake Aquatic and Arena Facility

To see how hcm brought these projects to life visit hcm.ca.

Visit hcm



Box Interior Design Food and Beverage Project Highlights:

- Arbutus Club
- Bar Oso
- Braidwood Four Seasons
- Glowbal Telus Garden
- Black and Blue
- Coast

To see how Box Interior Designs brought these spaces to life visit boxinteriordesign.com

Visit Box Interior Designs

Next Steps: Stakeholder Engagement and Detailed Design (Sep–Dec)

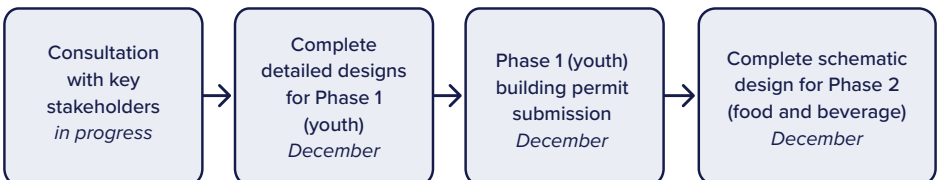
hcm has already begun consultation with a number of key stakeholder groups, including employee groups, Activity Committees (food and beverage committee and youth committee) and our newly established Renew '22 Member Design Advisory Committee (R'22 MDAC) to start schematic and detailed design planning. Our R'22 MDAC consists of 13 volunteer Members with a variety of backgrounds including project management, architecture and interior design. We look forward to collaborating with all of these groups and hcm to accomplish our goal of meeting Members' needs and expectations.

Renew '22 Project Updates and Communication:

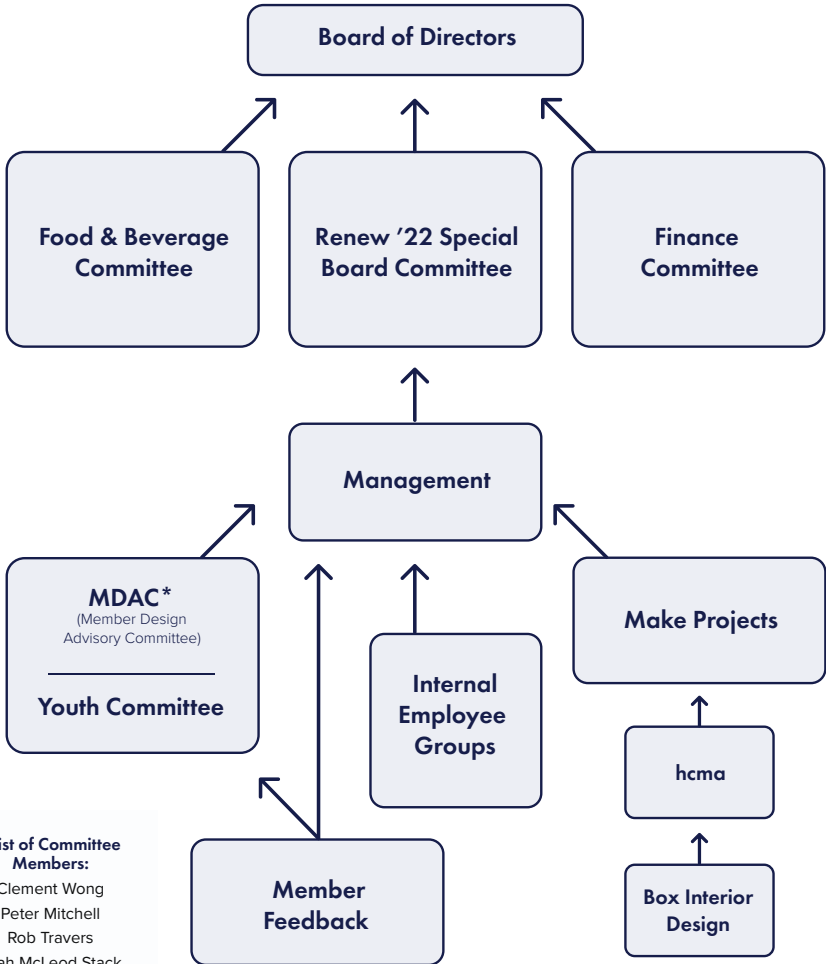
As we build momentum on Renew '22 planning, Members can anticipate regular updates from the Board of Directors and Management regarding the progress of the project. Updates will be communicated to the Membership via email, the Hollyburn App and through the View. Members looking for the most up to date communication can visit our Renew '22 website at any time at www.renew22.ca.

To learn more about how all of their stakeholder groups contribute to the success and oversight of the Renew '22 project please see the next page.

Upcoming Key Milestones



The following illustrates the stakeholder groups responsible for the success and oversight for the Renew '22 project.



*** List of Committee Members:**

- Clement Wong
- Peter Mitchell
- Rob Travers
- Leah McLeod Stack
- Julia McConkey
- Amin Sabouchi
- Carla Taves
- Chris Browne
- Michael Ring
- Sherry Keane
- Ignacio Rosas
- Chris Breikss
- Julie Mason

Questions/Feedback?

Contact General Manager, Kathryn Cowden, at kcowden@hollyburn.org, Gavin Hamblin, Director of Operations and Strategic Planning, at ghamblin@hollyburn.org, or Nancy Chapman, Board Chair at board@hollyburn.org.

Hollyburn »» Tomorrow

THE NEXT 15 YEARS

Hollyburn Country Club is undertaking a Needs Assessment that is intended to ensure the long-term success of the Club and help shape the Club's Master Plan.

WHAT MEMBERS NEED TO KNOW:

✓ Renew '22, approved by Members in June 2022, will not be impacted by the Needs Assessment.

✓ The Needs Assessment will identify potential capital projects in the next 10-15 years as part of the Club's Master Plan. Projects will be approved in accordance with the Club's bylaws.

✓ Members will be able to share their thoughts through a Member satisfaction survey in late November.

✓ Member Pop-Up sessions to provide in person feedback will be:

- Nov 1 3:30pm–6:30pm
- Nov 4 3:30pm–6:30pm
- Nov 7 9:00am–11:00am
- Nov 9 9:00am–11:00am

PROJECT NOTICE:

As part of our ongoing efforts to improve your Member experience and ensure the Club's long-term success, Hollyburn Country Club is now undertaking a Needs Assessment. While recently (June 2022) the Membership approved Renew '22, a renovation plan to enhance several areas of the club, these capital improvements are short- to medium-term initiatives.

Ultimately, the Needs Assessment will lead to the development of a long-range Master Plan that will identify potential facility and

service improvements to meet the needs and expectations of our Membership now and into the future. These improvements could include enhanced and additional recreation, sport, and/or social amenities.

Under the guidance of Management, Long-Range Planning Committee and Board of Directors, the Club has retained the services of a consulting firm, RC Strategies, to assist in conducting the Member Needs Assessment. Work on the Needs Assessment began in early September and is expected to be completed in early 2023.

RC Strategies research and data collection will include:

- Sport participation trends;
- Trends in the private club industry relating to programming and service delivery;
- Analysis of utilization data for programming at Hollyburn;
- Competitive analysis of local competitors; and
- Member engagement and satisfaction.

Throughout the fall, Members will be asked to share their thoughts about the Club three ways: **1)** through a survey, **2)** interactive pop-ups and **3)** athletic-committee workshops.

It is important to note that any potential capital enhancements identified through this Needs Assessment are not automatically approved; any future projects will need to be approved in accordance to the Club's bylaws. Feasibility studies, including financial analysis, will be completed as part of this process to determine if potential ideas are feasible to execute and fiscally responsible.

We thank Members in advance for their participation in helping shape Hollyburn's future for the next 10-15 years.

THU, NOVEMBER 24TH



THE GRAND *Tasting*

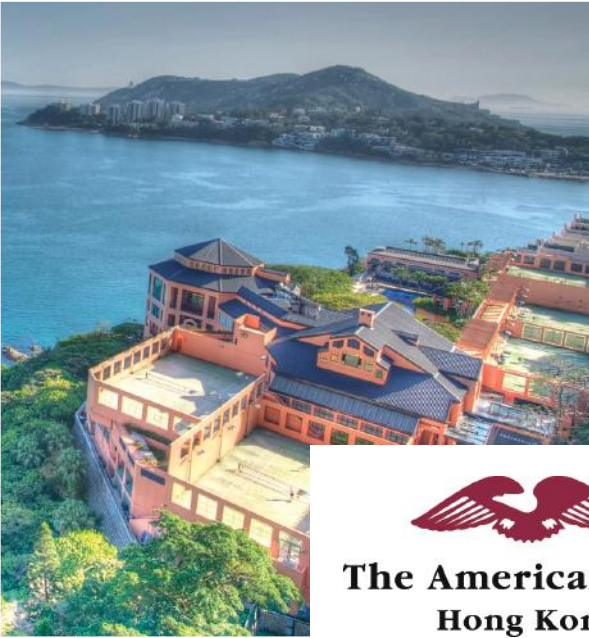
Reserve your ticket to Hollyburn's Annual Grand Tasting, featuring fabulous wines, beers and ciders. Tickets include light appetizers, live music and unlimited tastings. As always, you will have the opportunity to purchase exclusive products to stock you home cellar.

7:00PM - 9:30PM | CLUB LOUNGE | \$50 | RSVP: GAMETIME

72 hour cancellation policy in effect. Price excludes tax and service charge.

19+ event only. Member-Guests are welcome!





**The American Club
Hong Kong**

The American Club Hong Kong was established almost a century ago, in 1925. Since 1925, The American Club pride itself as the only Member-owned club with two properties that Americans could call their 'home away from home' in Hong Kong and they are one of the private clubs with the longest history and heritage in Hong Kong.

THE TOWN CLUB

Business Entertainment in the Heart of the City

- Breathtaking views from its prestigious and convenient location at the top of Two Exchange Square in Central, the heart of Hong Kong's financial district
- A sophisticated union of 'East meets West'; a marriage of styles and cultures that creates an atmosphere of comfort and refinement
- We are particularly proud of our bar, Billy's Bar, built in 1880 and was shipped from its NYC location to Hong Kong during the 2015 renovation of the Town Club

THE COUNTRY CLUB

A World Class Haven for All in the Family

- Set on 3.5 lavish acres in beautiful Tai Tam, on the south shore of Hong Kong Island

Won an Honor Award from the American Institute of Architects for William Turnbull, Jr., the renowned American architect, for his work on the clubhouse

In addition to the clubhouse facilities, the Club has a private race box at Happy Valley racecourse; a luxuriously crafted Fairline Squadron 65 yacht, Screaming Eagle; golf debentures at private golf clubs in Macau and China; and over 75 reciprocal club agreements worldwide.

To visit this Club or any of our affiliated clubs please contact Member Services or use the Hollyburn App for a letter of introduction.

EVERESTING

This Fall, Derek Pink and Mary Francis Calder succeeded in completing the incredible 29029 Everesting Challenge on Blackcomb Mountain, Whistler. The challenge has participants climb a specific mountain on repeat until they hit the equivalent vertical elevation of Mount Everest. Pink committed to intense training for three months leading up to the challenge. He had support from a number of Hollyburn Members who joined him on training hikes up the Grouse Grind, BCMC trail, as well as Blackcomb Mountain itself. One week out from the challenge Pink had cut his hiking time up Blackcomb Mountain by 30 minutes from when he first hiked it at the beginning of his training in July.



To complete the event, Pink had to climb Blackcomb Mountain eight times in 36 hours for a total of 31,200 feet (2,171 feet more than Mount Everest). Pink started the challenge at 6:00am on Friday, September 16 and completed five ascents before the end of the day. After getting some sleep he started again Saturday morning and climbed the final three ascents to successfully complete the Everesting Challenge. In total, Pink climbed 51km. Pink had a number of friends and family Members cheering him on throughout the event including his wife, Jennifer Pink, who volunteered at the event and completed the challenge herself in Utah in 2019, and Hollyburn's Fitness Manager Shelley Grisbrook. Pink told us the challenge was the craziest thing he has ever done.

Hollyburn wants to congratulate Derek Pink and Mary Francis Calder on this incredible accomplishment. Hollyburn Members never cease to push themselves to the limits and Derek and Mary Francis are no exceptions. From your entire Hollyburn community, congratulations Derek and Mary Francis!



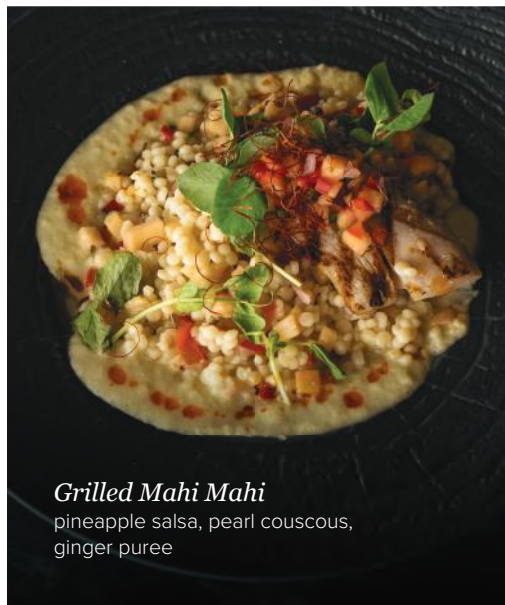
New Menu Items

Enjoy these new fall menu items
and more in the Bar & Grill!



Seared Scallops

squash croquette, smoked apple
puree, miso glazed vegetables



Grilled Mahi Mahi

pineapple salsa, pearl couscous,
ginger puree



Roasted Half Chicken

sweet potato mash, roasted carrot,
charred broccolini, pan jus



Steamed Mussels

white wine, garlic butter,
herbs, warm bread



T E A M HOLLYBURN

One definition of “community” is a feeling of fellowship with others, as a result of sharing common interests, goals, and attitudes.

At Hollyburn, it is safe to say that we live and breathe social and athletic connections (interests), our Club has a strong vision and mission (goals) and we live by our values (attitudes). In fact, in our most recent Member Survey, Members noted that Hollyburn’s “sense of community” was one of the top driving forces behind their decision to join Hollyburn. When Member satisfaction is high and employee moral is high, it creates a palpable positive and welcoming environment that everyone can be proud of. For these reasons, private clubs have increasingly become a sought-after home-away-from-home for Members.

Unfortunately, over the past year, we have witnessed an increasing level of disrespectful behavior within our community which erodes Member satisfaction and harms our employee culture.

For this reason, during the week of November 21-25 we will be raising awareness about the responsibility Members and employees share for building a community of mutual respect. The campaign will bring awareness to Team Hollyburn (our community) and how the players on the team (both Members and employees) support one another in creating a welcoming environment we are all proud of.

Hollyburn's Values

- *We are a sports club*
- *Exceptional service*
- *Continuous improvement*
- *Fiscal Responsibility*
- *Stewardship*
- *Respect*
 - *Members to Member*
 - *Member to Employee*
 - *Employee to Member*

How to participate in Team Hollyburn Week

November 21-25

- Sign the 2023 Hollyburn Team roster outside of Member Services
- Submit an employee High Five on the Hollyburn App
- Sport your TEAM Hollyburn gear! Available for a limited time in the Sports Boutique
- Send photos of your favourite moments to lbatocho@hollyburn.org to win Team Hollyburn gear!
- Keep an eye out for Hollyburn's updated House Rules!

What is Team Hollyburn?

Team Hollyburn is made up of everyone who is part of the Hollyburn Country Club Community. This is Members, Staff, and Guests. To be a part of Team Hollyburn, each individual must play their part in the greater goal- to keep the Club a positive, respectful and enjoyable home away from home. Every Member of Team Hollyburn respects the people, system & our facility at Hollyburn Country Club.



We are all reminded of the following expectations while at Hollyburn Country Club;



PEOPLE

(Players on the Team)

- Respect the rights of all Members, staff, management and directors
- Always treat others with kindness and consideration
- Treat others equally regardless of gender, age, race, sexual orientation, religion, ability or class
- Respect the privacy of others
- Understand that our culture is a shared result of the actions of every Member, staff and guest. Everyone plays an equal part to maintain Hollyburn's welcoming, warm environment.
- Member to Member, Member to Staff, Staff to Staff, Staff to Member



SYSTEMS

(Rules of the Game)

- Know and abide by all Club Bylaws and Sport specific code of conducts
- Respect Security personnel and understand fines, suspensions and/or expulsion will result from actions not in accordance with our Club Bylaws, House Rules and Conduct Codes
- Park in designated areas and comply by loading zones, drop-off zones, etc.
- Use the Guest registration system and abide by guest usage rules
- Children 8 years and under must be accompanied by a parent or guardian



FACILITY

(Our playing field - The Club!)

- Clean after use and use care with Club equipment
- Return dishes, towels, sports equipment and other shared Club items to where they belong
- Adhere to Hollyburn's zero tolerance policy for vandalism

**TOGETHER,
WE ARE A TEAM!**





H O L L Y B U R N

High Five

To Celebrate TEAM Hollyburn, we are highlighting some of our favourite Hollyburn High Fives. Use the High Five function on the Hollyburn App to give kudos to a fellow Team member!

"Reymund Pascual the morning shift men's spa attendant does and has done a fantastic job for many years of keeping the men's spa clean. Its spotlessly clean when Reymund is working in the men's spa. Thanks Rey you do a great job!"

"Natasha is a fantastic instructor. Emmie smiles throughout her lessons and is very keen to improve her swimming with Natasha's cheerful and helpful guidance. Emmie loves her swimming lessons."

"We had a wonderful server named Olivia. My husband and I came to the restaurant for a date night and she really made our dining experience wonderful. She was knowledgeable, polite and super friendly!"



"As a member of HCC, I wanted to send a little complimentary message of how good and friendly the staff are at the Club. This is prompted by watching Tarun, in the security dept. – I watched him on 2 occasions, at the Odlum Brown Tennis event, handle situations very quietly, diplomatically and effective so not to draw too much attention. Was impressed. Also, Maddi, who served in the skybox was terrific."

"Stella Camayang and Annaetta Saengma. These two young women were helpful, patient and good humoured today when they helped me and a friend! And so polite! They called me "Miss Margaret".

"Kristian Stevens did an excellent and enthusiastic job in organizing the first Hollyburn car show. Over 25 cars made it and many Members enjoyed it. Great communication and great organization for this inaugural event. Well done!"

"Arvin and Jan are rock solid during PE afternoon shifts. They are always here to deal with whatever comes (floods, unit failures, event pre-setup etc.) and we can always count on them. Recently there were multiple urgent issues and these were solved in no time! Appreciate your hard work and creativity! Cheers!"

"We just wanted to mention how amazing our server was tonight for dinner. Matin was so attentive and on top of everything, best service we have had up at the club. We will be asking for him every time!"



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.

"Would there be a possibility to have the steam in the Men's Spa activate at 5am rather than 5:30am as is currently occurring? There is a cohort of Members that attend early that are unable to utilize this Club benefit on the current schedule."

Thanks for the suggestion, this can definitely be done. Our crew has adjusted the start time to turn on prior to 5am, so you will now have access to the steam room beginning at 5am. Please let us know if there are other areas we can improve the Member experience for the early risers!



"Thanks so much for not closing the pool beginning of September. December much better date for closure, as we are just getting back into routine."

We appreciate your positive feedback on the switch in pool closure time. We agree that December does make for a much more appropriate time to close the pool and do maintenance rather than during Summer.

"I am android user and can't find the Hollyburn App on the Google Playstore- help! I would like to use the app to access my statements and see facility schedules."

