

T H E V I E W

FALL ISSUE



HOLLYBURN
COUNTRY CLUB

FALL ISSUE

2023

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Cait Lundy at 604.913.4508.

In Remembrance


Arthur Heaney
Member since 1998

William Holburn
Member since 1974

Bruce Gillies
Member since 1998

Joan Voigt
Member since 1976

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Canada Day Pancake Breakfast
2	3 Grass Court Championships Begins	4	5	6	7	8
9 Tennis U9/U10 Series	10	11 All Day Club Closure: BC Hydro Planned Power Outage	12	13	14	15
16	17	18	19 Lobster Boil 604-913-4541	20	21	22 Hurricanes Summer Meet
23 Hurricanes Summer Meet	24	25	26	27	28	29
30 	HOCKEY - Quantum speed week 3					
	31					

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Clay Court Championships Begins	2	3	4	5 Tennis Two Star U14 Boys/girls
6 Tennis Two Star U14 Boys/girls	7 BC Day	8	9	10 Fall 2023 Registration	11	12 "Turf" Renovation Complete
13	14	15	16 Fish Fry 604-913-4515	17	18	19
20	21	22	23	24	25	26
	Annual Hollyburn Summer Hockey School/Camps			Pool maintenance		
27 Hotshots Tournament 	28	29	30	31	1	2
	Hollyburn Hockey Rep Prep Boot Camps			Pool maintenance		

2023

SEPT 4 Labour Day
SEPT 9 Hollygras
SEPT 20 Pub Night

OCT 4
OCT 28
NOV 8

Oktoberfest
Halloween Bash +19
Spanish Night

NOV 17
DEC 31

Father Daughter Ball
New Year's Eve Bash

 Join us at the end of every month for Prime Rib Sunday 604-913-4515

GENERAL MANAGER'S

MESSAGE

Dear Members,

Summer has arrived! Congratulations to all the graduating students and their families who recently wrapped up their last days of school. The end of the school year also means the end of regular athletic programming at the Club. A huge congratulations to all teams and individuals who represented Hollyburn in their respective sports and for their accomplishments. It is now time to celebrate your hard work and spend quality time with family and friends over the summer holidays.

While many of you are away this summer, Management will be taking the opportunity to carry out maintenance and enhancement projects. We plan projects over the summer months to minimize Member impact; however, recognizing that not all Members travel over the summer, I thank those who plan to enjoy the Club over the summer for their patience and understanding for accommodating facility closures.

If you can believe it, it has been one year since our 2022 Annual General Meeting at which the Membership voted in-favour of pursuing Renew '22 - the future of Hollyburn. To optimize efficiency and harness the prevailing enthusiasm, the Board of Directors and Management wasted no time in putting plans in motion. In May we hit a critical milestone as we started construction on Phase One - our new youth and administration facilities. This phase of the project is due to be complete in late 2023 with the new facilities opening in January 2024. Simultaneous to our new facilities opening, we will be saying bittersweet goodbyes to our current food and beverage facilities as Phase Two construction will be starting in January 2024 (with completion scheduled for spring 2025). For more information on our Renew '22 project and to see progress photos, please [click here](#).



Along with Phase One of Renew '22 being underway, Phase Two of the Club's Corridor Improvement Project (CIP) is in progress. These two projects were dovetailed intentionally to minimize Member impact. We look forward to re-opening the North Corridor when the CIP is completed in early September.

Another project which has recently kicked off is the installation of the new "pulastic" floor in the Turf space. Not only will the new flooring improve the aesthetics of the space, but it will dramatically improve the cleanliness and safety of the room. The small ice has been transformed into a temporary "Turf" space throughout the renovation for our youth community's convenience. Upon the completion of this improvement project in mid-August, the space will continue to be the home for families to enjoy and will provide our pickleball community with increased access to indoor pickleball courts.

Other improvement and maintenance projects that you will see being completed over the summer include:

- New glass doors between Member Services Lobby and Hockey Viewing Lounge
- New carpet and furniture in Squash Centre
- Annual pool closure August 21 - September 10
- Indoor tennis court resurfacing (courts 5-8) - September 1 - September 10

As a quick reminder, the Club will be closed from 9am until the end of the day on July 11 to accommodate necessary infrastructure construction required by BC Hydro to our electrical grid.

As you can see, there is a lot on the go! I hope you agree these projects indicate that improvements are underway, and we are continuing our ongoing pursuit of continual improvement.

As we wrap up another Board season, I would like to thank outgoing Board Members Doug Holman, Club Treasurer, and Santokh Birk, Chair of the Food and Beverage Committee, for their contributions to the Board.



I would like to extend my sincere gratitude to Nancy Chapman for her unwavering support as Club Chair over the past two years. Since Nancy took on the role of Chair, the Board of Directors and Management have been working in alignment which has enabled a productive environment and the opportunity to solely focus on improving the Club. Nancy is a strong leader with a strategic mindset and more than anything, she is a devoted Club Member. I can attest to the fact that Nancy has spent countless volunteer hours strengthening our community.

Instead of hanging up her hat as Chair and enjoying Club life with no additional responsibility, Nancy has graciously accepted the role as Acting General Manager while I am away on maternity leave. I have full confidence in Nancy's ability to lead the operations of the Club while I take time away temporarily to focus on my family. In my absence, Nancy will also have the support of my Senior Leadership Team who prove to me daily their strength as leaders, and our incoming Club Chair, Diane Kennedy.

I have had the pleasure of working with Diane Kennedy on the Board for the past two years. In a short time, Diane demonstrated her strength in governance, her open-mindedness and her ability to drive constructive dialog and decision making. The future of the Club is in good hands with Diane.

I thank everyone for attending our Annual General Meeting (AGM) on June 19 and your support in passing the Special Resolution relating to quorum requirement at our Annual and Special Meetings. Achieving quorum at this year's meeting was particularly difficult as over 130 Members were required to attend. With your support it will now be much easier to achieve quorum.

At the AGM Laura Sowden, Joelle Crane and Iris Lo, who were recommended candidates by the Club's Nominating Committee, were welcomed to the Club's Board of Directors. These three Members will add incredible value to the Board and I look forward to seeing what we can accomplish together.

As I wrap up my final few days before my maternity leave (unless baby has already arrived by the time you are reading this!), I would like to extend a big thank you to the Hollyburn community for supporting my family and I; I look forward to returning soon and continuing to work on your behalf to improve the Club's facilities and enhancing your Member experience.

Kathryn Cowden



K. Cowden



BOARD OF DIRECTORS

2023 / 2024



Paul Conibear
Director



Joelle Crane
*Director**



Anna Day
Director



Darrin DeCosta
Director



Alan Howie
Treasurer



Chris Johnston
Secretary



Diane Kennedy
Chair



Iris Lo
*Director**



Rola Priatel
Director



Laura Sowden
*Director**



Clay Sterio
Vice Chair

**denotes New Board Member*

BOARD CHAIR'S

MESSAGE

Dear Members,

I would like to start my inaugural View message by expressing my gratitude for the opportunity to serve as the Chair of the Board of Hollyburn Country Club and to confirm my commitment to ensuring the Club's ongoing success. I am honoured by the trust and confidence placed in me by my fellow Board Members and Management, recognize that this is a position of responsibility and influence, and look forward to my opportunity to contribute collaboratively with the Board at a strategic level in shaping the direction and policies of the Club.

About Me

I was born in Quebec, grew up in Ontario, and earned a BAsC in Systems Design Engineering and a PhD in Electrical Engineering from the University of Waterloo. My Ontario career was classical academia with a balance of research and teaching at Toronto Metropolitan (formerly Ryerson) University.

In 2005, my husband Richard and I moved to West Vancouver. I joined BCIT when the opportunity to design a new Electrical Engineering degree program presented itself. Upon my retirement in 2021, the program continues to grow and gain reputation for producing highly skilled engineering professionals.

I remain a Member of the Engineers and Geoscientists of BC Board of Examiners and have recently been appointed to the Canadian Engineering Accreditation Board.

My History with The Club

We joined the Club shortly after our arrival in BC. Moving to a new place can often be challenging, but the warm welcome from fellow Members made a positive impact on our transition. Engaging in activities such as playing tennis, working out in the pool and gym, and sharing social experiences, provided opportunities for additional recreation and helped to establish connections and build a network of friends. The sense of community and camaraderie at Hollyburn made it easier for us to integrate into the local social fabric.

Since my daytime commitments revolved around work, I became an active participant in the evening Women's Business Tennis League, eventually representing its interests as a Member of the Tennis Committee. This experience increased my involvement in the Club's operations and decision-making processes. In 2021, I joined the Hollyburn Board, serving as Board Vice Chair and Chair of the Governance Committee.



Where We Are Now

One of the most important changes over the last two years was the appointment of Kathryn Cowden as our General Manager, stepping in as our Interim General Manager precisely as the Club was transitioning through and away from pandemic operations. It was a complicated time for the Club, requiring creativity and perseverance.

I want to highlight some of the many achievements that we accomplished and intend to continue to build upon:

- Strong food and beverage revenue (back to pre-pandemic levels);
- Strong Membership sales (an estimated 4.5 year waiting list);
- Strong financial position (no debt);
- Improved Member satisfaction (as per survey results); and
- Various improvement projects currently underway (not counting Renew '22).

Where Are We Going

We are on the cusp of exciting changes in the pursuit of achieving our vision of being the "Premier athletic club in Canada". Renew '22 is at the forefront with 86% of the Members in support of the project at the 2022 Annual General Meeting. Stage 1, the renovation of the Youth Facilities, is currently underway and scheduled to be complete in winter 2024. Stage 2, the renovation of our food and beverage facilities, will begin in January with anticipated completion in spring 2025. Our Executive Chef, Paul Benallick, has exciting plans for a refreshed food and beverage experience and strategies are in place to ensure the Club can deliver temporary food and beverage offerings to our Membership throughout construction. The Membership should be pleased to know that the project is on schedule and on budget.

Concurrently, Board and Management will be finalizing Hollyburn's Master Plan which will prioritize the Club's capital investments over the next 5-15 years. Both projects require focused attention and efficient management to achieve their respective goals.

In addition to operational improvements led by Management this year, these projects will work towards aligning the Club with the evolving needs and expectations of our Membership.

Hollyburn Country Club showcases the power of community and how it can positively impact individuals' lives. I would like to express my continued appreciation for the support of the Members, Staff, and Board. Through our collective effort to bring about positive change, I am confident in the Club's ability to thrive. I am looking forward to contributing to the overall growth and well-being of this community.

I want to thank our outgoing Board Chair Nancy Chapman for her commitment. She took on a Board composed of mostly new Directors formed from a difficult election and brought us together in to work respectfully and collaboratively toward common Club goals. Her approach emphasized the importance of teamwork and open communication among the Board, Management, and Members. I plan to continue to foster a sense of unity and shared purpose as we navigate further changes together.

With the unanimous support of the Board, Nancy has graciously accepted the role of Acting General Manager during Kathryn's maternity leave, and I look forward to working with her during this period.

Diane Kennedy



Diane Kennedy

WHAT'S HAPPENING AT
HOLLYBURN

Special Events

Our monthly feature nights in the Bar & Grill have taken off in 2023! Seafood Boil, Izakaya Night, Greek Night & Cinco de Mayo have all been extra fun evenings for both Members to enjoy and our Team to create! We are looking forward to continue to evolve and expand our monthly events, and we thank Members for their continued support. Don't miss the upcoming events;

August 19 - Fish Fry
September 20 - Pub Trivia
October 4 - Oktoberfest
November 8 - Spanish Night

Save the Date- Hollygras!

September 9, 2023

Our annual Member appreciation day is back, Saturday September 9th, 2023! All Members are invited to our daytime carnival from 2pm-6pm in the lower parking lot. The day is complete with food trucks, activities, live music, and entertainment! Free for Members! All ages are welcome, Members only. All Members must register on GameTime. Members will receive two complimentary food tickets upon entry.

The Aquatics Centre: Annual Closure

Closure: August 21 - September 10

Our annual pool maintenance closure will take place in late August this year, and reopen before Fall programming begins. During this closure, our Engineering Team will conduct annual maintenance tasks, including tile and lighting replacement, as well as area preparation for the installation of a new air handler.

Construction at the Club

In May, we began two renovation projects resulting in significant construction at Hollyburn for the next few months. This construction is focused on Phase One of Renew '22, which includes the new Kids Centre, outdoor playground and administration offices. Phase Two of the Club's multi-phase Corridor Improvement Project (CIP) will be underway in tandem with Renew '22 Phase One to reduce costs and interruptions to your Member experience. Last summer Hollyburn completed Phase One of our CIP, the renovation of our Viewing Lounge. Phase Two, which includes the North Corridor (Squash Entrance to Administration Doors) will entail new lighting, flooring, wall finishings, increased ceiling height, new doors, a new home for our Music studios and a revitalized Junior Lounge (previously known as The E-Sports Room).

We appreciate Members patience and cooperation as we revitalize these Club facilities. Please take a moment to learn more on how this construction project will impact your Club experience. Both projects are scheduled to be complete in late 2023, and we aim to open facilities and corridors as they are finished. For more information, please visit renew22.ca, or email us at renew22@hollyburn.org.



YOU SPEAK, WE LISTEN

We thrive on Member Feedback. Use the “You Speak, We Listen” function on your Hollyburn App to provide comments for Management’s attention.

“*I would appreciate if the bouncy castle could be inflated before 12pm on weekends. I have young kids and use the Club mostly in the mornings.*”

Response: Thank you for sharing your feedback about the bouncy castles on the Turf. The reason our bouncy castles only go up on midday on weekends, is because we do not have enough staff availability to open it in the mornings. We want to ensure that there is supervision and that we can minimize risk, and are not able to have the bouncy castles inflated without staff present. When it becomes possible for us to schedule someone in the mornings, we will absolutely consider having them up earlier on weekends.

“*Please organize some youth orientations at different times. Having the orientation at the same each month means some Members will have to miss activities they have on Wednesdays from 5:00 to 5:45 in order to attend, and the current ones are all full!*”

Response: Thank you for your feedback about the availability of the Junior Member Orientation program. I recognize your feedback about the restricted timing and limited availability, and we realize that there are many different families with different schedules. We have now added several sessions, including a Saturday option!

“*The mussels last night were superbly prepared! Congratulations to the Chef!*”

“*Red Roses to the Fitness Centre Staff! Consistently courteous, welcoming and helpful. Very much appreciated!*”

“*I rode my new ebike to the Club last Thursday to play tennis with some friends and could not stay to have dinner after with everyone as there was no suitable place to lock my bike. It is now time to make our Club “bike friendly” and embrace/encourage this form of green transportation.*”

Response: Thank you for your comments regarding bicycle parking. We have bike storage available by the North West Fitness Entrance. It is covered and is under video surveillance. We have plans to add more bike racks & storage at the front entrance after Renew '22 construction. I hope this answers your concerns and we look forward to seeing more people follow your lead in choosing healthy and environmentally friendly ways to get to the Club!

“*I wanted to inquire about the three parking spaces that are designated for strollers and young kids. I have a stroller parking pass that I put on my dashboard when I park there but the three cars out there right now have no passes on them. It's super frustrating, especially when you have multiple bags and very young children that cannot walk. How often are the cars parked here regulated?*”

Response: Thanks for sending this feedback in. I can imagine that is incredibly frustrating. We have recently increased the number of staff on our Member Services and Security team which will allow for more frequent patrols of those spots. I will also work with the team on a process to issue more passes for those spots and tighten up the enforcement of them.

RENEW '22



Fall 2023 Update

Since receiving your support at last year's Annual General Meeting to pursue Renew '22, the future of Hollyburn, the Board of Directors, Renew '22 Committee, Management and project team have wasted no time getting plans underway. In fact, shovels are "in the ground" and before you know it Renew '22 Phase One will be complete and we will be ready to tackle Phase Two.

Renew '22 Phase One Update

On May 8, Renew '22 reached the most exciting milestone yet, construction officially began on Phase One! Simultaneously, our Corridor Improvement Project (CIP) Phase Two also commenced. The commencement of both projects prompted the closure of the North Corridor, Administration Office and Creekside Rooms.

Members have been incredibly understanding and quickly adapted their usual routes to access the Fitness Centre, Squash Centre and Badminton Gym to accommodate the closures. Thank you for your ongoing patience and understanding.

Over the last two months, the construction zone has been bustling with action. Demolition is complete and structural and mechanical work is well underway. Photos below show the dramatic transformation underway.

As a reminder, the exciting features of Renew '22 Phase One include:

- Relocation of the existing HollyVille, Baby Haven, and The Studio facilities to a centralized space known as The Kids Centre in the old Administration Corridor.
- Creation of a captivating outdoor playground adjacent to the new HollyVille facility.
- New Administration Office in the current Creekside Room location.

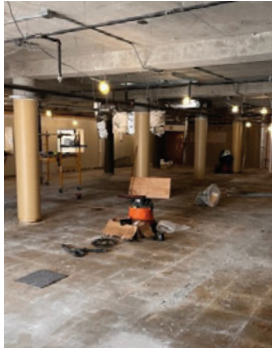
Highlights of Corridor Improvement Project Phase Two encompass:

- Renovation of the Main Level North Corridor from the East Entrance to the entrance of the Squash Centre, including enhancements to lighting, flooring, wall finishings, doors, and ceilings.
- A new home for our Music Rooms.
- An invigorated Junior Lounge (formerly known as the E-Sports Room).

Both Renew '22 Phase One (Children/Junior facility) and CIP Phase Two (Main Level North Corridor) are progressing on time and on budget.

Regarding the timeline of these two projects, the CIP Phase Two is scheduled to be completed in September 2023. The completion of this project will allow for a portion of the Main Level North Corridor to re-open, which will increase Members' access to the Fitness Centre, Badminton Gym and Squash Courts from the Viewing Lounge.

Renew '22 Phase One construction is scheduled to be completed in November of 2023; however, the new facilities will not be operational until January 2024. Once construction is complete our Youth Team will be using the final weeks prior to opening the new facilities to move into their new home and get settled.



Renew '22 Phase Two Update

Currently, the project team is actively engaged and finalizing detailed design for Renew '22 Phase Two, and we eagerly anticipate sharing renderings of our future Restaurant, Bistro, and catering spaces in the near future. Permits for Phase Two have been submitted to the District of West Vancouver in anticipation that construction will commence in early January 2025.

Construction for Phase Two will involve the complete shutdown of all current food and beverage facilities. To ensure facilities are closed and cleared prior to demolition starting in early January, closures impacting Members' access to food and beverage facilities will start in mid-December. However, simultaneous to our current facilities being shut, temporary food and beverage locations will be opening. Management is planning two temporary food and beverage locations: a restaurant in the Club Lounge and a grab and go concept in the current Baby Haven location (next to the Sports Boutique).

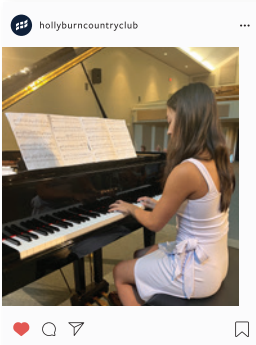
Although the temporary locations will be creative in nature and will be much different than what Members are typically accustomed to, at a minimum they will offer Members a convenient option for a quick meal and a cold beverage. Chef Paul and his team are committed to delivering the best experience possible with the very limited facilities at his fingertips.

Updates and Questions

For ongoing updates, closure notices, and progress reports, please visit Renew22.ca. Should you have any questions or require further information, please do not hesitate to utilize the "You Speak, We Listen" feature on the Hollyburn App, follow this link, or email us at renew22@hollyburn.org.

Thank you for your patience, support and shared excitement as we continue on this new chapter in Hollyburn's story. Like any improvement project, please trust that the temporary accommodations will be worth the results. If construction fatigue sets in, envision yourself sitting on the new spectacular Hollyburn patio in the summer of 2025 enjoying good food and good company!

INSTA MOMENTS



Follow us on  *Instagram* @hollyburncountryclub

FROM THE KITCHEN



Our Journey Towards Exceptional Member Experiences

I am humbled and privileged to lead the Food and Beverage Team as the Executive Chef and the Food & Beverage Experience Manager as we embark on an extraordinary journey towards the final stages of Renew '22 design, the exciting in-between concepts, and the highly anticipated reopening of our reimagined restaurant, bistro, and event facilities. I have been the Club's Executive Chef, leading our culinary team ("back of house") since 2019, and recently took over the responsibility of overseeing the Club's service team ("front of house") as the Club's Food and Beverage Experience Manager.

The title of Food & Beverage Experience Manager was deliberately chosen to emphasize the true essence of this new role: to deliver an excellent Member experience in food and beverage. As

we embark on Renew '22, I consider this time as our defining moment, an opportunity to lay the groundwork for a bright, new future.

Throughout my career, I have been fortunate enough to work at some of Canada's most premier restaurants, where we achieved accolades such as Canada's Best New Restaurant, Best French Restaurant, TO's Best French Bistro, Golden Plates, and West Coast's Best Steakhouse, to name just a few. Additionally, I had the privilege of owning my own restaurant in the UK, which garnered recognition as "Best New Restaurant Yorkshire" in its opening year, and subsequently, "Best Restaurant in Yorkshire" every year of operation. The common thread that wove through these remarkable establishments was not the Chef, the Sommelier, or the Restaurant Manager; it was the foundation built upon exceptional individuals striving towards a shared vision of delivering excellence.

Hollyburn's Culinary Mission

Our Club's culinary mission is to deliver a food and beverage experience to our Membership that offers exceptional food and hospitality consistently; an experience that Members are proud to share with their family and friends. Working to achieve this mission will entail focusing on Member experience, fiscal responsibility, and sustainable practices. This mission will guide every step we take on our path to success.

