

The
VIEW
HOLLYBURN COUNTRY CLUB

S P R I N G
I S S U E



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Contact

T.	604.922.0161
F.	604.922.9811
W.	HOLLYBURN.ORG

For all Membership inquiries contact
Cait Lundy at 604.913.4508.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Bridge - Groundhog Day Pairs	3	4
5	6 HCC Winter Open	7 HCC Winter Open	8 HCC Winter Open	9 HCC Winter Open Bridge - Mort Ferguson Trophy Pairs	10 HCC Winter Open Hockey Night At Hollyburn	11
12 Super Bowl 604-913-4515	13	14 Valentines Date Night Cwebster@hollyburn.org	15	16 Bridge - Quarterly Club Championship	17	18
19 Louis Cayer Double Clinic	20 Family Day	21	22	23	24	25
26 Hotshots Tournament Prime Rib Night 604-913-4515	27	28				

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 General Registration	2 Aquatics Registration	3 Tennis Registration	4
			Spring 2023 Registration			
5	6	7	8	9	10	11
12	13 Spring Break Starts Mother Son RSVP opens 8am, Specialevents@hollyburn.org	14	15 Izakaya Night 604-913-4515	16	17	18
19	20	21	22	23	24 Spring Break Ends	25
26 Prime Rib Night 604-913-4515	27	28	29	30	31	

2023

APR 14
JUN 17
JUN 19

Mother Son Ball
Summer Solstice
Annual General Meeting

SEP 9
NOV 17
DEC 31

Hollygras
Father Daughter Ball
NYE



General Manager

Message



Kathryn Cowden
General Manager
KCowden@hollyburn.org

The year has finally come! Maybe a few years too late, especially if you were to look at our outdated kitchens, but never the less, the time has come for us to put “shovels in the ground” and start work on completing a much-needed \$23million investment, Renew ‘22.

Permits pending, construction for Renew ‘22 Phase One (youth and administration) will commence in mid-late April 2023. As a quick reminder, this phase of the project is being completed first as it does not require the long permitting lead times that Phase Two (food and beverage) requires. Essentially, we can complete Phase One while we wait for permitting to be approved for Phase Two.

Since Phase One will require a full closure of the Administration Hallway, we will be dovetailing the project with our Corridor Improvement Project (CIP). The CIP will aesthetically improve the Administration Hallway up until the Fitness Centre stairwell, including the Squash Entrance.

The CIP also includes the relocation of our Music Studios (currently located in the lower hallway). Renew ‘22 Phase 2 planning prompted Management to find a new home for these studios as their current location will be re-purposed. Therefore, the future home of the studios will be in the current location of our Food and Beverage Offices, across from the Badminton Gym. Vlada, Hollyburn’s Music Head Professional, and Management are pleased with the new location as the new rooms will be in a more centralized location closer to youth activities and will create a more welcoming and inviting space for our Members.

As we approach construction, Management is working to preemptively identify upcoming closures and detours which may alter your current Member experience. Over the next few months we will be working with our project team to plan accordingly and communicate as needed to the Membership.

What we can confirm today is that Renew ‘22 has inhibited the Club from hosting the Oldum Brown VanOpen in 2023, 2024 and potentially 2025. Upon

the completion of Renew ‘22, the Board of Directors and Management will reassess the decision to host the tournament depending on the Club’s needs and demands at the time. The buzz of the tournament will be missed and we hope to see the tournament find a temporary location in Vancouver while we are unable to step up as tournament host.

To learn more on the progress of Renew ‘22 see page 12 or visit renew22.ca.

This year’s annual Member Satisfaction Survey garnered insight on current Member satisfaction and the future needs of the Club as part of our Needs Assessment. This year we received feedback from 1,341, producing a 24% response rate (surveyed Members 26+ only). Thank you to everyone who participated – your feedback will help drive our “Feedback in Action” program and help drive the future of the Club.

A summary of the Member satisfaction portion of the survey can be found on page 20. A summary of the Needs Assessment portion of the survey will be published in the spring issue of the View. The Board of Directors and Management are currently working with RC Strategies, the consultant hired to complete the Needs Assessment project, to summarize all of the Needs Assessment inputs to complete their work. The inputs incorporated in the Needs Assessment include:

- Member Engagement: Member survey, in-person pop-up engagement events and Committee Member discussions.
- Research: Demographics, spatial analysis, market research, benchmarking and sport trend analysis.
- Facility Use Analysis

The completion of RC Strategies work will entail a final report with recommendations indicating where Hollyburn should consider spending future resources to meet the needs of our Members today and tomorrow. What is not included in their scope of work, is a feasibility study. This means that the final step in the process will require the Board of Directors and Management to determine the feasibility of bringing proposed plans to fruition financially, structurally and operationally. In the end, we will confidently be able to share what Hollyburn may look like in the next 10-15 years as part of the Club’s Master Plan.