Thank you for making us aware of the issue, your feedback prompted an investigation that alerted us that Google had temporarily suspended the Hollyburn App, making it unavailable for android users to download. The problem has since been resolved, and we are happy to report the Hollyburn App is available for download once again. Thank you for your patience and feel free to reach out, or see Member Services if you have any difficulty downloading and logging into the App.

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



“I seem to see so many non-members using the Club daily. Lots of teenagers and their friends are just using the club without being signed in, and Members are bringing guests to play tennis several times a week. I know we have guest privileges but there are many using the Club much more frequently than they should be.”

We are aligned with your concerns and making progress in tackling this ongoing issue. Earlier this year, we implemented a new guest sign in system, which has improved our ability to better track those who are bringing guests to the Club over and above what their guest privileges allow. We have a zero tolerance policy for breaking the guest rules; Members are fined when they have a guest on the property that should not be using the facilities.

Our Leadership Team and Senior Management Teams consider this issue a high priority. We recognize that we have more work to do to solve this issue, and bring confidence to our Membership that only Members and their guests within the policy can access Hollyburn.

“I’d like to suggest the plastic containers that the bistro and dining uses for “to go” foods to be changed. The current ones used melt. When they put sauces with hot food, the containers go soft and it concerns me what may be in those containers may be harmful.”

Thank you for your feedback regarding our to-go containers in the Bistro 950. The current line of take out containers we are using are biodegradable and compostable, and are food-safe, even under heat. The problem we are running into as you have experienced is how they handle heat as they are made of corn! We are currently looking at alternatives that are good for the environment and can handle practical use.



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!



HOLLYBURN

HOLIDAY EVENTS

COUNTRY CLUB

SANTA BRUNCH

DEC 11 & 18

10:00am-2:00pm

Adults \$55⁰⁰

Children 6-12 \$24⁹⁵

Children 5 & under \$10⁰⁰

Santa is coming to town! A great opportunity to get pictures with Santa.

HOLIDAY LUNCH PLATERS

DEC 14, 15, 16, 21, 22, 23

11:30am-2:00pm

Adults \$45⁰⁰

RSVP: RESTAURANT@HOLLYBURN.ORG

Runners with Anterior Knee (Patellofemoral) Pain

How to Modify Your Training and Manage Your Symptoms

1. Increase training frequency, but decrease each session's duration and speed.
2. Avoid downhill and stairs running.
3. Run-Walk intervals can be incorporated into your training.
4. Maintain your pain level at no more than 2/10 during running.
5. Pain must return to pretraining levels within 60 minutes after your run, without increases in symptoms the following morning.
6. Weekly programs can be modified depending on symptoms, progressed based on how your symptoms are changing.
7. Running distance is increased according to the symptoms – decreased pain before adding speed and hills.

Reference JF Esculier et al, BJSM 2017



Physiotherapy at Hollyburn

HCC Physiotherapy & Wellness, next to the HCC Fitness Centre, offers a wide range of services to help you feel good again.

Book Physio Session

To book a physiotherapy session visit hollyburnphysiotherapy.janeapp.com or call 604.913.4563.



Melanie Prentice

BSc (PT), FCAMPT, CGIMS, AFCI
Registered Physiotherapist
physio@hollyburn.org



Jay LeGuilloux

Registered Physiotherapist



Aly Huang

Registered Physiotherapist





NYE

NEW YEAR'S EVE

BASH

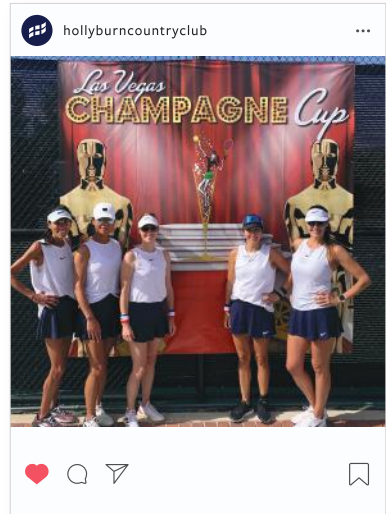
SATURDAY, DECEMBER 31ST

6PM - 9PM

RSVP'S OPEN THU, DEC 1ST | 8AM.

Instructions on how to RSVP will be sent prior to December 1.

Insta-Moments



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

Follow us on  Instagram @hollyburncountryclub

HOLLYBURN Angel Project



CREEPY CUPCAKE SALE

On Thu, Oct 27 we held our annual Creepy Cupcake Sale. This year we raised \$670.00! All proceeds were donated to the BC SPCA. A big thank you to the bakers who contributed their time and talent and to the Members who participated in this fundraiser.

BE A SANTA TO A SENIOR

Starting Nov 4, show your love by sponsoring a senior through Home Instead. Pick a tag from the small Christmas trees at Member Services and purchase a gift from the senior's wish list. Return the unwrapped gift(s) in a gift bag with the tag attached to it to Member Services by Nov 24.

DECK THE HOLLYBURN LOBBY TREE

Please stop by Member Services early December to donate to the Angel Project by sponsoring an ornament on the Hollyburn lobby tree. Ornaments are \$50 or \$100. Your family name will be attached to your sponsored ornament.

TENNIS CENTER

Wall 'O' Money and Ladies Charity Round Robin

This year the Tennis wall will feature 100 Christmas envelopes decorated by Members with a value of \$1-\$100. Members will choose an envelope and the specified amount will be charge to their account. We will also be running the Ladies Charity Round Robin on Dec 8. This Women's social collects unwrapped gifts for North Shore Family Services Christmas Bureau – contact Sharon at SJenvey@hollyburn.org for more information.

NEW HOLLYBURN TOY DRIVE

This year we will be holding a Toy Drive! The event will be held in the upper parking lot by the Sports Entrance for two days only: Fri Dec 2 and Sat Dec 3. Enjoy a cup of hot chocolate with each donation! High need items include sports equipment for boys and girls aged 12-17yrs, please share the magic of the holidays by donating a new gift (unwrapped) to a child in need. The gifts collected will be distributed by the Vancouver Salvation Army.



*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

Lynn Li



I am a female artist in Canada. I love to print flowers and landscape in ink and water, or elegant colors in Asian brush painting. My painting style is a harmonious combination of freehand brush work in traditional Asian painting and abstract art in modern Western painting.

My paintings are full of the sense of Zen, and express both peace and power of life. I am inspired by the positive energy from the beauty of nature blossom, and give souls to those flowers and stones on the paper. Instead of filling the paper fully with color, I prefer to leave blank to “let the subject breathe”. I seek connection between human and nature, dream and life, and my art is full of such nature.

I have been invited to attend Florence Biennale 2021 and Paris exhibition 2022 by the member of international selection committee and advisor of Florence Biennale. I also attended the Western Canada’s most prestigious art fair Art Vancouver both 2019 and 2022 in Canada, and my work can be found in public and private collections around the globe including Asia, North America and Europe. I have been featured in numerous publications and media outlets and continue to work as the conduit to capture the beauty of life.

Lynn Li

Hollyday VILLAGE

Opens November 15th



'Tis The Season – Look What's Popped Up!

The Sports Boutique Hollyday Village has you covered this holiday season.

Located next to the Sports Boutique – The Hollyday Village is a wintery set up of seasonal treats, décor, gifts and more. A wonderful selection of gifts for everyone in your life where we will help you decorate, choose a gift and then finish off with complimentary gift wrapping.

FEATURE STAFF



Liz Morrison

Retail Manager/Buyer, The Sports Boutique

How long have you been working for Hollyburn? 16.5 years

What do you like most about working at Hollyburn Country Club?

I am lucky enough to do something I love and work in the community I grew up and live in. Working with the Members and being able to create a unique place within their Club for them to shop has been a fun ride. BUT working with the staff at Hollyburn is what makes me love coming to work. The laughter, support, relationships and memories over the years are priceless!

What is your biggest achievement to date—personal or professional?

Personal—My marriage of 34 years, in this day and age is unusual.

Professional—Creating a team over the years that have all become friends and are invested in the continued success and growth of the Sports Boutique.

Name three fun facts about yourself.

1. I am lucky to have several family Members who work in the Club, one of which works in the store.
2. I have a 100+ pound Great Pyrenees/ Husky dog named Timber.
3. My happy place is the Okanagan!

FEATURED ATHLETE

Jakob Tice



Age: 16 **Sport:** Hockey—Centre.

Number of years you have played your sport? I started with Ice Mice at UBC at age 4, so I have been playing hockey for 12 years.

What is your biggest accomplishment in your sport? Coming second at the U18 Provincials in Campbell River last spring.

What would be your ultimate achievement? I would like to play hockey for an NCAA team...and, of course, ultimately play in the NHL.

Who is your role model in your sport? I really like watching Mat Barzal and Austin Matthews play.

Do you have any good luck rituals or superstitions? I eat the same meal before every big game.

What is the best advice you have been given? To forget about your last shift and look forward to the next one.

Where do you draw your inspiration from? Or do you have a motto that inspires you or helps you to accomplish your goals?

Hockey has always been my favourite sport. I love the game and always feel inspired to play my best.

What is your favorite pre-game meal? Chicken and rice.

What are three essential items in your sports bag? Gatorade, Honey Stingers, sugar tabs.

When you were younger, what did you want to grow up to be? A player in the NHL.

Do you still want to be what you mentioned in the last question, or do you have another vision? Yes, I would still love to make it to the NHL.

What other sports or activities do you enjoy in your spare time? Flag football, skiing and golf.

What tournament/challenge would you like to participate in? I would love to participate in the Mac's Tournament in Calgary.

As a Hollyburn Member, what is your favourite Hollyburn moment? Being apart of two Huskies teams that made it to the Provincials.

What do you want to be remembered for when you outgrow your sport at Hollyburn? All the fun times I have had with my team members over the years.

ADAM HAYDUK:

Jake has played Hollyburn Huskies Hockey ever since he moved to the North Shore 10 years ago. Jake was a member of the 2021/22 Hollyburn Huskies U18 team that won the league title in Flight 1 (highest minor hockey U18 rep division). This season Jake plays zone hockey for the North West Hawks.

NEW FACES

At Hollyburn



Holly Millin

Executive Administrative Assistant to the General Manager

What are you most looking forward to working at Hollyburn Country Club?

I'm really looking forward to all the upcoming renovations with Renew '22, but of course mostly the finished product!

What do you like doing outside of work? What are your hobbies?

I love to walk to explore the local parks, trails and local restaurants and cafes, especially with my dog, Olive!

What is your "happy place"?

Anywhere near the ocean. I moved from Alberta 4 years ago to my "happy place"... Vancouver!

What is your favourite sport to play or to watch?

My favourite sport to watch is NBA basketball. Go Golden State Warriors Go!

Do you have a favourite local food restaurant/bakery/food truck?

Two of my favorite local spots in North Vancouver for breakfast (my favorite meal) are Finch & Barley followed up closely by BLVD Bistro.

Name 3 fun facts about yourself.

1. I'm that person that is painfully early for a flight just to enjoy the airport lounges (I love the travelling part too).
2. I recently took up roller-skating and I love to (carefully) practice in my spare time.
3. I was the owner of a successful small Hair and Esthetic Salon in Alberta 25 years ago.

AQUATICS UPDATE

Swim for Life

After 75 years and millions of Canadian participants, the Canadian Red Cross will be ending their Swim Kids Program.

With current events such as the Ukraine Crisis, Pakistan Flooding, and the Humanitarian Crisis in Afghanistan, the Canadian Red Cross made the decision to focus their attention towards these events and pass the torch off to the well-respected Lifesaving Society. There are mixed emotions having the Swim Kids program come to an end as it's what most of us grew up learning from, but it also opens up an exciting new chapter for the Lifesaving Society and of course, Hollyburn Aquatics. Lifesaving Society's Swim Program known as Swim for Life, will be implemented into Hollyburn's aquatic programming as a replacement for the Swim Kids program. This is a big change, so we'd like to take the opportunity to dive into how this will work at Hollyburn and clear up any misconceptions there are regarding the new Swim for Life program starting this Winter.

For starters, our preschool penguin programs will be unaffected by these changes. The

Penguin program has been highly successful and continues to be. Swim for Life will be replacing the Swim Kids program only. The new levels will be known as Swimmer, starting at Swimmer 1 (Swim Kids 1 equivalent) with the final level being Swimmer 9—Star Patrol.

See diagram below to understand the level equivalence Swim to Survive has compared to Swim Kids.

You're probably wondering—What is Rookie, Ranger and Star Patrol? These 3 programs will consist of fine tuning one's strokes as you'd expect from swim lessons, but will also provide more in-depth first aid and rescue skills to set up each candidate for success in the Bronze programs if they choose to take that path.

We are excited to start this new swimming program this Winter, but most of all, we're looking forward to seeing you here!



Patrick Rea

Aquatic Coordinator
PRea@hollyburn.org

FROM RED CROSS

– *Swim Kids*

- Swim Kids 1 →
- Swim Kids 2 →
- Swim Kids 3 →
- Swim Kids 4 →
- Swim Kids 5 →
- Swim Kids 6 →
- Swim Kids 7 →
- Swim Kids 8 →
- Swim Kids 9 →
- Swim Kids 10 →

LIFESAVING SOCIETY

– *Swim for Life*

- Swimmer 1
- Swimmer 2
- Swimmer 3
- Swimmer 4
- Swimmer 4
- Swimmer 5
- Swimmer 6
- Swimmer 7—Rookie Patrol
- Swimmer 8—Ranger Patrol
- Swimmer 9—Star Patrol

SWIM TEAM

HURRICANES

QUARTERLY UPDATE



The Hollyburn Hurricanes had a tremendous return to full competitions over this past year and we are hoping to build on these events in the upcoming 2022-2023 season! Our team performed so well at SwimBC Divisional, SwimBC Provincial and Swim Canada Junior Championships to end last season. For the team it was especially fun to return to team travel meets last spring. We had 40 swimmers compete in Whistler in May and 24 swimmers race in Kamloops in June. We also hosted our first ever Hollyburn Summer Meet with swimmers from across the province competing in heats and finals to finish their season in July.

A big congratulations to Hollyburn swimmer Tristan Govier who competed for TeamBC at Canada Games. Tristan raced to a bronze medal in the 50m Backstroke and was a part of TeamBC's gold medal 4x100m Freestyle Relay!

We are so excited about the future of our program after our Swim Academy groups grew constantly throughout the winter and spring last season! The fall session is off to a very impressive start with another 17 new athletes joining our Swim Academy program while more swimmers have graduated from Swim Academy into Monsoon and Tsunami.

The Swim Team has an incredible coaching staff this season! Head Coach Brad Hutton and Assistant Head Coach Annie Wolfe combine to have over 50 years of coaching experience on the pool deck. They are strongly supported by our assistant coaches Florence Dingey-Wolfe, Saige Fiorvento, Corey Purves, Tommy Huang and Khosro Mansuri.

We are very excited to take another step forward in 2023!

Hollyburn Invitational

November 26-27

In November we host our biggest meet of the year! The meet has grown to over 200 swimmers each day as swimmers from surrounding teams compete at our pool. This year the meet will have our 12&under swimmers racing both days, while our older swimmers will join them on Sunday. It's one of the only chances that our entire team from Swim Academy to Pursuit has to race together each year!



Brad Hutton

Head Coach

BHutton@hollyburn.org



Annie Wolfe

Head Assistant Coach

AWolfe@hollyburn.org

QUARTERLY UPDATE

Badminton in 2022

The badminton department had a lot of exciting events in 2022:

We hosted the 2022 BC Junior Provincial Championships and two other Badminton BC sanctioned tournaments: the 2022 HCC Junior A & 2022 HCC Junior B Tournaments.

We also held a charity fundraiser event during the 2021/2022 holiday season where the badminton community came out and played fun games with our badminton professionals to raise funds.

Badminton summer camps were very popular. All participants had a fun and busy summer. Congratulations to all players who keep training hard during the summer to get ready for the upcoming season!

In 2022, our players competed at national and provincial levels and achieved amazing results. Our players were medal winners at junior nationals and provincials. Well done!

The coaching team would like to congratulate Tiam Ghaderi, Nika Ghaderi, Moses Li, Robby Milroy and Ethan Zhu for their outstanding performance at the 2022 Junior National Championships in Edmonton in July. Our young players brought home one silver medal and three bronze medals. What a great experience they gained from this prestigious event!

A big thank you goes out to the coaching team, volunteers, supportive parents and families. We are grateful for all your positive feedback and support. Also thanks to club management, the Youth department, and the Aquatics department. Your trust and support made 2022 a great successful year!



Julia Chen

Badminton Professional
badminton@hollyburn.org



2022 HCC Jr Club Championships



Bridge Club News

"Play a hand of bridge; entry to a magic world; social thoughtful, fun"

September marked the full return of Hollyburn bridge to the real world from the virtual one. Everyone is enthusiastic about playing bridge with friends who share the joy of playing the world's greatest card game.

Our trophy games have a history stretching back over fifty years. Last Spring we held competitions for three of them: the Bell Trophy, won by Don Chan and Mabel Chan; the Mort Ferguson trophy, won by Homa Boustani and Ken Kaan, and the Cam Cameron trophy, won by Carol Grant and Connie Holland.

The Fall program included competition for the Sheila Robertson trophy which was won by Fob Fought and Don Sheldon.

We introduced Bridge for Beginner lessons which started in September as a set of eight lessons. We plan to continue with more lessons in the Winter. Stay tuned for details.

Our Thursday morning Duplicate bridge game will include a Holiday bridge party at the beginning of December to celebrate the season and the successful resumption of our bridge programs.

The Monday evening Open Duplicate bridge game will resume in the Spring if there is sufficient interest.

Finally, what's that expression? "A bridge hand a day keeps the doctor away" ?

The Tuesday Supervised Play game in the Upper Dining room gives you the opportunity to do so. It runs from 10:00am to 12:00pm. A short discussion is followed by relaxed play of hands from our Thursday morning duplicate game. Come alone or with a partner. Feel free to arrive late or leave early if you only have time for a quick coffee (pick it up from the dining room takeout on your way in) and some conversation while you play a hand or two.

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

Skating

Summer Skate

Our skaters had a busy and very productive summer on the ice! We ran 6 weeks of figure skating camps from July to August. Some of the summer highlights include new off ice sessions where our figure skaters worked on strength and flexibility, a weekly showcase where the skaters chose their own music and choreographed a fun routine, and trying the harness for the first time—a new addition to Hollyburn figure skating! We ended the summer session with a swim and pizza party.



Lorenza Sammarelli Kletas

Skating Professional

figureskate@hollyburn.org



Melissa Folino

Skating Professional

figureskate@hollyburn.org

COMPETITIONS SUMMER SKATE

Coach Melissa took Caitlyn Johnson to the Skate Canada SummerSkate competition at the Scotia Barn on Aug 20. Caitlyn earned a Silver in Star 2. Congratulations Caitlyn!

Save the Date:
JINGLE BLADES
Nov 24–27 in Mission.



CANSKATE

The ice was buzzing in our summer CanSkate sessions. Our CanSkaters were introduced to skills like gliding, edging and skating backwards, and they had a lot of fun too. Thank you to many of our figure skaters for volunteering to assist with our CanSkate program this summer!