We admittedly have work to do to accomplish our mission, work that is already underway. Renew '22 will provide us with an incredible space and state-of-the-art kitchens, which will undoubtedly improve service and food quality. In addition, we are committed to nurturing and empowering the immense potential within our culinary and service team, providing them with the necessary tools, training, guidance, and standards for success. With new facilities, a strong mission and a solid team behind us, I am confident we will achieve our goal.



Fiscal Responsibility in Hollyburn's Food and Beverage Operations

From a financial standpoint, the Board decided to run the food and beverage department as an "amenity", like the pool and the Sports Boutique, where service and value generation for our Members takes priority over delivering profits. Each year, the food and beverage budget is established including an acceptable level of loss which is supported and approved by the Food and Beverage Committee, Finance Committee and Board of Directors. This budgeting philosophy is what the most successful clubs within the private Club industry practice, given that private clubs operate dramatically differently than the typical for-profit restaurants. This practice allows my team to keep multiple facilities open 7am to late night, seven days a week, offer Members a diverse menu and keep menu prices as low as possible.



You will notice as a part of this budgeting philosophy that Hollyburn's menu is strategically priced 15% below local competitors (not a straight comparison on all menu items as size and quality of ingredients differ from restaurant to restaurant). This pricing strategy was implemented to encourage Members to socialize and dine at the Club versus choosing a local competitor and to add value to your Hollyburn experience. That being said, like everyone, Hollyburn continues to be challenged by increasing food costs and menu prices are reflective of the current climate in the food and beverage environment.

Nevertheless, we continue to be focused on being fiscally responsible by finding opportunities to be operationally more efficient and minimizing costs where possible.

Hollyburn's Commitment to Sustainability

Beyond our commitment to our Members, we bear a collective responsibility to operate sustainably, both within our Club and as part of the global food and beverage industry. Compared to other large-chain restaurants, my team and I have the opportunity to source products from local vendors who care as much for the welfare of the planet as for the quality of their product. This gives us access to some of the best produce, seafood and meats that the west coast has to offer. On the facilities side of sustainability, it excites me that our new kitchen, as part of Renew '22, will include state-of-the-art equipment which will not only significantly increase menu diversity and increase efficiency of service, but it will also decrease product waste. I am eager to explore every element of our operations, ensuring that we embody sustainability in every facet.

Temporary Food and Beverage Offerings during Renew '22

As we look forward with excitement, we are thrilled to introduce two distinctive interim establishments on the property during the construction of Renew '22. Keep an eye out for the temporary offerings in the Viewing Lounge and the Club Lounge, set to launch in January 2024. Our objective throughout this process is to continuously strive to deliver a convenient and excellent Member experience in food and beverage, despite construction and less than ideal facilities. Although these will be creative alternatives to what the Membership is accustomed to, I can assure you that there will be cold beverages and a variety of menu options. Trust that the temporary experiences will be well worth it when we re-open our brand new facilities!

Lastly, let us take a moment to celebrate the wins of the past few months. We have had the pleasure of delivering a series of successful events this spring, including Easter, Mother's Day, Cinco de Mayo, Greek night, and our biggest, loudest and most "lasery" Mother Son Ball ever with over 440 moms and sons dancing it up!

Here's to the greatness that lies ahead, both in the short term and the long term!

Happy cooking,



Paul Benallick, C.C.C

Executive Chef and Food & Beverage Experience Manager

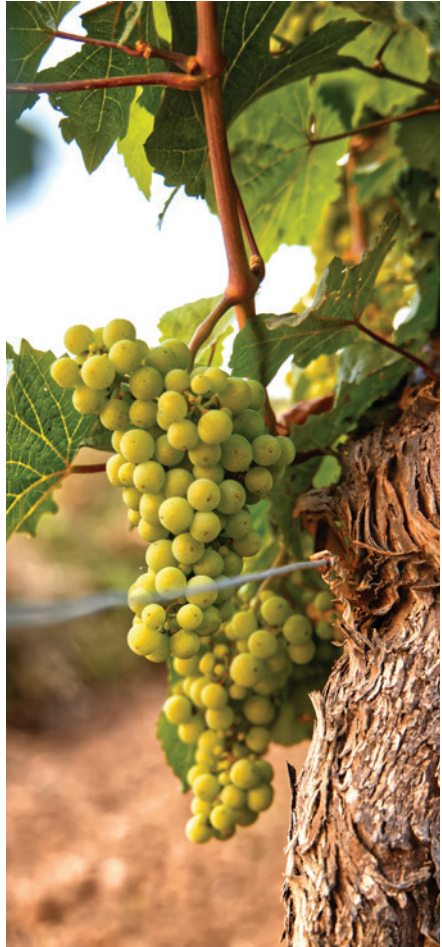
FROM THE BAR

Poor, Misunderstood Riesling.

When it comes to Riesling, many wine drinkers are quick to assume that it is always a sweet wine. While the variety does have a reputation for sweetness, I want to take the opportunity to debunk that heartbreaking misconception. Riesling is a versatile grape that can produce both sweet and dry wines, offering a diverse range of flavors and styles. For years, we have struggled to serve Rieslings on our *By the Glass* wine list, as the grape is notoriously unpopular, even though it is one of the most food-friendly white wines!

Riesling, a noble grape variety originating from Germany, has gained international recognition for its outstanding aromatic characteristics. Its vibrant acidity and distinct fruit flavors make it a favorite among wine lovers. However, it is crucial to understand that not all Rieslings are sweet. In fact, Riesling spans a broad spectrum of styles, from bone-dry to lusciously sweet dessert wines. A winemaker and grape grower can choose what style of Riesling they want to create in the vineyard, and in the cellar by controlling the sugar levels that we end up tasting in the finished product.

One of the great loves in my life, is a dry Riesling. Dry Rieslings offer a delightful and refreshing experience for those who prefer wines that are less sweet. These wines are typically light-bodied, crisp, and packed with complex flavors like lime, lemon, grapefruit, mineral undertones and floral aromatics, yum.



Distinguishing between sweet and dry Rieslings can be challenging, especially as some wines may fall in the middle of the sweetness spectrum. However, there are several clues to consider when evaluating a Riesling's sweetness level before purchasing it:

Alcohol Content: Dry Rieslings will have a higher alcohol content, often above 12% ABV (alcohol by volume), while sweeter styles tend to have lower alcohol levels.

Residual Sugar: The level of residual sugar (RS) is a critical indicator of a wine's sweetness. Dry Rieslings typically have less than 9 grams of residual sugar per liter, while off-dry and sweet Rieslings can range from 9 to 45+ grams per liter.

Wine Label: Pay attention to wine labels, as they often provide clues about the style of Riesling. Look for terms like "dry," "trocken," or "GG" (Grosses Gewächs) to identify dry Rieslings.

Dry Rieslings are fantastic companions for a wide range of dishes, including seafood, poultry, salads, and spicy cuisine. The combination of their acidity and fruity character can cut through rich flavors, cleanse the palate, and create a harmonious balance. Dry Rieslings from the Alsace region of France and Australia's Clare Valley are awesome examples to explore.

On a hot day on the patio after a game of tennis, I'd be ordering a bottle of Dr. Loosen Blue Slate Dry Riesling and a Thai Noodle Salad with prawns.

By embracing the diversity of Riesling styles, wine lovers can discover the joys of dry Rieslings, appreciating their acidity, complexity, and vibrant flavors. Remember, when seeking a dry Riesling, pay attention to the alcohol content (look for 13% if you can find it!), residual sugar levels, and the wine label's descriptions. Knowing these tricks, will hopefully open a new list of possible white wine options for you to enjoy and appreciate for years to come. Is it obvious that I am Team Riesling yet?

Yours in all things grapes,



Cait Lundy

Director of Sales & Communication & Wine Lover



SUMMER CLOSURES

In our ongoing pursuit of continual improvement and betterment of the Club, a number of projects are being undertaken over the next few months. Summer is the ideal opportunity for the Club to carry out maintenance and enhancement projects as many of our Members are away from the Club and therefore, Member impact can be minimized. We kindly ask Members to plan in advance to accommodate the following Club and facility closures:



The Turf: New Flooring Installation & Improvements

Closure: June 12 - August 12

During this period, the Turf will be closed for the installation of the new “pulastic” flooring and other improvements to the space. We have made arrangements for a temporary relocation of the Turf space on the small ice from June 18 - August 9. The new “Turf” will reopen August 12. Between August 10 and 11, we encourage you to utilize HollyVille or the Junior Lounge for supervised activities.

All Club Closure: BC Hydro Planned Power Outage

Closure: July 11 at 9am - close

The Club will be closed from 9am until the end of the day on July 11 to accommodate necessary infrastructure construction required by BC Hydro to our electrical grid. Please note, that athletic facilities will open as scheduled, but will close at 9am. All other facilities including food & beverage facilities, will be closed for the entire day. Any impacts on scheduled lessons or programming will be communicated by the respective departments. The Club will resume normal hours of operation on July 12.

The Aquatics Centre: Annual Closure

Closure: August 21 - September 10

Our annual pool maintenance closure will take place in late August this year, and reopen before Fall programming begins. During this closure, our Engineering Team will conduct annual maintenance tasks, including tile and lighting replacement, as well as area preparation for the installation of a new air handler.

Indoor Tennis - Courts 5-8: Closure for Resurfacing

Closure: September 1 - September 10

Indoor tennis courts 5-8 are due for resurfacing and will be closed to complete this work. The courts will reopen on September 11.

Simultaneous to the above projects, Renew'22 (Phase One) and the Corridor Improvement Project (Phase Two) continue to be underway. For updates and closure notices please visit renew22.ca.

We appreciate your understanding and cooperation as we complete these projects. If you have any questions or concerns regarding these planned closures, please use the "You Speak, We Listen" feature on the Hollyburn App, or email Nchapman@hollyburn.org or our Director of Sales & Communication at CLundy@hollyburn.org.

Squash Lounge Refresh

Late Summer

We will be refreshing our Squash Lounge with new carpets, fresh paint and updated furniture late this Summer. The refresh will require a temporary closure of the Squash Centre, dates TBD.



THE BUD & SALLY STEVENS AWARD



Congratulations to Glenn Ives, the recipient of the 2022/2023 Bud & Sally Stevens Award

This year's recipient of the 2022/2023 Bud & Sally Stevens Award is a long-time Member and volunteer of the Club.

A devoted Member since 1994 and a remarkable Chair of the Men's Hockey Committee for decades. His unwavering commitment and dedication steered the League toward success and even allowed it to navigate the obstacles brought forth by the pandemic. He fostered an environment where camaraderie, respect and joy flourish, ensuring that every participant experiences the true essence of the game.

Beyond his administrative role, Glenn's infectious enthusiasm and level-headed approach have made him a revered figure among the countless men who play hockey at Hollyburn Country Club. His genuine passion for fun and overcoming challenges has garnered the utmost respect from his peers.

We are honoured to celebrate Glenn with this award. His selflessness and tireless service have left an indelible mark on the Hollyburn Country Club community.

FEATURED MEMBER

CHRIS BREIKSS



Meet Chris Breikss, a long-time Member since 2006. Right from day 1 in the Hollyburn Huskies minor hockey program, Chris volunteered his time to manage the U6 Huskies. Ever since, Chris has managed Huskies and spring teams going above and beyond to create memorable experiences for the kids and their families. He also helps other kids with their equipment while assisting his son Truman with the goalie equipment. Chris is easy to get along with and it's evident he has a passion for the Hollyburn Country Club community. In 2022, Chris was awarded the David Bell Award presented annually to a Member Volunteer who best represents Hollyburn Hockey values: community, volunteerism, teamwork, loyalty and legacy.

Chris is an active Member of the Hollyburn Tennis community and contributes to the restaurant's bottom line. Chris and Truman love trying out new activities and going on fun adventures together. Truman is famously posted on Instagram under the hashtag #TrumansofNewYork. When his son Truman took up BMX biking, so did Chris! Chris served on Hollyburn's Corridor Committee and the Youth Committee.

Chris' Instagram account [@ExtraChrisB](#)

How long have you been a Member at Hollyburn?

I have been a Member since 2006, but I grew up at Hollyburn as my parents joined in the early 1970s.

You are involved in so many ways at the Club, what have been some favourite experiences you've had at Hollyburn?

In the 80s, as a kid, I loved sitting in the bistro (formerly the cafe) after a sports lesson, enjoying the jukebox while savouring vinegar and salt on fries. Reflecting now, it seems strange that I used to drink vinegar straight from plastic pouches.

Why did you decide to manage your son's hockey team, and what do you love about it?

I wanted to be involved with the hockey team, but my skating ability led the coaches to assign me a role off the ice. I have a talent for coordinating and organizing events, so becoming the manager was a natural fit. Although I didn't come from a hockey family, I've been a lifelong fan of the game, so being involved in the early developmental years is rewarding. I was pleasantly surprised to receive the David Bell Award as a Hollyburn Hockey Volunteer of the Year last year.

What made you decide to pick up tennis, and how has it been so far?

I had the opportunity to play as a teenager, but didn't take advantage of it and now regret it. So three years ago I started playing again and fell in love with the sport. If I could send a message to my younger self, I'd say, "Take those tennis lessons!"

What has been your biggest accomplishment to date?

23 years ago, I founded Major Tom, my advertising agency. Now, with a fantastic CEO in place, I have more time for my family. The decision to work less while still earning money has truly changed my life.

What other hobbies do you enjoy doing?

Despite being a terrible golfer, I love the sport and intend to invest more time improving my game. Additionally, I've launched an eCommerce business that focuses on selling conservation-minded products. Exploring emerging technologies and trends is a personal passion of mine.



FEATURED STAFF

STEVE GOOD



Which department do you work in?

Engineering

What is your title/position?

Manager of Engineering

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

Lunches. Just kidding. Watching the Club transform and improve is a close second!

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

Apart from spending time with my family and our whippet, Ozzi, I have a small laser engraving business that keeps me busy in my spare time.

What is your “happy place”?

My happy place is the sign shop at Hollyburn where I can create magic!

What is your favourite sport to play or to watch?

I am not a big sports person, but if I had to choose, I would say hockey since I have worked in a rink for 36 years.

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

I would have to say Black Kettle or the Old Spaghetti Factory (it is our family go-to).

3 fun facts

1. I have a huge Star Wars Lego collection.
2. I am a really good old school roller skater.
3. My mother and I share the same birthday, which also happens to be the same as John Lennon and his son Sean Lennon (and same year, 1975).

FEATURED ATHLETE

BROOKE JOHANNSON



Name:

Brooke Johannson

Sport:

Swimming

Age:

15

Years Swimming:

Seven

What is your biggest accomplishment in your sport?

Qualifying for Canadian Western Championships.

What would be your ultimate achievement?

Going to Canadian Trials.

Who is your role model in your sport?

Maggie MacNeil.

Do you have any good luck rituals or superstitions?

No.

What is the best advice you have been given?

The best advice given to me is hard work will pay off.

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

I get my inspiration from getting best times and improving.

What is your favorite pre-game meal?

Pasta.



What are three essential items in your sports bag?

Goggles, cap and water bottle.

When you were younger, what did you want to grow up to be?

A teacher.

Do you still want to be what you mentioned in the last question, or do you have another vision?

No, I don't have a vision for later right now.

What other sports or activities do you enjoy in your spare time?

I do not play any other sports but I enjoy hanging out with my friends and being outside.

What tournament/challenge would you like to participate in?

Canadian Trials.

As a Hollyburn Member, what is your favourite Hollyburn moment?

My first ever swim meet at Hollyburn.

What do you want to be remembered for when you outgrow your sport at Hollyburn?

I want to be remembered as a dedicated and hard working athlete.

FEATURED ATHLETE

JACQUELINE CUTHILL



Name:
Jacqueline Cuthill

Sport:
Tennis

Age:
13

Years Playing:
Seven

What is your biggest accomplishment in your sport?

Making it to U12 Outdoor Nationals, competing and winning the sportsmanship award.

What would be your ultimate achievement?

I would like to own a horse someday.

Who is your role model in your sport?

Leylah Fernandez and Rebecca Marino .

Do you have any good luck rituals or superstitions?

I like to use all my fidget toys on my tennis bag to keep my hands busy before a match. My favorite fidget is my Rubik's cube.

What is the best advice you have been given?

Be patient and wait for your moment.

Do you have a motto that inspires you to accomplish your goals?

Keep fighting for it!

What is your favorite pre-game meal?

Beef with rice, followed by some strawberries and a mandarin orange. And a glass of milk.



What are three essential items in your sports bag?

Water bottle, tennis racquets, and my Rubik's cube.

When you were younger, what did you want to grow up to be?

When I was younger I really wanted to be a veterinarian.

Do you still want to be what you mentioned in the last question?

I have another vision now for a professional tennis player, but if that doesn't work I would love to be a veterinarian.

What other sports or activities do you enjoy in your spare time?

I play competitive soccer as a goalkeeper. I also like playing spikeball and riding bikes.

What tournament/challenge would you like to participate in?

I would love to be able to make U14 Outdoor Nationals. I would like to play tennis in France someday and also to go back to Normandy.

As a Hollyburn Member, what is your favourite Hollyburn moment?

I love having a variety of courts to play on ...hard court, clay and grass. I love eating at The Bistro, especially the sushi. I love the coaches. I really appreciate how they teach me and encourage me all the time.

What do you want to be remembered for when you outgrow your sport at Hollyburn?

I would like to be remembered as a very sportsmanship-like person, and a fighter.

JUNIOR
ATHLETIC RECOGNITION

The Hollyburn Junior Athletic Recognition Program was developed in 2002 to recognize outstanding achievement by junior athletes participating in competitive programs at Hollyburn. Congratulations to the following 2022/2023 Junior Athletes:



Badminton
Marcus Zhou



Figure Skating
Ava Mclellan



Minor Hockey
Nicolas Cowley



Karate
Addison Groenwold



Swim Team
Brooke Johannson



Tennis
Jack Davison

FEATURED
AFFILIATE CLUB



Discover the epitome of nautical sophistication at the Kelowna Yacht Club, where luxury meets waterfront elegance. Nestled on the picturesque shores of Kelowna, this renowned club offers an exclusive haven for sailing enthusiasts and has been a hub for the activity of Okanagan Lake since 1945.

Sail along the 135-kilometre stretch of pristine water, embracing the panoramic views of lush landscapes and majestic mountains. Indulge in a vibrant social scene at The Galley Lakeside Café and the Members Lounge, where like-minded individuals gather to celebrate the art of food and sailing.

The Clubhouse boasts the largest lakefront deck to enjoy stunning views all year and an award-winning elegant wood staircase in the centre of the clubhouse with Lakefront views of Okanagan Lake and Stuart Park.

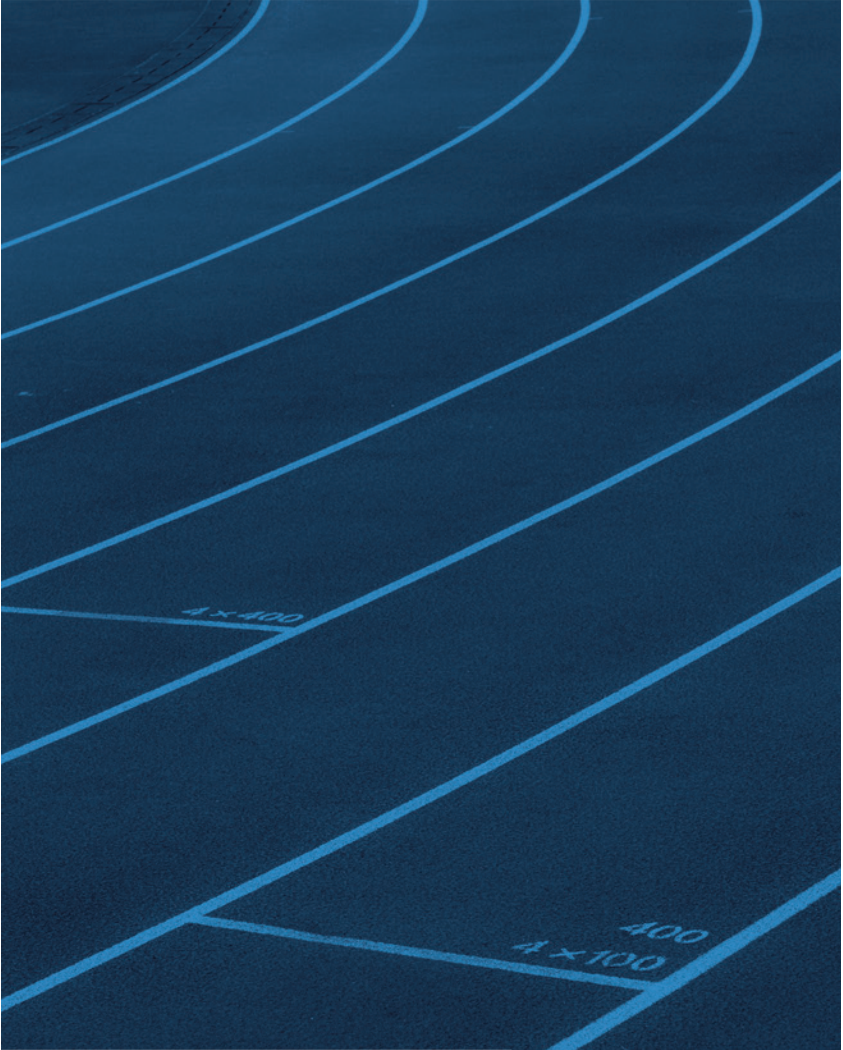
Unleash your inner sailor and embark on an extraordinary aquatic adventure with the Kelowna Yacht Club's renowned Sailing & Watersports programs. Open to Members and non-Members and designed for all ages and skill levels, these exceptional programs offer a gateway to the exhilarating world of sailing.

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

KELOWNA YACHT CLUB

1370 Water Street,

Kelowna, BC V1Y 1J1, Canada



WHAT'S HAPPENING IN
ATHLETICS

Stay in the loop and be in the know about the thrilling events where Hollyburn Members shine. From exciting competitions to remarkable achievements, you'll be up-to-date on all the latest happenings.