Regardless of the Needs Assessment results, we know that our tennis community is growing and there is a tremendous amount of demand for court time, programming and lessons. Recognizing a need for change to accommodate demand, Oly O'Shea, Head of Tennis, and James Holloway, Athletic Director, implemented a number of impactful strategies over the past few months to alleviate pressure immediately. Changes to programming have increased availability in junior programs by 120 spots and by 70 spots in adult programs. By hiring three new coaches who are available during evenings and weekends the private lesson waitlist has been reduced by 66%. We thank everyone for their understanding as we implement change – change that is driven by feedback and made with the intention of satisfying as many Members as possible.

Early survey results also indicated Members desire for more structured rules around youth supervision and guest policies. In fact, over 50% of Members said they would like to see the Club reduce the amount of unsupervised children roaming around the Club, 60% of Members believe the Club needs to reduce non-Member use of the Club's amenities and 61% believe the Club needs to become more of a "private and exclusive" Club and less like a community centre.

Rules around these Club experiences are set by the Club's House Rules, which have not been updated since 2019. In line with the Board of Director's goal to update the Club's governance, the House Committee, Governance Committee and Management have been working to modernize our House Rules. Over the next few months, we will be working to incorporate your Member feedback into the updated House Rules. Members can anticipate the new House Rules to launch in spring 2023.

With all of the changes happening at the Club we encourage Members with questions or concerns to contact Management using the "You Speak, We Listen" feature on the Hollyburn App. Alternatively, you can email me at kcowden@hollyburn.org.

Although it feels like December all over again with this cold weather, Spring Break is just around the corner which means the start of Renew '22 and sunshine are on their way! In the meantime, I look forward to seeing you at the Club.

Kathryn Cowden



In Remembrance

Rex Moore

Member since 2012

Mimi Kates

Member since 1999

David Robinson

Member since 1992

Paul Sabiston

Member since 1990

Archie Foo

Member since 1979

Stephen Hume

Member since 1987





Board Chair

Message



Nancy Chapman

Board Chair

Board@hollyburn.org

Dear fellow Members,

With the newness of 2023 still upon us, we thought it would be a good time to share the Board's progress and goals for the year ahead:

Membership

If GameTime court bookings and the parking lot are any indication, activity at Hollyburn has rebounded back to 2019 levels, and we are so pleased to see our athletic community thriving once again.

With membership sitting at the cap of 3125, Management started a wait-list for new Member applications as of November. When the Board decided in November to raise new Member Entrance Fees to \$70,000 effective February 1, 2023, we received a further influx of applications such that the current waiting list to join is approximately 2 years long. Memberships will be offered to those on the wait-list at the rate Members resign to ensure we stay within the cap.

Member Satisfaction

The Team Hollyburn campaign was a tremendous success with Team Hollyburn branded sweatshirts flying off the shelf. Not only was the Club buzzing with positive energy, but \$1000 in net proceeds from the sale of the sweatshirts was donated to Athletic 4 Kids. We thank Members for standing behind our goal of continuing to make Hollyburn a welcoming and respectful environment for all.

Thanks to the 1,338 members who completed the Member Satisfaction and Needs Assessment Survey conducted by RC Strategies last fall. We are pleased to report that 87% of Members are satisfied with their member experience this year and 27% thought it was better than last year. Management is continually looking for ways to improve our member experience, and it is nice to have Members notice that effort.

Long Range Planning

Thanks to the Members who completed the Member Satisfaction and Needs Assessment Survey and participated in the Focus Groups with our consultants, RC Strategies. The results of the Needs Assessment will be presented to the Board shortly and will help inform the development of Hollyburn's 5-15 year Long Range Plan.

Pickleball is a sport that has gained popularity and we are very proud to report that the Turf is going to receive an upgrade. In the summer of 2023, the turf surface will be replaced with a "Pulastic" flooring, which is commonly found in school and recreational facility gymnasiums. The space will remain divided into three bays so that our youngest Members continue to have a safe space to run, while being able to accommodate other activities. Our Pickleball community will be happy to hear that the new floor will be painted with six Pickleball courts. Although, all six courts will only be available during off-hours or for special events, one bay will be dedicated to indoor Pickleball throughout the day. The third bay will be used for a variety of activities, including pickleball and youth activities, depending on the daily schedule. The Board and Management view this as a huge win for the Pickleball, Badminton and Youth communities. To learn more about the project, see page 10.