Save the Dates:
**WINTER FIGURE SKATING
SOCIAL EVENTS**

Wed, Nov 2:

Ornament decorating for the Hollyburn Figure Skating tree

Fri, Dec 9:

Figure Skating Winter Banquet at Hollyburn



Coach's Corner: The Harness

Harness systems are used by professional figure skating coaches to help safely train figure skaters to perform the multi-rotational jumps that you see in competition. We introduced the harness into the figure skating program at Hollyburn this summer with great results. The skaters were excited to try it and some almost landed their axel for the first time!





MONTHLY UNLIMITED CLASS PASS

Circuit | Spin | Bootcamp | Dance
Mat Pilates | TRX | Yoga

Book today on the MindBody App
604.913.4563

\$120
PER MONTH
\$19 DROP-IN



FITNESS

Social Fitness



As we end the 2022 year we start to think about change, change to old patterns or tired habits and stagnant routines. Staying committed to your fitness goals can be a challenge, and after a while, it can get boring. To keep you motivated, you may need to shake things up!

If you're someone who goes to the gym often, you've probably learned that it's a lot easier and more fun when you have a buddy to go with you. The time passes faster, you push yourself a little harder, and really, you have a 'date' of sorts, you have a commitment to be on time.

Social fitness, or participating in a Group Fitness environment, connects you to others who are participating in the same fitness class together. You will feel motivated to do more, or feel proud of yourself for keeping up or maybe just showing up. Not everyone can find someone to go to the gym with them every day, but you can easily find people with like minds in a Group Fitness Class.

Engaging in Group Fitness Classes is the perfect way to meet your New Year's Resolution, lose that lingering winter and

holiday weight before spring arrives, or simply add a little bit of fun to your fitness routine. You can do a Step class, Spin class, Mat Pilates, Yoga Class and more.

Encouragement is a great motivator, but one of the most motivating factors in group workouts, and therefore social fitness, is comradery. Almost everyone has that inner need to be social, to cheer on a friend and be cheered on. We want them to come along with us on the journey; we want to celebrate with them our success whether it is just showing up or finally hitting the reps we've been working for.

So maybe Group Fitness is just not what you are into, ok, so how can you update your daily eating and/or fitness pattern? Here are some fitness ideas for you to try:

1. Listen to a Fitness/health podcast while you are working out
2. Change the time of day you hit the gym
3. Enlist a personal trainer to refresh your routine
4. Eat only raw food, (fruit, veggies, nuts....) one day every week
5. Rescue a dog, it will force you to get out and walk or run everyday
6. Do a 1min plank and 10 push-ups everyday

We offer over 60 Group Fitness Classes a week, including Group Pilates Classes, and the entire Group Class schedule can be found on the MindBody site under Hollyburn Country Club.

For assistance or more information, please contact sgrisbrook@hollyburn.org



Shelley Grisbrook
Fitness Centre Manager
sgrisbrook@hollyburn.org



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



Fitness Pricing

ULTIMATE GROUP CLASS

Unlimited Monthly Pass:	\$120
Drop-in:	\$19

PILATES GROUP CLASS

**must have reformer experience to attend any Group Pilates Classes*

Drop-in:	\$26
10x Class Pass:	\$250
20x Class Pass:	\$495

PRIVATE PILATES INSTRUCTION

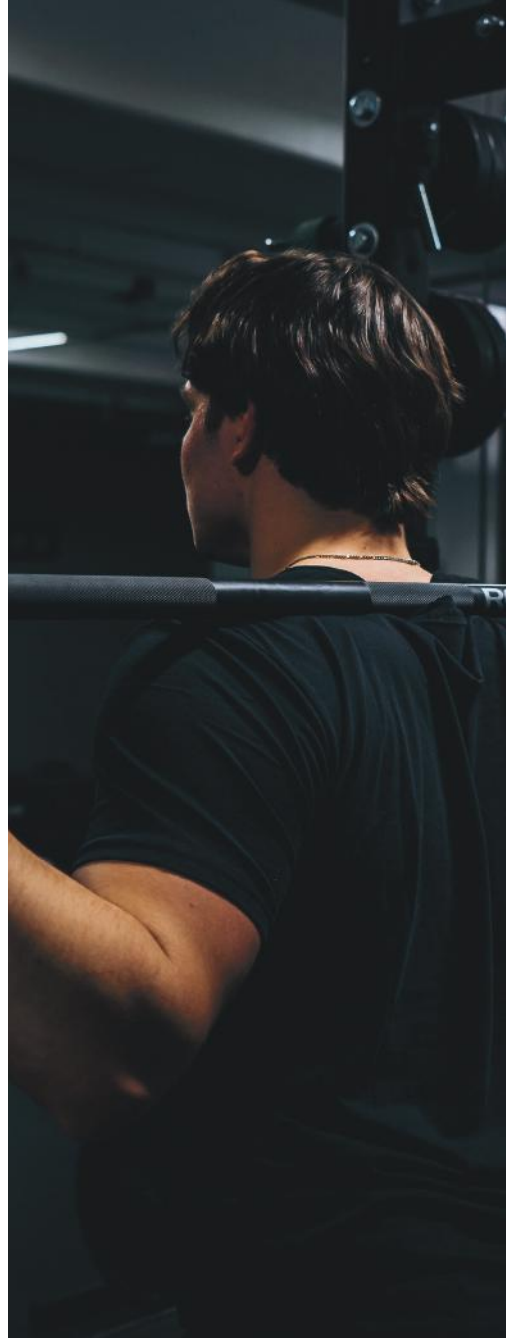
**effective January 1, 2023.*

One on One:	\$90
Training in Partners:	\$115 /\$57.50ea
Small Group Training: (3-5ppl)	\$42.50ea
Specialty Active Rehab: (3-5ppl)	\$65
Specialty Rehab	
One-on-One Pilates:	\$100

PERSONAL TRAINING

**effective January 1, 2023.*

One on One:	\$90
Training in Partners:	\$115 /\$57.50ea
Small Group Training: (3-5ppl)	\$40ea
Written Program:	\$65
Fitness Appraisal:	\$95
Specialty Rehab Training:	\$100



PERSONAL TRAINING



YOUR CLUB,
YOUR FITNESS

Our world class high performance centre is the home of Hollyburn Personal Training. It offers Members a one of a kind personal training experience led by fitness experts who are here to support you in reaching your goals.

*Book one of our Personal Trainers
today on the Hollyburn App!*

QUATERLY UPDATE

Hockey

HUSKIES ALUM COCO ARMSTRONG MAKES THE COQUITLAM EXPRESS (BCHL)

Hollyburn Huskies alum Coco Armstrong has made the Coquitlam Express (BCHL) for the 2022-2023 season. Armstrong played two seasons for Shawnigan Lake Academy (CSSHL) and was drafted 139th overall by the Spokane Chiefs in the WHL prospects draft in 2021. He spent the spring and summer training with the Coquitlam Express Development program. Congratulations Coco!

CANUCKS SKATE OF YOUR DREAMS

U15-A1 skaters Julia Knight, Will Cameron, Theo Young, Blake Langdon, and Xavier Atmore were selected to participate in the Canucks Skate of Your Dreams, a spectacular Community event at Rogers arena celebrating youth hockey. The Huskies were presented with custom Vancouver Canucks jerseys with their names and skated with Vancouver Canucks Defenseman Luke Schenn and Andrei Kuzmenko.

EQUIPMENT EXCHANGE

The first annual Equipment Exchange was a big success. Thank you to everyone who participated and donated their equipment to minor hockey. Some great new and gently-used equipment is still available. Please come by the hockey office. Thank you to everyone who participated.

CHRISTMAS 3-3 TOURNAMENT

Our Christmas Break 3-on-3 Tournament runs December 9-18. Games are played on the small ice, all divisions are non-contact, and games are 40 minutes long. Please register with the hockey office by December 1.

ENTRY FEE, INDIVIDUAL

\$85/Member | \$100/non-Member
+ 5% GST

Entry Fee, Team:

\$625/Member, \$725-non-Member + 5%GST

IMPORTANT DATES

November 11-13

Morgan Rielly Tournament

December 9-18

Hollyburn Christmas 3 on 3 Tournament

December 18

Last Day of Minor Hockey (Christmas Break)



Adam Hayduk

Hockey Director

Hockey@hollyburn.org



Andrea Benac

Hockey Coordinator

Hockey@hollyburn.org



Selina Vertes

Hockey Assistant & Administrator

Hockey@hollyburn.org



KARATE QUARTERLY UPDATE

Konnor Buchanan

Earlier this year I earned a medal at the Provincial Championships, placed 2nd in the National Championships which led to a spot on the Canadian National Team to go to the Panam Karate Championships in Mexico City!

I'm really proud of making the Canada National Karate Team. The road to making the team and going to Mexico was tough and was my major focus for the past six months. The Nationals were in St. Johns and that was a tough tournament for me because I got injured right away and had to compete against my friends (who are really good!). To go to Mexico I had to give up going to Hawaii but it was worth it. I learned so much these past few months. The Panam tournament was so exciting and the competitors were from dozens of countries and were all very tough. Especially the Mexican kids! I got to know many of the National Team coaches and especially made a lot of new friends in my age group and even made a few friends from Ecuador and Brazil.

I am on the National Team and looking forward to training with the National coaches. I will go to the National Championships next July in Quebec City and will try to place 1st. I hope to do a trip to Japan soon (hint hint, Dad!). My big goal BHAG: Big Hairy Audacious Goal!

I am aiming to earn a medal at the World Junior Karate Championships when I am 14 (in two years).

I have met many awesome Sensei's over the past several years. Sensei Peter for sure, Sensei Matt and Sensei Connor have



all helped me and I really look up to all them for advice.

You either win or learn. Not winning is not fun, but after a few minutes you can think about how to do better next time. My inspiration comes from inside. I set my goals and I work very hard to reach those goals. My family and my Dad help me a lot. I see the athletes around me also trying very hard and that makes me feel good to be part of a group like that.

I don't yet have a routine with a favorite meal. I just like to eat. Especially the things my Dad makes. I never looked that far into the future, but if karate is ever an Olympic sport I'd like to try to do that. I like playing basketball, badminton and skiing. And video games. My biggest goal is to go to the World Junior Karate Championships in 2 years and earn a medal.

I have a lot of great memories at Hollyburn since I've been doing so many activities here for basically my entire life. But for sure the one thing that stands out is getting my black belt when I was 9. It was my second attempt and I worked really hard. Sensei Peter was there all the way for me. I don't think I will outgrow my sport. Part of the Karate way is to help the young kids who are starting out as you get older and I see myself doing that for many years. I hope I can create good memories for those young kids like the older kids did (and are still doing) for me.



Peter Stoddart

Karate Professional

karate@hollyburn.org

Phone: 604.913.4575

MUSIC

Words Of Gratitude



my girls came home from school and I would be back for bedtime stories. Gratitude for the Hollyburn management for allowing me freedom to make out of music program what I envisioned. Gratitude to the team of teachers who are equally passionate about their jobs and who make me proud with their commitment and dedication to music and teaching. Our guitar teacher Mark has been teaching 14 years, drums teacher Goran 12 years, voice teacher Sherrie 7 years and Nina, piano teacher, 5 years. Gratitude to the countless families at Hollyburn who enrolled their kids into the music program over the years. Many stayed with us from Kindergarten to Grade 12.

Can you imagine your life without the music? It is always around us, on a drive home from work, on a long road trip, at weddings and funerals, when we heal from heartbreak, or loss of loved one, it puts us in a mood of joy when we dance to it, or makes us cry when we need a good cry. We take it for granted, but music saved us so many times.

Yesterday, one of my students came to her first lesson after three months break and gave me a big hug and asked me all excited and emotional not to cry. Then she sat at the piano and played perfectly one of my own compositions that she practiced all summer. Of course I cried. Not only that she played technically correct, but she put all her heart into it and gave life to my music, and connected with something divine: the art.

As I started my 26th year teaching at the Club, I quietly contemplated gratitude for my work, for making difference everyday with my students and teaching them music and patience and appreciation for beautiful art they are creating week after week. Gratitude for my family who supported me all these years. For years I would leave for work when

New school year started with the bang, busy hallways and joy for making music again. Please join us on December 4 for the music recitals where our showcase of talents will entertain Hollyburn families with the song on piano, guitar, ukulele, drums and singing.

And remember to stop and feel gratefulness for divine art such is music.



Vlada Mars

Fine Arts Professional

Music@hollyburn.org





Pickleball Club Championship 2022



The Annual Pickleball Club Championship was held from September 16-18 with over 80 people participating in our Ladies, Men's and Mixed events. Tournament highlights were an exhibition game with our own Rob Faught, Charles Neufeldt, Barry Mah and Peter Maclaren, paddle demos, recreation play and Pickleball 101 with our Pro Cheryl Young. The Pickle Shack bar and food truck snacks were enjoyed by all.

The tournament wrapped up with an awards ceremony for our division winners. Congratulations to all the winners!

MEDAL WINNERS

LADIES:

Ladies Doubles 3.0

- 1st: Anna Day & Erica Fearn
- 2nd: Manon Martin & Yasuko Donily
- 3rd: Joanne Carter & Renne Rechtschaffner

Ladies Doubles 3.5

- 1st: Roya Aryaee & Adelle Kelly
- 2nd: Tanya Scott & Diane Haigh
- 3rd: Amy Corbett & Megan Sterling

Ladies Doubles 4.0

- 1st: Stacie Graham & Caren Rose
- 2nd: Saiba Lalji & Linda Wolfenden
- 3rd: Allison Low & Haiying Lin



MEN'S:

Men's Doubles 3.0

- 1st: David Snell & Mike Roche
- 2nd: Casper Holloway & Ken Krohman
- 3rd: Aidan Hughes & Spencer Hartigan

Men's Doubles 3.5

- 1st: Lucas Rechtschaffner
& Steve Rechtschaffner
- 2nd: Cam McLeod & Jeff Wilson
- 3rd: Jamie Dean & Drew Wood

Men's Doubles 4.0

- 1st: Fabio Walker & Ben Block
- 2nd: Rob Fought & Howard Haugom
- 3rd: Jon Bishop & John Buchanan

MIXED:

Mixed Doubles 3.0

- 1st: Carly Monohan & Jamie Dean
- 2nd: Anna Day & Mike Roche
- 3rd: Diane Haigh & David Snell

Mixed Doubles 3.5

- 1st: Adelle Kelly & Neil Kelly
- 2nd: Megan Sterling & Jon Sitter
- 3rd: Nancy Chapman & Dave Chapman

Mixed Doubles 4.0

- 1st: Roya Aryaee & Rob Fought
- 2nd: Saiba Lalji & Rahim Talib
- 3rd: Caren Rose & John Buchanan

This tournament would not have been possible without the support of our Pickleball community. Thank you to all the players who participated, the spectators that enjoyed the great play and our amazing tournament volunteers. We would also like to extend our sincerest appreciation to our Tournament Organizer Oly O'Shea and Pickleball Committee. Thank you for all your hard work and efforts to make the tournament such a success.



Myths of Squash

Myth 1: Squash is bad for my tennis game...NOT TRUE!

In fact the truth is squash is a great compliment to improve your tennis game. Squash is played on a smaller court than tennis thus you must react quicker, both with your feet and with your racquet skills. Due to the nature of the squash court, it's walls and the way the ball bounces you will develop fast reactions to read the ball's movement and develop strong core and leg muscles that allow you to move in all directions. The singles squash court dimensions, (21' W x 32' L) and fast ball also force you to improve your volley and 1/2 volley skills that transfer to tennis extremely well.

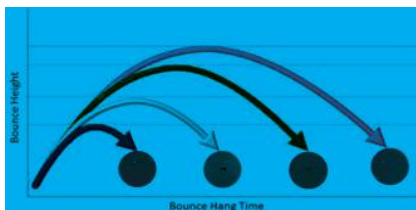
FYI-Did you know Roger Federer played squash as a junior? He has some of the best footwork on the tennis court and is extremely smooth at retrieving balls at the base line when in full stretch and has amazing reaction times and touch around the net for drop shots and volleys. He makes these skills look easy due to his early years spent playing squash.

Myth 2: Squash balls don't bounce...NOT TRUE!

In the last 10 years squash balls with greater hang time and a higher bounce have been developed and are great for all levels of play from beginner on up.

The 'double yellow dot' ball is recognized as the standard for competitive play among pros and amateurs. When warmed up, it bounces a lot! The average player who uses this same ball can not get the temperature of the ball high enough for it to bounce adequately.

90% of players use the wrong ball and should switch to a higher bounce ball that allows the rallies to be longer while providing more opportunity to strike the ball which ultimately increases ones rate of improvement. These balls are available in our Sports Boutique!



Myth 3: You use your wrist to swing a squash racquet ...NOT TRUE!

A squash swing, either forehand or backhand, is comparable to swinging a golf club or a baseball bat in that you rotate your forearm to generate speed and directional control. In addition core rotation assists in all three sports to increase the speed of a swing and maintain directional control.

A squash racquet and ball hold less dynamic weight than a baseball bat or a golf club thus you only require one hand on the racquet to swing. In fact... there should be little to no use of the wrist when playing squash.



Jeff Boag

Squash Professional
 squash@hollyburn.org

GROSS MOTOR SKILLS DEVELOPMENT THROUGH SQUASH

Programs for youth ages 3+ include a progressive ball system comprised of Red Ball, Orange Ball, Green Ball Single Yellow and Double Yellow Competitive balls. The programs cater to a variety of skill levels from first time racquet players to specialized competitive players. The range of balls are used to ensure each level is maximizing time on court and are maintaining steady growth and development.

Playing squash is a great sport for cross training as it teaches hand/eye coordination plus rotational strength and overall body control. Sports such as golf, ice hockey, field hockey, baseball, soccer and more share these aspects with squash.

HOLLYBURN SILVER OPEN

Ages 9-16

The Squash BC Squash Starters events are designed to introduce young players to competitive play. Whether your 1st event or your 5th event the goal is to gain competitive experience in a low stress, fun environment. There are no rankings on the line and no prizes.

Each entry includes a small souvenir along with lunch at the courts. This event is open to Members and non-Members and parents are encouraged to assist.

SCHEDULE OF EVENTS:

Part 1-Players are put on random courts to play rallies. During this time they are assessed and moved around to ensure like skills are on the same court.

Part 2-Players are grouped according to skill and take part in a round robin to create a ranking.

Part 3-Results from the round robin are used to create an elimination draw. Each player will continue on, win or lose to additional rounds.

Register: Contact Coach Jeff,
squash@hollyburn.org
Sat Nov 19 | 10:00am-4:00pm
\$25

HOLIDAY WIND UP

All players are welcome to attend a fun, round robin style event designed to wrap up the year in style. Each year players are encouraged to wear their favourite holiday sweater, socks and whatever else they can come up with to be in the festive spirit. There are prizes for best dressed as voted upon by the attendees. Beer, wine, pop and nachos are included as part of the off court social to follow.

Register online through GameTime
Thu Dec 15 | 5:30pm-7:30pm
\$20

OTHER NOTABLE EVENTS:

- Oct 14-Jericho Silver Junior Open-Jericho Club
- Nov 23-27-Western Canadian Doubles Championships-EVE/HCC
- Dec 7-10-Gamble Doubles 100/75-VRC
- Jan 20-22-Jesters Junior Gold Open-Jericho Club



Introducing Saul Shrom



Dr Saul Shrom is a mental performance consultant and professional member of the Canadian Sport Psychology Association who works with athletes and coaches to provide the

mental edge to deliver sustainable high-performance and wellbeing.

After experiencing the power of sport psychology first-hand in his NCAA collegiate tennis and professional tennis career on the ITF Pro Circuit, Saul moved to the UK to

expand his understanding of the psychology of high-performance completing MSc and PhD degrees.