WHAT'S HAPPENING IN
ATHLETICS

Fall Program Registration

August 9-11

General Program Registration

Wednesday, Aug 9 (Online Only)

6:30am: Children

6:40am: Karate

6:50am: Hockey & Skating

7:00am: Juniors

7:10am: Badminton, Squash & Pickleball

Music - email music@hollyburn.org to book

Aquatics

Thursday, Aug 10 (Online Only)

6:30am: HCC Parent & Tot

6:40am: HCC Preschool

6:50am: Swim Kids 1-5

7:00am: Swim Kids 6-9

7:10am: All Other Aquatics Programs

7:20am: Aquatics Private Lessons

email prea@hollyburn.org to book.

Tennis

Friday, Aug 11 (Online Only)

6:30am: Playball

6:40am: Red Ball

6:50am: Orange Ball

7:00am: Green Ball

7:10am: Regular Ball, This Girl Is..., Teen Squad & Pro Classes

7:20am: Adult Tennis

7:30am - In-Person & By Phone

Cancellation Policy

Programs and classes with multiple sessions require seven (7) days cancellation notice prior to the scheduled start of the individual program to avoid a cancellation fee. Cancellations with less than seven (7) days notice will result in 100% of the fee for the program being charged. Program and class fees will not be pro-rated.

Facility Updates

Annual Pool Shutdown

The pool will be closed from August 21-September 10 for its annual shutdown for maintenance.

Turf Re-Opening!

The newly updated Turf will be reopening on August 12, we can't wait to reveal the new space.

Small Ice Re-Opens

The small ice re-opens on Monday, August 21. Login to www.hollyburn.org to view our ice schedule and check for available stick and puck and general skate times.

AQUATICS

Water Safety and Drowning Prevention at Hollyburn Country Club

Drowning claims more lives than Malaria, HIV/AIDS, and car accidents, individuals die every 2 minutes from drowning. For this reason, we take Member safety seriously at the Club Pool. A misconception is people assume a lifeguard's job is only saving people from drowning, however, the main focus is preventing drowning and aquatic injuries. Hence the Hollyburn lifeguards ensure pool rules are followed to prevent unnecessary injuries and accidents. Lifeguards have high levels of training to tackle emergencies, such as rescues and first aid.

The past four years, Hollyburn lifeguards made four water rescues. All four children were not within arm's reach. This validates how crucial the Under 8 Rule is to prevent drowning and reduce water rescues. In the USA, drowning is the leading cause of accidental death for children ages 1-4. 25% of these deaths occur during family gatherings near a pool. Lifeguards play a vital role in ensuring water safety and preventing drownings. However, while they oversee the general well-being of swimmers, they are unable to provide the same individual attention as parents can to their own children. It's very important for parents to be in the water within arm's reach of children under 8, and to have competency and knowledge of water safety.

A study by Dr. Robert Keig Stallman identified some key factors that influence success with beginner swimmers; more time in the water, age and gender, and prior bad experiences.

Learning to swim at an early age can reduce their risk of drowning in their lifetime by as much as 90%. Our goal at Hollyburn is to educate both parents and children about water safety to improve overall water competence. Education is important for a community with easy access to the ocean and river.

If you have any questions about the rules and policies please don't hesitate to ask the lifeguards. Our swim lessons have a water safety component to teach children how to be water smart.

Reminder: House Rules Pertaining to Children and the Aquatics facility

7.49. When using the aquatic facility, Children under the age of eight (8) must be accompanied in the water by a Responsible Person who is within arm's reach.

7.50. When using the aquatic facility, a Responsible Person may be responsible for a maximum of three children under the age of eight (8) at one time.

SWIM TEAM

Another very successful season for the Hurricanes Swim Team! The team continued to grow as we welcomed over 30 new swimmers to the team throughout the season. We had a very large number of new regional meet qualifiers throughout the year with 16 swimmers racing under the four minute mark for their 200m Individual Medley for the first time. Congratulations to Calais Creed, Esme Falls, Emily Ganden, Freya Hagen, Tom Jiao, Chelsea Lan, Ella Leon, Yunhan Liu, James Lotz, Holly McMillan, Ivana Mei, Marlowe Murphy, Bianca Roth, Hannah Thompson, Evan Zhang and Ryan Zhang!



The team really came together with team meets in Kelowna and Whistler in the spring. We are looking forward to fantastic results at all of our championship meets in the summer! Congratulations to our SwimBC Divisional Championships swimmers – Henry Brewster, Noah Cheon, Lincoln Choquette, Emme Gardiner, Ashton Govier, Stella Harris, Brooke Johannson, Emma Johnston, George Kingdon, Valentina Kolytchev, Burton Li, Alessandra McCready, Kinsey Rossen, Bayden Smith, Freddy Sverre, Rafael Wang, Natalie Yu and Atria Zehtab! Our SwimBC Provincial Championships team – Henry Brewster, Noah

Cheon, Ashton Govier, Tristan Govier, Stella Harris, Brooke Johannson, George Kingdon, Valentina Kolytchev, Burton Li, Thea Masselink, Rohin Mountstevens, Bodie Simard, Bayden Smith, Jessica Strong, Freddy Sverre and Rafael Wang! And our Canadian Swimming Championship swimmers – Tristan Govier, Valentina Kolytchev, Burton Li, Rohin Mountstevens, Jessica Strong and Thea Masselink!

Hurricanes Swim Team Awards

Congratulations to our 2022-2023 Award Winners! We had an incredible season and recognized the following athletes who really stood out.

Female Top Development Performers

Olivia Falls (10 & under), Phillipa Lotz (11-12), Stella Harris (13-14), Valentina Kolytchev (15-16), Lincoln Choquette (17 & over)

Male Top Performers

Cameron Chen (10 & under), George Kingdon (11-12), Burton Li (13-14), Tristan Govier (15-16), Henry Brewster (17 & over)

Most Improved Swimmers

Scarlett Peng, Hadley McLeod, Emily Ganden, Nicholas Ramirez Taake, Nikki Torshizi, Pippa McMillan, Evan Zhang, Emme Gardiner, Emma Johnston, Kinsey Rossen

Rising Star Award

Henry Wang, Lydia Lan, Isa Armstrong, Nicholas Ganden, Maelie Cheung, Joelie Cheung, Lexie Pang, Ryan Bazargani, Marlowe Murphy, Holly McMillan, Freya Hagen, Hannah Thompson

Leadership Awards

Lily Thompson, Bodie Simard

Swimmer of the Year (Junior Athlete)

Brooke Johannson

Team Captain Awards

Lincoln Choquette, Rafael Wang

Dolphin Award

Noah Cheon

We love having new Members and encourage interested swimmers to join our Summer Swim Camps in July! We will also be having team try-outs on September 13 from 5-6pm. If you have any questions please contact Assistant Head Coach Annie Wolfe at AWolfe@hollyburn.org.



BADMINTON

Are you in search of a badminton camp for your kids this summer? Look no further! We have a wide range of junior summer camps designed for different age groups. Our offerings include the Badminton-Only Preschool camp and the Preschool Badminton & Swimming Combo, perfect for children aged 3.5 to 5 years. We also have options such as the Badminton & Swimming Full Day Sports Camp, Badminton & Swimming Combo Half-Day Camp, Badminton Morning Camp, and Badminton Afternoon Camp for kids aged 6 and above. Additionally, we have a dedicated Teens Badminton Camp tailored specifically for kids aged 11 and up. For more detailed information, please consult the View program guide on page 90.



Badminton is a sport for family!



Badminton can also be very competitive!



BRIDGE



Get ready to bridge the gap between fun and strategy with the captivating card game known as Bridge! Prepare yourself for hours of excitement, laughter, and intense mental stimulation as you dive into the world of this beloved game.

Bridge is not your average card game; it's a delightful blend of skill, communication, and teamwork. Gather your friends or join a vibrant community of players, and get ready to embark on a journey where every hand is an opportunity for triumph. Whether you're a seasoned pro or a curious beginner, Bridge offers endless possibilities for growth and enjoyment.

The joys of playing Bridge are truly boundless. As you navigate the intricate world of bidding, signaling, and declarer play, you'll exercise your strategic thinking and hone your decision-making abilities. The thrill of outsmarting your opponents and executing a well-crafted plan is unlike anything else.

But it's not just about the gameplay. Bridge is a social experience that brings people together. From friendly banter at the table to the shared triumphs and defeats, every moment spent playing Bridge is an opportunity to forge deeper connections and create lasting memories.

Prepare to be captivated by the beauty and elegance of this game as you explore its rich history and traditions. The sense of achievement when you master a challenging bidding sequence or execute a brilliant finesse is simply exhilarating.

So gather your cards, find a cozy table, and let Bridge transport you to a world of intellectual stimulation, laughter, and camaraderie. Discover the joy of this timeless game and immerse yourself in the enchantment that only Bridge can offer. Let the cards guide you to unforgettable moments of pure bliss.

FITNESS

Women & Weights... Heavy Weights

Women, and anyone for that matter, get so many benefits from regular weight lifting sessions: added strength and confidence, stronger bones, fat burn and weight loss, better athletic performance, and fewer injuries.

The most obvious benefit for anyone lifting weights is getting stronger. And, to build stronger muscles, you have to really push the weights. By real lifting we mean heavy weights and compound exercises like deadlifts, rows, and squats. Getting stronger makes everyday chores and activities—picking up the kids, taking out the garbage, cleaning, life - easier. Some benefits are:

To Burn Fat

One of the biggest motivations women have for working out is to burn fat. Cardio has long been considered the ultimate fat-burner, but there is so much evidence showing that weight lifting not only burns fat but may even do it better than cardio.

Lift to Burn Calories

Cardio is always thought of as the best way to burn calories, but strength training is also important for burning them up. You may actually burn more calories from doing heavy lifting. An hour of cardio burns more calories than an hour of lifting, but it's after the workout that the 'magic' happens.

The secret is that lifting causes an increase in the body's resting metabolic rate—the rate at which it burns calories when you're doing nothing—for hours after the workout.

To Prevent Injuries

Weight lifting increases muscle strength, and that means every normal or athletic physical task becomes a little bit easier. When you are stronger you can move in more efficient ways to prevent injury. As an example, runners who work on muscle strength, can prevent knee injuries. The stronger the muscles supporting the knee joint, the more efficient the knees are, preventing pain and injury.

To Get Better at Other Sports

Not everyone who lifts weights is an athlete, but most of us are really into a certain activity or sport: running, cycling, soccer, or dance, to name a few. It's easy to get into one particular type of activity and really focus on it. Athletes need to understand that they will get better at that sport by adding weights. A couple of days a week of lifting will help you become a faster runner, crush their PR's, and become all-around better athletes.

Lifting Strengthens Bones, Not Just Muscles

Having muscle strength is so important, but the great thing about lifting is that it strengthens bones too. Women are especially susceptible to losing bone density and strength as they get older, and doing anything to combat it, especially lifting heavy weights, can help prevent fractures and breaks.

Here's how it works: just like with muscles, when your bones are impacted they respond by breaking down and building new cells. When you do a strength training move, such as a squat, the muscle that is contracting and extending pulls on the bones in the leg. This in turn causes the bone to make new cells. With consistent lifting and strength training bone loss can be prevented or even reversed.

Getting stronger is an empowering experience that builds confidence and self-esteem. Then there are the physical benefits as well. Lifting improves body composition, increases muscle tone, and burns fat. You will like how your body looks after consistent weight lifting, and that will only increase confidence more.



There are few myths to address around women lifting heavy weights:

Myth 1 - Lifting Makes Ladies Bulky

Lifting with heavy weights doesn't bulk you up. Those really big guys and gals pushing it in the free-weight section, pasted all over Instagram, have worked super hard, spending hours and hours there to get so big and bulky. They eat seriously restricted diets, a ton of protein and follow a very different work out routine specifically to build and bulk.

Myth 2 - Lifting Gyms are Intimidating

The big guys and serious ladies working out with the weights aren't trying to scare you away. They're just working really hard. As with any other sport, the participants are generally warm, welcoming, and inclusive of all ability levels.

Myth 3 - Dinky Little Weights Are Enough

Some women will say they already lift, but those little red and yellow jelly weights are not what we are referring to here. Those are fine for a zillion reps in a class and dealing with a temporary injury.

Myth 4 - Lifting is Not for Older Women

As we get older we lose both muscle and bone mass and lifting can slow or even reverse that. One study of post-menopausal women found that those who engaged in twice-weekly, high-intensity strength training increased bone density, muscle mass, strength, and balance.



HOCKEY



2011 Jr Tigers

The 2011 Jr. Tigers hosted two exhibition games at Hollyburn versus the 2011 Spartans AAA and 2011 Kodiaks Prep teams. **Matt Frydrysek** and **Aaron Klatt** focused their practices on individual skills and competitive drills. The team participated in the Kings Cup tournament in Abbotsford in the AA / Tier 2 division. The team placed 2nd, losing 5-4 in OT to the Kodiaks Prep in the Gold Medal game.



2013 Jr Tigers

The Jr. Tigers hosted two exhibition games at Hollyburn versus the 2011 Spartans AAA and Kodiaks Prep teams. Coach Colton Cyr did an excellent job with the players, and practices have focused on passing and systems. Colton also led a team video session covering topics such as competition level. The team participated in the Kings Cup tournament in Coquitlam in the A / Tier 3 division. The team won a silver medal, losing 7-4 to the 2013 UBC Thunderbirds in the Gold Medal game.



Three Huskies Alumni in the NHL Playoffs

Alumni Morgan Rielly, Alex Kerfoot (TO), and Sam Reinhart (FL) faced off in a best-of-seven series during the second round of the Stanley Cup Playoffs.

The Panthers secured a five-game victory against the Toronto Maple Leafs. They eliminated the Carolina Hurricanes in a four-game sweep of the Eastern Conference Final and advanced to the Stanley Cup Finals.



Max Malinousky 2023 WHL Prospects Draft

Hollyburn Huskies alum Max Malinousky was drafted Round 9 - 183rd Overall by the Vancouver Giants in the 2023 WHL Prospect Draft. Max played U15 Prep this past season at the Delta Hockey Academy.

Parinaz Mansour & Lucy Williams made Female Zone Team 2 program

Two female Huskies Alumni, Parinaz Mansour and Lucy Williams, successfully tried out for the PCAHA Female Zone Program. This program serves as a select team, showcasing the best female U15 players in the lower mainland. Both players will represent Hollyburn on Team 2 in the program, attending two competitive east coast tournaments this upcoming 2023/2024 season. Congratulations, Parinaz and Lucy!

The Success of Spring Skills Programs

Hollyburn continues to be on the leading edge of hockey development, and we are thrilled with the success of our Spring Skills programs. Our programs are fun and dynamic and maximize player development. We teach players of all ages the foundations and progressions necessary to succeed as elite players at the highest levels. The Power Skating with Aaron Klatt improved speed, Kaivo forced players to have their heads up and develop a peripheral vision as no other program does, and Don Jamieson Shooting clinics taught kids the proper mechanics of shooting, shooting in stride, shooting off the pass, and shooting from different angles. The Sunday 3-on-3 games increased puck handling; team play; transition from offense to defense / defense to offense; positioning; time on the ice, and many more benefits. Goalies are always in the play, with more shots and movement, which helps with conditioning, awareness and positioning. Overall, an outstanding program with a great bunch of kids.

Graduating Huskies

We wish our graduating Huskies all the best as they embark on their new adventures: Eddie Xi (Left), Caelan Reid (Middle), Ethan Szeto (Right), Anthony Yang (missing) and Hoyt Stanley (missing).



Congratulations to Caelan Reid for his outstanding commitment and dedication to the Huskies Program. Caelan has been an integral part of the hockey community from the start of Cookie Monsters in 2009 to 2023.

Each year, the Pacific Coast Amateur Hockey Association awards several scholarships sponsored by the Vancouver Canucks and Canucks Alumni. One of our 2023/2024 graduating Huskies, Ethan Szeto, received the Stan Smyl Scholarship award for his academic achievement, community and school service, and hockey participation. Ethan is a two-time team captain and elite Zone player with the Northwest Hawks. He's coached 'Hockey For Autism.' and graduates this year with a 4.0 GPA and will attend UBC- Sauder in the fall. Congratulations Ethan!



2023/2024 Rep Tryout Schedule

Rep tryout meeting for all parents and all divisions.

Tuesday, September 5, 8:00pm-8:45pm via zoom

U11 Transition Skates (Instructional Scrimmages)

Tues September 5, 4:00pm-5:15pm

Wednesday, September 6, 6:15pm-7:45pm

Friday, September 8, 6:15pm-7:30pm

U11Rep Tryout Schedule

Saturday, September 9

Group A 12:15pm-1:15pm

Group B 1:30pm-2:30pm

Sunday, September 10

Group B 10:00am-11:00am

Group A 11:15am-12:15pm

Tuesday September 12

Group A & B 4:30-6:00pm (full scrimmage)

Goalie Evaluation

Sunday, September 10 3:00pm-4:00pm

U13

Thursday, September 7

Group A 4:00pm-5:15pm

Group B 5:45pm-7:00pm

Saturday, September 9

Group B 3:00pm-4:00pm

Group A 4:15pm-5:15pm

Sunday, September 10 (full scrimmage)

Group A & B 1:00pm-2:30pm

Goalie Evaluation

Sunday, September 10 4:00-4:45pm

U15

Tuesday, September 5, 5:45pm-6:45pm

Thursday, September 7, 7:15pm-8:15pm

Saturday, September 9, 5:45pm-6:45pm

U18

Tuesday, September 5, 7:15pm-8:15pm

Friday, September 8, 7:45pm-8:45pm

Sunday, September 10, 3:00pm-4:00pm

U15 & U18 goalie evaluation will be scheduled for Sunday, September 10 at 5:00-6:00pm if necessary.

KARATE

Discover the path to personal growth and unleash your inner warrior at Hollyburn Country Club's Karate classes. With dedicated programs for both youth and adults, Sensei Peter, a Karate Canada 6th Degree Black Belt, International Competitor, BC Winter Games Head Coach, and Karate BC Provincial Coach, will guide you on an extraordinary journey of self-discovery and achievement.

Karate at Hollyburn Country Club isn't just about serious training. It's about having a ton of fun while you learn! You'll meet a fantastic community of like-minded warriors, ready to support and encourage you every step of the way. It's all about camaraderie, laughter, and maybe even a friendly Karate chop or two!

Whether you're a youth seeking to build character and self-esteem or an adult looking for a new challenge, Karate at Hollyburn Country Club offers a supportive and inclusive community. Join like-minded individuals who share a passion for martial arts and embark on a journey towards self-improvement together.

Now is the time to embrace your potential and experience the incredible benefits of Karate. Step onto the dojo floor, let Sensei Peter be your guide, and unlock the strength and courage that lies within. Your transformation awaits at Hollyburn Country Club.



MUSIC

Music Journey

In May and June we celebrated music with our talented students who performed at 8 recitals! Very grateful to all the teachers and their hard work in the past school year: Nina, Sherrie, Mark and Goran.



I have privilege to work with Nina Djokic, piano teacher, past six years. From the 18 year old that just finished highschool, Nina grew into her role as an educator and allowed me to mentor her, and then became an equally dedicated teacher. We shared the same philosophy, similar background and while it is always hard to say farewell, I am excited for her future as she is moving to England to obtain master degree in musicology. Fan fact: did you know that beside music Nina has a degree in math? Nina will be missed by her students and her colleagues but we wish her all the best.

I am very excited to introduce to you, our newest Fine Arts Piano Instructor, Alanna Ho! She is a lovely ray of light with unique and engaging methods for music interaction and learning.

Alanna specializes in age-appropriate early childhood resources and educational programming. After she earned her ARCT in Piano Performance and BFA in Music Composition and Theory, she has been teaching piano passionately for 12 years privately and in music schools.





To quench her insatiable appetite for creative connection, she also works as a community-engaged new media artist with galleries and schools, and performs in the noise/electronic music scene. Alanna is passionate about creating more engaging learning resources for music education and shifting the power in learning art and music back to the innately creative child. Using storytelling, games and play as a momentum in her lessons, Alanna harnesses a stimulating environment for her students; many of which develop an interest in creative composition as a result.

Fall 2023

As I am writing this at the end of May 2023, renovations are already in place and we are anticipating opening of our new music studios in the Fall. We will be adding days for voice and drums lessons as they will have their own studios, and we will be adding the third piano studio. It is dream come true for me after 26 years of teaching and coordinating the music program to have our own space. Please check our programs for the new school year 2023/2024.

PICKLEBALL

Choosing the Perfect Pickleball Paddle

A paddle wears with use and will need to be replaced regularly, after approximately 1000 games or every 2-3 years. The replacement paddle you choose in 2-3 years may be different from the paddle you are using now as your game will have evolved, and you will understand better what you want from your equipment. I don't recommend buying a used paddle because the warranty does not transfer and you cannot always tell if there is internal damage. It is best to bite the bullet, pay the money and buy a new one.

Here is what I think you should consider when choosing a paddle that suits your needs:

What is your budget?

A higher price does not automatically mean a better paddle, as most consumers would think. If you are a newer player, there is no need to spend upwards of \$200 for a paddle because you don't yet know what you want the paddle to do. Are you going to be a "touch" player or are you going to hit the ball hard? Getting to the touch game and away from "banger ball" takes time, training, and knowhow. And the right paddle.

What is the ideal weight of your new paddle?

The weight of a paddle is a personal preference, but I recommend to play with the heaviest paddle that you are comfortable with. Paddles can be bought between 6-14 ounces. This is a huge variance. Mine is 8.4 ounces and I love it, but this weight is considered to be quite heavy.