Renew '22

In late December, Management submitted our permit application for Phase I (Youth and Administration). It is currently in the review phase with the District of West Vancouver. We anticipate getting approval by the end of March and construction commencing mid-late April.

Once the Youth Area/Administration is completed, we will convert the current Hollyville into a new view-facing Club Lounge for member events. The Renew '22, Member Design Advisory, Food & Beverage Committees and the Board have recently reviewed the schematic design of the new food and beverage facility with hema and Box Designs and are in the process of providing feedback. A second permit application will need to be submitted for our new Restaurant, Patio and Bistro later this year, and we anticipate beginning restaurant construction this Fall. Though living

through the construction is likely going to require some patience and adaptability, the Board and Management strongly believes that we have all the right components in place for a successful project that will serve Hollyburn well for the next 20 years.

Governance

While the Membership voted in new bylaws at last year, the quorum for our general meetings was inadvertently adjusted from 50 Members to 5% of the Membership which is now 156 Members. At last year's AGM, Board members had to coerce Members from the Bar, the Gym and the tennis courts into the Creekside Room so that we could achieve quorum and conduct the AGM.

At this year's AGM, the Governance Committee will be tabling a resolution to bring quorum for our AGMs back down to 50 Members, but until that is approved by a Member vote we will need your presence at this year's AGM – so please plan to attend the AGM this June 19, 2023.

Finance

Although COVID seems to be behind us for the most part, it's consequence – inflation – has impacted nearly every line item of the operating budget, and as such, we are projecting a \$400K loss by March 31, 2023. As Management undertakes the next fiscal year's budgeting process, the Board and Management will work together to balance inflationary pressures against continuing to deliver a strong Member experience. Members should expect to see communication about Member dues in April.

Overall, the long-term financial condition of Hollyburn Country Club continues to be very strong. Stronger than expected new member entrance fees have reduced the borrowing need for Renew '22 by \$1M. Read page 8 to see what Board Treasurer, Doug Holman has to say about Hollyburn's overall financial health.

Nominations

And finally, January is also the time of year when we call for nominations to the Board. This year, we are looking to add depth in finance, law, project management and human resources. If you have such experience and the time to give, we would love to hear from you. Please send a letter of interest and your resume to board@hollyburn.org by April 1, 2023.

The future is bright at Hollyburn, thanks to our Members – from our many volunteers to our mini Scholars and to our amazing staff. It is because of our wonderful community that new Members continue to join Hollyburn, and we enjoy the many amenities the Club offers.

Best wishes to all the people who make up our great community!

On behalf of the Board,

Nancy Chapman



Join us for our 2023 Annual General Meeting

– June 19 –





Note From the **Treasurer**

**20
23**

950 Cross Creek Road, West Vancouver

Finance Q&A with the Board Treasurer, Doug Holman

The Board of Directors is responsible for overseeing the financial health of Hollyburn. With the fiscal year coming to a close at the end of March, and the budgeting process for Fiscal '24 under way, we felt that Members might like to hear the answers to some questions that are frequently asked of our Board Treasurer, Doug Holman, CPA.

Doug is an 8-year veteran of the Hollyburn Board, having sat on the Board from 1998 to 2004 and again since June 2021. Doug was previously the Co-President of Novus Entertainment Inc, one of B.C.s largest independent residential communications providers.

What Are Member Dues Used for and How Are They Determined?

Member dues are used to pay for the cost of operating the club. The cost of operating the Club is net of all operating revenues, such as, programming fees, guest fees, locker rentals, etc. These operating revenues help to reduce our monthly Member dues.

Hollyburn's Management annually prepares a breakeven budget (which is reviewed by the Finance Committee and approved by the Club's Board of Directors) for the cost of operating the Club. Member dues are adjusted to fund this budget, and these adjusted dues are introduced each April (the start of our fiscal year).

Is Hollyburn Financially Healthy?

Yes. We currently have over \$6.6 million in cash. We have no outstanding debt. And we own 49 acres of prime British Properties real estate, of which 14 acres is undeveloped. Our working capital position is approx. \$7.5 million and our Members' Equity is in excess of \$30.6 million – in short, our Balance Sheet is pristine.

What Happens If the Club Runs an Operating Deficit or Surplus?