Saul focused his doctoral research on the junior to professional transitioning process in tennis and investigated professional tennis players' experiences over a 15-month period of their transitions onto the professional tour, resulting in invaluable findings for tennis players, coaches, and governing bodies. Alongside his research, Saul worked with sporting organizations like British Canoeing, England Athletics, and Loughborough University.

Since relocating to Vancouver in June 2022, Saul has been hired to work as a mental performance coach for the high-performance program at Hollyburn to prepare our players with tools and techniques to allow them to thrive on and off the court.



Oly O'Shea

Head of Tennis

OOshea@hollyburn.org

Father and Child tournament



*Father and Child winners
Mehrddad and Matin
Shokrani*

Chad Warren Charity Tournament Winners



6.0

*Christie Longster
& Greg Longster*



7.0

*Sophie Hu
& Doug Garritsen*



8.0

*Natalia Rusanova
& Rob Hill*



9.0

*Rossi Thomas
& Justin Kates*

Clay Court Championships



*Clay Mens Doubles Christian
Skogen & Mohamed Mansour*



*Clay Mens Singles Winston
Cabell*



*Clay Womens Doubles Rossi
Thomas & Amy Wong*



Summer Hotshots

CHILDCARE QUARTERLY UPDATE



Summer Fun in the Sun!

Our youngest Members enjoyed their summer camp experience with visits from the West Vancouver Fire Department where we got to tour a real firetruck and Kevin from West Coast Exotics BC where we got to hold and learn about reptiles and other exotic creatures!

We loved doing karate, golf, basketball and perfecting our soccer kicks, as well as enjoying some beautiful outdoor time together.

We also had a blast getting creative with arts and crafts, adventuring outside for nature scavenger hunts, playing pirate dress-up, and doing fun science experiments together. Lots of popsicles and freezies were enjoyed during the many sunny and very warm days throughout July and August.

NEW FACES IN OUR SPACES!

Please welcome our new Hollyville Staff Members to the Club.

- Lisa
- Jane
- Michelle
- Sue
- Pegah

We are thrilled to have these amazing, talented women join the team!



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Brenna Coles
Childcare Supervisor
BColes@hollyburn.org



HCC Youth



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
Youth@hollyburn.org

Attention Members

Exciting programming for Children and Youth will be available in 2023. Please access GameTime for more information and registration details. If you have any questions please contact MShimwell@hollyburn.org

Are you seeing something outside of Hollyburn Country Club that interests you? Do you have exciting or new ideas of programs you want to see offered at Hollyburn? Questions, input and feedback is always welcomed. Please email Marc, Childcare and Youth Manager.



**BEGINNER TO ADVANCED PLAYERS
ALL ARE WELCOME!**

CHESS AT HOLLYBURN

OUR ENGAGING CHESS INSTRUCTORS DELIVER DYNAMIC LESSONS DESIGNED TO EXPAND CHESS KNOWLEDGE, DEVELOP COGNITIVE ABILITY AND IMPART ESSENTIAL LIFE SKILLS -WHILE STUDENTS ARE HAVING LOTS OF FUN!

Date & Time: TBD

8 weeks - 200\$

- Dedicated to safe delivery
- Live interactive chess lessons
- Connect, learn, and compete with friends!
- All skill levels welcome

JOIN OUR COMMUNITY:

[▶ https://chessinstitute.ca/](https://chessinstitute.ca/)

CHESS INSTITUTE OF CANADA IS A REGISTERED CHARITY WHOSE MISSION IS TO HELP CHILDREN AND OTHER LEARNERS DEVELOP ESSENTIAL LIFE SKILLS THROUGH FUN AND STIMULATING CHESS PROGRAMS.



info@chessinstitute.ca | 647-852-2428

Bringing chess to life™

Winter 2023

PROGRAM REGISTRATION

PROGRAM REGISTRATION **Wed, Nov 23**

Online Only

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

Music - email music@hollyburn.org to book

AQUATICS **Thu, Nov 24**

Online Only

- 6:30am: HCC Parent & Tot
- 6:40am: HCC Preschool
- 6:50am: Swimmer 1-4
- 7:00am: Swimmer 5-9
- 7:10am: All Other Aquatics Programs
- 7:20am: Aquatics Private Lessons - email prea@hollyburn.org to book!

TENNIS **Fri, Nov 25**

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: All Programs In-Person & By Phone

Contact for more information: jkatzin@hollyburn.org or 604.913.4518



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
			TENNIS
			YOUTH
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

AQUATICS



Patrick Rea
Aquatic Coordinator
PRea@hollyburn.org

SWIM LESSONS

Jan 16–Mar 12

POOL SHUTDOWN

Dec 19 to Jan 8

NO SWIM LESSONS

Fri Feb 17 Sat Feb 18
Sun Feb 19 Mon Feb 20

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

Winter registration opens

Thursday, November 24 (Online Only)

6:30am: HCC Parent & Tot
6:40am: HCC Preschool
6:50am: Swimmer 1-4
7:00am: Swimmer 5-9
7:10am: All Other Aquatics Programs
7:20am: Aquatics Private Lessons-
email prea@hollyburn.org to book!

Registration for group programs can be done online through the Hollyburn Member website or through the Aquatic Coordinator, Athletic Coordinator, or 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, January 8 at 11:55pm. Registration after this time must be done directly with the Aquatics department at 604-913-4574. 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 Lifesaving Society Swim for Life, and the Lifesaving Society Bronze Star, Bronze Medallion, and Bronze Cross. We are 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 Swimmer 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 or to tennis for tennis lessons afterwards. Parents pick them up after swimming at either 5:00pm or 5:30pm (depending on the swim class and level) or after tennis at 5:00pm. For Badminton participants registering for swim lessons after, kids will be picked up by parents at either 5:30pm or 6:00pm (depending on the swim class and level).

TENNIS AND SWIM

Playball to Swim:

3:30pm–4:15pm (Playball)
4:30pm start time (Swim Class)

SWIM TO PLAYBALL:

3:30pm–4:00pm (Swim Class)
4:15pm–5:00pm (Playball)

RED BALL TO SWIM:

3:30pm–4:15pm (Red ball)
4:30pm start time (Swim Class)

SWIM TO RED BALL:

3:30pm–4:00pm (Swim Class)
4:15pm–5:00pm (Red ball)

BADMINTON AND SWIM

Badminton and Swimming Combo (3–5 yrs)

3:45pm–4:30pm (Badminton)
5:00pm start time (Swim Class)

Badminton and Swimming Combo

(6–8 yrs): 3:45pm–4:30pm (Badminton)
5:00pm start for (Swim Class)

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*

NEW

LIFESAVING SOCIETY SWIM FOR LIFE-SWIMMER

5–14 yrs

This 9-level swimmer program is replacing the Red Cross Swim Kids Program. This covers everything your child needs, to learn and improve on new strokes, techniques, water-safety practices, as well as incorporating some basic first aid training. Listed below are some of skills (not all) for Lifesaving Society's Swim for Life program. Contact the Aquatics Department with any questions regarding your swim level. We are happy to arrange a 5-minute swim evaluation with one of our staff. Turn to the end of this section for program times.

SWIMMER 1

- *Flutter kick on front and back 5m*
- *Front and back glide 3m*
- *Front and back floats 5 sec*
- *Front crawl with PFD*

SWIMMER 2

- *Flutter kick on front and back 10m*
- *Front and back crawl 10m*
- *Vertical whip kick 30 sec*
- *Tread water 15 sec*

SWIMMER 3

- *Front and back crawl 15m*
- *Whip kick on back 10m*
- *Tread water 30 sec*
- *Kneeling dive into deep water*

SWIMMER 4

- *Front and back crawl 25m*
- *Whip kick on front 15m*
- *Tread water 1 min*
- *Swim underwater 5m*

SWIMMER 5

- *Front and back crawl 50m*
- *Head up front crawl 10m*
- *Stationary eggbeater kick 30 sec*
- *Breast stroke 25m*

SWIMMER 6

- *Front and back crawl 100m*
- *Scissor kick 15m*
- *Object recovery underwater 10m*
- *Breast stroke spring*

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

SWIMMER 7—ROOKIE PATROL

- *Head up swim 25m*
- *Swim 350m*
- *Swim 100m in 3min*
- *Rescue breathing and EMS*

SWIMMER 8—RANGER PATROL

- *Dive entry 1m in height*
- *Swim 200m in 6 min*
- *Object support in deep water (5 lbs. for 3 min)*
- *Underwater swim 10m*
- *Treating for shock*
- *Obstructed airways*

SWIMMER 9—STAR PATROL

- *Object carry (10 lbs. for 25 m)*
- *Swim 300m in 9 min*
- *External bleeding care*
- *Weak or non-swimmer rescues*
- *Unconscious victim removal*
- *Unconscious obstructed airway treatment*

LIFESAVING SOCIETY PROGRAMS

BRONZE STAR

Prerequisite: 12 yrs and ability to swim 200m

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills. There is a minimum number of participants required to run this program. Please contact prea@hollyburn.org if interested.

BRONZE MEDALLION

No age pre-requisite if candidate has Bronze Star; if not, must be 13 years by last day of course. Completion of Swimmer 9–Star Patrol is recommended but not mandatory.

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education—judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, tows, and carries in preparation for challenging rescues. Rescues involve conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes CPR-A certification. There is a minimum number of participants required to run this program. Please contact prea@hollyburn.org if interested.

BRONZE CROSS

Prerequisite: Bronze Medallion

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in

a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes CPR-B certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs. For current high school students, this course is also worth two grade 11 credits! There is a minimum number of participants required to run this program. Please contact prea@hollyburn.org if interested.

YOUTH RECREATIONAL PROGRAMMING

RED CROSS STAY SAFE!

9 yrs (or completion of Grade 3)–13 yrs

This course teaches participants about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. This course will include basic first aid, safety skills, and how to recognize and respond to unexpected situations.

Feb 11 | Sat

10:00am–3:30pm | \$56

RED CROSS BABYSITTERS COURSE

11+ yrs

You're an adolescent of 11 years old or older and you've decided to become a babysitter; are you prepared for this important responsibility? For example, do you know how to: Feed a baby or change a diaper? Prepare a simple meal? Play games with children of all ages? Prevent injuries and keep children safe? Handle an emergency if one happens? A good babysitter knows all of these things and more. This is an 8-hour course that may be split into two 4-hour days. Course includes a manual and mini first aid kit.

Mar 5 | Sun

9:00am–5:00pm | \$80

STANDARD FIRST AID & CPR C BLENDED

13+ yrs

This course involved an online component and an in-person classroom component. It focuses on and includes injury prevention strategies, important background knowledge, and descriptions of how to recognize and care for a variety of injuries and illnesses. Participants will also read about particular first aid skills, and watch videos demonstrating how these skills are performed. The online component covers care for adults, children, and babies. When participants complete the classroom component, their skills and knowledge evaluation will focus on only the topic for which they are being certified. A minimum number of participants required to run this program. Please contact prea@hollyburn.org if interested.

NEW TO HOLLYBURN SWIMMING?

Hollyburn runs HCC Parent and Tot, HCC Preschool, and Lifesaving Society Swim for Life. For those of you that are new to Hollyburn, here is a conversion chart with the Red Cross Preschool levels and West Vancouver Preschool levels.

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

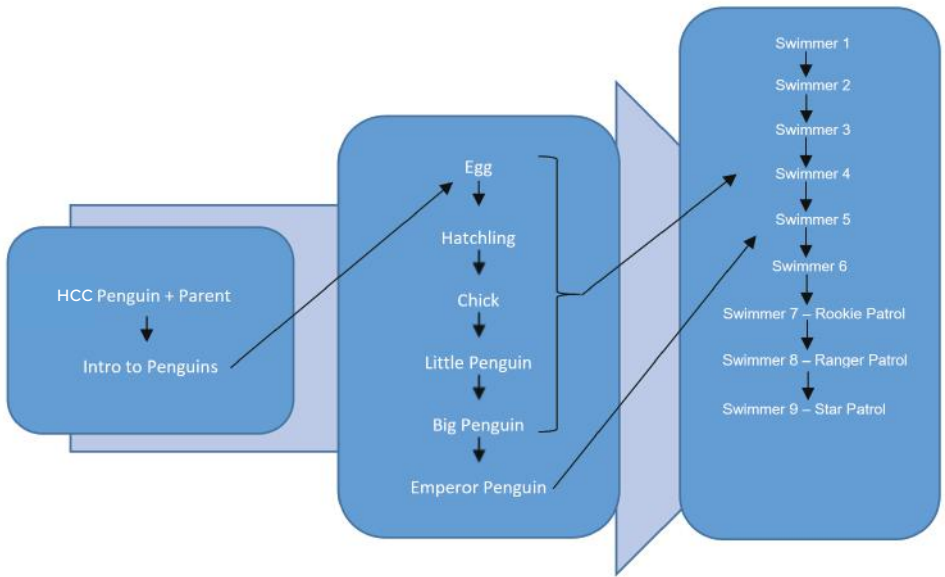
All of our accredited swim instructors are trained by the Canadian Red Cross and the Lifesaving Society to teach water safety and improve stroke technique



4-36 months

3-6 years

5-14 years



HCC Parent and Tot/Preschool (4 mos–6yr)	West Vancouver Parent and Tot/Preschool (4 months–5yrs)	Red Cross Preschool (3–6 yrs)	Red Cross Swim Kids (5+ yrs)	Lifesaving Society Swim for Life (5+ yrs)
Penguin & Parent	Ducks	Starfish, Duck, Sea Turtle		
Intro to Penguins	Jellyfish			
Egg	Minnows and Seals	Sea Otter	SK1	Swimmer 1
Hatchling	Guppies and Dolphins	Salamander (taken for 0–2 sessions)	SK1	Swimmer 1
Chick	Guppies and Dolphins	Salamander (taken for 3 or more sessions)	SK1	Swimmer 1
Little Penguin	Seahorses and Killer Whales	Sunfish	SK2	Swimmer 2
Big Penguin	Sharks	Crocodile	SK2	Swimmer 2
Emperor Penguin	Ogopogos and Barracudas	Whale	SK3	Swimmer 3

WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	Jan 16-Mar 6	Jan 17- Mar 7	Jan 18-Mar 8	Jan 19-Mar 9	Jan 21-Mar 11	Jan 22 -Mar 12
	<i>(No class Feb 20)</i> 30 min = \$63.00 60 min = \$126.00	30 min = \$72.00 60 min = \$144.00	30 min = \$72.00 60 min = \$144.00	30 min = \$72.00 60 min = \$144.00	<i>(No class Feb 18)</i> 30 min = \$63.00 60 min = \$126.00	<i>(No class Feb 19)</i> 30 min = \$63.00 60 min = \$126.00
Penguin and Parent 4-36 months					11:30am-12:00pm	9:30am-10:00pm
Intro to Penguins 2-3 yrs	5:30pm-6:00pm				11:30am-12:00pm	
Egg 2-3 yrs	5:00pm-5:30pm	5:30pm-6:00pm	5:00pm-5:30pm	5:00pm-5:30pm	9:00am-9:30am 10:00am-10:30am	
Egg 3-5 yrs	4:00pm-4:30pm	5:30pm-6:00pm	5:30pm-6:00pm	5:30pm-6:00pm	9:30am-10:00am 10:30am-11:00am	9:30am-10:00am
Hatchling 3-5 yrs	3:30pm-4:00pm 4:30pm-5:00pm	4:30pm-5:00pm 5:00pm-5:30pm	3:30pm-4:00pm 4:30pm-5:00pm	3:30pm-4:30pm 4:30pm-5:00pm	9:30am-10:00am 10:00am-10:30am	
Chick 3-5 yrs	4:30pm-5:00pm	3:30pm-4:00pm	4:30pm-5:00pm (x2)	3:30pm-4:00pm 5:00pm-5:30pm 5:30pm-6:00pm	10:00am-10:30am 10:30am-11:00am	
Little Penguin 3-6 yrs	5:00pm-5:30pm	4:30pm-5:00pm 5:30pm-6:00pm	3:30pm-4:00pm 5:00pm-5:30pm	4:30pm-5:00pm	9:30am-10:00am 11:00am-11:30am	
Big Penguin 3-6 yrs		4:30pm-5:00pm				
Emperor Penguin 3-6 yrs	5:30pm-6:00pm		3:30pm-4:00pm	5:30pm-6:00pm	10:30am-11:00am 11:30am-12:00pm	
Swimmer 1 & 2 5+ yrs	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	9:30am-10:00am (x2)	
Swimmer 3 5+ yrs	3:30pm-4:00pm	3:30pm-4:00pm	3:30pm-4:00pm	5:00pm-5:30pm	9:00am-9:30am	
Swimmer 4 5+ yrs	4:30pm-5:30pm	4:30pm-5:30pm 5:30pm-6:30pm	4:30pm-5:30pm	5:30pm-6:30pm	10:00am-11:00am	
Swimmer 5 5+ yrs				4:30pm-5:30pm	10:00am-11:00am	
Swimmer 6 5+ yrs	5:30pm-6:30pm	4:30pm-5:30pm	5:30pm-6:30pm		11:00am-12:00pm	
Swimmer 7 5+ yrs				5:30pm-6:30pm	11:00am-12:00pm	
Swimmer 8 5+ yrs	4:30pm-5:30pm	5:30pm-6:30pm	4:30pm-5:30pm			
Swimmer 9 5+ yrs	5:30pm-6:30pm		5:30pm-6:30pm	4:30pm-5:30pm	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

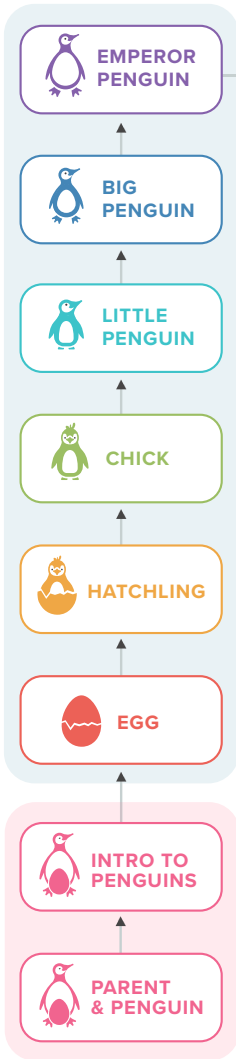
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jan 16-Mar 6	Jan 17- Mar 7	Jan 18-Mar 8	Jan 19-Mar 9	Jan 14-Mar 11	Jan 21-Mar 11	Jan 22-Mar 12
<i>(No class Feb 20)</i>				<i>(No class Feb 17)</i>	<i>(No class Feb 18)</i>	<i>(No class Feb 19)</i>
3:30pm-4:30pm (x2)	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm (x2)	*Any duration is available	9:00am-10:00am (x2)	*Any duration is available
4:00pm-4:30pm (x2)	4:00pm-4:30pm (x4)	4:00pm-4:30pm (x4)	4:00pm-4:30pm (x3)		9:00am-9:30am (x3)	
4:30pm-5:30pm	5:00pm-5:30pm (x3)	5:30pm-6:30pm (x2)	4:30pm-5:00pm	3:00pm-7:00pm (x5)	10:00am-11:00am (x3)	10:00am-11:00am (x2) 11:00am-12:00pm (x2)
6:00pm-6:45pm (x3)	6:00pm-6:45pm (x3)	6:00pm-6:45pm	6:00pm-6:45pm (x3)		11:00am-12:00pm (x2) 11:00am-11:30am (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*

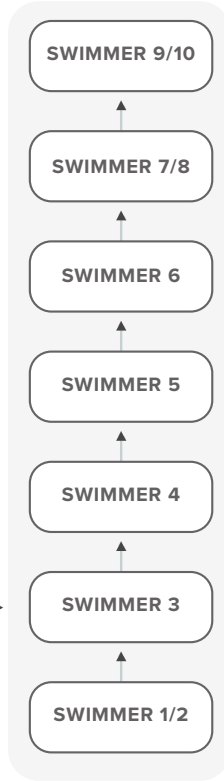
HOLLYBURN PATHWAYS

AQUATICS

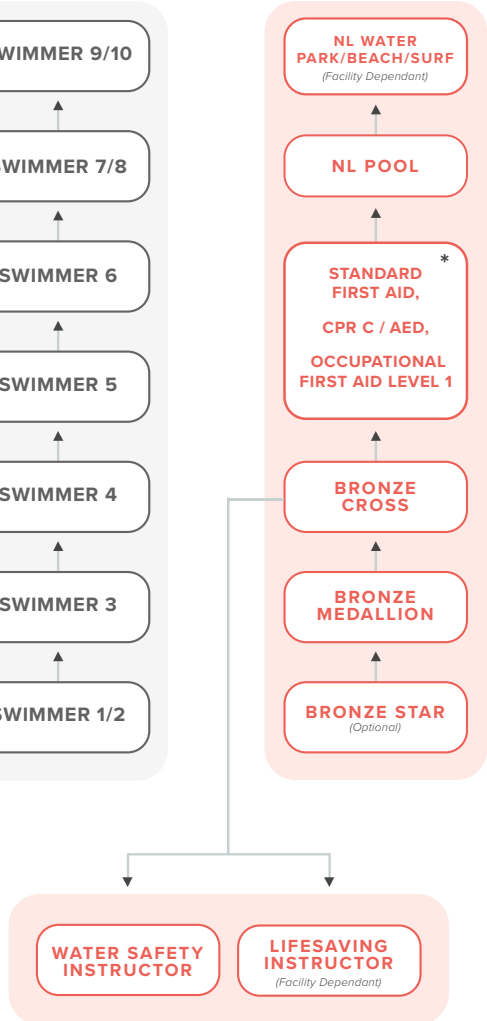
HCC PRESCHOOL 3 - 6 Years



RED CROSS SWIM KIDS 5 -14 Years



LIFEGUARDING 12 -16 Years



HCC PARENT & TOT
4 - 36 Months

*All three can be acquired in the Standard First Aid with CPR C/AED class. Ask your instructor.