Why is this important? It is important because the weight of your paddle will affect your power and control of the ball. A lighter paddle will give you more control and more speed when swinging but less power. A heavier paddle will give you more power. A good range for most players is between 7.5 and 8.4 ounces, which is considered mid-weight. It is recommended that newer players use paddles between 7.5-7.9 ounces. Adding 1/10 of an ounce will make little difference and will have no effect as to how the paddle plays. It is like adding a penny to the paddle face. It is nothing significant.

What Paddle Shape would be best for you, traditional/standard or elongated?

The location of the sweet spot on a paddle is important to know and to try and hit each time. When you hit it, you will feel the "pop" or "life" of the paddle. The shape of the paddle determines the sweet spot.

The sweet spot found on a traditional/standard paddle is closer to the hand and easy to find. Elongated paddles give you more reach, but their narrowness is less forgiving and harder to play with. There is more paddle area but with a tougher sweet spot to hit. For an elongated paddle, the sweet spot is correspondingly smaller and there is more dead space. Studies have shown that beginner and intermediate players should stick to a traditional paddle shape for this reason.

What is the paddle made of?

This choice depends on what you want the paddle to do and when.

Graphite vs Fibreglass

Graphite adds energy and puts the player in control. It activates sooner and with soft shots, puts more power back into the ball, absorbs more energy, and allows the player to be in control and more active.

Fibreglass refers to glass proxy or Q10. It does not activate a soft shot, and it takes a lot of energy to get the paddle to do that.

Most players play with a combination of glass proxy and graphite to get more power.

The thickness of a paddle is similar to the differences between a graphite vs fibreglass face. The thicker a paddle gets, the more energy it takes to activate the core.

What is the Warranty?

Like any sporting equipment, pickleball paddles can be defective. Be sure to buy one from a well reputed company that has a warranty and stands by it. Read the reviews.

In Conclusion

Pickleball is a relatively inexpensive sport in comparison to others, so I am a true advocate of getting good equipment off the start. A quality paddle that fits your needs is a big key to it all. I hope this article helps raise your awareness to the process. May you have many good games with your perfect paddle!

Cheryl Young
HCC Pickleball Pro



SKATING

Figure skating year recap!

The September-December 2022 Fall skating season was full of many activities for the skaters.

The Fall Season Schedule started with a new Category called the “Intermediate Team”. This has been a vital part of the Skating Club as it gave those skaters their time to blossom and train without distractions and be with their appropriate peers. The Intermediate level started with 4 skaters and currently has 8!



The Skaters were introduced to a “Performance Simulation”, in which they had a chance to perform their solos for their families and friends. This helped prepare them for their competition which took place 2 weeks after. With live competitions resuming Hollyburn had 10 skaters competing at the Jingle Blades competition in Mission, BC.

Skaters had not taken a skating test since before Covid so it was exciting to have many skaters reach their goal and pass! Fall focussed on skills tests while spring focussed on FreeSkate tests.

The 2022 Year ended with a beautiful Skating show where the skaters performed group numbers with family and friends watching and showing their love and support. We were also fortunate to have Regional Champions come and perform from the Connaught Skating Club. The skaters and parents then headed upstairs for a wonderful banquet extravaganza which was executed beautifully from the skating committee. Each skater was recognized for their accomplishments to date.



In February, the WinterSkate, BC Coast Regional Competition took place in Richmond, BC. Hollyburn had 11 skaters participate.

CanSkate, also had full programs. Myself, Coach Kiana and the new addition of Coach Crystal, led the classes, teaching skills of Agility, Balance and Control using skill specific toys when needed with fun engaging music appropriate for the skaters. Program Assistants are skaters that have taken a Program Assistant Course. They assisted the skaters and coaches helping each session run smoothly and have been great role models for the younger skaters.. CanSkaters, were excited to receive their report cards at the end of each term/season another new addition implemented this year. The addition of a Jr. Academy Program, an advanced CanSkate class which started in September, helps skaters get ready for the Junior Team and 5 skaters in April joined the Junior Team successfully!

The Spring Season was off to a great start with the skaters looking forward to their Victoria Day Competition in May. Hollyburn had 12 skaters compete in Surrey, 5 of which were 1st time competitors. We had guest coaches and a very productive season! The Spring Season ended in June with the Traditional "Ice Olympics" and all Members were invited to watch and support their fellow Hollyburn skaters!

During the summer schedule, we stayed cool and had a productive and fun 5 weeks of skating with theme days and showcase events.

I want to thank the Skating Committee Members: Jimmy, Allison, Janet, Linda and Tanya for all the tasks they have done and support they have given the skaters and executing club events.

Lorenza Sammarelli Kletas

Professional Head Coach



Keira's Journey:

From Tears to Triumph on the Ice

Keira has always been very active, running almost before she could walk!

Keira's parents tried her in hockey skates at two years old but after a few tears realized that she wasn't quite ready. It wasn't again until she had just turned 5 when she was registered in the Canskate program here at Hollyburn.

As she was on route driving to her first lesson, she proclaimed she didn't want to go as she would be the only one on the ice that needed to use the skating aid, but within 10 minutes she was doing laps around the rink! After that lesson she decided it was figure skating she wanted to do, and just two weeks later she got her first Canskate badge.

"I'm 11 years old and I love Figure Skating for many reasons including the friendships I've made along the way and the challenge of learning new elements. I am very proud of achieving Gold at my last competition, landing a clean axel and for being recognized for this award. What an honour to be chosen by the BC Coast Region which includes 36 active skating clubs! I love my new solo; the choreography and the music! Thanks to the training and encouragement from my coach Lorenza Sammarelli Kletas and choreographer Alexa Linden I have been able to interpret the music in my own way to bring the program alive."

Scott Roberts Artistic Award

2023 Award Recipient - Keira McGladdery

Originally established by the BC Coast Region Coaches Committee, this is awarded in memory of Scott Roberts, who was tragically killed in a car accident on route to coach skaters at a competition. Scott was an exceptionally dedicated coach and was known for his commitment to hard work and coaching education. Scott was extremely artistic and he loved skating passionately.

The award is now awarded to Skaters in the Star 3 category at the BC Coast Regional Championships / WinterSkate, to the skater whose performance best exemplifies the qualities of intensity, artistry and commitment to the sport attributed to the late Scott Roberts.

Congratulations to KEIRA MCGLADDERY, from the Hollyburn Country Club on being selected as the 2023 recipient of this award and Coach Lorenza Sammarelli Kletas & Alexa Linden, Choreographer, for your continued dedication to the skaters and sport of figure skating.





Bonnery - Star 3



Glahna - Star 5



Star 2 Silver Winner - Aurora, Skylar, Elizabeth, Ava



Katarina - Star 4 - Gold Medalist



Hannah - Star 2 - Bronze Medalist



Keira - Star 3 - Gold Medalist



Ava - Star 2 - Silver Medalist



Caitlyn - Star 3 - Gold Medalist

SQUASH



Club Championships Recap

The 2023 Club Singles Championships took place over a 4 week period culminating in the Finals Night on April 20. In total 42 players took part in the event with great matches in each of the men's and women's draws. The Finals Night saw a range of competitive matches while players and spectators took advantage of a great spread of food and drink.

Thank you to all who participated and congratulations to this years winners;

MA - 1st - Greg Longster, 2nd - Dave Bauman
MB - 1st - Stephen Downey, 2nd - Blair Hiddleston
MC - 1st - Alfonso Ergas, 2nd - Ali Yazdi
MD - 1st - Dion Roseman, 2nd - Gary McDonnell
WD - 1st - Allison Tam, 2nd - Hilary Barisoff

Thursty Squash – a 45-year Hollyburn tradition

Have you ever walked past the Squash Centre on a Thursday and wondered about those men and women sitting around with a glass in their hands? It's the Thursday Squash crowd—proud Members of a 45-year Hollyburn tradition enjoying a beverage as their reward for a well-played match.

Thursty Squash is open to players at all levels, and we're always looking for new Members, whether beginners or A-class players. If you're tired of playing the same old player week in and week out, sign up for Thursty Squash, and we'll assign you to a group where you will play five different players over five weeks. Matches are pre-organized, so you know

who and when you will play. Win all or most of your games, and you'll move up to the next group; lose all or most, and you'll probably move down.

When you've finished your game, stay to watch other matches and enjoy your favourite beverage in the Squash Centre. It's a great place to relax after a challenging game.

Thursty Squash's popularity has fluctuated over the years. In the 1980s, 60-70 players played on only two courts. When the club built the current squash centre in 1994, league participation blossomed with singles and doubles programming. Ray Ahrens, our first and longtime Thursty Squash Commissioner, managed to tweak our scheduling format before landing on our popular grid format



in the early 2000s. By 2010, we peaked at ten groups of six players, including the top players in the Club! When COVID hit, Thursty Squash took a hiatus due to the proximity required for play. Now, we're back to 5 groups of 6 players, growing with many younger players signing up and looking for new opponents and challenges. We still have at least seven old-timers who have played Thursty Squash since 1996 and several players over 80 who are not to be taken lightly.

Here's what Baha Naemi, one of our newer players, had to say about Thursty Squash

"Thursty Squash at Hollyburn Country Club has become an essential part of my week. Not only has it allowed me to improve my game, but it has also given me a chance to connect with fellow Members and create a sense of community on and off the court. The weekly matches provide an opportunity for players of all skill levels to compete in a friendly and supportive environment, and I have personally seen a significant improvement in my game since I started participating regularly. Thursty Squash is more than just a game – it's an experience that has enriched my life and helped me stay active (both physically and mentally) during the challenging times of the pandemic and beyond."

Thursty Squash wants to recognize Gary McDonnell's 20+ years of organizing. Gary nurtured a tight-knit group of players who treated their Thursdays as sacrosanct: work, spouses, and family duties took second place, and squash on Thursdays became their unwavering weekly obligation. Gary never cared if you won or lost, only that you played on Thursday and had fun. Gary is handing over his responsibilities to Mark Attisha, a veteran of Thursty Squash.

In that spirit, if you want to play social, competitive squash with prearranged matches, please join us. You just have to show up.

If you want to sign up, please register through GameTime, email Mark Attisha, the new Thursty Squash administrator, at attisha@gmail.com or squash@hollyburn.org

The Thursty Squash season starts at the end of September and runs two cycles in the fall, two in the winter and at least one in the spring. Players can join them all or pick and choose.



Other Squash News

The Squash Ladder will help you stay sharp and improve your skills. All players are invited. Contact a player, play a match, record your results and repeat to find new opponents.

Join the Ladder... use the link below and self register or contact the squash office for assistance, squash@hollyburn.org.

View or Register
<https://my.sportyhq.com/ladder/view/215>

Using the above link to log in or reset your password. Once you log in please update your contact info so players may be able to contact you.

Tuesday Drop-in will continue throughout the year. Show up between 5-6 pm on Tuesday nights and play a round-robin format with whoever attends. You'll play against players of all different levels in a social and fun environment.

Please note that during Renew 2022 (May thru Sept 2023), entry to the Squash Centre is via the fire doors at the North Entrance. The Hollyburn Squash community is excited about the changes in store for the Squash Centre as part of these essential renovations.

Jeff Boag Appreciation

Jeff Boag has been the Head Squash Pro at Hollyburn Country Club for twenty two years! His involvement has been instrumental in not just introducing and developing many Members to the sport of squash, but also developing the Hollyburn Squash facility into one of the top facilities in Vancouver, if not, in Canada.

In appreciation of Jeff's efforts with Hollyburn Squash for over two decades, the Squash Membership Community got together to recognize and celebrate Jeff for his dedication and efforts with a special gift.

On behalf of HCC Squash Community, Mo Asgari presenting appreciation gift to Jeff Boag.

WELLNESS

What is Fascial Stretch Therapy?

Fascial Stretch Therapy (FST) is a manual therapy that optimizes flexibility, mobility, and function by stretching and mobilizing the body's fascia through a unique combination of assisted stretching, traction, and joint mobilization. Performed by trained professionals, FST targets and releases fascial tension using specific stretching techniques within the fascial system. Unlike traditional stretching methods that target muscles, FST addresses the fascia surrounding the muscles, bones, and organs, elongating and reorganizing it for an improved range of motion.

Benefits of Fascial Stretch Therapy

Improved Flexibility and Mobility

FST directly targets tight fascia from factors like prolonged sitting, repetitive movements or injury, enhancing athletic performance and daily activities, reducing injury risk, and enhancing overall movement efficiency.

Pain Relief and Rehabilitation

FST alleviates musculoskeletal pain, restores alignment, and aids injury recovery by targeting fascial restrictions. This reduces pain, improves muscle function, and accelerates recovery from injuries, making it beneficial for athletes, individuals with chronic pain, and those recovering from surgery or accidents.

Enhanced Sports Performance

Athletes benefit from FST as it improves overall performance. FST optimizes flexibility, range of motion, and muscle function, improving athletic prowess and injury prevention. It can also aid in injury prevention by addressing imbalances and asymmetries within the body, allowing athletes to perform at their peak and reach new levels of excellence.

Stress Reduction and Relaxation

FST induces relaxation through gentle movements and deep breathing, reducing stress, anxiety, and improving sleep quality.

Postural Improvement and Alignment

FST improves posture, alignment, and reduces muscle imbalances from prolonged sitting or poor ergonomics. It releases tension, realigns fascia, and relieves discomfort, promoting better body mechanics, reducing injury risk, and enhancing physical well-being.

Fascial Stretch Therapy offers a multitude of benefits, including improved flexibility, pain relief, enhanced sports performance, stress reduction, and postural improvement. By targeting the fascia, FST provides a comprehensive approach to optimizing movement and overall well-being. Embrace the transformative power of Fascial Stretch Therapy and unlock your body's full potential. See the complete schedule for our therapists on GameTime or contact the Fitness center at 604-913-4563 to make an appointment.

WEST OF 50



Guided Autobiography Workshop

Guided Autobiography (GAB) is a process used for remembering, writing, and organizing your life stories.

Is There A Story In Your Life Waiting To Be Told?

Relive the moments, events and relationships that have been meaningful to you. Telling your life stories will be one of the most rewarding things you will ever do.

Capture your stories to share now with family and friends - and to pass on to generations to come.

How it Works

- In a small group we will meet for five-90-minute sessions to explore a variety of life themes meant to trigger memories.
- You will be given activities to spark creativity and perspectives to inspire your writing.
- You will write your life stories using the week's theme to read and share with the group the following week.
- You will receive positive, supportive feedback each week.
- No prior writing experience necessary. This is not a technical writing class.

Oct 12 - Nov 9

10am - 12pm

6 spots available

\$195:00

Instructor Lindy Pfeil

Register via GameTime

Spanish Lessons

This 6-week beginner's Spanish course is designed for students who have little to no knowledge of Spanish. The goals of the course include reaching a basic communicative level and acquiring sufficient linguistic knowledge to understand the essentials of Spanish grammar. Learners will acquire useful, everyday language that allows them to express themselves in typical scenarios, including language to:

- introduce oneself and greet others
- provide personal information
- describe people and places
- express wants and needs
- go shopping
- order in a restaurant, make reservations
- talk about the future

Linguistic instruction includes presentation of the phonetics and pronunciation of Spanish, as well as basic grammar and vocabulary. The intention is to provide learners with a solid foundation upon which they may continue to build their linguistic and communicative competence in Spanish. A variety of language items will be presented, including but not limited to:

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



Tracey

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

Sept 19 – Oct 24

(Tue) 6 weeks

10:00am -12:00pm

10 spots available

\$175:00

Register via GameTime

WOMAN'S CLUB

Aging in Reverse Nutrition Series

This 3-part series explores the nutrition and health challenges women experience as they age. Join Nutrition & Health Coach Kristin Ames for these informal and interactive sessions to gain a better understanding of how lifestyle choices affect your energy, mood, stress levels, body weight, and fitness, with practical takeaway strategies you can use to look and feel your best at any age.

Metabolic Magic

It's a common misconception that your metabolism slows dramatically as you age. The foods you eat and exercise you choose have a far bigger impact than the number of candles on your birthday cake! Learn how to choose the best foods to optimize your metabolism, along with tips on how to read nutrition labels, create a simple meal plan, and meal prep like a pro.

Sept 20 (Wed)

11:00am - 12:00pm

Eating For Energy

Do you feel exhausted long before your day is done? Want more energy to power through your gym session or time on the court? Fight fatigue with your food choices! We'll talk about how to stabilize your blood sugar to eliminate energy dips and how to fuel your body for better performance.

Sept 27 (Wed)

11:00am - 12:00pm



The Balancing Act

Hormone levels change as you age and often get blamed for weight gain, mood fluctuations and fatigue. While this may be true, it doesn't tell the whole story - lifestyle choices are often what lead to hormonal imbalance. Discover the simple changes you can make to your daily routine to help bring your hormones back in balance.

Oct 4th (Wed)

11:00am - 12:00pm

\$20 per session

\$50 for all 3 workshops.

Register via GameTime

Fitness Expert, and Nutrition Enthusiast

Kristin is a lifelong resident of the North Shore, currently living in the Northlands area of North Vancouver and spends much of her time outside hiking and biking the nearby trails. Kristin's long-time interest in sports nutrition motivated her transition to a career in the fitness industry. She is a Precision Nutrition Level 1 Coach, and Certified Personal Trainer and Health Coach with the American Council on Exercise. She works part-time as a trainer at Hollyburn and runs her own online nutrition and fitness coaching company.



TENNIS



Keon Molavi represented Team BC in the U10 interprovincial camp against Alberta. He played singles and doubles for the team.

Carly Monahan received the award for the Top Player Cup for 2023 WBL! This coveted trophy goes to the player who has maintained a position on the top court of our league for the longest period of time during our season. Carly is an inspiration to us all!

Kamloops Spring 3 Star had a Team of Hollyburn players head out to compete. Congratulations to Lucas Johnson on winning the U14 boys and to Lily Molavi for taking runner-up spot in the U14 girls.

Celebrating Mothers Day weekend with Hollyburns first ever Mother & Child Tennis tournament!

Eight teams competed for the trophy in a good-mannered environment with lots of laughs. Congratulations to Amy and Mia Wong on winning the title. Memories were made all round.

Our annual 'Ladies Just Wanna Have Fun' charity fundraiser had another successful year with our restructured "Triple the Fun" style format. We would like to thank all the ladies that took part in raising proceeds for Breast Cancer and providing bra donations for the Vancouver Eastside Women's Shelter.

Tennis Canada's Distinguished Service Award for 2022 was bestowed to Hollyburn Country Club for their contribution to the growth of Tennis in BC and Canada. The Award will be displayed in the Tennis Centre.

Our annual Hollyburn Junior Classic took place for the 29th year with some glorious weather to support the event. There were 212 kids playing across 4 different age groups in boys & girls singles and doubles. We had Isabelle Zhu take the runner-up trophy in the U18 girls singles and Jack Davison picked up the runner-up trophy in the U18 boys doubles. Thankyou to all the parents that volunteered their time to help out and well done to all the kids the competed over the long weekend.



U10 Interprovincial comp.



Top Player Cup for 2023 WBL



Kamloops Spring 3 Star



Mother & Child Tennis tournament



Ladies Just Wanna Have Fun



Distinguished Service Award



HHC Junior Classic



HHC Junior Classic

CHILDREN & JUNIORS

Reflecting on the past year, we're remembering our successful Fall and Winter seasons for both the Childcare and Junior Departments!

We kicked off Halloween with a Willy Wonka Themed event that was attended by many of our youngest Members and their families. The littlest ghosts and ghouls enjoyed the ghoustliest and most spooktacular evening. Fun was had on the bouncy castles, LED swings and teeter totters, ball pit, pumpkin carving and bowling stations. Most of all, the candy buffet filled with chocolates, twirly pops and laffy taffy was a huge hit.

We celebrated Christmas with a Holiday Family Fun Night, filled with bouncy castle time, hot chocolate, apple cider, cookie decorating, arts & crafts, candy, and popcorn, complete with a cozy showing of a holiday classic, "Home Alone".

And of course, we had a fantastic time running our Mini Scholars and Athletics programs, and successful after-school programming in both Junior and Childcare, which offered some inspiration for even bigger and better programming moving into the new year!



The Department transitioned into the Winter 2023 term with a focus on increased available athletic programming for our Hollyburn Children and Junior. The new programs focused on Healthy Child Development and are a big hit. Mini Star Soccer with Coach Marvin from Fuerza Academy, Basketball with the amazing staff from Pro Coaching Co, Field Hockey with Geoff, Flynn and Stella from WVFHC and Chess with Jack from The Chess Institute of Canada have all created a safe, welcoming and diverse opportunity for our Youngest Members to develop sport specific skills and healthy social/emotional awareness. We've also brought back our popular Mini Bakers and Ballet programs, which have offered participants a chance to learn valuable skills and make new friends.

As we pivot into the Summer, the Department is looking forward to continuing our relationships with existing coaching professionals, while also welcoming new community partners as we develop and enhance program offerings at the Club. The Child and Junior Department is looking to have a robust dance program, while increasing and diversifying the sport programming that is already in place.

We are also excited to welcome back our Junior & Hollyville Summer Camps featuring some esteemed community partners to bring in exciting athletic and arts programming to our youngest Members.

We look forward to seeing everyone in the Turf and Childcare areas making friends, learning new activities, developing their skills, socializing and most of all... HAVING FUN! Here's to a Summer filled with excitement and continued growth for our Junior & Childcare departments.