Even though Management budgets to breakeven, actual results will sometimes vary from budget due to unanticipated events, such as COVID-19, higher than expected inflation, and significant increases in utility rates. If actual results are a deficit, then that deficit is paid for from accumulated new Member entrance fees. If results are a surplus, then, that surplus is added to accumulated new Member entrance fees.

Despite budgeting to breakeven we will likely have a deficit of \$400,000 for the current year, which equates to approximately 2% of our operating budget of over \$19 million. The primary reason for this deficit is under-estimating the effects of inflation on our costs. Hence, membership dues will be insufficient to cover the variance between actual operating costs vs budgeted operating costs this year. The Finance Committee will have to carefully consider what to recommend to the Board going into our fiscal 2023/2024 year with regard to the effect that inflation will have on our dues calculation.

What Are New Member Entrance Fees Used For?

New Member entrance fees are accumulated and used for: 1) replacing any worn out existing facilities and assets (such as replacing a roof or Zamboni); 2) funding new facility expansion and improvements (such as Renew '22); 3) servicing any debt the club owes. The Club only incurs debt, with Member approval, to finance new facility expansion and improvements.

To be clear, Member Dues (as opposed to New Member Entrance fees) are not used to fund any of the above.

Has Hollyburn Considered Implementing Capital Maintenance or Capital Improvement Fee?

Unlike many other Clubs, there hasn't been a serious discussion with regard to implementing either a Capital Maintenance or Capital Improvement fee at Hollyburn. So far, the funds needed to replace existing facilities and assets ("Capital Maintenance") or to finance new facility expansion or improvement ("Capital Improvement") has been readily available from accumulated new Member entrance fees.

Now That the Club is Full, What Happens if Future New Memberships Decline?

With Hollyburn now at the membership cap, new memberships will only be accepted as there is attrition within the active membership. Current and past data show that we consistently lose about 50 memberships per year. Recent years' new membership additions have exceeded an average of 63 per year. So, we're confident that annual new memberships will be around 50 per year for the foreseeable future. With that in mind, the funds from these new memberships will comfortably finance the cost and debt servicing for Renew 22, as well as, paying for future Capital Maintenance.

However, in the event that annual new memberships drop substantially below that level and/or we wish to do Capital Improvements above what new membership entrance fees can support, then, the Board will have to explore ideas on how to finance these. These ideas could include a Capital Maintenance fee and/or a Capital Improvement fee (which are levied by a majority of Clubs in our peer group) or raising the active membership ceiling.

In summary, the financial oversight of our Club's operations is in good hands. Your Finance Committee is constantly engaged in reviewing the Club's financial practises and making recommendations to the Board to ensure the financial health and prosperity of Hollyburn for today and for the future.

Thank you for your answers and your eight years of service Doug!



The Turf *is getting a facelift!*

**20
23**

950 Cross Creek Road, West Vancouver

Our Turf space is scheduled for a much-needed renovation in the summer of 2023. The goal of the renovation is to improve the space to ensure it continues to be a safe, enjoyable multi-purpose facility for children and adult Members alike.

The upgrades to the space include:

- New 'Pulastic' gym flooring which improves safety, cleaning and usability for a variety of activities. In addition, it will dramatically improve the aesthetics of the space.
- Court markings for six new official size Pickleball courts.
- Improved and additional storage for toys and sports equipment.
- Replacement of safety mats for children's play.
- Upgraded sound system.

The improvements to the space will be beneficial to many user-groups, but will be predominately impactful, in a positive way, to both our youth and pickleball communities.

For our youth community, this project allows for a much safer and more enjoyable experience for parents and children during 'Turf Time' and will improve our ability to create supervised play opportunities. The 'Pulastic' flooring, which is a common flooring used in school and rec centre gymnasiums, will broaden the possibilities for program offerings during the after-school times which will create more opportunities for our young Members to engage and learn new skills. Our current turf inhibits children from playing certain sports such as, basketball, floor hockey and hand ball. The change in flooring will also significantly improve Management's ability to keep the space clean for our mini Members.

For our pickleball community, the addition of six indoor courts will increase court availability by at least 45%. Although all six courts won't be available at all times, two courts will always be available. For a portion of the day, the goal will be to have four courts available and during non-programming times and/or for special events, all six courts will be available.

Please note, there will also be times when pickleball and/or youth activities will not be available due to a special events which will require the entire space. At this time, a finalized schedule has not been set; additional details will be released as the scheduled is solidified.