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.

Jan 9–Mar 11

Mon-Thu | 5:00pm-5:45pm

\$345* | 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.

Jan 9–Mar 11

Mon-Thu | 5:45pm-6:45pm

\$415* | 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!

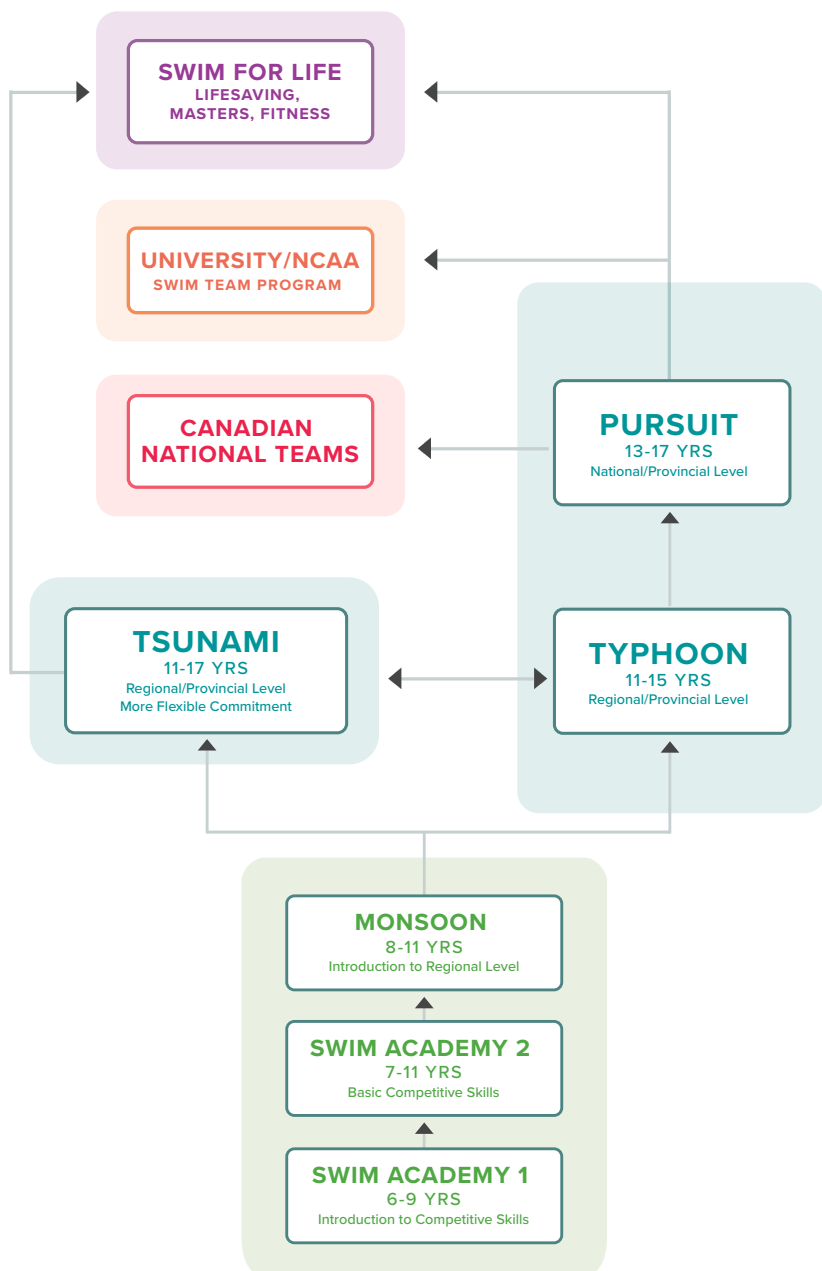
[Email Coach Hutton](#)

[Hurricanes Swim Team Website](#)



HOLLYBURN PATHWAYS

SWIM TEAM



ADULT AQUATICS



John Ryan

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

MASTERS

Jan 9–Mar 31

The Master's program caters to 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.

Jan 10–Mar 30

Tue & Thu | 6:00am–7:00am
and 7:00am-8:00am | \$192

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.

Jan 10–Mar 30

Tue & Thu | 8:00am–9:00am
and 9:00am-10:00am | \$192

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.

Jan 10–Mar 30

Tue & Thu | 8:00am–10:00am | \$192

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.

Jan 9–Mar 31

Mon, Wed & Fri | 10:00am–11:00am | \$288

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.

Sat Jan 14–Apr 2 7:30am–9:00am

Sun Jan 15–Apr 3 7:00am–8:30am and
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 200km 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

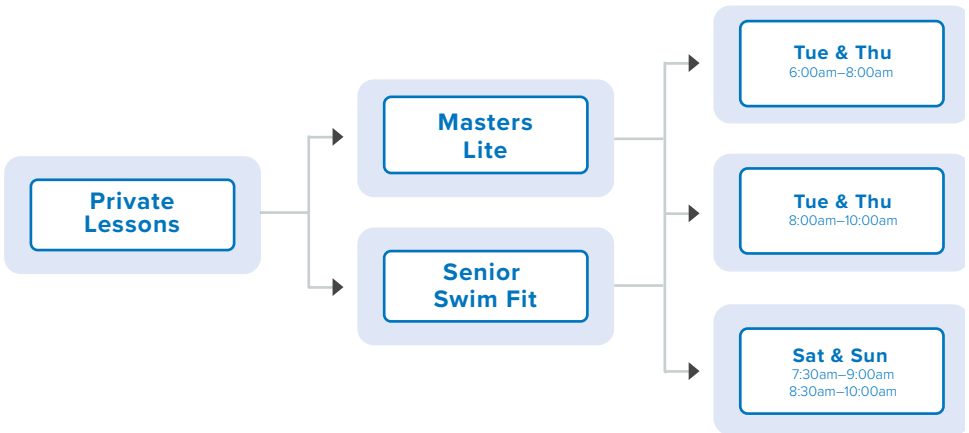
Our water workouts are fun and offer a challenge to anyone attending. The instructors help you work at your own comfort level and keep the exercises fun and entertaining but with little or no joint impact. This is an excellent addition to any exercise regime.

Jan 15–Mar 31

Mon, Wed, Fri | 9:00am–10:00am

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

ADULT AQUATIC PATHWAY



BADMINTON



Julia Chen
Badminton Professional
Badminton@hollyburn.org

BADMINTON WINTER SESSION

Jan 9–Mar 12 (9 weeks)

Ongoing program registration and drop-in anytime through the season for those classes with open spots.

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!

Jan 9–Mar 12

Mon–Thu | 3:45pm–4:30pm

\$250 (once a week) | \$380 (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

Jan 9–Mar 12

Mon–Thu | 3:45pm–4:30pm

\$250 (once a week) | \$380 (twice a week)

Adult Group Lessons \$250

BADGE SILVER & GOLD

8+ yrs

Jan 9 –Mar 12

Mon–Thu | 4:30pm -5:30pm

Sat | 10:00am-11am

\$250 (once a week) | \$380 (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.

Jan 9–Mar 12

Mon/Wed | 5:30pm–7:00pm

\$380 (once a week) | \$480 (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.

Jan 9–Mar 12

Tue | 4:30pm–5:30pm

\$250

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/Tues/Wed/Thu

\$250 (badminton lesson only)

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 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

Jan 9–Mar 12

Mon/Wed | 5:30pm–7:00pm

\$680 (Invited players)

SKILL ENHANCEMENT & MATCH PLAY

(Invited players)

Jan 9–Mar 12

Sat 10am–12pm | **\$480 (9 classes)**

NEXT GENERATION

by invitation

Jan 9–Mar 12

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 adult private lessons during the day, please email badminton@hollyburn.org to book your lessons.

Tue | 9:30am–10:30am

Thu | 9:30am –10:30am

TUESDAY AND THURSDAY DOUBLES LEAGUE

This program is for intermediate or advanced 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

BADMINTON SOCIAL PLAY

A group of badminton 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

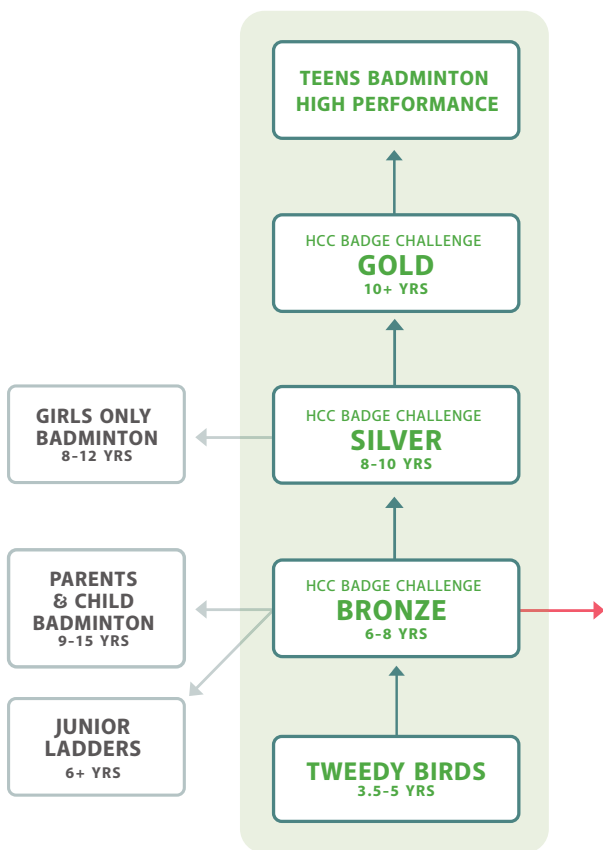
A mandatory \$25 committee fee will be billed to all badminton players for the season of 2022/2023. The committee fee will be used for badminton department activities, tournament events and coaches' travel expenses for the season. If you have any questions about the fee, please email: badminton@hollyburn.org

HOLLYBURN PATHWAYS

BADMINTON

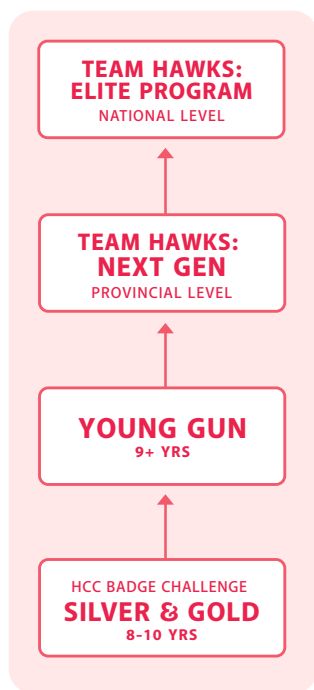
RECREATIONAL

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. No game on Dec 27.

Nov 1-Dec 20

Tue | 10:00am–12:00pm

Upper Dining Room

Instructor: Stephen Beaton

\$8.00

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. No partner? No problem. We'll pair up those without partners and we have a standby partner on call. Games on Dec 22 & 29 only if there is sufficient player interest.

Nov 3-Dec 29

Thu | 9:30am–12:30pm

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 tables set up for their convenience. Bridge supplies are available at the Member Services desk.

Nov 1-Dec 13

Tue | 1:00PM–3:00PM

Upper Dining Room | no charge



SKATING



Melissa Folino
Skating Professional
figureskate@hollyburn.org



Lorenza Sammarelli Kletas
Skating Professional
figureskate@hollyburn.org

CANSKATE

REGISTRATION

Wednesday, November 23, 6:50am
Please go to Gametime to Register for ALL programs. Space is limited! Feel free to contact the Figure Skating Office at 604-913-4524 or e-mail: figureskate@hollyburn.org if you have any questions.

PROGRAM REQUIREMENTS

Proper fitting skates (no Velcro type skates), CSA approved helmet (no bike helmets), skate guards and gloves are required. Snow/Waterproof pants are recommended for Level 1. Adult supervision for all children under the age of 8 is mandatory. Register on Gametime.

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).

Jan 10–Mar 7

Tue | 3:30pm–4:15pm | \$189

Jan 12–Mar 9

Thu | 3:30pm–4:15pm | \$189

Jan 14–Mar 4

Sat | 12:30pm–1:15pm

*No class Feb 18 | \$168

INTERMEDIATE LEVEL 2

or Level 1 (A or B or C Completed)

4 yrs +

Must have passed Level 1 or Portion of Level 1, Agility, Balance or Control

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

Jan 10–Mar 7

Tue | 4:15pm–5:00pm | \$189

Jan 12–Mar 9

Thu | 4:15pm–5:00pm | \$189

Jan 14–Mar 4

Sat | 11:00am–11:45am

*No class Feb 18 | \$168

Jan 14–Mar 4

Sat | 1:15pm–2:00pm

*No class Feb 18 | \$168

ADVANCED LEVEL 3, 4+, JR ACADEMY

This class is for Figure Skates Only, covering jumps, spins, and preparation for the Junior Figure Skating team. Skating 2 days a week is recommended.

Jan 9–Mar 7

Mon | 5:00pm–5:45pm

*No class Feb 20 | \$168

Jan 10–Mar 7

Tue | 4:15pm–5:00pm | \$189

Jan 12–Mar 9

Thu | 5:00pm–5:45pm | \$189

***NEW ADVANCED LEVEL 3, 4+**

(Class For Hockey Skaters)

6-8yrs

This class will focus on Power Skating, Crossovers, Turns and Backwards exercises.

Jan 10–Mar 7

Tue | 5:00pm–5:45pm | \$189

Jan 12–Mar 4

Sat | 2:00pm–2:45pm

*No class Feb 18 | \$168

PLEASE NOTE**

A Skate Canada Association one 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.

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

Junior / Intermediate / Senior Team

REGISTRATION

Wednesday, November 23, 6:50am
Please go to Gametime to Register for ALL programs. Group and Off Ice will be billed per season. Feel free to contact the Figure Skating Office at 604-913-4524 or e-mail: figureskate@hollyburn.org if you have any questions.

Junior, Intermediate, and Senior Team

Jr Academy	2 x week
Junior/Intermediate	3-4 x week
Senior	4-5 x week

MONDAYS Junior/Intermediate

Group:	3:30pm–4:00pm
FreeSkate:	4:00pm–5:00pm
Off Ice:	5:10pm–5:25pm

MONDAYS Intermediate/Senior

Off Ice:	5:30pm–5:45pm
Group:	6:00pm–6:30pm
FreeSkate:	6:30pm–7:30pm

Jan 9–Mar 6
Mon | \$192 | *No Class Feb 20

WEDNESDAY Junior/Intermediate

Group:	3:30pm–3:45pm
FreeSkate:	3:45pm–4:45pm

WEDNESDAYS Intermediate/Senior

Group:	4:45pm–5:00pm
FreeSkate:	5:00pm–6:00pm

Jan 4–Mar 8 | Wed | \$80

FRIDAYS Junior/Intermediate

Group:	3:30pm–3:45pm
FreeSkate:	3:45pm–4:45pm

FRIDAYS Intermediate/Senior

Group:	4:45pm–5:00pm
FreeSkate:	5:00pm–6:00pm

Jan 6–Mar 10
Fri | \$72 | *No Class Feb 17

SATURDAYS Junior/Intermediate

Group:	8:30am–8:45am
FreeSkate:	8:45am–9:45am
Off Ice:	9:55am–10:10am

SATURDAYS Intermediate/Senior

Group:	9:45am–10:15am
Off Ice:	11:15am–11:45am
FreeSkate:	10:15pm–11:00pm

Jan 7–Mar 4
Sat | \$144 (Jr/Int) | \$288 (Jr/Int)
*No Class Feb 18

FREE SKATE RATES:

*Includes skills, stroking, spins and jumps
Freeskate Lessons will be billed monthly.
15 min Freeskate Private (1 Skater): \$16.50
15 min Freeskate Semi-Private: \$12.50
15 min Freeskate (3+ Skaters): \$8.50

CANCELLATION POLICIES:

GROUP & OFF ICE

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.

FREESKATE

Members will be charge full freeskate fees unless 24 hours cancellation notice is received. Contact figureskate@hollyburn.org with cancellations.

WINTER ICE SCHEDULE JAN–MAR 2023

Junior/Intermediate

Intermediate/Senior

<p>MONDAY <i>*No Skating Feb 20</i></p>	<p>Group: 3:30pm–4:00pm Freeskate: 4:00pm–5:00pm Off Ice: 5:10pm–5:25pm</p>	<p>Off Ice: 5:30pm–5:45pm Group: 6:00pm–6:30pm Freeskate: 6:30pm–7:45pm</p>
<p>WEDNESDAY</p>	<p>Group: 3:30pm–3:45pm Freeskate: 3:45pm–4:45pm</p>	<p>Group: 4:45pm–5:00pm Freeskate: 5:00pm–6:00pm</p>
<p>THURSDAY</p>	<p>6:30am–8:30am</p>	<p>6:30am–8:30am</p>
<p>FRIDAY <i>*No Skating Feb 17</i></p>	<p>Group: 3:30pm–3:45pm Freeskate: 3:45pm–4:45pm</p>	<p>Group: 4:45pm–5:00pm Freeskate: 5:00pm–6:00pm</p>
<p>SATURDAY <i>*No Skating Feb 18</i></p>	<p>Group: 8:30am–8:45am Freeskate: 8:45am–9:45am Off Ice: 9:55am–10:10am</p>	<p>Group: 9:45am–10:15am Freeskate: 10:15am–11:00am Off Ice: 11:15am–11:45am</p>



HOLLYBURN PATHWAYS

FIGURE SKATING

STAR SKATE

(Figure Skate)

Opportunity to take tests through a nationally standardized testing system. We prepare the skaters and participate in the Star Skate championship stream 1 - 10. Talent-scouted.