SUMMER SOLSTICE

JULY 2023

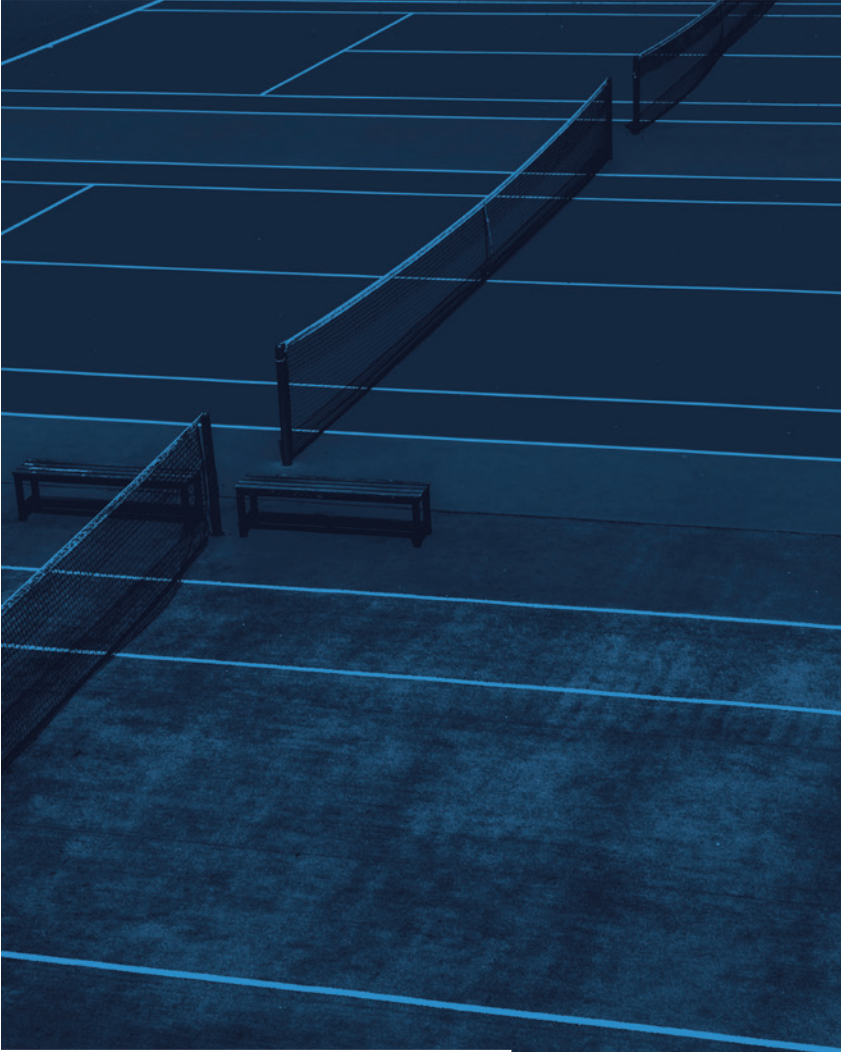
Thank you to our 700 Members and Guests who joined us at our All Out 90s Summer Solstice! The night was filled with the best 90s jams, the most memorable arcade games of the decade, a bean bag lounge (complete with airbrushed tattoos and original Nintendo set up), everything nostalgic, and some classic snacks (Snoop Corn Dogs or Britney Pickle Spears, anyone?). The dancefloor was packed all night and it was great to see our Members dressed to impress and partying the night away at the last Summer Solstice in our very 90s Bar & Grill.

Until next time,

Your Special Events Team

Specialevents@hollyburn.org





ATHLETIC
PROGRAMS

Step into the dynamic realm of our sports program guide, your gateway to the exciting realm of Hollyburn activities. Discover everything you need to know - from timings and pricing to availability and beyond!

HOLLYBURN
COUNTRY CLUB

General Program Registration

Fall 2023

GENERAL

Wednesday, August 9 | Online Only

6:30am: Children
6:40am: Karate
6:50am: Hockey & Skating
7:00am: Juniors
7:10am: Badminton, Squash & Pickleball
Music - Email music@hollyburn.org to book

AQUATICS

Thursday, August 10 | Online Only

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

TENNIS

Friday, August 11 | Online Only

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



PROGRAM BY AGE

See department for more details

4 MOS-3 YRS	3-5 YRS	5-6 YRS	6-12 YRS
AQUATICS	AQUATICS	AQUATICS	AQUATICS
JUNIOR	TENNIS	TENNIS	SWIM TEAM
	BADMINTON	BADMINTON	TENNIS
	SQUASH	SQUASH	BADMINTON
	KARATE	KARATE	SQUASH
	HOCKEY	HOCKEY	MUSIC
	SKATING	SKATING	KARATE
	JUNIOR		HOCKEY
			SKATING
			JUNIOR
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
TENNIS	TENNIS	TENNIS	TENNIS
SQUASH	SQUASH	SQUASH	SQUASH
MUSIC	MUSIC	MUSIC	MUSIC
KARATE	KARATE	KARATE	KARATE
HOCKEY	HOCKEY	HOCKEY	HOCKEY
SKATING	SKATING	SKATING	BRIDGE
JUNIOR		FITNESS	FITNESS
			PICKLEBALL

AQUATICS



Patrick Rea
Aquatic Coordinator
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Symun Pall
Aquatic Supervisor
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Swim Lessons

Sept 18–Dec 17 (14 week set)

Pool Shutdown

Aug 21–Sept 10 (3 weeks)

No Swim Lessons

Sat Sept 30	Sat Nov 11
Sun Oct 1	Sun Nov 12
Mon Oct 2	Mon Nov 13
Mon Oct 9	

Winter Holidays Private Lessons:

Dec 18–22
3:00pm–6:00pm (x2)– limited spacing available

Hours Of Operation

Mon–Fri | 5:45am–10:00pm Lap Pool
Sat–Sun | 6:00am–10:00pm Lap Pool

Mon–Thu | 10:00am–7:30pm Leisure Pool
Fri–Sun | 10:00am–9:00pm Leisure Pool

Both pools are closed for program use only
Mon–Thu | 3:30pm–6:30pm
Sat–Sun | 9:00am–12:00pm.

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

Early Risers Preschool Lessons

This season, swim levels - Intro to Penguin, Egg (2–3yrs & 3–5yrs), Hatchling and 30–minute private lessons and are available in the morning on the select weekday. Please refer to the program grid for specific day and time these are being offered.

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.

The aquatics committee and management work collectively to develop a harmonized pool schedule that works for all Members. 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, 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.

The hot tub is closed to swim lesson participants Mon through Thu 3:30pm – 6:45pm and Sat 9am–12pm. It remains open to Members of the swim team as well as Members aged 13+ or with an adult in the hot tub with them.

Cancellation Notice

As per House Rule 30, Members will be charged the full fee for all programs they register for unless 7 (seven) days 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.

*Please be aware there is a 48-hour cancellation policy on private lessons.

Booking Information

Fall registration opens on Thursday, August 10 at 6:30am (Parent & Tot), 6:40am (Preschool 0-5), 6:50am (Swimmer 1-5), 7:00am (Swimmer 6-9), and 7:10am (All other Aquatics Programs). Private lesson registration for all ages will open at 7:20am. No bookings will be accepted prior to the registration opening date and time. If a class is full, please do not hesitate to register on a wait list or contact the aquatic department to discuss your options.

Registration for group programs can be done online through the Hollyburn Member website or through the Aquatic Coordinator, Athletic Coordinator, or Aquatic Supervisor. Private lessons can only be booked by prea@hollyburn.org. We will confirm private lessons on a first come first serve basis.

To enable our Aquatic Coordinator time to coordinate instructors and organize appropriate class sizes the swim lesson online registration closes Sunday, September 10th at 11:55pm. Registration after this time must be done directly with the Aquatics department at 604-913-4574 or emailing Patrick at prea@hollyburn.org. Members may not register for classes or switch lessons after the third week of the lesson set.

Private Lessons

A private swim lesson with one of our accredited swimming instructors is the first step to becoming the type of swimmer that you have always wanted to be. Lessons can be booked for all ages and a variety of times are available to accommodate your busy schedule. Turn to page 82 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 page 82. 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 minutes \$35.00
45 minutes \$52.50
60 minutes \$70.00

Semi-Private (2 participants)

30 minutes \$23.00 each
45 minutes \$34.50 each
60 minutes \$46.00 each

Small Group (3-5 participants)

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

Swim Combo Programs!

*Monday through Thursday

Hollyburn is happy to offer several combined athletics programs to keep our young Members healthy and physically active. Children in these programs are dropped off after school for one of the below sports, and when their class finishes are brought by HCC staff to the pool for swim lessons afterwards. Parents pick them up after swimming at either 5:00pm, 5:15pm or 5:30pm, thoroughly tuckered out after their activities. Simply register for one of the below programs and a 4:30pm, 4:45pm or 5:00pm swim lesson (at your child's level) on the same day to be included in the program. Turn to page 82 for available swim classes.

Tennis and Swim

Playball and Swim: 3:30pm-4:15pm (Tennis) then 4:30pm or 4:45pm (Preschool swim)

Red Ball and Swim: 3:30pm-4:15pm (Tennis) then 4:30pm or 4:45pm (Swimmer 1)

Badminton and Swim

Badminton and Swimming Combo (3-5 yrs): 3:45pm-4:30pm (Badminton) then 4:45pm or 5:00pm (Swim)

Aquatic Program F.A.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 also offer adult swimming programs such as Aquafit and M&M's, and first aid courses (CPR-C/ AED and Standard First Aid).

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.

Which level should we register for if we haven't swam?

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 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.

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.

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 page 82 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 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-minutes swim evaluation with one of our staff.

Turn to page 81 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

Children who are still 2 years old may register for this class if they have taken Egg (2-3) level and passed. 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-minutes swim evaluation with one of our staff.

Turn to page 82 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.

Oct 6–Dec 15

Fri | 6:00pm–7:00pm

\$198

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.

Oct 20-22

Fri | 5:00pm–9:00pm

Sat–Sun | 10:00am–6:00pm

\$292

Bronze Cross

Prerequisite: Bronze Medallion by First Class

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!

Nov 17-19

Fri | 5:00pm–9:00pm

Sat–Sun | 10:00am–6:00pm

\$292

Junior Recreational Programming

Red Cross Stay Safe

9 – 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.

Oct 15

Sun | 10:00am–3:30pm

\$56

Red Cross Babysitters Course

11+ yrs

If you're 11 years old or older, discover skills for becoming an exceptional babysitter. Learn diaper changing, meal preparation, children's games, injury prevention, and emergency handling. Gain knowledge to excel in this role and more. Upon completion, receive a certificate. This 8-hour course may be split into two 4 hours days. The course includes a babysitters manual and a mini first-aid kit.

Nov 26

Sun | 10:00am–6:00pm

\$80

Standard First Aid & CPR C Blended

13+ yrs

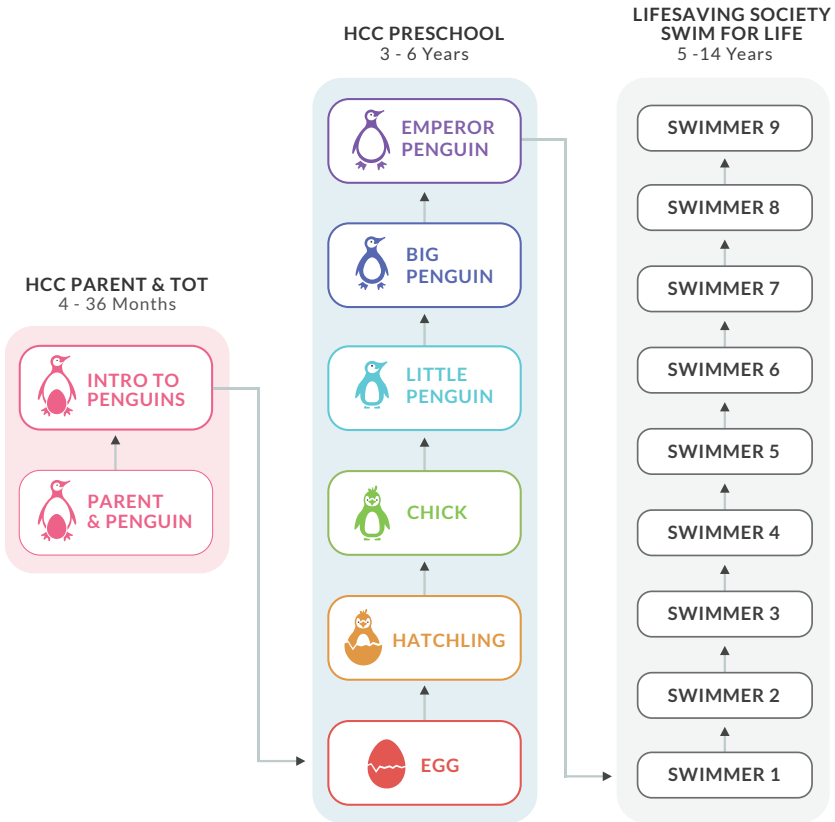
This course involve an online component and an in-person classroom component. It focuses on and includes injury prevention strategies, important background knowledge, and descriptions of how to recognize and care for a variety of injuries and illnesses. Participants will also read about particular first 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.

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.

HCC Parent and Tot/Preschool (4 month-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)
HCC Parent and Tot	Ducks	Starfish, Duck, Sea Turtle		
Intro to Preschool	Jellyfish			
Egg	Minnows and Seals	Sea Otter	SK1	
Hatchling	Guppies and Dolphins	Salamander (taken for 0-2 sessions)	SK1	
Chick	Guppies and Dolphins	Salamander (taken for 3 or more sessions)	SK1	
Little Penguin	Seahorses and Killer Whales	Sunfish	SK2	
Big Penguin	Sharks	Crocodile	SK3	Swimmer 1
Emperor Penguin	Ogopogos and Barracudas	Whale	SK3	Swimmer 1

Hollyburn Pathway - Aquatics



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.

Fall Swimming Lessons						
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
	Sept 18–Dec 11	Sept 19–Dec 12	Sept 20–Dec 13		Sept 23–Dec 16	Sept 24–Dec 17
	No class Oct 2, Oct 9, Nov 13				No class Sept 30, Nov 11	No class Oct 1, Nov 12
	30 min = \$90	30 min = \$117			30 min = \$99	30 min = \$99
	45 min = \$135	45 min = \$176			45 min = \$149	
	60 min = \$180	60 min = \$234			60 min = \$188	
Penguin & Parent 4 - 36 months					11:30am–12:00pm	9:30am–10:00am
Intro to Penguins 2 - 3 yrs	5:15pm–5:45pm	10:00am–10:30am	5:00pm–5:30pm		10:30am–11:00am	
Egg 2 - 3 yrs	3:30pm–4:00pm	10:00am–10:30am	3:30pm–4:00pm	3:30pm–4:00pm	9:30am–10:00am	9:30am–10:00am
		4:45pm–5:15pm			11:00am–11:30am	
Egg 3 - 5 yrs	4:45pm–5:15pm	11:00am–11:30am	4:45pm–5:15pm	3:30pm–4:00pm	9:30am–10:00am	
		3:30pm–4:00pm				
Hatchling 3 - 5 yrs	3:30pm–4:00pm	11:00am–11:30am	4:00pm–4:30pm	4:30pm–5:00pm	9:00am–9:30am	
		4:45pm–5:15pm		5:30pm–6:00pm		
Chick 3 - 5 yrs	4:30pm–5:00pm	3:30pm–4:00pm	4:30pm–5:00pm	4:00pm–4:30pm	10:30am–11:00am	
		5:15pm–5:45pm	5:30pm–6:00pm		11:00am–11:30am	
Little Penguin 3 - 6 yrs	4:00pm–4:30pm	5:15pm–5:45pm	3:30pm–4:00pm	5:15pm–5:45pm	10:30am–11:00am	
			5:15pm–5:45pm		11:00am–11:30am	
Big Penguin 3 - 6 yrs	5:15pm–5:45pm	4:00pm–4:30pm	6:00pm–6:30pm	3:30pm–4:00pm	11:30am–12:00pm	
Emperor Penguin 3 - 6 yrs						

Swimmer 1 5+ yrs	3:30pm-4:00pm	4:30pm-5:00pm	4:30pm-5:00pm	4:45pm-5:15pm	10:00am-10:30am	
Swimmer 2 5+yrs	4:30pm-5:00pm	4:30pm-5:00pm	3:30pm-4:00pm	5:30pm-6:00pm	10:00am-10:30am	
Swimmer 3 5+ yrs	4:30pm-5:00pm	3:30pm-4:00pm	4:30pm-5:00pm	4:30pm-5:00pm	9:00am-9:30am	
					11:30am-12:00pm	
Swimmer 4 5+ yrs	3:45pm-4:30pm	4:30pm-5:15pm	3:45pm-4:30pm	4:45pm-5:30pm	9:00am-9:45am	
	4:30pm-5:15pm				10:00am-10:45am	
Swimmer 5 5+ yrs	5:00pm-5:45pm	3:45pm-4:30pm	5:00pm-5:45pm	5:00pm-5:45pm	9:45am-10:30am	
		5:00pm-5:45pm			10:45am-11:30am	
Swimmer 6 5+ yrs	5:00pm-6:00pm	5:00pm-6:00pm	4:00pm-5:00pm	3:45pm-4:45pm	10:00am-11:00am	
				5:30pm-6:30pm		
Swimmer 7 5+ yrs	5:45pm-6:45pm	5:45pm-6:45pm	5:00pm-6:00pm	3:45pm-4:45pm	10:00am-11:00am	
Swimmer 8 5+ yrs						
Swimmer 9 5+ yrs						

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

Private Lessons						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept 18-Dec 11	Sept 19-Dec 12	Sept 20-Dec 13	Sept 21-Dec 14	Sept 22-Dec 15	Sept 23-Dec 16	Sept 24-Dec 17
No class Oct 2, Oct 9, Nov 13					No class Sept 30, Nov 11	
3:45pm-4:30pm	10:30am-11:00am	3:45pm-4:30pm	4:00pm-4:30pm	3:00pm-7:00pm x5	9:00am-9:30am x2	10:00am-11:00am x2
4:00pm-4:30pm	11:30am-12:00pm	4:00pm-4:45pm	4:00pm-4:45pm		9:00am-10:00am x2	
4:00pm-4:45pm	3:45pm-4:30pm	5:00pm-5:30pm	4:45pm-5:30pm		9:30am-10:00am	
5:00pm-5:45pm	4:00p-4:45pm x2	5:30pm-6:00pm	5:00pm-5:30pm		9:30am-10:30am	
5:45pm-6:30pm x2	5:15pm-5:45pm	5:45pm-6:45pm x2	5:45pm-6:45pm x2		10:30am-11:30am	
	5:45pm-6:30pm x3				11:30am-12:00pm x2	
5:45pm-6:45pm	6:00pm-6:45pm	6:00pm-6:45pm x2	6:00pm-6:45pm x2	11:00am-12:00pm x2		
6:00pm-6:45pm						

*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. Billings are done month by month, unlike group lessons that are billed for the whole set.

Private Lessons Cost:	Semi Private Lessons Cost (2 ppl):	Group (3+) Private Lessons Cost:
30 min = \$35	30 min = \$23 each	30 min = \$18 each
45 min = \$52.50	45 min = \$34.50 each	45 min = \$27 each
60 min = \$70	60 min = \$46 each	60 min = \$36 each

ADULT AQUATICS



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

The Master's program caters for all ages and abilities. If your goal is to swim a length of the pool non-stop or to finish an Ironman, we can help you. We cater for those who want to stay fit and those that have a competitive goal. We also cater for 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, Symun Pall, Josh Carter, Lucas Ouellette.

Contact: John at swimmaster@hollyburn.org

Senior Swim Fit 55+ yrs

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.

Sept 12–Dec 21

Tue, Thu | 8:00am–9:00am (2 lanes)
\$240

Masters, Tri Guys & Co

This is our splash and dash group for the early morning risers who are looking for a fast and hard cardio workout before they shoot off to work. This group consists of Tri-guys, Iron men/women, ex-swimmers and well conditioned fitness swimmers.

Sept 12–Dec 21

Tue, Thu | 6:00am–7:00am
Tue, Thu | 7:00am–8:00am
\$240

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, Iron men/women and fitness swimmers.

Sept 12–Dec 21

Tue, Thu | 8:00am–9:00am
Tue, Thu | 9:00am–10:00am
\$240

Sat & Sun is a drop-in charge (\$15)

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 3k - 4k by the end.

Sept 16–Dec 23

7:30am–9:00am

Sept 17–Dec 24

7:00am–8:30am & 8:30am–10:00am

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.

Sept 11–Dec 22

Mon, Wed, Fri | 10:00am–11:00am

\$360

Adult Lessons

There is no better way to speed up the learning curve than a private one to one lesson. If you're the person that had a traumatic aquatic experience at some stage in life and can't shake that feeling, want to improve or 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 of times during the year "I run 4min miles, bike 200k on the weekends, hit the pool and die after two laps". If this is you, I highly recommend a private one to one coaching lesson to identify and work on solving the issues in a safe and progressive manner.

Adult Private Lessons

Mon | 10:00am–2:00pm

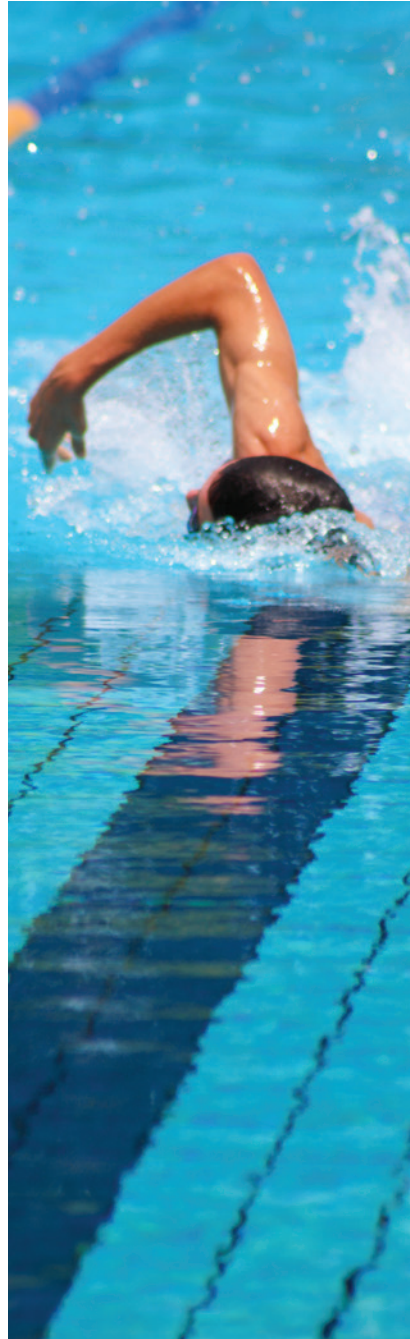
Tue | 10:00am–2:00pm

Wed | 10:00am–2:00pm

Thu | 10:00am–2:00pm

Fri | 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 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

16+ 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.