For our high-performance groups that currently utilize the turf, after the completion of this flooring transition, programming will be relocated to the High-Performance Centre and/or the current location of the Youth Lounge. Upon the completion of Phase One of Renew '22, the current Youth Lounge (located directly beside the High-Performance Centre) will be repurposed into additional training space. The new home of the Youth Lounge will be upstairs in the new youth area as part of Renew '22.

We appreciate the cooperation and patience from the various community groups that share the Badminton Gym and Turf Space. Management considers the needs and requests for all user-groups when making decisions; decisions are made with the best interests of the entire Hollyburn community in mind. We look forward to improving the turf space and continuing to see our communities work with one another and enjoying their passions.

FAQ:

Will youth programming or accessibility to the turf be impacted?

Children and Youth will have the same access to the Turf as they currently do. In fact, the renovation will allow us more space and time to add Youth programs to the Club.

Does this change mean that the Turf is now a dedicated pickleball space?

The Turf will not be solely a Pickleball facility, but will allow for more dedicated indoor court time for pickleball. The Turf space will continue to be used for youth programming. It prepares us to have a much more flexible space to quickly change between Pickleball and other activities.

How many pickleball courts will be available?

At full capacity there will be six (6) courts available for booking. For most of the day four (4) courts will be available with a minimum of (2) during after-school times.

Are the pickleball courts regulation/competition size?

The Pickleball courts will be regulation size with correct and permanent line markings. Though there will not be enough space for professional competitions, there is ample space to have complete Club games and tournaments.

Will pickleball still be available in the Badminton gym?

Racquet bookings will still be available in the Badminton Gym for either Pickleball or Badminton players during non-program hours.

How does this affect playing Badminton?

Providing these Pickleball courts in the Turf will relieve a lot of pressure during high traffic times in the Badminton Gym. This will allow more access to Racquet booking times for Badminton players to book courts during the day.

Where will high-performance and dryland training be re-located?

We are working on creating a great space for all High Performance and Dryland groups closer to the Fitness Centre. When Phase One of Renew 22 is complete, dryland will be using the vacated 'Youth Lounge' space next to the HPC. In the future these spaces will be merged into a larger High-Performance area for our individual and team training.

Will the Turf be closed completely during the renovation?

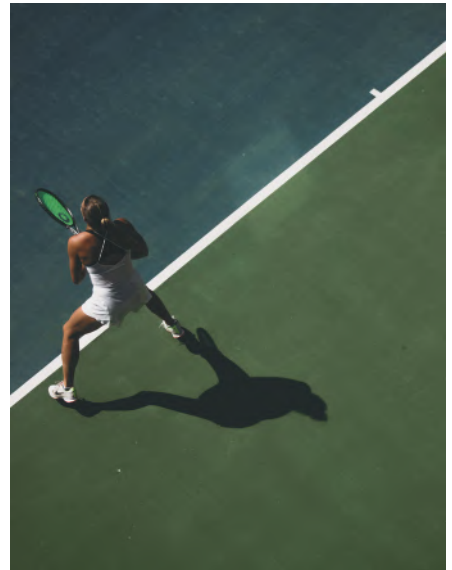
During the renovation the current Turf will be completely closed. However, like every summer, Children, Youth and Dryland programs will be located in the Small Ice. Our goal is to complete the work during a slow time in the summer to avoid disrupting your Member experience as much as possible. We appreciate everyone's understanding while the work is being complete.

How long will the renovation take to complete?

Installation of the flooring will happen over six weeks in June and July of 2023. Timing of the project was planned during a quiet time during the summer months.

What is 'Pulastic' flooring? Do other facilities use it for similar purposes?

The 'Pulastic' flooring is a great product suited to a variety of gym needs. It provides a durable and easy to clean surface which is easy to maintain, clean and lasts for a long time. Designed for use in sports facilities and schools, it is perfect for absorbing heavy falls while providing excellent bounce and rebound qualities for ball sports. Similar floors are in place across the province for use with Pickleball, Volleyball and Tennis including The Richmond Olympic Oval and Harry Jerome Sports Centre.





Since the last Renew '22 update in the November View, the Board of Directors, Renew '22 Board Committee and Management have continued to make significant progress on the planning phase of the project. We are happy to report that the project remains on schedule and on budget. Consultation with key stakeholders, such as the M'DAC (Member Design Advisory Committee) continues as we work toward completing the detailed design phase of Phase Two (food and beverage). In terms of Phase One (youth and admin), detailed design was finalized in December and the plan is currently going through the permitting process at the District of West Vancouver. Pending permit approval, Phase One is scheduled to start mid-late April with completion in late 2023.