SENIOR FIGURE SKATE

STAR 3 - GOLD

SELECTED BY COACHES
3+ PER WEEK TRAINING
SKILL, FREE SKATE, DANCE

JUNIOR FIGURE SKATE

STAR 1-3

SELECTED BY COACHES
3+ PER WEEK TRAINING
SKILL, FREE SKATE, DANCE

CAN SKATE

(Learn to Skate)

Can Skate is a dynamic learn-to-skate program that focus on basic skill balance, control and agility. This program is taught in 6 stages. The skater receives awards-badges.

JR. ACADEMY

Level 5 & 6

2 X PER WEEK TRAINING. NO HOCKEY SKATES

CAN SKATE

Level 3 & 4

1 OR 2 X PER WEEK TRAINING

CAN SKATE

Level 1 & 2

1 OR 2 X PER WEEK TRAINING

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. Excluding Family Day (Feb 20)

Jan 11–Mar 8

Sun | 9:45am-10:30am

Wed | 3:45pm-4:30pm

Small Ice

\$250 (1x per week)

\$370 (2x per week)

GOALTENDER DEVELOPMENT SESSIONS

This program is offered to the goalies of Hollyburn Huskies teams: Novice through Midget. 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 Family Day (Feb 20)

Jan 7–Mar 4

Sat | 11:00am-12:00pm

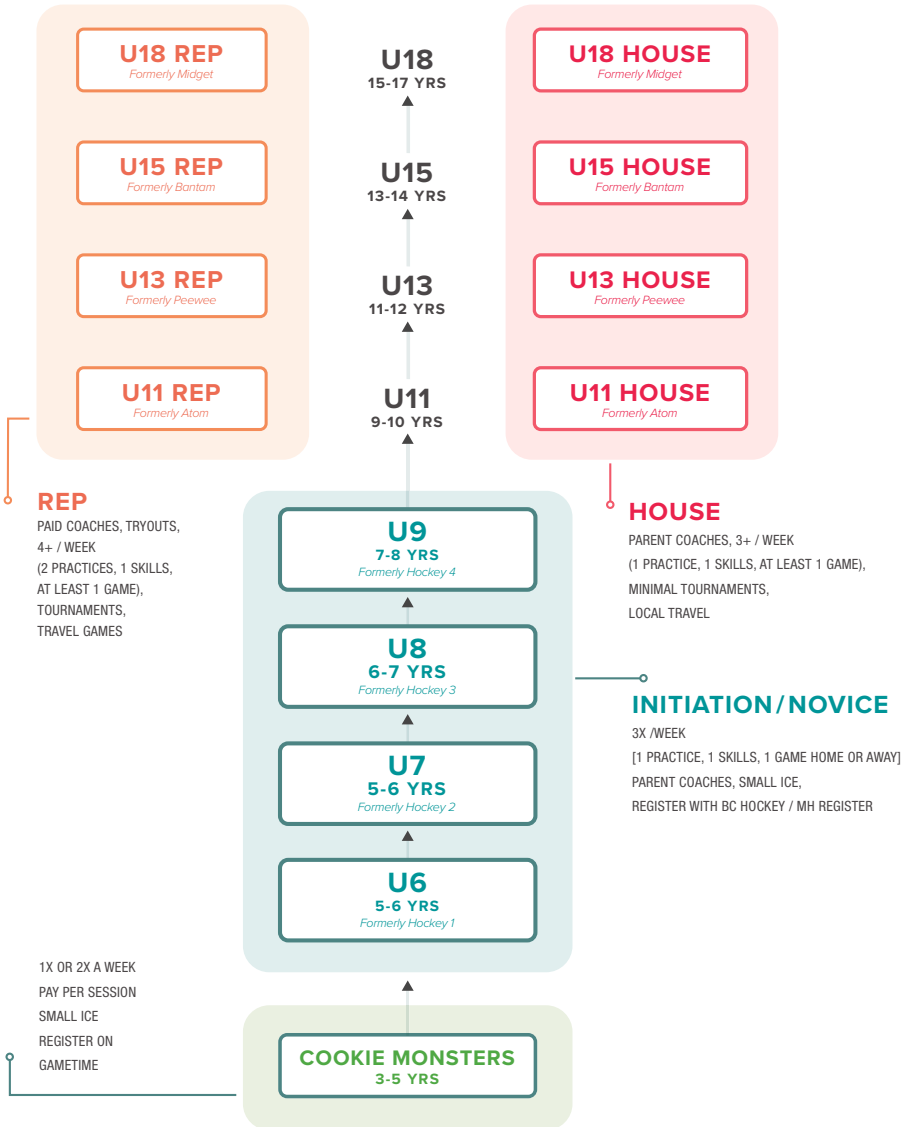
Small Ice | \$150



HOLLYBURN PATHWAYS

HOCKEY

SEASON SEPTEMBER - MARCH



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. As of January 23rd, at 6pm the cancellation policy is in effect and no refunds will be issued for cancelled programs.

HOLIDAYS (NO CLASS)

Winter Break: Dec 19–Jan 8

Family Day: Feb 20

Spring Break: Mar 13-24

KARATE PROGRAM REGISTRATION:

Wednesday, November 23 at 6:40am

(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.

Jan 30, Feb 27 | Mon

11:00am–11:30am | 11:30am–12:00pm

12:00pm–12:30pm | 12:30pm–1:00pm

Price: \$15/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 January 23rd, 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.

Jan 9–Mar 10

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 Feb 20*

\$189 | \$168 (Mon)

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.

Jan 9–Mar 10

Mon | 6:00pm–7:00pm

Tue, Wed, Thu, Fri | 4:45pm–5:45pm

**No class Feb 20*

\$193.50 | \$172 (Mon)

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.

Jan 10–Mar 9

Tue, Thu | 6:00pm–7:00pm | \$193.50

ADULT KARATE

16+ 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!

Jan 9–Mar 8 **No class Feb 20*

Mon or Wed | 7:00pm–8:30pm

\$258 (Mon) | \$290.25 (Wed)

Sensei Norma Foster

Jan 14–Mar 4 **No class Feb 18*

Sat | 10:00am–11:30am

\$225.75 | Sensei Norma Foster



WINTER 2023

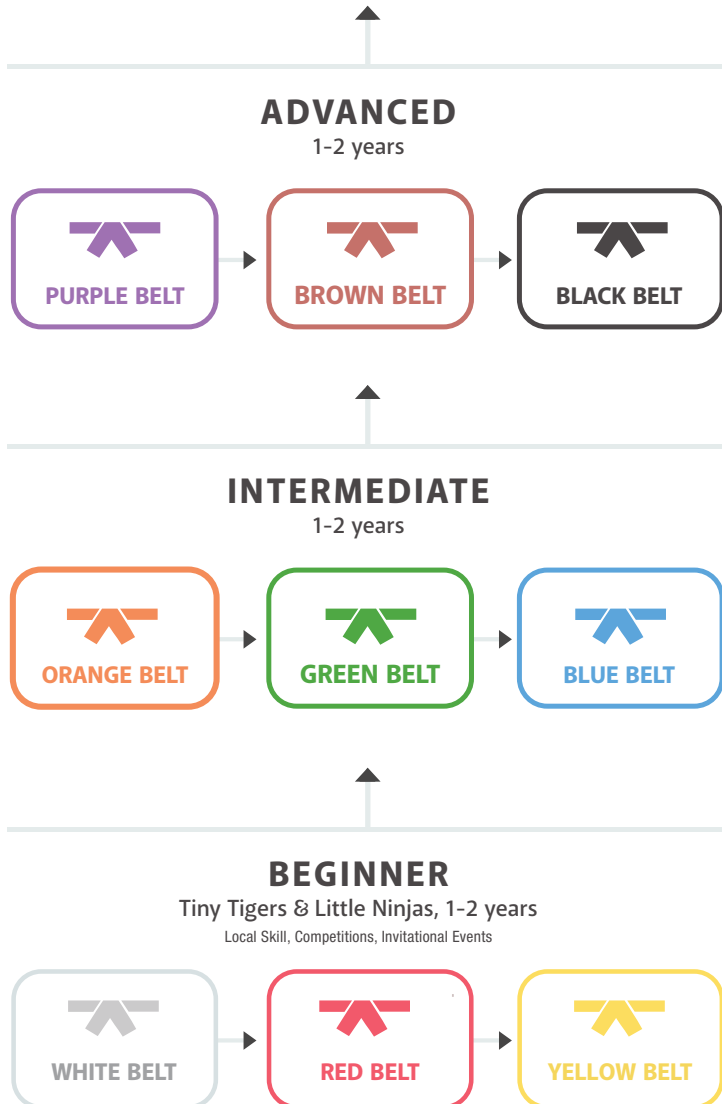
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	ADULT KARATE 10:00am–12:00pm
LITTLE NINJAS 4:45pm–5:30pm	COLOUR, BROWN & BLACK BELTS 4:45pm–5:45pm	COLOUR, BROWN & 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		BROWN & BLACK BELTS 6:00pm–7:00pm		
ADULT KARATE 7:00pm–8:30pm		ADULT KARATE 7:00pm–8:30pm			

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

13 reasons why you should sign your kids or yourself for music lessons!

1. It improves your reading and verbal skills.
2. It improves your mathematical and spatial-temporal reasoning.
3. It helps your grades.
4. It raises your IQ.
5. It helps you learn languages more quickly.
6. It makes you a better listener, which will help a lot when you're older.
7. It will slow the effects of aging.
8. It strengthens your motor cortex.
9. It improves your working memory.
10. It improves your long-term memory for visual stimuli.
11. It makes you better at managing anxiety.
12. It enhances your self-confidence and self-esteem.
13. It makes you more creative.

You can sign for the following instruments: Guitar, ukulele, bass guitar and music production with Mark. Monday through Friday.

Voice lessons with Sherrie.
Tuesday or Wednesday.

Drums lessons with Goran Mars.
Monday, Thursday, Friday

Piano lessons with Vlada or Nina.
Add your name to our waiting list.



PICKLEBALL



Cheryl Young
Pickleball Professional
Pickleball@hollyburn.org

LEARN TO PLAY

A series of four sessions for players new to the game. We will learn the basics of the game including paddle grip, court movement, scoring and game strategy. Each session will have you playing games.

Jan 19, 26, Feb 2, Feb 9
Thu | 5:30pm-7:30pm
\$200

YOUTH PLAY

Jan 20, 27, Feb 3, 10
Fri | 3:30pm-4:30pm
\$100

NO BANGERS

A series of four lessons geared to 3.5 level players who want to move away from the banger ball game to a soft game at the kitchen. Third shot selection and forcing the banger out of your opponents will all be covered.

Jan 20, 27, Feb 3, 10
Fri | 4:30pm-6:00pm
\$150

PICKLEBALL BOOT CAMP

A series of four lessons geared towards 3.0 players who want to up their game. We will be working on shot mechanics and shot selection in order to take the panic out of your play and replacing it with confidence.

Jan 22, 29, Feb 5, 12
Sun | 11:30am-1:00pm
\$150 | Max 8 min 4

FAMILY PLAY

Parents bring your children out to have some quality family time together. Children must be accompanied by an adult 16 years old or older

Jan 22, 29, Feb 5, 12
Sun | 1:00pm-2:30pm (Courts 1, 2, 3)
Max 8, min 4

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 WEEK IN REVIEW

**Schedule is subject to change*

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-1:30pm (half gym)		SOCIAL PLAY 10am-11:30am (full gym)		PICKLEBALL PROGRAMS 11:30am-2:30pm (half gym)
DROP-IN 11:30am-1:00pm (half gym)	DROP-IN 12:00pm-2:30pm (full gym)		DROP-IN 12:00pm-2:30pm (full gym)	DROP-IN 11:30am-1:00pm (half gym)		DROP-IN 10:00am-5:30pm (half gym)
					DROP-IN 1:30pm-3:00pm (half gym)	DROP-IN 2:30pm-5:30pm (half gym)
	DROP-IN 5:30pm-7:30pm (half gym)		PICKLEBALL PROGRAMS 5:30pm-7:30pm (half gym)	PICKLEBALL PROGRAMS 4:30pm-6:00pm (half gym)	MIXED LEAGUE 3:00pm-5:00pm (full gym)	RACQUET BOOKING 5:30pm-7:00pm (full gym)
				DROP-IN 6:00pm-7:30pm (half gym)	DROP-IN 4:30pm-6:00pm (half gym)	
MEN'S LEAGUE 7:30pm-10:00pm (full gym)		SOCIAL PLAY 7:30pm-10:00pm (full gym)		SOCIAL PLAY 7:30pm-10:00pm (full gym)	RACQUET BOOKING 6:00pm-7:30pm (full gym)	

HOLLYBURN SQUASH



Jeff Boag
Squash Professional
Squash@hollyburn.org

SESSION DATES

Jan 2-Mar 10 (10 weeks)

HOLIDAYS (NO CLASSES)

Family Day Weekend-Feb 17-20

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. Cancellation of individual lessons are not refunded or rescheduled. Please be aware there is a 24-hour cancellation policy on private lessons.

JUNIOR PROGRAMS

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 today's 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. Add a second day for 1/2 off the regular price.

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.

Jan 9, Feb 6

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.

Jan 2-Mar 10

Tues, Thu

11:00am-11:40am, 2:30pm-3:10pm

\$200 (once a week)

\$300 (twice a week)

JUNIOR RED BALL - ACTIVE START

5-8 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.

Jan 2-Mar 10

Tue, Thu | 3:30pm-4:30pm

\$240 (once a week)

\$400 (twice a week)

JUNIOR ORANGE BALL – BRONZE LEVEL

6–9 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

Jan 2–Mar 10

Mon, Wed | 3:30pm–4:30pm

\$240 (once a week)

\$400 (twice a week)

JUNIOR GREEN BALL – SILVER + GOLD LEVEL

9+ yrs

Players at this level are focused on game play and skill development with options for competitive play. 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/ single dot ball and transition into the double yellow dot ball.

Jan 2– Mar 10

Mon, Wed | 5:00pm–6:30pm

Tue, Thu | 4:30pm–6:00pm

\$300 (once a week)

\$500 (twice a week)

JUNIOR LADDER–MATCH PLAY

8+ yrs

The Junior Ladder is entirely game and match play. It's a fun way for kids to gain experience in a game setting. Please email Jeff to register. *No charge if registered in 1+ weekday after school program.

Jan 8–Mar 5

Sun | 12:00pm–1:00pm

\$165*

ADULT PROGRAMS

BEGINNER SKILL CLINIC + GAME PLAY

A 4-week program to begin your squash journey and ensure you are confident on court, including various skill components and plenty of game play!

Jan 9–30 | Feb 6–27

Tue | 6:00pm–7:00pm

\$160

INTERMEDIATE SKILL 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 followed up by game play. Each session is 1/2 skill development + 1/2 game play. Intermediate level+

Jan 8–Mar 12

Sun | 1:00pm–2:00pm

Mon | 6:30pm–7:30pm

\$120

WOMEN'S SKILL CLINIC + GAME PLAY

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 a few drills followed by plenty of 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.

Jan 2–Mar 10

Tue | 12:00pm–1:00pm

\$200 (\$30 Drop In)

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.

Tue | 5:00pm–6:30pm | FREE



WOMENS ONLY SOCIAL LADDER

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. Members will be responsible for organizing their own matches. Contact Jeff to register, squash@hollyburn.org

THURSTY SQUASH LEAGUE

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! Choose from multiple 5–week cycles thought the squash season.

Jan 12–Feb 9

Feb 16–Mar 16

Thu | 5:30pm–7:30pm

\$10/cycle

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.

PRIVATE

45min - \$65, 60min - \$85

SEMI-PRIVATE (2)

60min - \$100, 90min - \$150

GROUP (3-4)

60min - \$120, 90min - \$180



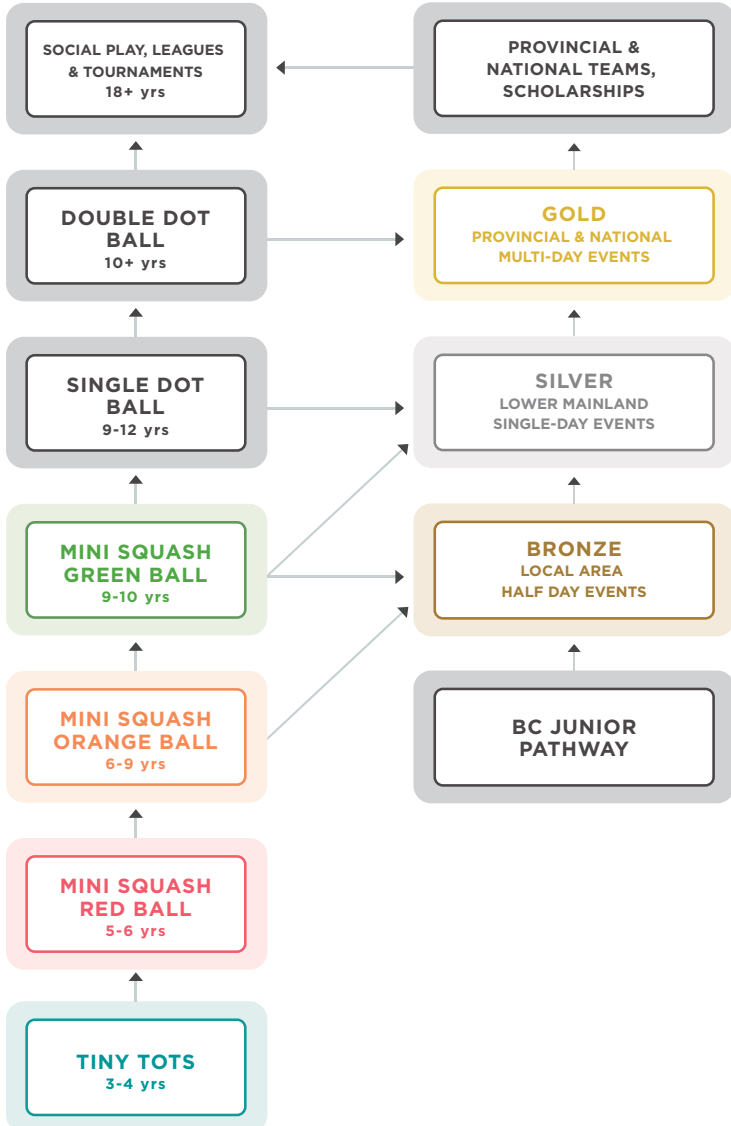
HOLLYBURN PATHWAYS

SQUASH

JUNIOR TO ADULT

SQUASH FOR LIFE DEVELOPMENT STREAM

COMPETITIVE STREAM



TENNIS



Oly O'Shea
Head of Tennis
OOshea@hollyburn.org

TENNIS PROGRAMS WINTER 2023

PROGRAM REGISTRATION

Fri, Nov 25

- 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

Jan 9–Mar 12 (9 weeks)

HOLIDAYS (NO CLASSES)

Family Day Feb 20

Spring Break Mar 13–24

REGISTRATION NOTICE:

Please be aware that all players registering for Competitive or Pro classes will be automatically wait listed and accepted by the Junior Tennis Coordinator, Oly, or Head of High Performance, Gerard, based on their invitation. Players that have not been invited to these classes will be removed, without notice, and should sign up for the age group or level they are recommended to.