Sept 12–Dec 22

Mon, Wed, Fri | 9:00am–10:00am

No Monthly Fee

Drop-in: \$6/class

Aquatic Group Swimming Lessons “New”

This is a class focusing on the Adult beginner.

The class will be split into two groups. The total beginner and the slightly improved beginner. To set a relaxed environment and keep anxiety levels to a minimum we have moved away from the traditional organisational teaching model.

Instead of teaching in a length way format of the pool will be teaching in a width way format across the pool. Changing the direct flow of the class across the pool creates confidence and speeds up the progression in all strokes.

Sept 12–Oct 12 | Oct 17–Nov 16 | Nov 21–Dec 21

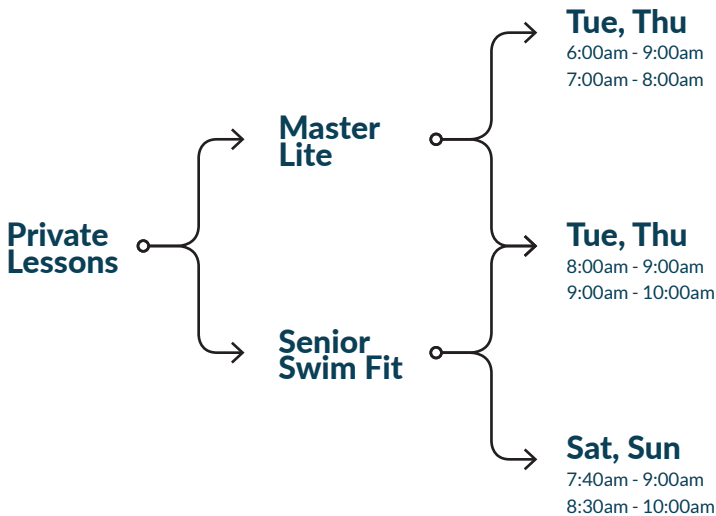
Tue, Thu | 11:00am–12:00pm

(Max 10) 4 Beginners / 6 Improved Beginners

\$250 per month

Contact: John Ryan at swimmaster@Hollyburn.org

Adult Aquatic Program Progression Pathway



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 Swimmer 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.

Sept 18–Dec 14

Mon–Thu | 5:00pm–5:45pm
\$495* | Annie Wolfe

Swim Academy 2

7–11 yrs

Prerequisite basic skills of freestyle, backstroke, breaststroke and butterfly (Completed Swimmer 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.

Sept 18–Dec 14

Mon–Thu | 5:45pm–6:45pm
\$600* | Annie Wolfe

Swim Team Private Lessons

5-18 yrs

Prerequisite basic skills of freestyle, backstroke and breaststroke kick (Completed Swimmer 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 | 3:45pm-5:00pm
Tues | 5:15pm-6:45pm
Wed, Fri | 4:00pm-5:30pm
Sat | 8:30am-10:00am
\$260* | 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

Mon | 5:00pm-6:45pm
Wed, Fri | 4:00pm-5:30pm
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 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-5:00pm
Wed | 4:00pm-5:30pm
Thu | 4:15pm-6:45pm
Fri | 4:00pm-5:30pm
Sat | 8:30am-10:00am
\$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-6:30pm

Tue | 1:45pm-3:30pm

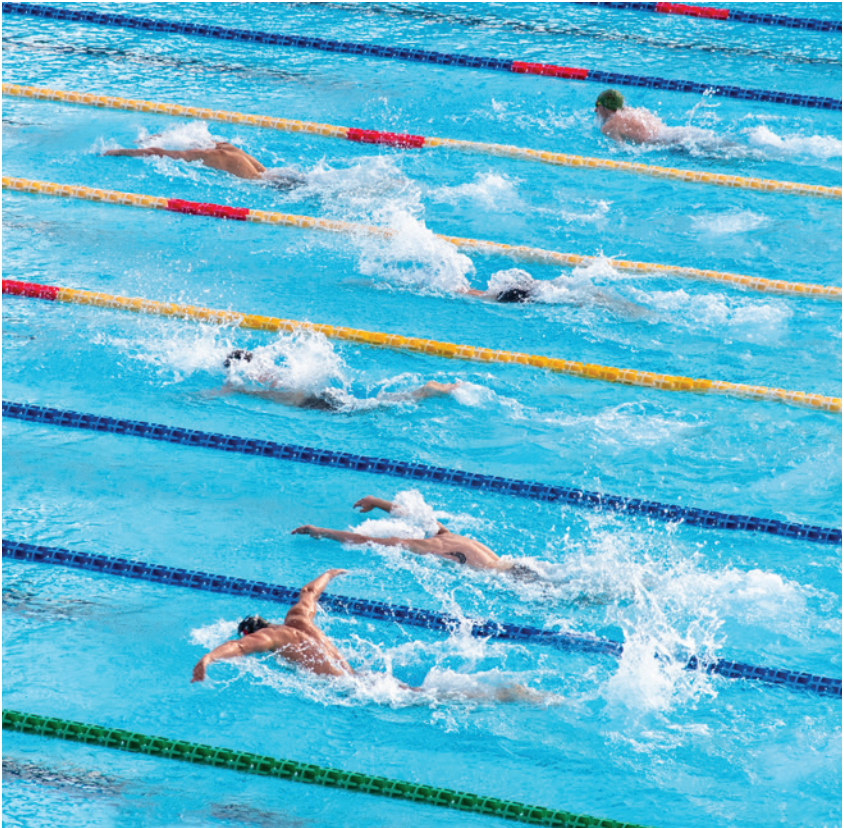
Wed, Thu | 1:45pm-5:00pm

Sat | 6:30am-10:00am

\$415* | Brad Hutton

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

For more information about the club please contact Head Coach Brad Hutton at bhutton@hollyburn.org or visit our website www.hst.poolq.net!



BADMINTON



Julia Chen
Badminton Professional
Badminton@hollyburn.org

Junior Programs

Tweedy Birds

3.5-5 yrs

Badminton is a sport that children of nearly any age find easy to learn and enjoyable to play. This specially designed class focuses on young kids, aiming to develop their athleticism, encourage an active lifestyle, and teach them basic racquet skills. They will have the opportunity to swing, bash, play, jump, and run, all while having a tremendous amount of fun! Engaging in this sport at a young age provides an excellent avenue for learning and enhancing hand-eye coordination while thoroughly enjoying themselves.

Sept 18–Dec 16

Mon–Thu | 3:45pm–4:30pm

\$290 (once a week)

\$420 (twice a week)

Badge Programs for Beginners and Intermediates

Our Badge Challenge Program is tailored specifically for children between the ages of 6 and 12 who are at the beginner or intermediate levels of badminton. By enrolling in this program, players embark on a journey to enhance their skills and improve their game. The training program instills values such as discipline, enjoyment, dedication, focus, and a positive attitude, ensuring a well-rounded development for the participants. All instructions are delivered by qualified coaches who provide expert guidance and support throughout the program.

Badge Bronze

6–8 yrs

Sept 18–Dec 16

Mon–Thu | 3:45pm–4:30pm

Sat | 9:00am–10:00am

\$290 (once a week)

\$420 (twice a week)

Badge Silver & Gold

8+ yrs

Sept 18–Dec 16

Mon–Thu | 4:30pm–5:30pm

Sat | 10:00am–11:00am

\$320 (once a week)

\$480 (twice a week)

Badminton Teens Program

12+ yrs

Our recreational badminton program is specifically designed for teenagers who are interested in learning the sport. The primary goal of the program is to provide a fun and enjoyable experience while simultaneously improving players' fitness levels. The lessons incorporate a variety of activities, including a conditioning training program, on-court instructions, and match play. By participating in these activities, teenagers will have the opportunity to develop their badminton skills while also improving their overall physical fitness. Join us for an engaging and exciting journey as we learn and play badminton together!

Sept 11–Dec 16

Mon, Wed | 5:30pm–7:00pm

\$420 (once a week)

\$680 (twice a week)

Badminton for Girls Only

8-12 yrs

This class is exclusively tailored for girls who are keen on embracing an active lifestyle. It places a strong emphasis on enhancing racquet skills and agility on the court. The class incorporates a blend of enjoyable games, physical exercises, and engaging game play. Join this class to foster an active lifestyle, develop racquet skills, and have an absolute blast!

Sept 18–Dec 16

Tue | 4:30pm–5:30pm

\$320 (once a week)

Junior Ladder

6+ yrs

Our Junior Ladder Program focuses on match play, providing a fun and engaging opportunity for kids to gain valuable experience in a real game setting. It's a great way for them to develop their skills and grow as players. If you're interested in participating, please reach out to Julia at badminton@hollyburn.org. Join us for an exciting and competitive journey in our Junior Ladder Program!

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 the 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 13 weeks.

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)

Sept 18–Dec 16

Mon–Thu

\$290 (badminton lesson only)

Badminton Team Hawks

The competitive badminton Hawks program mandates a minimum of 4-6 hours of on-court training per week. It incorporates a range of engaging activities; games, drills, and fun exercises, catering to the interests of young enthusiasts. Participants in this program have the opportunity to represent Hollyburn by participating in specially chosen junior local tournaments, with the potential to advance to the esteemed Provincial and National Levels of competition.

Young Gun

9+yrs

Sept 11–Dec 16

Mon, Wed | 5:30pm–7:00pm
\$680

Skill Enhancement & Match Play

Sept 11–Dec 16

Sat | 10:00am–12:00pm
\$680

Next Generation by invitation

Sept 11–Dec 16

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

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

badminton@hollyburn.org

Monday and Wednesday Doubles League

If you have previous experience in badminton, we invite you to join our adult badminton league on Mondays or Tuesdays. Our dedicated badminton adult coordinator will organize the games and play alongside you. Additionally, we offer Inter-Club team match play with other clubs each week, providing an opportunity for you to enhance your competition experience and playing level. Don't miss out on this chance to engage in thrilling badminton matches and take your skills to the next level!

Mon, Wed | 7:30pm–10pm

\$5 per person to cover shuttlecocks cost

Badminton Adult group lessons

Looking to start your day with a fun and energizing activity? Join our Adult Badminton Classes on Tuesday and Thursday mornings from 9:30 to 10:30 am! Whether you're a beginner or have previous experience, our classes are designed to cater to all skill levels. Improve your technique, enhance your fitness, and enjoy the thrill of playing badminton in a supportive and friendly environment. Our experienced instructors will provide expert guidance, ensuring you have a fantastic experience on the court. Don't miss out on this opportunity to engage in a dynamic sport and connect with fellow badminton enthusiasts. Sign up for our Adult Badminton Classes today!

Sept 16–Dec 16

Tue, Thu | 9:30am–10:30am
\$325

Wednesday Badminton Night

Join us for Family Badminton Night, where you can bring your kids and join other families for a fantastic evening of badminton fun! It's an excellent opportunity to strengthen the bond with your children while enjoying a good workout together. If you bring your own shuttlecocks, there is no cost to participate. So, grab your rackets and shuttlecocks and come join us for an unforgettable evening of family-friendly badminton excitement!

Wed | 7:00pm–8:30pm

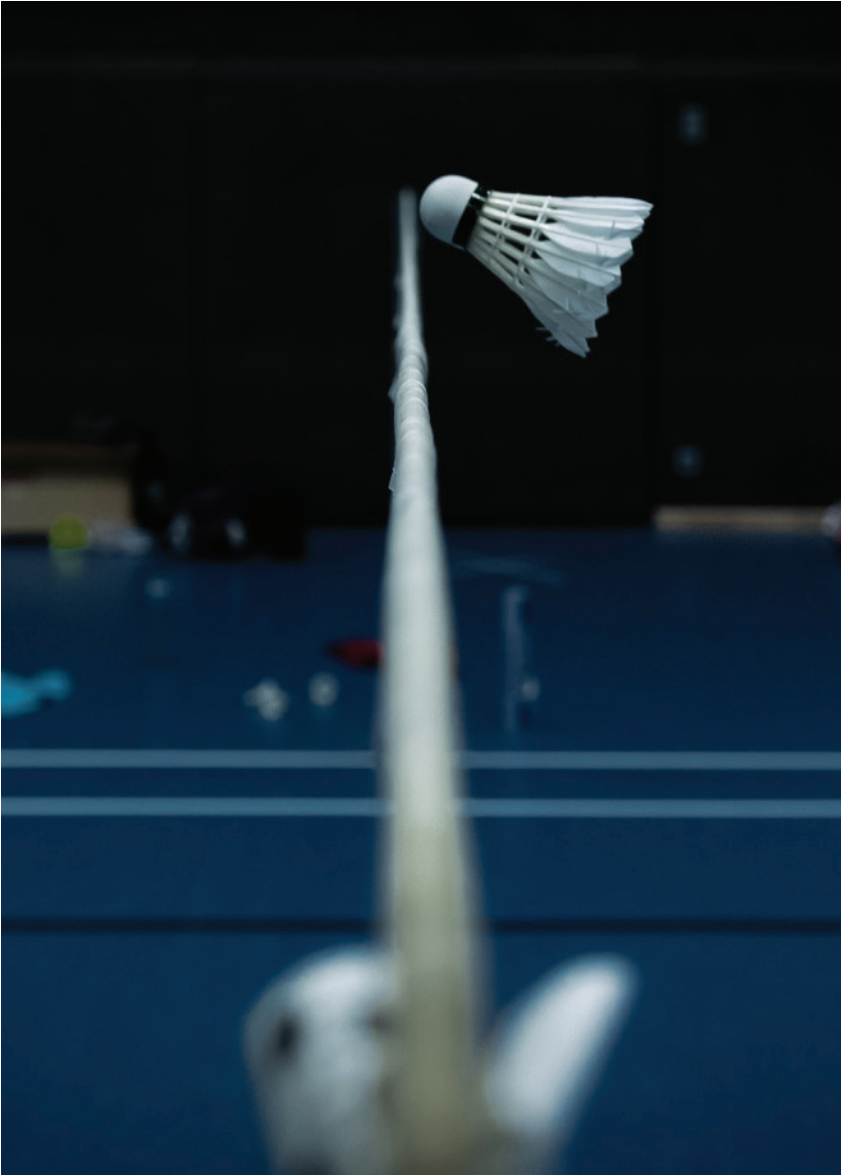
Badminton Social Play

A group of enthusiastic badminton players meet regularly on Tuesday and Thursday mornings. We would like to extend a warm invitation for you to join our group. Once you join, you will be pleasantly surprised by the immense fun and the great amount of exercise you can get from playing badminton with us. Come and experience the joy of playing this exciting sport while keeping fit and having a wonderful time with our friendly group of players.

Tue, Thu | 10:00am–12:30pm

Annual committee fee

A mandatory \$25 committee fee will be billed to all junior badminton players for the season of 2023/2024. 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



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 club 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 26,

Sep 12–Dec 19

Tue | 10:00am–12:00pm
Upper Dining Room
Instructor: Stephen Beaton
\$10.00

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. No play on Dec 26.

Sep 12–Dec 19

Tue | 1:00PM–3:00PM
Upper Dining Room
No charge

Invitational Duplicate Game

The Thursday morning duplicate bridge game is sanctioned by the American Contract Bridge League. It is restricted to Members of 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.

Sep 7–Dec 28

Thu | 9:30am–12:30pm
Upper Dining Room
Drop in: \$10 (Hollyburn Members)
\$12 (guests)
Director: Stephen Beaton

HOCKEY



Adam Hayduk
Hockey Director
Ahayduk@hollyburn.org



Andrea Benac
Hockey Coordinator
Abenac@hollyburn.org

Cookie Monsters

4–5 yrs

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

Excluding Thanksgiving Weekend (Oct 8) & Remembrance Day Weekend (Nov 12)

Sept 17–Dec 6

Sun | 10:30am–11:15am

Wed | 4:00pm–4:45pm

Small Ice

\$250 (1x per week)

\$395 (2x per week)

Goalie Development

This program is offered to the goalies of Hollyburn Huskies teams: U8 through U13. Goalies will be grouped by age and skill level. There will be a maximum of 4 spots per session.

Excluding Thanksgiving Weekend (Oct 7) & Remembrance Day Weekend (Nov 11)

Sept 23–Dec 2

Sat | 10:00am–11:00am Birth Years 2015–2017

Sat | 11:00am–12:00pm Birth Years 2011–2014

Small Ice | \$195

Saturday Skating Development

Refunds will be offered to players missing sessions for LEAGUE GAME conflicts. Total 10 sessions.

Excluding Thanksgiving Weekend (Oct 7) and Remembrance Day Weekend (Nov 11).

Sept 23–Dec 9

Sat | 12:00pm–12:45pm Birth Years 2015–2017

Sat | 12:45pm–1:30pm Birth Years 2013–2014

Sat | 1:30pm–2:30pm Birth Years 2009–2012

Large Ice

\$325 (45 mins: 2013–2017 Birth Years)

\$375 (60 mins: 2009–2012 Birth Years)

Co-Ed Learn To Skate And Play Hockey

This program is offered to Members 19+ yrs who have always wanted to learn to skate and play hockey. This is a program for the beginning player without any (or very little) skating experience. This program is perfect for anyone wishing to learn to play hockey with the goal of, one day, joining an Adult Hockey League. Skating skills, puck skills, and scrimmage time will make up each session. In addition to learning to play a great game, participants will also get a great workout. (11 sessions)

Excluding Thanksgiving Weekend (Oct 9) & Remembrance Day Weekend (Nov 13)

Sept 18-Dec 11

Mon | 9:00pm-10:15pm

Small Ice | \$350

NOTE: Additional Skills Programs will be added once the 2023/24 Minor Hockey Schedule is finalized. Hollyburn Hockey will communicate directly to Members any new programs that are added.

Men's Hockey

Men's hockey is safe, fun, and recreational. There is nobody checking in Hollyburn Men's Hockey. We respect each others age, athleticism and playing ability and seek to avoid injury while making the game enjoyable for all.

Men's Hockey Registration:

Men's Hockey registration will open at the end of June. Registration covers all Men's Hockey activities including the 2023/2024 season, Saturday morning 3 on 3 plus Spring and Summer Hockey. Register through mens.hollyburnhockey.com

Divisions

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

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

Register before Aug 31: \$300

Register after Aug 31: \$400



KARATE



Peter Stoddart
Karate Professional
Karate@hollyburn.org

Sensei Peter is a Karate Canada 6th Degree Black Belt, International Competitor, BC Winter Games Head Coach and a Karate BC Provincial Coach. He won Double Gold Medalist at Wado Kai World Championships and the North American Masters. He has competed and trained in Asia, Europe and North America over a 40 year career studying and teaching Martial Arts.

Web: www.hollyburn.org
Phone: 604.913.4575
Email: karate@hollyburn.org

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.

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

Holidays (no class)

Truth and Reconciliation Day Mon, Oct 2

Thanksgiving Mon, Oct 9

Remembrance Day Mon, Nov 13

Winter Break Dec 25–Jan 7

If you are new to Karate, your Little Ninjas uniform from the Sports Boutique is FREE!

Karate Program Registration

Wednesday, August 9 at 6:40am (Online Only)

Cancellation Policy

Programs and classes with multiple sessions require seven (7) days cancellation notice prior to the scheduled start of the individual program to avoid a cancellation fee. Cancellations with less than seven (7) days notice will result in 100% of the fee for the program being charged. Program and class fees will not be pro-rated.

Junior Karate

Little Ninjas

4–6yrs

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.

Sept 11–Dec 15

Mon | 3:45pm–4:30pm & 4:45pm–5:30pm

Tues | 3:45pm–4:30pm

Wed | 3:45pm–4:30pm

Thu | 3:45pm–4:30pm

Fri | 3:45pm–4:30pm

\$294

\$231 (Mon)

*No class Oct 2, 9, Nov 13

Instructor: Sensei Peter Stoddart

Colour, Brown & Black Belt Karate

Age 7+

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.

Sept 11–Dec 15

Mon | 6:00pm–7:00pm

Tue, Wed, Thu, Fri | 4:45pm–5:45pm

\$301

\$236.50 (Mon)

*No class Oct 2, 9, Nov 13

Instructor: Sensei Peter Stoddart



Brown and Black Belt Karate

Age 7+

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.

Sept 12–Dec 14

Tue, Thu | 6:00pm–7:00pm

\$301

Instructor: Sensei Peter Stoddart

Adult Karate

Adult Karate

Age 15+

Participants will learn the physical and mental concepts underlying Traditional Japanese karate. These include self-awareness, whole body movement, how to use relaxation, defensive techniques and mental skills in a fun, safe and encouraging environment. The sessions will cover stances, how to move in them, how to balance body and mind, and how to apply these skills in terms of evading, redirecting, neutralizing and delivering controlled attacks. Karate is a great way to cross-train with other sports. Please wear comfortable sports clothing.