Phase Two Construction Management Selection Process

On November 24, 2022 a Request for Proposal (RFP) was issued for Pre-Construction Services for Renew '22.

Five construction management firms were invited to submit proposals who had proven experience in successfully delivering similar projects.

After our Project Manager's evaluation of the RFPs, it was recommended that two companies be short listed for interviews. On January 11, 2023, the Renew '22 Board Committee, hcma (Prime Consultant), MAKE, and HCC Management interviewed both firms.

We are proud to announce that Heatherbrae Builders is the company that has been awarded the

pre-construction services contract for Renew '22 Phase Two. Heatherbrae Builders was selected for a number of reasons, including, but not limited to:

- Direct relevant work experience, including the Arbutus Club
- Competitive pricing
- Depth of talent within organization
- Significant experience working in operational and occupied facilities
- Strong Project Management Team
- Strong relationship with subcontractors and ability to utilize 200+ in-house trades people
- Strong internal cost estimating team

About Heatherbrae

Heatherbrae Builders is a BC owned and operated corporation that was founded in 1989. Today, the Heatherbrae team brings over 100 years of experience in construction management and general contracting, with a strong commitment to service and quality. Heatherbrae has been responsible for building a variety of institutional, commercial and residential projects throughout the province of British Columbia. These projects include schools, community and recreation centers, theaters, galleries, hospitals, aquatic centres, research facilities, office buildings, low and high-rise buildings and rehabilitation of heritage structures. As a result of running large-scale complex projects, Heatherbrae has gained significant experience in the areas of phased and accelerated scheduling, cost control, working with occupied spaces and risk management.

Relevant Project Experience Includes: Arbutus Club, Marine Drive Golf Club, UBC Tennis

Centre, Newton Recreation Centre, South Surrey Recreation Centre, Royal Vancouver Yacht Club, Guilford Recreation Centre and UBC Aquatic Centre.

Other Project Experience Includes: Collingwood School, Queen Mary Elementary School, Queen Elizabeth Theatre, Whistler Sliding Centre, Telus World of Science.

Upcoming Renew '22 Project Milestones:

- End of February - Tender process for General Contractor for Phase One initiated
- March – Completion of Phase Two detailed design
- End of April – Permitting application process commences for Phase Two

Upcoming Construction and Anticipated Closures Impacting Members

Construction for Phase One (youth and admin) is scheduled to commence in mid-late April. Simultaneously, We will be continuing progress on the Club's Corridor Improvement Project. The two projects are being dovetailed to minimize construction time, costs and impacts on the Membership. The Corridor Improvement Project entails improvements to the main second floor corridor along the badminton gym and squash centre. To accommodate construction for these projects, Members can anticipate the following closures and temporary relocation of facilities:

- February 17: Club Lounge closed until completion of Renew '22.
- March 9: Administration/Food and Beverage Offices temporarily relocated to Club Lounge.
- March 9: Current Administration offices permanently closed for demolition and construction of new Childcare and Youth spaces

included in Renew '22 Phase One.

- April 13: Hockey, Figure Skating and Squash Offices temporarily relocated to Club Lounge.
- April 24* – November 2023: Administration Hallway and Squash Entrance closed for completion of Renew '22 Phase One and Phase Two of the Corridor Improvement Project.
- April 24* - November 2023: E-Sports Lounge closed.

**Pending permits*

Reminder

Management will be working with the construction team to solidify flow of traffic throughout building to accommodate the above closures. All closures and impacts to Members will be communicated with as much advance warning as possible.

Hollyville, the Studio, Youth Lounge and the Turf will remain open during Phase One construction. Programs and services will be relocated to their new home when Phase One construction is complete.

Renew '22 Communication Reminder

Any communication sent to the Membership regarding Renew '22 can be found online at renew22.ca. If you have any questions please do not hesitate to use the "You Speak, We Listen" feature on the Hollyburn App or contact Kathryn Cowden (kcowden@hollyburn.org) or Gavin Hamblin (ghamblin@hollyburn.org).

To see more visual renderings of phase one please visit renew22.ca



Rendering of vestibule leading to Hollyville and new youth spaces.

Insta-Moments



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

Follow us on  Instagram @hollyburncountryclub

What's Happening at Hollyburn?

20
23

950 Cross Creek Road, West Vancouver

Intermediate Entrance Fees are on the rise!