Junior player assessments are done during classes and players are approved for higher levels based on their performance and standard, allowing all participants to have a positive tennis experience. Development and Competitive players are permitted to sign up for a maximum of 2 classes per week.

Note that Junior Development & Competitive classes are a 6:1 ratio per coach and per court.

CLASS CHANGE:

Playball and Red Ball will now be offered twice per day in 45min sessions.

CANCELLATION NOTICE: PAYMENTS & WITHDRAWALS

- Full refund available by withdrawing 8 days prior to first class.
- Full refund less cost of one class available until second class.
- No refunds after second class.
- Registrations occurring after the program has begun will be pro-rated
- 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 (45MINS)

(Born 2018/2019)

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. Kids must be 3yrs old on start date of term to be eligible for this class.

Jan 9–Mar 9

Mon–Thu 3:30pm–4:15pm

Mon–Thu 4:15pm–5:00pm

\$168.75 (one day per week)

\$150 (Mon)

“For Tennis & Swim or “Swim & Tennis”, please register for the swim program of your choice via the aquatics page. Players will be transferred from one department to the other with a supervisor.”

RED BALL DEVELOPMENT (45MINS)

(Born 2015–2017)

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. Kids must be 5yrs old on start date of term to be eligible for this class.

Jan 9–Mar 9

Mon–Thu 3:30pm–4:15pm

Mon–Thu 4:15pm–5:00pm

\$168.75 (one day per week)

\$150 (Mon)

RED BALL COMPETITIVE (55MINS)

(Born 2015-2017)

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. Coaches approval is required to enroll in this class.

Jan 10–Mar 9

Mon, Wed, Thu 3:30pm–4:25pm

\$225 (one day per week) | \$200 (Mon)

RED BALL PRO (55MINS)

(Invitation only)

This is the start of our High-Performance Academy. 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. Coaches approval is required to enroll in this class.

Jan 10–Mar 9

Tue–Thu 3:30pm–4:25pm



ORANGE BALL DEVELOPMENT (55MINS)

(Born 2013/2014)

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.

Jan 9–Mar 9

Mon–Thu 3:30pm–4:25pm

Wed 4:30pm–5:25pm

Mon 5:00pm–5:55pm

\$225 (one day per week)

\$200 (Mon)

ORANGE BALL COMPETITIVE (85MINS)

(Born 2013/2014)

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. Coaches approval is required to enroll in this class.

Jan 9–Mar 9

Mon, Wed, Thu 4:30pm–5:55pm

\$337.50 (one day per week)

\$300 (Mon)

ORANGE BALL PRO (55MINS)

(Invitation only)

This program is the second stage of our Performance Academy. 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. Coaches approval is required to enroll in this class.

Jan 9–Mar 9

Tennis: Mon–Thu 3:30pm–4:25pm

Fitness: Mon-Thu 4:30pm–5:25pm

GREEN BALL DEVELOPMENT (55MINS)

(Born 2011/2012)

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.

Jan 9–Mar 9

Mon–Thu 3:30pm–4:25pm

Mon, Wed, Thu 5:00pm–5:55pm

\$225 (one day per week)

\$200 (Mon)

GREEN BALL COMPETITIVE (85MINS)

(Born 2011/2012)

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. Coaches approval is required to enroll in this class.

Jan 9–Mar 9

Mon, Tue, Thu 4:30pm–5:55pm

\$337.50 (one day per week)

\$300 (Mon)

GREEN BALL PRO (85MINS)

(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. Coaches approval is required to enroll in this class.

Jan 9–Mar 9

Tennis: Mon–Thu 4:30pm–5:55pm

Fitness: Mon–Thu 3:30pm–4:25pm

REGULAR BALL DEVELOPMENT (55MINS)

(Born 2009/2010)

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.

Jan 9–Mar 9

Mon–Thu 5:00pm–5:55pm

\$225 (one day per week)

\$200 (Mon)

REGULAR BALL COMPETITIVE (55MINS)

(2009/2010)

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. Coaches approval is required to enroll in this class.

Jan 10–Mar 9

Tue–Thu 4:30pm–5:55pm

\$337.50 (one day per week)

REGULAR BALL PRO (85MINS)

(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. Coaches approval is required to enroll in this class.

Jan 9–Mar 9

Tennis: Mon-Thu 6:00pm–7:25pm

Wed, Fri 6:00am–7:55am

Fitness: Mon–Thu 4:30pm–5:25pm

TEEN TENNIS SQUADS

(Born 2005–2008)

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. Coaches approval is required to enroll in Squad B & Squad A.

Jan 9–Mar 9

2.0 Squad C (55mins)

Mon–Wed 5:00pm–5:55pm

\$200 (Mon)

\$225 (one day a week)

2.5 Squad B (85mins)

Mon, Tue, Thu 4:30pm–5:25pm

\$300 (Mon)

\$337.50 (one day a week)

3.0 Squad A (85mins)

Tennis: Wed 4:30pm–5:55pm

Tue, Thu 6:00pm–7:25pm

\$337.50 (one day a week)

Fitness: Mon, Tue, Thu 4:30pm–5:25pm

GIRLS ONLY TEAM TENNIS (55MINS)

(Born 2009-2013)

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.

Jan 13–Mar 10

Fri 4:30pm–5:25pm

\$225

SUPER ACHIEVERS PROGRAM (115MINS)

(Invitation only)

Jan 9–Mar 9

Tennis:

Mon, Tues, Thu, Fri 1:30pm–3:25pm

Mon, Wed 6:00pm–7:25pm

Wed, Fri 6:00am–7:55am

Fitness:

Mon-Thu 4:30pm–5:25pm

****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 (55MINS)

(Invitation only)

Match play sessions are in place as a weekly drop in encouraging our Competitive and Pro kids to get on the court and compete in a safe and fun environment. This will complement their development in lessons as they will discover areas they need to work on technically and tactically. It will also help prepare them for internal and external tournaments. Coaches approval is required to enroll in this class.

Jan 13–Mar 10

Red Ball (Court 5)

Fri 3:30pm–4:25pm

Orange Ball & Green Ball (Lower Bubble)

Fri 3:30pm–4:25pm

HOTSHOTS TOURNAMENT

Our Red, Orange & Green Ball in-house tournament is designed for juniors to play their first tennis tournament or gain some valuable match play experience in a safe and encouraging environment.

Sun Feb 26

Red Ball 10:00am–11:30am

Orange/Green Ball 12:00pm–2:00pm

PARENT EDUCATION WEEK

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. Book a 10min time slot during your child's class with registration opening the week prior.

Feb 6–9

For additional information about our Junior Programs, please contact our Head of Tennis and ooshea@hollyburn.org.

ADULT TENNIS PROGRAMS WINTER 2023

Registration opens Friday Nov 25

7:20am Adult Tennis

7:30am In-Person & By Phone

Session Dates: Jan 9–Mar 12 (9 weeks)

HOLIDAYS (NO CLASSES):

Family Day Feb 20

Spring Break Mar 13–24

REGISTRATION NOTICE

Changes have been made to eligibility requirements of some classes. Please take a look at our self-rating guide to help you find the program that's right for you. HCC reserves the right to remove participants from a program we believe they are not at the appropriate level for and request they sign up for a suitable program, should one be available. Adult members are permitted to sign up for a maximum of 2 programs per week. Note that all adult classes are a 6:1 ratio per coach and per court.

CLASS CHANGE: As of 2023 our programs are now set at 60mins for a session.

CANCELLATION NOTICE: PAYMENTS & WITHDRAWALS

- Full refund available by withdrawing 8 days prior to first class.
- Full refund less cost of one class available until second class.
- No refunds after second class.
- Registrations occurring after the program has begun will be pro-rated.
- 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 = Div 2

Level 3.5 = Div 3

Level 3.0 = Div 4/5

Level 2.0-2.5= Pre-League

Level 1.5 = Rally

Level 1.0 = Beginner

ADULT TENNIS

Compass Singles Challenge

Ladies and Men's 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. \$15

LEARN TO PLAY (60MINS)

(Level 1.0–1.5)

This program is for new players and players with basic experience that want to build up their skills to progress on to the next level. Our goal is to help players gain confidence to play socially and 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!

Jan 9–Mar 12

Mon 9:00am–10:00am

Mon 11:00am–12:00pm

Sat 9:00am–10:00am

\$200 (Mon)

\$225 (Sat/Sun)

RALLY (60MINS)

(Level 1.5–2.0)

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

Jan 9–Mar 12

Mon 10:00am–11:00am

Fri 9:00am–10:00am

Fri 11:00am–12:00pm

Sat 10:00am–11:00am

\$200 (Mon)

\$225 (Fri/Sat/Sun)

2.0–2.5 CLINIC (60MINS)

(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. This class will also help players prepare to integrate themselves into our in-house leagues. Coaches approval is required to enroll in this class.

Jan 9–Mar 12

Mon 9:00am–10:00am

Mon 11:00am–12:00pm

Fri 9:00am–10:00am

Fri 10:00am–11:00pm

Sat 11:00am–12:00pm

Sun 11:00am–12:00pm

\$200 (Mon)

\$225 (Fri/Sat/Sun)

3.0 CLINIC (60MINS)

(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. Coaches approval is required to enroll in this class.

Jan 13–Mar 10

Fri 11:00am–12:00pm

\$225

3.5+ CLINIC (60MINS)

(Div. 1/2/3)

Eligibility: Players must compete 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.

Coaches approval is required to enroll in this class.

Jan 13–Mar 10

Fri 11:00am–12:00pm

\$225

BALL MACHINE CLINIC (60MINS)

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.

Jan 9–Mar 8

Mon 12:00pm–1:00pm

[Recommended level 2.0–2.5] (Pre-League)

Tue 9:00am–10:00am

[Recommended level 3.5–4.0] (Div. 2/3)

Wed 10:30pm–11:30am

[Recommended level 3.0–3.5] (Div. 4/5)

Wed 11:30am–12:30pm

[Recommended level 2.0–2.5] (Pre-League)

\$200 (Mon)

\$225 (Tue/Wed)

DRILLS (60MINS)

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.

Jan 9–Mar 10

Mon 9:00am–10:00am

[Recommended level 2.0–2.5] (Pre-League)

Mon 10:00am–11:00am

[Recommended level 3.0] (Div. 4/5)

Mon 6:00pm–7:00pm

[Recommended level 3.5–4.0]

Wed 12:30pm–1:30pm

[Recommended level 2.0–2.5] (Pre-League)

Thu 6:00pm–7:00pm

[Recommended level 3.0]

Thu 7:00pm–8:00pm

[Recommended level 4–4.5]

Fri 9:00am–10:00am

[Recommended level 2.0–2.5] (Pre-League)

Fri 10:00am–11:00am

[Recommended level 3.0] (Div. 4/5)

Sat 12:00pm–1:00pm

[Recommended level 2.0–2.5] (Pre-League)*

Sat 1:00pm–2:00pm

[Recommended level 3.0+]*

\$200 (Mon)

\$225 (Wed/Thu/Fri)

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

Drop in \$30 [needs minimum 3 players to run]

LADIES PRO-AM (90MINS)

(Pre League)

Doubles Matches with our Tennis Coaches! Join our pros in a match style environment and improve your game by playing against and with our elite staff. Spaces limited to 12 ladies, with 4 Pros.

Jan 11–Mar 8

Wed 10:30am–12:00pm

\$337.50

For additional information about our Adult Programs, please contact our Adult Tennis Manager, Tony Macken at tonymacken@hotmail.com



TENNIS CANADA SELF RATING GUIDE

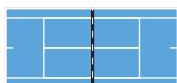
RATING	GROUND-STROKES (Forehand and backhand)	RETURN OF SERVE	NET PLAY (Volleys & overheads)	SERVE
1.0	This player is just starting to play tennis			
1.5	This player has been introduced to the game, how ever has difficulty playing the game due to a lack of consistency rallying and serving.			
2.0	Can get the ball in play but lacks control, resulting in inconsistent rallies. Often chooses to hit forehands instead of backhands.	Tends to position in a manner to protect weaknesses. Inconsistent return.	In singles, reluctant to come to the net. In doubles, understands the basic positioning; comfortable only with the forehand volley; avoids backhand volley and overhead.	In complete service motion. Toss is inconsistent. Double faults are common.
2.5	Can rally consistently 10 balls in a row, especially on the forehand, with an arched trajectory over the net when the objective is to hit to a partner at moderate speed.	In singles, consistent when returning towards the middle of the court. In doubles, difficulty returning cross-court to start the point.	Becoming at ease at the net in practice but uncomfortable in a game situation.	Attempting a full-service motion on the first serve. First serve is inconsistent (less than 50%). Uses an incomplete motion to ensure a steady second serve.
3.0	Able to rally consistently 10 balls in a row on forehands and backhands. Able to maintain the rally when receiving high, short or wide balls, assuming the ball is received at a moderate pace, especially on the forehand stroke.	Can control the direction of the ball in both singles and doubles, when receiving a serve of moderate pace.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley. Overall has difficulty with low and wide balls. Can smash easy lobs.	Full motion on both serves. Able to achieve more than 50% success on first serve. Second serve much slower than first serve.
3.5	Able to move the opponent around the court or hit harder when receiving easier balls. Can execute approach shots with some consistency (more than 50%).	Can return fast serves or well-placed serves with defensive actions. On easy second serve, can return with pace or directional control, can approach the net in doubles.	Becoming confident at net play; can direct FH volleys; controls BH volley but with little offense; general difficulty in putting volleys away. Can handle volleys and overheads that require moderate movement.	Can vary the speed or direction of first serve. Can direct the second serve to the opponent's weakness without double-faulting on a regular basis.
4.0	Able to develop points with some consistency by using a reliable combination of shots. Erratic when attempting a quality shot when receiving fast or wide balls, and when attempting passing shots.	Difficulty in returning spin serves and very fast serves. On moderately paced serves, can construct the point through hitting a good shot or exploiting an opponent's weakness. In doubles, can vary returns effectively on moderately-paced serves.	In singles, comfortable at following an approach shot to the net. In doubles, comfortable receiving a variety of balls and converting to offensive positioning; can poach on weak returns of serve. Able to put away easy overheads.	Can vary the speed and direction of the first serve. Uses spin.
4.5	Can use a variety of spins. Beginning to develop a dominant shot or good steadiness. Erratic when attempting a quality shot in two of the following situations: receiving fast balls, wide balls, and in passing shot situations.	Off first serves, can defend consistently but very inconsistent (less than 30%) when attempting an aggressive return. In doubles, has difficulty (Less than 50%) returning a first serve at the feet of the incoming serve and volleyer.	When coming to the net after serving, consistently able to put the first volley in play but without pace or depth; how ever, inconsistent when trying to volley powerful or angled returns. Close to the net, can finish a point using various options including drop volley, angle volley, punch volley.	Aggressive first serve with power and spin. On second serve frequently hits with good depth and placement without double faults. Can serve and volley off first serves in doubles, but experiences some inconsistency.
5.0	Able to maintain a consistent rally, 10 balls in a row on faster balls. Very steady strokes or has a dominant shot. Periodically succeeds (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	Periodically succeeds (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles can return at the feet of serve and volleyer.	In doubles, after the serve, has a good, deep crosscourt volley. Overhead can be hit from almost any position.	First serve can win points outright or force a weak return. Second serve can prevent the opponent from attacking. Serve and volleys on first serves in doubles with consistency.

HOLLYBURN PATHWAYS

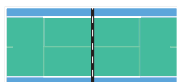
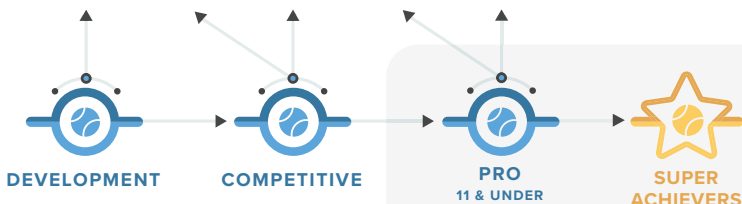
TENNIS



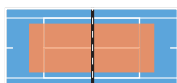
TEEN TENNIS
18 & UNDER



FULL COURT
14 & UNDER



GREEN BALL
12 & UNDER



ORANGE BALL
10 & UNDER



RED BALL
8 & UNDER



PLAY BALL
3-5 YRS

CHILDCARE



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Brennas Coles
Childcare Supervisor
BColes@hollyburn.org

HOLLYVILLE AND PROGRAM CLOSURES

Sun, Jan 1: New Year's Day
Mon, Jan 2: New Years Day In Lieu
Mon, Feb 20: BC Family Day

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

REGISTERED PROGRAMS

TRANSFERRING CHILDREN

See the Youth section for more information!

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 Marc at MShimwell@hollyburn.org if you have concerns about allergies or dietary restrictions.

Jan 9–Mar 6

Mon | 3:30pm–4:45pm

*No class Feb 21

Studio | \$385

NEW MINI STAR SOCCER

3–5 yrs

Refine, rehearse and repeat. Coaches focus on basic soccer skills in a fun, supportive, non-competitive setting that emphasizes teamwork. Children will be introduced to the rules of soccer, as well as the fundamental skills to play the “Beautiful Game”.

Registration will include Mini Star Soccer shirt.

Jan 5–Mar 9

Thu | Group 1 (3–5 yrs) 3:30pm–4:15pm

*No Class Feb 16 | \$270

NEW FIELD HOCKEY

Group 1 (5–8 yrs)

WVFC is excited to partner with Hollyburn Country Club to deliver an indoor field hockey program in the Winter months. This 9 week program will introduce core technical field hockey skills to athletes of all ages and abilities and will be led by some of West Vancouver Field Hockey Club's best junior coaches. As with all our other programs we base them on for core values:

- Long-Term Athlete Development– we will ensure that activities are appropriate for age and stage of development
- Player centred—we recognize that physical, mental, cognitive and emotional development varies with a player's age and stage of development
- Promotes key values—we will ensure that we are inclusive, welcoming, fun, fair and safe, placing priority on long-term success
- Encourages lifelong activity and wellness—whether you continue with field hockey or take a break and come back at a later time, we will provide opportunities to stay active at any age

Tue

\$200

NEW BABYBEAT

Welcome to BabyBeat! BabyBeat will provide a weekly class for our youngest Members (Toddlers from ages 3-5) that is designed to develop imagination and wonder through the art of music, dance and play. Our youngest Members will concentrate on developing independence in a healthy way, by using call and response, dance, intermediate rhythms and exploration all through music. Children will learn different cultural music, instruments and fun songs.

Jan 4-Mar 8

Wed 1:00pm-1:40pm

Studio | \$350

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.

Jan 3-Mar 9

9:00am-11:00am | Studio

Mon/Wed/Fri	\$1230
Tue/Thu	\$880
Mon Only	\$382
Tue Only	\$440
Wed Only	\$440
Thu Only	\$440
Fri Only	\$410

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.