Sept 11–Dec 13

Mon | 7:00pm–8:30pm

Wed | 6:00pm–7:30pm

\$363 (Mon)

\$462 (Wed)

*No class Oct 2, 9, Nov 13

Instructor: Sensei Norma Foster

Fall Program				
Monday	Tuesday	Wednesday	Thursday	Friday
Little Ninjas 3:45pm–4:30pm				
Little Ninjas 4:45pm–5:30pm	Colour, Brown & Black belts 4:45pm–5:45pm			
Colour, Brown & Black belts 6:00pm–7:00pm	Brown & Black belts 6:00pm–7:00pm	Adult Karate 6:00pm–7:30pm	Brown & Black belts 6:00pm–7:00pm	
Adult Karate 7:00pm–8:30pm				



MUSIC



Vlada Mars
Music Coordinator
Music@hollyburn.org

Please note that all lessons are organized from September till June and there is no need to re-register for winter or spring terms.

Piano Lessons with Fine Arts Professional 6+ yrs

Enjoy the convenience of private piano lessons!

Vlada Mars is starting her 27th year at Hollyburn and will guide students in a course of study suited individually to the needs of your child. Traditional and contemporary repertoires will be used to develop the skills of sight-reading, ear training, theory and duet work. The students will have opportunity to play at the Christmas and Spring Recital, preparation for examinations (piano, theory, harmony and history) with the Royal Conservatory of Music are also available.

Sept 11, 2023–Jun 14, 2024

Mon–Fri | 2:00pm–8:00pm

Studio 2

Vlada Mars

Length of Lesson:

30 minutes | \$ 183.75(35 lessons, monthly fee)

45 minutes | \$ 275.62

60 minutes | \$ 367.00

Adult Classes

Adult students are most welcome as well. Appointments can be arranged to suit your busy schedule on a "pay-as-you-go" basis.

Length of Lesson 60 minutes | \$105.00

Piano lessons

6+ yrs

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

Sept 11, 2023–Jun 14, 2024

Mon, Tue, Wed, Fri

Studio 4

Alanna Ho

Length of Lesson	
30 minutes	\$166.25 (35 lessons, monthly fee)
45 minutes	\$ 249.37
60 minutes	\$ 332.50
Adults	\$ 95/hr

Guitar, Bass and Ukulele Lessons

8+ yrs

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

Sept 11, 2023–Jun 15, 2024

Mon–Fri

Studio 3

Mark Klausmayer

Length of Lesson

30 minutes | \$166.25 (35 lessons, monthly fee)

45 minutes | \$249.37

60 minutes | \$332.50

Adult | \$95.00/hr

Voice Lessons

6+ yrs

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

Sept 12, 2023–Jun 13, 2024

Tue, Wed, Thu

Studio 1

Sherrie Ashworth

Length of Lesson

30 minutes | \$166.25 (35 lessons, monthly fee)

45 minutes | \$249.37

60 minutes | \$332.50

Adult | \$95.00/hr

Drums lessons

6+ yrs

Increase your skills from beginner to advanced drumming techniques. You will learn through lessons that suits your pace, experience and goals. Our instructor is actively playing in two bands (rock and jazz) and will bring his expertise and style to the lessons.

Sep 11, 2023–June 14, 2024

Mon–Fri

Studio 1

Goran Mars

Length of Lesson

30 minutes | \$166.25 (35 lessons, monthly fee)

45 minutes | \$249.37

60 minutes | \$332.50

Adult | \$95.00/hr

Modern Music Production and Composition

10+ yrs

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

Sep 11, 2023–June 14, 2024

Mon–Fri

Studio 3

Mark Klausmayer

Length of Lesson

30 minutes | \$166.25 (35 lessons, monthly fee)

45 minutes | \$249.37

60 minutes | \$332.50

Adult | \$95.00/hr

Please check our website for the private lesson policy. To register or to obtain more information please contact Vlada Mars, Music Coordinator at 604 913 4526 or via email music@hollyburn.org

PICKLEBALL



Indoor Pickleball Drop-in

As the weather turns colder we are returning to indoor play. Pickleball can be played indoors in the Turf or Badminton Gym.

Pickleball Court Bookings-Turf

Drop-in times are ideal for Members who want to play a game with a pre-arranged group of 2-4 players. During the indoor season, the two courts in Bay 3 of the Turf are available for drop-in play. Bookings can be made under the Turf schedule in GameTime.

Pickleball Court Bookings-Badminton Gym

Drop-in times are still available for Members in the Badminton Gym. Pickleball can be played during a Pickleball, Open Gym or Racquet booking time. Bookings should be made in advance on the Gym schedule in GameTime. **Court bookings open at 8am daily. Bookings can be made up to 7 days in advance through the Hollyburn Website or App.*

Pickleball Leagues

We offer mixed and competitive leagues at a variety of skill levels. Joining a league is a great way to practice your skills with similar level players in a larger group environment.

Men's League 3.5+

The purpose of Men's league is to encourage fair, competitive play amongst Members. This league is Member run and is for Members who meet the required level of play (3.5+). Players can register as an individual player; no partner is required.

Mon | 5:30pm–7:30pm

Turf Pickleball Courts (Bay 2&3)

**Mixed League registration opens one week in advance. Limited spots available.*

Competitive League 4.0+

The purpose of Competitive league is for our higher level, more competitive players. This league is Member run and is for Members who meet the required level of play (4.0+). Players can register as an individual player; no partner is required.

Thu | 5:30pm–7:30pm

Turf Pickleball Courts (Bay 2&3)

**Competitive League registration opens one week in advance. Limited spots available.*

Adult Mixed Doubles

Our Saturday Adults Mixed League is open to all adult pickleball players. Register as a doubles pair or individually, but be prepared to play with a variety of partners and levels as players are encouraged to "mix it up" – this is part of the fun. This is a Member run program meant to be recreation play and very "social". Registration opens one week in advance.

Sat | 3:00pm–5:00pm

Badminton Gym

**Adult Mixed League registration opens one week in advance. Limited spots available.*

Pickleball E-Newsletter

Want to receive our monthly Pickleball E-Newsletter? Contact jkatzin@hollyburn.org to be added to our email list.



SKATING



CANSKATE

Registration

Wednesday, August 9, 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 email: figureskate@hollyburn.org

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 eight is mandatory.*

Please Note*

A Skate Canada Association on time/year fee of \$73 will be charged to your account to cover insurance and registration for any Can Skate program. Any cancellations made within the 7 days of the CanSkate program start date will be subject to pay the \$73 fee.

Cancellation Policy

As per house rule 30, Members will be charged the full fee for all programs they register for unless cancellation notice is received seven (7) days prior to the start of the program.

Figure Skating

Junior Team / Intermediate+ / Senior Team

Registration

Wednesday, August 9, 6:50am

Please go to GameTime to Register for Group and Off Ice days for the Fall term. Feel free to contact Figure Skating at figureskate@hollyburn.org if you have any questions.

Please Note**

A Skate Canada Association on time/year fee of \$108 will be charged to your account to cover insurance and registration for any Can Skate program. Any cancellations made within the 7 days of the Figure Skating program start date will be subject to pay the \$108 fee.

Cancellation Policy: Group & Off Ice

As per house rules, Members will be charged the full fee for all programs they register for unless cancellation notice is received seven (7) days prior to the start of the program.

Cancellation Policy: Freeskate

Members will be charge full freeskate fees unless 48 hours cancellation notice is received. Contact figureskate@hollyburn.org with cancellations.

Save The Date:

Holiday Ice Show & Extravaganza (Jr/Int/Sr)
No Group classes.
Dec 15
Wed

Dates to Remember:

Sept 4 | Labour Day
Sept 6 | Fall Jr/Int/Sr Starts
Sept 12 | Fall CanSkate Starts
Sept 22 - 24 | Fall Competition, Parksville, BC
Sept 30 | No Skating: National Day for Truth & Reconciliation Day
Oct 2 | No Skating
Oct 4 | Solo Simulations, No Group Classes
Oct 7 | No Skating
Oct 9 | No Skating: Thanksgiving
Oct 13 - 15 | Autumn Leaves Competition, Chilliwack, BC
Oct 31 | Halloween, Dress Up in your favourite skating appropriate costume
Nov 10 | No Skating
Nov 11 | No Skating: Remembrance Day
Nov 13 | No Skating
Dec 9 | Fall CanSkate Ends
Dec 15 | Holiday Ice Show & Extravaganza (Fall Jr/Int/Sr Ends), no Group classes

ICE TIMES

Monday	Wednesday	Thursday	Friday	Saturday
3:45pm-7:45pm	3:30pm-6:00pm	6:30am-8:30am	3:30pm-5:45pm	8:30am-11:00am

Our Skating Department is currently undergoing a transition, which has provided us with an exciting opportunity to re-think fall programming. Our goal is to encourage the participation of young new skaters by developing a passion and love for skating and to challenge our experienced skaters to refine their competitive skills.

We appreciate all our Member's patience while we plan the fall schedule and onboard a new coaching team. Information will be shared in advance of our registration day on August 9. Please feel free to direct any queries to James Holloway (jholloway@hollyburn.org).

SQUASH



Jeff Boag
Squash Professional
Squash@hollyburn.org

Session Dates

Sep 11–Dec 17 (14 weeks)

Holidays (No Classes)

Truth and Reconciliation Day Mon Oct 2

Thanksgiving Mon Oct 9

Remembrance Day Mon Nov 13

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.

Please be aware there is a 24-hour cancellation policy on private lessons. Less than 24 hrs cancellation notice of individual lessons will result in a full lesson charge.

Junior Program

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

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

Tiny Tots - Active Start

3.5–5yrs

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.

Sept 11–Dec 17

Tue, Wed, Thu | 2:40pm–3:20pm

\$350

Junior Red Ball - Active Start

5-7 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.

Sept 11-Dec 17

Tue, Wed, Thu | 3:30pm-4:15pm

\$350

Sep 17-Dec 10

Sun | 9:30am - 10:15am

\$300

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.

Sept 11-Dec 17

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

\$350

Sept 17-Dec 10

Sun | 9:30am-10:30am

\$300

Junior Green Ball - Silver Level

8+ 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 re-ferring 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.

Sept 11-Dec 17

Tue, Wed, Thu | 4:30pm-5:30pm

\$350

Sep 17-Dec 10

Sun | 10:45am-12:00pm

\$300

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!

Oct 3-24**Nov 7-28**

Tue | 6:30pm-7:30pm

\$199

Oct 8-29**Nov 5-26**

Sun | 12:00pm-1:00pm

Intermediate Skill Clinic

Jump start your skill development through a variety of racquet and movement drills de-signed to increase your skill level and overall squash IQ.

Pre-requisite - players must have a solid understanding of basic rules and game play.

Stay after the clinic for the Drop In and put your new skills to the test.

Oct 8-29

Nov 5-26

Sun | 1:00pm-2:00pm

\$120

Drop In

Open to all players looking for additional games. Play a game (or two) then 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

Sun | 2:00pm-3:00pm

FREE

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.

Those unsure of their level are invited to attend the Thursty Open House on Sept 21 from 5:30pm-6:30pm.

Sep 21-Open House

Sep 28-Oct 26

Nov 2-30

Dec 7-Wind Up Social

Thu | 5:30pm-7:30pm

\$10/cycle

Squash Ladder

The Ladder will help you stay sharp and improve your skills by directing you to new opponents. The Ladder is our in-house player ranking system and all players are invited. Contact a player, play a match, record your results and repeat to find new opponents and move up the ladder.

View, Log In or Register

<https://my.sportyhq.com/ladder/view/215>

Once you log in please update your contact info so players may be able to contact you. There is no Fee to join the ladder and all matches are self-organized.

Doubles Squash

Do you want to learn to play? The biggest challenge with doubles is finding a group to play with so a group of mentors has been established to help you learn the game and get you started. Contact Jeff, squash@hollyburn.org to join the program and start your doubles adventure.

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

30min \$50

45min \$70

60min \$90

Semi-Private (2)

60min \$120, 90min \$150

Group (3-4)

60min \$135, 90min \$175

TENNIS



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

Junior Tennis Programs

Registration Opens Friday August 11

6:30am Playball
6:40am Red ball
6:50am Orange ball
7:00am Green ball
7:10am Regular Ball, This Girl Is..., Teen Squad & Pro Classes
7:20am Adult Tennis
7:30am In-Person & by phone
Session dates: Sep 11–Dec 17 (13 weeks)
Half term: Nov 6–12 (no classes)

Holidays (no classes)

Truth and Reconciliation day Mon Oct 2
Thanksgiving Mon Oct 9
Remembrance Day Mon Nov 13

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 manager, Jason, 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 max of 2 classes per week.

Note that junior development & competitive classes are a 6:1 ratio per coach and per court.

New Grace Period

Members will now have a 3-day grace period, after the registration day, to amend or remove themselves from classes they have signed up for, including waitlists. After this period, if changes have not been made the tennis administration team will have the authority to process the classes, in order to give more Members the opportunity to be involved in the program. Members confirmed in more than 2 classes should choose their preferred 2 sessions and remove themselves from any others, to avoid tennis administration make the decision for them.

Program Cancellation Policy

Members will be charged the full fee for all programs they register for unless seven (7) day cancellation notice is received prior to the scheduled start of the program.

Private Lesson Cancellation Policy

48 Hours' notice is required for private lesson cancellations. Policy subject to change.

Development

**Red Ball, Orange Ball, Green Ball,
Regular Ball, Squad C**

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.

Improver

Red Ball, Orange Ball, Green Ball

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 encouraged to sign up for our weekly match-play sessions as well as our in-house "hotshots" tournament.

Coach's approval is required to enroll in improver classes.

Competitive

**Red Ball, Orange Ball, Green Ball,
Regular Ball, Squad B**

This program is for players who have progressed through our improver level and will continue to expand on the technical, tactical, physical and mental skills you have learnt in our developmental stream as well as a more competitive environment and atmosphere being created within the sessions. Players are expected to have a minimum of their "rally 10 badge" as part of our Hollyburn rally awards initiative to be eligible for the competitive stream. Participants of this class are expected to attend our weekly match-play sessions, play our in-house "hotshots" tournament as well as be looking to compete in Tennis BC sanctioned events. Minimum 2 classes per week.

Coach's approval is required to enroll in competitive classes.

Pro

**Red Ball, Orange Ball, Green Ball,
Regular Ball, Squad A**

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.

Super Achievers - Regular Ball

Students must be competing or performing at the highest possible standard for their age division to be eligible. The minimum requirement is 20 hours (average) per week of supervised training in tennis.

Coach's approval is required to enroll in super achievers classes.

For additional information about our pro & super achievers programs, please contact our head of high-performance, Gerard Siucho at performancetennis@hollyburn.org

Junior Tennis

Playball Tennis

(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.

Sep 11-Dec 14

Mon-Thu | 3:30pm-4:15pm

Mon-Thu | 4:15pm-5:00pm

\$243.75 (One day per week)

\$225 (Thu)

\$187.50 (Mon)

For tennis & swim, 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

(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.

Sep 11-Dec 14

Mon-Thu | 3:30pm-4:15pm

Mon-Thu | 4:15pm-5:00pm

\$243.75 (One day per week)

\$225 (Thu)

\$187.50 (Mon)

Red Ball Improver

(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 encouraged to sign up for our weekly match-play sessions and our in-house "hotshots" tournament.

Coach's approval is required to enroll in improver classes.

Sep 11-Dec 14

Mon-Thu | 3:30pm-4:15pm

Mon-Thu | 4:15pm-5:00pm

\$243.75 (One day per week)

\$225 (Thu)

\$187.50 (Mon)

Red Ball Competitive

(Born 2015–2017)

This program is for players who have progressed through our improver level and will continue to expand on the technical, tactical, physical and mental skills you have learnt in our developmental stream as well as a more competitive environment and atmosphere being created within the sessions. Players are expected to have a minimum of their “rally 10 badge” as part of our Hollyburn rally awards initiative to be eligible for the competitive stream. Participants of this class are expected to attend our weekly match-play sessions, play our in-house “hotshots” tournament as well as be looking to compete in tennis bc sanctioned events. Minimum 2 classes per week.

Coach’s approval is required to enroll in competitive classes

Sep 11–Dec 14

Mon, Wed, Thu | 3:30pm–4:25pm

\$325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Red Ball Pro

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, players need a commitment of 3 times per week.

Players must have a skipping rope for each class.

Coaches approval is required to enroll in this class.

Sep 12–Dec 14

Tue–Thu | 3:30pm–4:25pm

\$325 (One day per week)

\$300 (Thu)

For tennis & swim, 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.

Orange Ball Development

(Born 2013/2014)

Learn to move, throw and catch like an athlete.

This program takes place on a ¾ 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.

Sep 11–Dec 14

Mon–Thu | 3:30pm–4:25pm

\$325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Orange Ball Improver

(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 encouraged to sign up for our weekly match-play sessions and our in-house “hotshots” tournament.

Coach’s approval is required to enroll in improver classes.

Sep 11–Dec 14

Mon, Thu | 5:00pm–5:55pm

Wed | 4:30pm–5:25pm

\$325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Orange Ball Competitive

(Born 2013/2014)

This program is for players who have progressed through our improver level and will continue to expand on the technical, tactical, physical and mental skills you have learnt in our developmental stream as well as a more competitive environment and atmosphere being created within the sessions. Players are expected to have a minimum of their "rally 10 badge" as part of our Hollyburn rally awards initiative to be eligible for the competitive stream. Participants of this class are expected to attend our weekly match-play sessions, play our in-house "hotshots" tournament as well as be looking to compete in tennis bc sanctioned events. Minimum 2 classes per week.

Coach's approval is required to enroll in competitive classes.

Sep 11–Dec 14

Mon, Wed, Thu | 4:30pm–5:55pm

\$487.50 (One day per week)

\$450 (Thu)

\$375 (Mon)

Orange Ball Pro

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.

Sep 11–Dec 14**Tennis:**

Mon–Thu | 3:30pm–4:25pm

\$390 (One day per week)

\$300 (Mon)

Fitness:

Mon–Thu | 4:30pm–5:25pm

Green Ball Development

(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.

Sep 11–Dec 14

Mon–Thu | :30pm–4:25pm

\$325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Green Ball Improver

(Born 2011/2012)

This program is for players who have progressed through our improver level and will continue to expand on the technical, tactical, physical and mental skills you have learnt in our developmental stream as well as a more competitive environment and atmosphere being created within the sessions. Players are expected to have a minimum of their "rally 10 badge" as part of our hollyburn rally awards initiative to be eligible for the competitive stream. Participants of this class are expected to attend our weekly match-play sessions, play our in-house "hotshots" tournament as well as be looking to compete in Tennis BC sanctioned events. Minimum 2 classes per week.

Coach's approval is required to enroll in competitive classes.

Sep 11–Dec 14

Mon–Thu | 5:00pm–5:55pm

325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Green Ball Competitive

(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.

Sep 11-Dec 14

Mon, Tue, Thu | 4:30pm-5:55pm

\$487.50 (One day per week)

\$450 (Thu)

\$375 (Mon)

Green Ball Pro

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. 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.

Sep 11-Dec 14

Tennis:

Mon-Thu | 4:30pm-5:55pm

\$585 (One day per week)

\$540 (Thu)

\$450 (Mon)

Fitness:

Mon-Thu | 3:30pm-4:25pm

Regular Ball Development

(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.

Sep 11-Dec 14

Mon-Thu | 5:00pm-5:55pm

\$325 (One day per week)

\$300 (Thu)

\$250 (Mon)

Regular Ball Competitive

(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.

Sep 12-Dec 14

Tue-Thu | 4:30pm-5:55pm

\$487.50 (One day per week)

\$450 (Thu)

Regular Ball Pro

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.

Sep 11–Dec 14

Tennis:

Mon–Thu | 6:00pm–7:25pm

\$585 (One day per week)

\$540 (Thu)

\$450 (Mon)

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.

2.0 Squad C

Sep 11–Dec 13

Mon–Wed | 5:00pm–5:55pm

\$325 (One day per week)

\$250 (Mon)

2.5 Squad B

Sep 11–Dec 14

Mon, Tue, Thu | 4:30pm–5:25pm

\$487.50 (One day per week)

\$450 (Thu)

\$375 (Mon)

3.0 Squad A

Sep 12–Dec 14

Tennis:

Tue–Thu | 6:00pm–7:25pm

\$487.50 (One day per week)

\$450 (Thu)

Fitness:

Mon, Wed | 4:30pm–5:25pm

Tue, Thu | 4:45pm–5:40pm

Tournament Players Morning Program

(Invitation only)

The early morning program provides supplemental training and extra volume repetition mirroring the topics and format of the afternoon coaching sessions. It is also a great way to build essential habits when competing outside the province. Athletes must be regularly attending Tennis BC provincial events and working their way to qualify to Tennis BC's indoors and outdoors provincial tournaments. Players must have a skipping rope for each class.

Sep 11–Dec 15

Tue, Wed, Fri | 6:00am–7:55am

\$780 (One day per week)

This Girl Is! (Rebranded Girls only Tennis)

Our very popular and successful girl's only tennis class is being rebranded to cater for our older regular ball players to compete, learn and socialize on and off the court. We will have two branches to this initiative offering a fitness session "This Girl Is A Warrior" and a match play session "This Girl Is A Competitor"

This Girl is a Warrior

(Born 2007–2012)

Girls only cardio session. This is aimed at players that are looking for a high energy class involving basket drills, playing drills and fun games to keep them active and moving.

Sep 12–Dec 12

Tue | 5:00pm–5:55pm

\$325

This Girl Is A Competitor!

(Born 2007–2012)

Matchplay geared at singles and doubles points with coaching advice on court positions, tactics and general expectations on how a player should conduct themselves during a match.

Sep 15–Dec 15

Fri | 4:30pm–5:25pm
\$325

Super Achievers Morning Program

(Invitation only)

The early morning program provides supplemental training and extra volume repetition mirroring the topics and format of the afternoon coaching sessions. It is also a great way to build essential habits when competing outside the province. This program is aimed towards athletes already performing at a high level; these players compete at the top provincial and national level for U14 and above. Players who qualified to Tennis BC's indoors and outdoors provincial tournaments U14 and above will be invited to join the program. Athletes must be regularly attending tennis BC provincial events. Players must have a skipping rope for each class.