Do you know someone who was a youth Member at Hollyburn and is thinking of getting their own Membership? If they are under 40 and their parents are still active Members, they may qualify for our Intermediate Entrance Fees! Now is the time to contact our Membership Team at Membership@hollyburn.org before March 31st, 2023, when our intermediate fees will be increasing for the first time in over a decade.

Membership Update: Hollyburn is on a waitlist and has a new entrance fee!

This fall, Hollyburn reached its Membership Cap which initiated an immediate waiting list for new applicants. Historically, Hollyburn's Membership Cap only included Regular Members. Acknowledging that this may no longer be an accurate representation of Members who actively use the Club on a regular basis, the Board of Directors and Management recommended and approved a new Membership Cap at the November 2022 Board meeting which now includes all Membership categories (Regular, Senior Associate, Non-Resident and Social). With the waiting list in place, new Member applications will now only be approved at the rate of annual membership attrition. With demand for Membership at an all-time high, the Board of Directors also approved an Entrance Fee increase from \$60,000 to \$70,000 on January 31, 2023. By implementing these actions, the Club is protecting your Membership experience while still benefiting from annual capital revenue. For more information on our current wait times, please contact our Membership Team at membership@hollyburn.org.

Corridor Improvement Project

Phase one of our Corridor Improvement Project (The Viewing Lounge) was complete in the fall. We love seeing the space renewed with Members enjoying it and using it as a communal gathering space at the Club. Phase Two, which will include the Squash Entrance and Gymnasium corridor, is tentatively scheduled to commence in the spring of 2023. The project is being phased to minimize Member impact and will be scheduled to dovetail with Renew '22 construction to further minimize impact when feasible.

Members are encouraged to read the FAQ to learn more about our Corridor Improvement Project. For additional information please contact Gavin Hamblin at ghamblin@hollyburn.org. Thank you for your patience during renovations; we hope you enjoy an elevated private club experience in the improved space.

Member Reminder: Please Help Us Update Your File

Having the correct phone numbers and emails on file allows us to get in touch with you regarding your account when necessary and more importantly, helps us get in touch with you if one of your family members is in an emergency situation at the Club. Members are encouraged to contact our Member Accounts Coordinator, James Darling at james.darling@hollyburn.org, or use the "Edit My Profile" function on hollyburn.org to keep all your account information up to date.

HOLLYBURN Angel Project



Hollyburn Angel Project 2022

A heartfelt thank you to all Members and staff who contributed to the success of our 2022 Angel Project. Hollyburn never fails to come together to support those in need. If it was not for your generous donations and fundraising initiatives, we would not have been able to show the support we did. Thank you Hollyburn Members and staff!

We would also like to recognize Sharon Jenvey in the Tennis Centre for her outstanding efforts in raising money through our tennis community. Thank you for all that you do, Sharon!

This Year we Collectively

- Sold out and raised \$670 for the BC SPCA through our October Creepy Cupcake sale.
- Provided beautiful Christmas gifts to 18 seniors, who would not otherwise receive a gift, through Home Instead's "Be a Santa to a Senior" program.
- Sent 52 toys valued at over \$1600.00 and collected \$290.00 in donations to children and families in need with our first ever Hollyburn Toy Drive in support of the Salvation Army Boundless Vancouver Community.
- Members of the HCC tennis community Wall 'O' Money raised \$3725.00. Donations were made to Family Services of the North Shore, The Cinderella Project, and The Lions Gate Hospital Foundation. As well, the Charity Round Robin Social raised a sleigh full of toys, food, and funds totalling \$4571.30 for Family services of the North Shore.
- \$1700 was raised from Lobby Tree decorations. Donations on behalf of the Club were made to BC Children's Hospital, North Shore Crisis Society and Covenant House Vancouver (triple matched)
- A special thank you also goes out to our Athletic Committees who participated in various initiatives towards the Angel Project. Please see the Athletics page for Activity Committee contributions.