Jan 3-Mar 9

9:00am-11:00am | Youth Lounge

Mon/Wed/Fri	\$1230
Tue/Thu	\$880
Mon Only	\$382
Tue Only	\$440
Wed Only	\$440
Thu Only	\$440
Fri Only	\$410

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 will be joining forces with Various Club Professionals to offer an additional sports component each month. Look for "Mini Karate", Information on Karate page "Mini Squash" Information on Squash page and "Mini Badminton" Information on the Badminton page.



MINI SQUASH

3–5yrs

The Mini-Squash program introduces Squash to our youngest Members at 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.

Jan 10 | Feb 14

Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini-Athletic price: \$15/session

MINI KARATE

3–5 yrs

The Mini-Karate program introduces Hollyburn Karate to our youngest Members. In this class, you will meet Sensei Peter and learn about the benefits of the program. This class is beneficial for any child considering participation in Mini-Ninjas.

Jan 30 | Feb 27

Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini-Athletic price: \$15/session

PETITE BALLET

3–4 yrs

Creative Ballet focuses on developing the foundation 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).

Jan 9–Mar 6

Mon | 3:30pm–4:15pm

*No Class Feb 16 | \$325 | Youth Lounge

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.

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

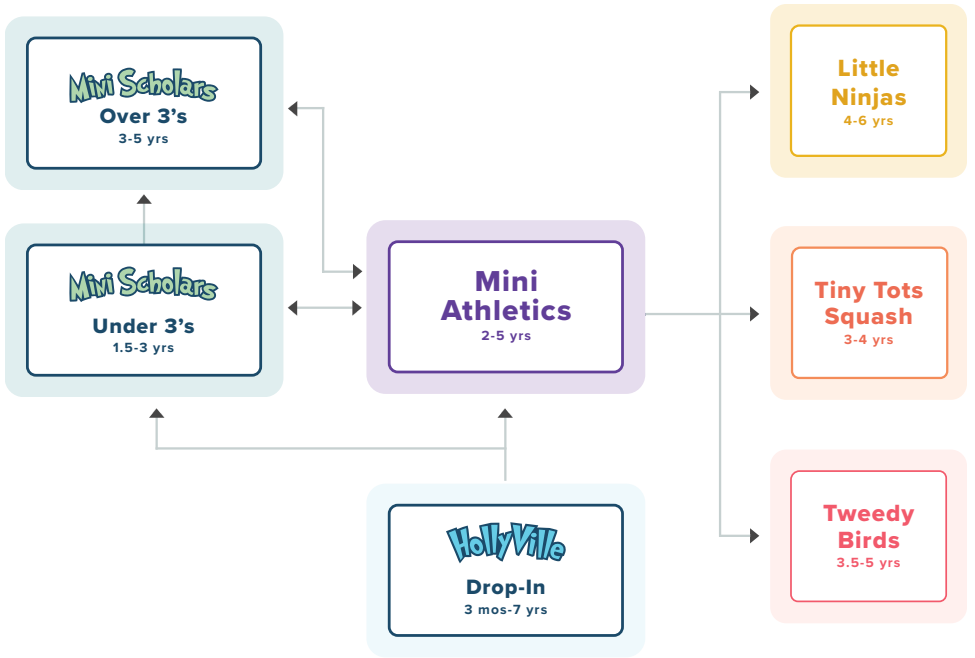
Mon-Sun | 3:30pm–4:30pm

Sat & Sun | 9:00am-12:00pm



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

Sun, Jan 1: New Year's Day
Friday Feb 17, PD Day Camp
Mon, Feb 20: BC Family Day

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

REGISTERED PROGRAMS

Please see Gametime for Registration Costs.

NEW PRIVATE COACHING CO. BASKETBALL AND MULTI-SPORT 5–12yrs

Private Coaching Co strives to provide athletes with a positive, fast paced, challenging environment designed to teach athletes the basic movements and skills required of their sports while having the most fun possible. During this program, athletes will work through 8 weeks of skill development made up of drills, fun games, and other sport related activities. Participants are guaranteed to leave with a smile on their face and a love for the game of Basketball!

Jan 9–Mar 6

Mon

Group 1 (5-8yrs) 3:45pm–4:45pm

Group 2 (9-12yrs) 5:00pm-6:00pm

No Class Feb 20

\$285 | Turf

NEW CHESS INSTITUTE OF CANADA CHESS AT HOLLYBURN 9–13 yrs

Delivered through The Chess Institute of Canada! Please join the dedicated and engaging Instructors from the Chess Institute of Canada as they deliver dynamic lessons designed to expand chess knowledge, develop cognitive ability and impart essential life skills- while students are having FUN!

Thu | 6:00-7:00pm

No Class Feb 16 | \$250

NEW MARCH BREAK FENCING CAMP

Hollyburn Country Club is proud to partner with Dynamo Fencing for an exciting March Break Camp experience. Members will learn the art of fencing and fencing specific skills and strategies. Campers will increase their balance, flexibility and coordination, all while building their confidence and interpersonal skills. Regardless of one's physical abilities or athletic prowess, the sport of fencing is beneficial to all. This introductory camp experience will inspire, engage and focus on fun.

March 13-17

Mon-Fri | 12:00-2:45pm

\$355 | Turf



NEW WEST VANCOUVER FIELD HOCKEY CLUB

5–12 yrs

Hollyburn Country Club is excited to partner with WVFHC to deliver an indoor field hockey program in the Winter months. This 9 week program will introduce core technical field hockey skills to athletes of all ages and abilities and will be led by some of West Vancouver Field Hockey Club's best junior coaches. As with all our other programs we base them on for core values:

- Long-Term Athlete Development—we will ensure that activities are appropriate for age and stage of development
- Player centred—we recognize that physical, mental, cognitive and emotional development varies with a player's age and stage of development
- Promotes key values—we will ensure that we are inclusive, welcoming, fun, fair and safe, placing priority on long-term success
- Encourages lifelong activity and wellness—whether you continue with field hockey or take a break and come back at a later time, we will provide opportunities to stay active at any age

Tue

Group 1 (5-8 yrs) 4:00pm-5:00pm

Group 2 (9-12 yrs) 5:00pm-6:00pm

\$200 | Turf

NEW MINI STAR SOCCER

3–5 yrs

Refine, rehearse and repeat. Coaches focus on basic soccer skills in a fun, supportive, non-competitive setting that emphasizes teamwork. Children will be introduced to the rules of soccer, as well as the fundamental skills to play the "Beautiful Game".

Registration will include Mini Star Soccer shirt.

Jan 5–Mar 9

Thu

Group 1 (3–5 yrs) 3:30pm–4:15pm

Group 2 (6–8 yrs) 4:30pm–5:15pm

***No Class Feb 16**

\$270 | Turf Bay 2

NEW YOUTH CREATIVE BALLET

5-6 yrs

Creative Ballet focuses on developing the foundation 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).

Jan 9–Mar 6

Mon | 4:30pm–5:15pm

***No Class Feb 16 | \$325 | 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. Our 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!

Jan 3–Mar 7

Tue | 4:30pm–4:45pm

Tennis Lesson to Aquatics Lesson | \$15

Jan 6–Mar 10

Wed | 4:30pm–4:45pm

Tennis Lesson to Aquatics Lesson | \$15

Jan 5–Mar 9

Thu | 4:30pm–4:45pm

Tennis Lesson to Aquatics Lesson | \$15

WINTER COMBO CAMP

6–12yrs

This camp will be sure to give you your holiday fix of activities! Participate in Basketball, Soccer, Badminton, Swimming, Ping Pong, Arts and Crafts and more. Be sure to come in your holiday pajamas as we will be celebrating the holidays with a feel of that special morning each day of the week! Earlier morning care available upon request for an extra fee. If you have any questions please contact Katie Jarvis youth@hollyburn.org

Dec 19–Dec 23

Mon–Fri | 9:00am–3:00pm | Turf | \$355

Dec 27–Dec 30

Tue–Fri | 9:00am–3:00pm | Turf | \$284

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

5:15pm–8:00pm, Quiet time/HMWK/Reading

Tue, Wed & Fri | 3:30pm–8:00pm

Thu | Sat & Sun | 10:00am–6:00pm

Youth Lounge | Free / Drop-in

Please see Holiday Schedule for Hours of operation between (December 19–January 2)

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. Maximum of 25 children at one time. *Dates and times subject to change. Check Hollyburn.org --> Facilities Schedules --> Kids Activity Schedules for the most up-to-date offerings.

Mon, Wed & Fri | 4:30pm–8:00pm

Tue & Thu | 5:30pm–8:00pm

Sat & Sun/ Turf | Free / Drop-in

ESPORTS LOUNGE

8+ yrs

Take a break from home and be a teen in the Esports Lounge. Play some video games, chill on the couches or hang with your friends. This space is equipped high end gaming computers and 3 Flat Screen TV's for you gaming and viewing pleasure.

Mon/Tue/Wed/Fri (3:30pm–8:00pm)

Thu (4:30pm–8:00pm)

Sat/Sun (10:00am–6:00pm)



WEST of 50



Julie Flynn
West of 50 Organizer
JFlynn@hollyburn.org

An Introduction to Brain Health

It's never too soon or too late to make changes that will maintain or improve your brain health.

Learn strategies and set goals. The learning objectives of the presentation are:

- To gain a general understanding about Alzheimer disease and other types of dementia
- Learn tips on how we may be able to reduce risk factors associated with dementia
- To review the existing research knowledge on reducing the risk of Alzheimer disease and other types of dementia

This talk will be provided by the Alzheimer Society of BC

Tue, Nov 8
10:30am–11:30am
Creekside
Free Event
RSVP jflynn@hollyburn.org

Strategies for Managing Anxiety & Depression in Older Adults

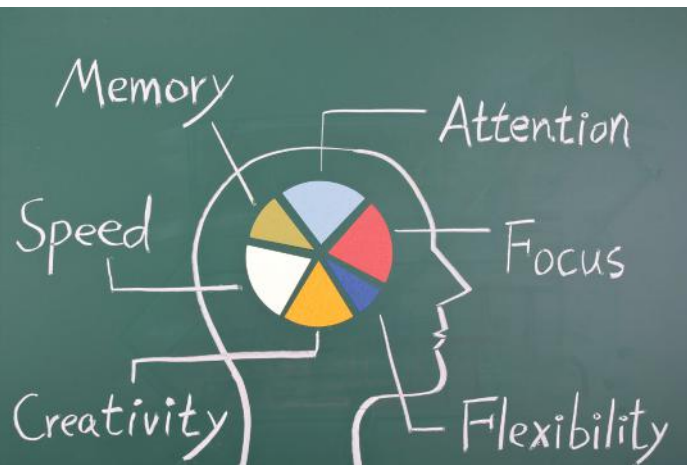
With adults over 64 now outnumbering children in Canada, the mental health of older adults is becoming an important priority. Learn about the symptoms of depression and anxiety, two of the most common mental health issues affecting older adults. Develop strategies to promote mental health and get information about resources and where to get help.



Dr Sarah Mordell is a Registered Psychologist with the North Shore Stress and Anxiety Clinic. She specializes in treating depression and anxiety. She received

training in the assessment and treatment of older adults at the Sheldon M. Chumir Health Centre Community Geriatric Mental Health Service during her residency, and she continues to see older adults in her private practice.

Tue, Nov 15
10:00am–11:00am
Creekside
Free Event
RSVP jflynn@hollyburn.org



WOMEN'S CLUB



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

Christmas Wreath Workshop

Explore your creativity using a mix of beautiful foliage's, ribbons, pine cones, etc. to create your own unique Christmas wreath. We will demonstrate, then guide you from start to finish on how to make your very own wreath. Enjoy a glass of mulled wine and baked goods to get you into the festive spirit.

Tue, Nov 29
6:00pm -8:00pm
Creekside II | \$100
RSVP jflynn@hollyburn.org
or register on GameTime
(Please note workshops are non-refundable after Nov 10)





SPEAKERseries



Julie Flynn
Speaker Series Organizer
JFlynn@hollyburn.org

Unlocking High-Performance, Through Mental Training



In recent decades, the world of high-performance has become increasingly focused on the value of the mental side of performance. Yes, the technical, tactical, and physical components

of performance are crucial—but without mental strength and stability, athletes may lack the ability to showcase their true level when it matters most. With this shift in focus, the words ‘sport psychology’ and ‘mental performance’ have become more mainstream. However, many peoples’ understandings of what these concepts actually entail can be a little fuzzy. This speaker series event will provide clarity on the essence of what sport psychology is, how and why it is beneficial, and how its value can be transferred to domains outside of sport. It additionally will provide tools and techniques that can be applied by attendees to improve their performance and personal development. This session seeks to enlighten and inspire, but also to provide ‘takeaway value’ for attendees.

Dr. Saul Shrom is a mental performance consultant and professional member of the Canadian Sport Psychology Association who works with athletes, coaches, and businesses to provide the mental edge to deliver sustainable high-performance and wellbeing. After experiencing the power of sport psychology first-hand in his NCAA collegiate tennis and professional tennis career on the ITF Pro Circuit, Saul moved to the UK to expand his understanding of the psychology of high-performance completing MSc and PhD degrees.

Saul focused his doctoral research on the junior to professional transitioning process in tennis and meticulously investigated tennis players’ experiences over a 15-month period of their transitions into the professional game, resulting in invaluable findings for tennis players, coaches, governing bodies, and athletes in other sports who may experience similarities in their junior to professional transitions. Alongside his research, Saul worked with sporting organizations like British Canoeing, England Athletics, and Loughborough University.

Since relocating to Vancouver in June 2022, Saul was hired to work as a mental performance coach with the high-performance tennis program at Hollyburn and the men’s volleyball team at Capilano University. Saul’s purpose is to empower others to thrive doing what they love and to perform how they want to when it matters most—all while maintaining mental wellbeing. He aspires to open peoples’ minds to the transferability of sport psychology to all areas of life and to all of us, whether athletes, businesspeople, teachers, doctors, and performing artists.

Wed, Nov 16
6:00pm-7:00pm
Creekside II
Free Event
RSVP Jflynn@hollyburn.org

Mastering a Resilient Mindset

The only constant in life is change. How do you master waves pushing you away from your goal but instead of falling down you fall towards the finish line. Through storytelling Madison will weave you through the life of a high-performance athlete sharing the peaks and valley of her journey to her gold medal in the recent Tokyo 2021 Olympic Games.

Key Points:

- Communication strategies on teams, and with loved ones
- The power of goal setting and creating a repeatable process
- Kindness is a superpower

After the presentation Madison would be happy to share her gold medal for guests to hold and take pictures with.



Madison Mailey has earned her place in history as an elite athlete after sitting in six-seat of the Gold Medal Canadian Women's Eight at the Tokyo 2020 Olympic Games. Not only was this the first ever postponed

Olympic games in history, but this was the first Canadian medal in the event since 1992. She was the glue in her boat and helped nine women dream big, work with intention and embrace individuality. After graduating from Boston's Northeastern University, she received her BSBA concentrating in Management and Entrepreneurship and received a joint certificate of Merit in classical voice from the New England Conservatory of Music.

She holds the U23 world best time in the W8+, multiple world podium finishes and capped her 11-year career off with an Olympic Gold performance.

Currently, Madison is a Wealth Advisor with the Mailey Rogers Group at Scotia McLeod and resides in Vancouver, B.C. When Madison is not at work, you can find her cycling around Stanley Park, hiking the north shore mountains, singing in her north choir, or spending time with her family's dog, Scout-a mini Bernedoodle.

Wed, Jan 18
6:00pm-7:00pm
Creekside II
Free Event
RSVP Jflyn@hollyburn.org



PROGRAM START DATES

PROGRAM END DATES

HOLIDAYS-NO CLASSES

WAITLISTED CLASSES



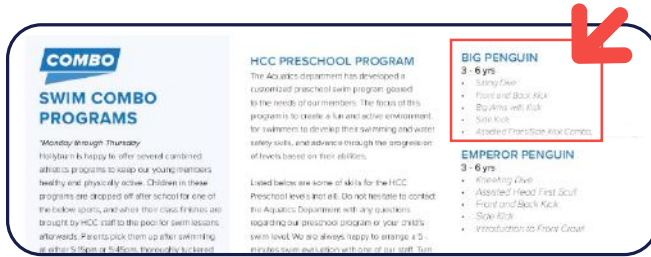
HOLLYBURN
COUNTRY CLUB

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
- 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

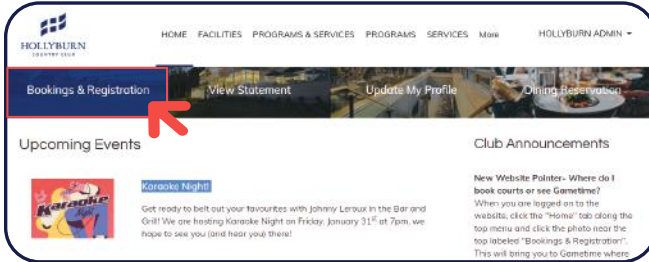
5 Log on to the Hollyburn website to access your GameTime account. How to log into the Hollyburn Website (for registration)

- 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**.

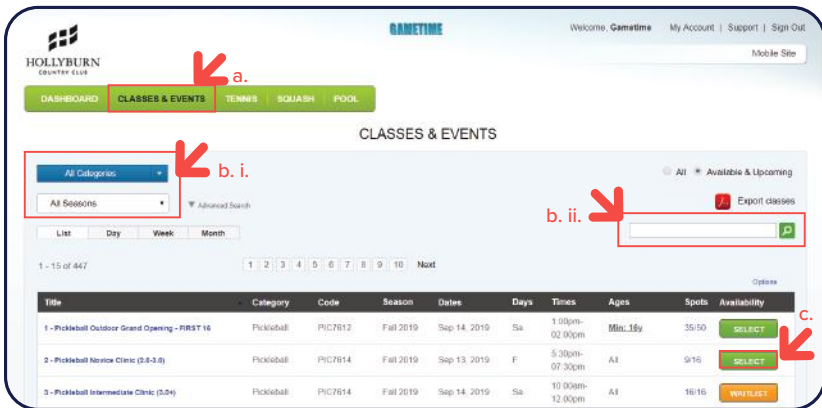
6 Search & register for programs.

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:
 - i. Select **“Categories”** and **“Seasons”** on the left hand side to filter the information.
 - ii. 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 displays the GameTime website interface. At the top right, the 'My Account' link is highlighted with a red box and labeled 'a.', with a red arrow pointing to it. Below the navigation bar, the 'My Account' section is active, with the 'Appointments' tab highlighted and labeled 'b.', with a red arrow pointing to it. In the center, the 'Family Bookings' link is highlighted with a red box and labeled 'd.', with a red arrow pointing to it. On the right side, the 'Upcoming' and 'Past' filters are highlighted with a red box and labeled 'c.', with a red arrow pointing to it. The main content area shows 'Upcoming Appointments' with a table listing one appointment: Monday Sep 23, 2019, 7pm, CUR1460Z, Cutting-Early Bird Registration. Below this is a 'Guests' section with an empty table.

Date	Time	Class Code	Activity	Status	Detail	Action
Monday Sep 23, 2019	7pm	CUR1460Z	Cutting-Early Bird Registration		Show	Cancel

Name	Activity	Date	Time	Place
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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.

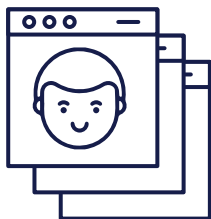


Compatible Devices

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!



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