Sep 11–Dec 15

Tue, Wed, Fri | 6:00am–7:55am
\$780 (One day per week)

Super Achievers Afternoon Program

(Invitation only)

This program is aimed towards athletes already performing at a high level; these players compete at the top provincial and national level for U14 and above. Players who qualified to Tennis BC's provincial tournaments will be invited to join the program. The focus of this program is to help players identify their personal tennis identity and learn to dominate with their own individual game style. Competitors are expected to bring a tennis bag with the same equipment and attitude required for tournament play.

Sep 11–Dec 15**Tennis:**

Mon, Tues, Thu, Fri | 1:30pm–3:25pm
\$780 (one day per week)
\$600 (Mon)

Mon, Wed | 6:00pm–7:25pm
\$585 (One day per week)
\$450 (Mon)

Fitness:

Mon, Wed | 4:30pm–5:25pm
Tue, Thu | 4:45pm–5:40pm

*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

(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.

Match play will be cancelled 48hrs prior if less than 3 players are signed up.

Coaches approval is required to enroll in this class.

Sep 15–Dec 15**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.

Dec 3

Sun

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.

Nov 13–16

Mon-Thu | 3:30pm–5:30pm

Kids Christmas Party

Dress up in your best christmas outfit and join us for some festive fun. Tennis games, music & prizes. Awards presented for our top achievers from all our yearly program levels.

Please note there are no regular programs running this day, all players are encouraged to sign up and attend the party.

Dec 7

Thu | 3:30pm–5:30pm

For additional information about our junior programs, please contact our junior tennis manager, Jason Torpey at juniortennismanager@hollyburn.org



Adult Tennis Programs

Registration opens Friday August 11
7:20am Adult Tennis
7:30am in-person & by phone
Session dates: Sep 11–Dec 17 (13 weeks)
Half term: Nov 6–12 (no classes)

Holidays (no classes)

Truth and Reconciliation Day Mon Oct 2
Thanksgiving Mon Oct 9
Remembrance Day Mon Nov 13

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.

Note that all adult classes are a 6:1 ratio per coach and per court.

Adult Members are permitted to sign up for a maximum of 2 programs per week.

New Grace Period

Members will now have a 3-day grace period, after the registration day, to amend or remove themselves from classes they have signed up for, including waitlists. After this period, if changes have not been made the tennis administration team will have the authority to process the classes, in order to give more Members, the opportunity to be involved in the program. Members confirmed in more than 2 classes should choose their preferred 2 sessions and remove themselves from any others, to avoid tennis administration make the decision for them.

Program Cancellation Policy

Members will be charged the full fee for all programs they register for unless seven (7) day cancellation notice is received prior to the scheduled start of the program

Private Lesson Cancellation Policy

48 Hours' notice is required for private lesson cancellations. Policy subject to change.

Levels of Tennis Ability

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

Compass Singles Challenge

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

(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!

Sep 11–Oct 21 (6-week clinic) – if confirmed in this clinic a Member cannot sign up for the 2nd clinic

Oct 23–Dec 9 (6-week clinic) – inside 7 days of start date, any Member can sign up for available spaces

Mon | 9:00am–9:55am

Mon | 11:00am–11:55am

Wed | 9:30am–10:25am

Fri | 10:00am–10:55am

Sat | 9:00am–9:55am

\$150

\$100 (Mon 1st clinic)

\$125 (Mon 2nd clinic)

Rally

(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.

Sep 11–Oct 21 (6-week clinic) – if confirmed in this clinic a Member cannot sign up for the 2nd clinic

Oct 23–Dec 9 (6-week clinic) – inside 7 days of start date, any Member can sign up for available spaces

Mon | 10:00am–11:00am

Fri | 9:00am–9:55am

Fri | 11:00am–11:55am

Sat | 10:00am–10:55am

\$150

\$100 (Mon 1st clinic)

\$125 (Mon 2nd clinic)

2.0–2.5 Clinic

Pre-League

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

This clinic is designed to work on your tactical, technical and physical foundations. Coaches use singles and doubles game situations each week, and work on improving your tennis game in all aspects. This class will also help players prepare to integrate themselves into our in-house leagues.

Coaches approval is required to enroll in this class.

Sep 11–Dec 16

Mon | 9:00am–9:55am

Mon | 11:00am–11:55am

Fri | 10:00am–10:55am

Fri | 11:00am–11:55am

Sat | 11:00am–11:55am

\$325

\$250 (Mon)

3.0 Clinic

Div. 4/5

Eligibility: must be competing in interclub league or tournaments.

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

Coaches approval is required to enroll in this class.

Sep 12–Dec 15

Tue | 10:00am–10:55am

Fri | 10:00am–10:55am

Fri | 11:00am–11:55am

\$325

3.5 Clinic

Div. 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.

Sep 14–Dec 15

Thu | 9:00am–9:55pm

Fri | 11:00am–11:55am

\$325

4.0+ Clinic

Div. 1/2

Eligibility: players must compete at a div. 2 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.

Sep 12–Dec 15

Tue | 11:00am–11:55am

Thu | 10:00am–10:55am

\$325

Drills

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

Sep 11–Dec 16

Mon | 9:00am–9:55am [*rec lvl 2.0–2.5*] (*Pre-league*)

Mon | 10:00am–10:55am [*rec lvl 3.0*] (*Div. 4/5*)

Mon | 6:00pm–6:55pm [*rec lvl 3.5–4.0*]

Wed | 12:30pm–1:25pm [*rec lvl 2.0–2.5*] (*Pre-league*)

Thu | 6:00pm–6:55pm [*rec lvl 3.0*]

Thu | 7:00pm–7:55pm [*rec lvl 4.0–4.5*]

Fri | 9:00am–9:55am [*rec lvl 2.0–2.5*] (*Pre-league*)

Fri | 10:00am–10:55am [*rec lvl 3.0*] (*Div. 4/5*)

Sat | 12:00pm–12:55pm [*open to any level*]*

Sat | 1:00pm–1:55pm [*open to any level*]*

\$325

\$250 (Mon)

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

Drop in \$25 [needs minimum 3 players to run]

Ball Machine Clinic

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

Sep 11–Dec 13

Mon | 12:00pm–12:55pm [*rec lvl 2.0–2.5*] (*Pre-league*)

Tue | 9:00am–9:55am [*rec lvl 3.5–4.0*] (*Div. 2/3*)

Wed | 10:30am–11:25am [*rec lvl 3.0–3.5*] (*Div. 4/5*)

Wed | 11:30am–12:25am [*rec lvl 3.0–3.5*] (*Div. 4/5*)

\$325

\$250 (Mon)

Ladies Pro-am

(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.

Sept 11–Oct 21 (6-week session) – if confirmed in this clinic a Member cannot sign up for the 2nd clinic.

Oct 23–Dec 9 (6-week session) – inside 7 days of start date, any Member can sign up for available spaces.

Wed | 10:30am–11:55am
\$315

Cardio tennis

Join in the hi-impact cardio tennis workout accompanied with pumping music and high energy! Available to all adults and all levels. Weekly sign up opens on adult notice board one week prior at 5:30pm.

Sept 11–Dec 10
Mon | 6:00pm–6:55pm
\$20

Ball machine orientation

All Members must have completed a ball machine orientation to use the ball machine.

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

Sept 11–Dec 10

Tue | 10:00am–10:30am (bi-weekly)
Tue | 6:00pm–6:30pm (bi-weekly)
\$0

Indoor club championships

Complimenting our outdoor championships, the indoor event will host singles, doubles and mixed doubles across 3 different levels. Matches will be schedule over a 2-week period with the semi finals and finals being held on the final Thursday through Saturday. Evening matches during the week and daytime matches on the weekends.

Oct 23–Nov 4

Weekdays | 5:30pm, 7:00pm, 8:30pm
Weekends | 12:00pm, 2:00pm, 4:00pm

For additional information about our adult programs, please contact our adult tennis manager, Tony Macken at adulttennismanager@hollyburn.org



CHILDREN & JUNIORS



Brenna Coles
Childcare Supervisor
BColes@hollyburn.org



Katie Jarvis
Junior Supervisor
Youth@hollyburn.org

Children

HollyVille and Program Closures:

- Labour Day Mon Sept 4
- Truth and Reconciliation Mon Oct 2
- Thanksgiving Mon Oct 9
- Remembrance Day Mon Nov 13
- Last day of Childcare and Junior Programs
Fri Dec 15
- Christmas Day Mon Dec 25

PD Days

- Sep 22 Nov 14
- Oct 20 Dec 4

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

Registered Programs

The Children and Junior Department aims to provide engaging and exceptional registered programing for all younger Members based on the following key beliefs.

Long-Term, Healthy Child Development

We ensure activities are age appropriate and developmental stage.

Client centred – We recognize that physical, mental, cognitive and emotional development varies with an individuals age and stage of development.

Promotes key values - We 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 an activity or take a break and come back at a later time, we will provide opportunities to stay engaged and active at any age.

Turf Childminding Services

7 yrs and Under

Ready to burn off some energy after a long day of school? Connect with our Junior Turf Leaders or be self-directed in a safe environment while having fun participating in activities, sports and more! Children 6 years and under must be with a parent, guardian or registered on GameTime. *Dates and times subject to change. Charges will be reflected in GameTime upon registration.

- Mon, Wed, Fri | 4:30pm–8:00pm
- Tue | 4:30pm–8:00pm
- Thu | 4:30pm–8:00pm (Bay 1 Only)
- Sat | 12:00pm–8:00pm
- Sun | 12:00pm–7:00pm

Mini Bakers

4–7 yrs

Please join Brenna and put on your Chef hats in a safe and inclusive environment. Our Mini Bakers will build confidence in the kitchen learning and developing a variety of skills and healthy eating choices. Children will have fun discovering 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 Brenna at BColes@hollyburn.org if you have concerns about allergies or dietary restrictions.

**Dates and times subject to change. (Minimum number of registered participants required for program operation).*

Sept 6–Dec 13

Wed | 3:30pm–4:30pm

Studio

\$375

Mini Artists

4–7 yrs

Please join our talented staff every Wednesday afternoon for an hour of discovery and wonder through Arts and Crafts. Lisa will teach and facilitate the art classes and assist the children in developing their fine motor skills and artistic abilities by experimenting with shape, colour, form and texture. Tap into your creativity and come have fun with your friends every Friday.

**Dates and times subject to change. (Minimum number of registered participants required for program operation).*

Sept 8–Dec 15

Fri | 3:30pm–4:30pm

Youth Lounge

\$375

HV- Petite Ballet

Explore the whimsy and creativity of dance through ballet! Join Carol Seary from West Coast Ballet and learn ballet through storytelling, music and rhythm, props and toys, animal imagery and more. Included in the cost is one pink or black ballet skirt. Please wear black or light pink body suit and ballet slippers. *(Minimum number of registered participants required for program operation).*

Sep 21–Dec 7

Mon | 3:30pm–4:15pm

Youth Lounge

\$375

No Classes Oct 2, 9 and Nov 13

Mini Star Soccer

Once again, Hollyburn is pleased to partner with Mini Star Soccer to offer our Child and Junior Members classes on soccer basics, as well as more in-depth performance-based development. Bring your friend, and make new ones while joining Coach Marvin and his staff to learn “The Beautiful Game”. Coaches will demonstrate and focus important soccer and physical literacy skills in a kind, considerate, playful and fun manner. *(Minimum number of registered participants required for program operation).*

Sep 7–Dec 14

Thu | 3:30pm–4:20pm

Turf Bay 2

\$420

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 and literature. 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. *Dates and times subject to change.

(Minimum number of registered participants required for program operation). No Classes Oct 2, 9 and Nov 13.

Sept 5–Dec 15

9:00am–11:00am

Studio

Prices as follows:

Mon, Wed, Fri \$1290

Mon Only \$390

Tue Only \$450

Wed Only \$450

Thu Only \$450

Fri Only \$450

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 and literature. 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. *Dates and times subject to change.

(Minimum number of registered participants required for program operation). No Classes Oct 2, 9 and Nov 13.

Sept 5–Dec 15

9:00am–11:00am

Youth Lounge

Prices as follows:

Mon, Wed, Fri \$1290

Mon Only \$390

Tue Only \$450

Wed Only \$450

Thu Only \$450

Fri Only \$450

HollyVille - Hip Hop & Broadway Jazz

4–6yrs

Please join our newest community partner, The North Shore Academy of Dancing, for an hour of exuberance and excitement through the art of Hip Hop and Broadway Jazz! This new program is a great introduction to dance. Alyssa and Solomon from NSAD will be your instructors for this fun and lively class. Fundamental hip hop moves will be taught which develop a strong sense of rhythm, musicality and coordination. Creative imagination and movements are incorporated to enhance the foundations of dance and provide a safe and upbeat environment. *(Minimum number of registered participants required for program operation).*

Sept 14–Dec 14

3:15pm–4:15pm

Youth Lounge

\$460

Mini Scholars Athletics

3–5 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. *Dates and times subject to change. *(Minimum number of registered participants required for program operation).*

Upgrade Athletics! Mini Scholars Athletics will be joining forces with Sensei Peter and Coach Jeff to offer an additional Karate component each month! Look for “Mini Karate” information in GameTime for registration. *Dates and times subject to change. *(Minimum number of registered participants required for program operation).*

Drop-in Programs

HollyVille Childcare Registered Drop-in

4 mos–7 yrs

HollyVille Childminding is 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)

Mon–Fri | 2:00pm–3:30pm

Sat–Sun | 3:30pm–4:30pm

Up to 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.

Juniors

Junior Star Soccer

Once again, Hollyburn is pleased to partner with Mini Star Soccer to offer our Child and Junior Members classes on soccer basics, as well as more in-depth performance-based development. Bring your friend, and make new ones while joining Coach Marvin and his staff to learn “The Beautiful Game”. Coaches will demonstrate and focus important soccer and physical literacy skills in a kind, considerate, playful and fun manner. *(Minimum number of registered participants required for program operation).*

Sept 21–Dec 7

Thu

Group 1 (6–9 yrs old) 4:30pm–5:30pm

Group 2 (10–13yrs Old) 5:30pm–6:30pm

Turf Bay 2

\$375

Junior Creative Ballet

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. *(Minimum number of registered participants required for program operation).* No Classes Oct 2, 9 and Nov 13.

Sept 11–Dec 11

Mon | 4:30pm–5:30pm

Youth Lounge

\$330

Chess Institute Of Canada

Family Chess at Hollyburn

5 yrs and up

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 for families. Lessons are designed to expand chess knowledge, develop cognitive ability and impart essential life skills- while families have fun together! No previous Chess background necessary to join the program. *(Minimum number of registered participants required for program operation).*

Sept 21–Dec 14

Thu | 6:00pm–7:00pm

\$390

Junior Winter Combo Camp

6-12 yrs

This camp will be sure to provide you with your Holiday Break fix of activities! Participate in basketball, soccer, badminton, swimming, ping pong, arts and crafts and more. If you have any questions please contact Katie Jarvis at youth@hollyburn.org (Minimum number of registered participants required for program operation)

Dec 27-29

Wed, Thu, Fri | 9:00am-3:00pm

\$220

Jan 2-5

Tue, Wed, Thu | 9:00am-3:00pm

\$290

Junior- Hip Hop

7-10 yrs

Please join our newest community partner, The North Shore Academy of Dancing, for an hour of exuberance and excitement through the art of Hip Hop! This new program is a great introduction to dance. Alyssa and Solomon from NSAD will be your instructors for this fun and lively class. Fundamental hip hop moves will be taught which develop a strong sense of rhythm, musicality and coordination. Creative imagination and movements are incorporated to enhance the foundations of dance and provide a safe and upbeat environment. (Minimum number of registered participants required for program operation)

Sept 14-Dec 14

4:15pm-5:15pm

Youth Lounge

\$500

Junior PD Day Camps

6-12 yrs

Have fun on the Turf and in the Lounge with our Junior Team Leaders. Participate in basketball, soccer, badminton, swimming, ping pong, arts and crafts and more. If you have any questions please contact Katie Jarvis youth@hollyburn.org Minimum number of registered participants required for program operation)

Sept 22 | 9:00am-3:00pm

Oct 20 | 9:00am-3:00pm

Nov 14 | 9:00am-3:00pm

Dec 4 | 9:00am-3:00pm

\$100.00

Turf

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 Junior Leaders will pick up your child from their Tennis lesson and transfer them to the pool deck for their Aquatics lesson. *Please note: Our Junior Leaders will not be helping to change your child. There will be very limited space, register early! (Minimum number of registered participants required for program operation)

Sept 11-Dec 11

Mon | 4:15pm-4:45pm

Tennis to Aquatics

\$15

Sept 12-Dec 12

Tue | 4:15pm-4:45pm

Tennis to Aquatics

\$15

Sept 6-Dec 6

Wed | 4:15pm-4:45pm

Aquatics to Tennis

\$15

Sept 7-Dec 14

Thu | 4:15pm-4:45pm

Aquatics to Tennis

\$15

Junior Beading Class

5-12 yrs

Discover the colorful world of beading! Our beading classes for kids aged 5-12 are designed to spark creativity and boost concentration. Join us for a fun and engaging experience where children create beautiful jewelry and accessories. Our classes expand attention spans and improve focus, providing a safe and supportive environment for kids to explore their talents. With age-appropriate instruction and collaborative projects, children develop fine motor skills, teamwork, and communication.

Sep 13-Dec 13

Mon | 3:45pm-4:45pm

Studio

\$375

Drop-In Services and Program

*Child and Junior Movie Nights

Enjoy a movie alongside your friends! Feel free to bring your dinner or your favourite snacks and dive in to a movie screening, chosen by your amazing Junior Supervisor and Junior Team Leaders. *Dates and times subject to change.

Sep 21 (4-6 yrs)

Oct 19 (7-12 yrs)

Nov 23 (13-17 yrs)

Thu | 6:00pm-8:00pm

Free

Youth Lounge

Youth Lounge

12+ yrs

Chill and Hang out in the Youth Lounge away from parents and younger siblings, the ultimate Teen haven, designed exclusively for teens. Engage in games of foosball, ping pong, shuffleboard, darts, board games or Pac-Man on our tabletop video game. *Dates and times subject to change. Please see Holiday Schedule for Hours of operation.

Mon-Wed | 4:00pm-7:00pm

Thu | Closed

Fri | 4:00pm-8:00pm

Sat-Sun | 1:00pm-7:00pm

Youth Lounge Free

Save The Dates

Hollyween

Oct 27

Fri

Group 1 - 4:00pm-5:30pm

Group 2 - 6:00pm-7:30pm

Badminton Gym/Turf Floor

Holiday Family Fun Night

Dec 8

Fri | 4:00pm-7:00pm

Turf Floor



WELLNESS



Terrance Cadiente
Wellness Coordinator
wellness@hollyburn.org

Registered Massage Therapy (RMT)

Indulge in the ultimate relaxation and rejuvenation at Hollyburn Country Club, where Registered Massage Therapy awaits you. Our team of highly skilled and licensed massage therapists is dedicated to enhancing your well-being and promoting optimal physical health. Treat yourself to the therapeutic benefits of a customized massage session, designed to release muscle tension, reduce stress, and improve circulation. Whether you're seeking relief from everyday aches and pains or simply looking to unwind, our Registered Massage Therapy services will leave you feeling refreshed, revitalized, and ready to take on the world. Book your session today and embark on a journey to renewed vitality and relaxation.

60 min session: \$126.79

90 min session: \$184.12

Terrance Cadiente

Tuesday – Friday | 10:00am-6:00pm

Garrett Crewe

Monday - Thursday | 2:15pm-7:15pm

Tania Thompson

Tuesday 9:00am-3:00pm

Wednesday 9:00am-1:00pm

Acupuncture

Experience the healing power of Traditional Chinese Medicine (TCM) Acupuncture and embrace a holistic approach to wellness. Acupuncture involves the insertion of fine, sterile needles into specific points on the body to stimulate the body's natural healing mechanisms. This ancient therapy offers a wide range of benefits, including pain relief, stress reduction, improved energy flow, enhanced immune function, and overall balance restoration. Whether you seek relief from chronic pain, reduce anxiety and increase relaxation, or aim to optimize your overall health, Acupuncture can help you on your journey. Our highly trained and experienced practitioner, Austin Wei, provides personalized treatments that address your unique needs.

60 min session: \$124.95

Austin Wei

Mondays, Fridays | 10:00am-5:15pm

Fascial Stretch Therapy (FST)

Discover the incredible benefits of Fascial Stretch Therapy (FST) and take your well-being to new heights. FST is a highly effective manual therapy that targets the body's fascia, promoting increased flexibility, improved mobility, and enhanced overall function. Our skilled and certified Fascial Stretch Therapists utilize gentle and assisted stretching techniques to release tension, alleviate pain, and optimize your body's movement patterns. Whether you're an athlete looking to enhance performance or someone seeking relief from everyday stiffness and discomfort, FST can help you achieve your goals. Don't miss out on this opportunity to unlock your body's full potential.

60 min session: \$115

Christopher Lea

Tue | 3:30pm-5:45pm

Wed | 9:00am-12:30pm

Fri | 9:00am-1:45pm

Sat | 9:00am-12:30pm

Sun | 10:00am-1:30pm

Tuyet Vu-Noreau

Mon | 2:15pm-4:30pm

Thu | 10:00am-1:30pm

How can I book a Session?

Online booking is available through GameTime under the "Well" category. Click on an open block to see available treatments from each practitioner. Alternatively, book in person at the Fitness Centre desk, or call 604-913-4563. For more information, please email Terrance at wellness@hollyburn.org

Cancellation

Per our cancellation policy, if you need to reschedule or cancel your session, we require 24 hours advance notice. If you cancel or change your session within 24 hours, we will process a cancellation fee.



HOLLYBURN
COUNTRY CLUB

FALL ISSUE

2023