Our heartfelt thanks go out to all Members, staff and guests for their enthusiastic participation. A special thanks to the following Members, committees, families and staff for their generosity:

Tennis Center Wall "O" Money

Colette Kime	Oly O'Shea
David J Bell	Leanne Leon
Christi Yassin	Lauren Hornor
Tessa Ainge	Rene Randall
Ashley Bauman	Susan Grace
Aaron Nazemi	Kelly Wood
Sebastian Stewart	Sawtell Family
Barb Morris	Sharon Jenvey
Todd Beechinor	Robert Welch
Lesley Cabell	Liz Burrows
Dezi Bell	Gerard Siucho
Sally Slater	Gordon Hlynsky
Steve Tseng	Kim McCord
Vikki Neal	Atton Burrell
Audie Wong	Amy Wong
Diane Leslie	Rachael Mantel
Kirsten De Wolfe	Nicole Sauder
McPherson Family	Ada Lin
Tammy Jennings	Brooke Morris
Chanelle Stollery	Tony Macken
Jon Borrill	Wanda Champion
Robert N. Flipse	Janice Hunter
Donna Verbrugge	Mehran Farmanara
Vikki Neal	Zenko Family
Leanne Leon	Kirsten Morrison
Wanda Champion	Ou Zhang
Mark Olesen	Michael Walker
Heather Beil	Ghazaleh Tazmini
Jason Torpey	Michael Solnes
Michael Kates	Rochelle Moller
Zoey Berger	Roxana Coquhoun
Fluker Family	Anna Day
Rona Tattersdill	Pamela Seto
HCC High Performance	Amir Sadath
Brenda Warner	Charlene Torpy

Hollyburn Deck the Lobby Tree

The Allen Family	Robert Findlay
The Barke Family	The Ershad Family
The Sutherland Family	The Crane Family
Patricia Bice	The Hicks Family
Mary Blondal	The Corbetts family
The Berry Family	Alex, Michelle, Vaughn, Meier
The Chester Family	Ryan Nazemi
The Yang Family	Ian and Beth Morgan
The Chapman Family	

Santa For A Senior

Annaetta Saengma	Alison Lalani
Beryl Johnson	Stella Camayang
Linda Getz	Natasha Klein
Melissa & Jordana Fiorvento	Laura Zaplatynsky
Liz Morrison	Tara Niemetz





“

“There should be a greater emphasis on planning more activities for children during the professional days for both West Vancouver and North Vancouver. I would have loved to bring my kids during the day. Thank you.”

These days have always been a little tricky to navigate since it is not a full stat holiday, which means staffing and programming stays largely the same across all our facilities. We really have to be creative with how we can modify schedules on these days without impacting regular activities. Having said that, we believe we did miss an opportunity last week to open up more general space in the pool and youth activities. Discussions with our Aquatic department have occurred to make sure in the future more is done to accommodate children being out of school on those days.

“The Father Daughter Ball was outstanding. It was organized, well communicated and stunning. My daughter raved about seeing Elsa and how great the music was. Thank you to everyone who helped plan and bring it to life!”

Thank you so much for taking the time to write us this feedback about the Father Daughter Ball! After a 3 year hiatus, we're so happy to bring this event back and have it be enjoyed by our Members. It's truly our pleasure to host this event, I will pass along your message to the many Hollyburn staff who make it happen!

“Please get Team Hollyburn sweat shirts in smaller sizes and more colours. The kids want to be part of the team as well!”

Thank you for this feedback regarding our Team Hollyburn Gear! This batch of sweatshirts was a “pilot project” to gauge the Members interest in Club logo wear, so we brought in very limited quantities in generic adult sizing to start. It has been received very well and we agree we need to have Team Hollyburn gear for the kids too! We will be including new varieties in colours and sizing in 2023.

“I assume the outside lights are on a timer, however it's already quite dark outside at 4pm. It would be great if the lights outside the Admin door could come on a little earlier to make it easier to find my fob in my bag!”

Thank you for bringing this to our attention, we have made the adjustments on the lighting timer and it will come on earlier this time of year.

“I just wanted to thank you for adjusting the pool closure. Having the pool open over Christmas was perfect for us. Our kids were in the pool most days and it definitely saved us our sanity. Appreciate how receptive management was and how quickly plans were adjusted. I'm sure it caused extra work and planning for staff. Thank you”

”

A Summary of Feedback in Action

Over the last year, we have been using our Member's feedback to drive change at the Club. Since introducing "Feedback in Action" last spring, we have completed 46 change initiatives. Here are a few highlights of how your feedback resulted in positive improvements!

Turf Dividers

Have you seen the new dividers in the Turf? These dividers allow us to run multiple activities without disrupting other activities in the Turf. They are a great improvement to the Turf and have helped maximize the space.

New Waste Containers

Have you seen our new waste containers? The new containers can be found around the Club and are sorted into garbage, compost, paper, and recyclable beverage containers. They also have a compartment for our Hollyburn towels! These containers will help Hollyburn reduce our environmental footprint, not to mention, we made them in house!

Tennis Painting

The Tennis Centre had a refresh! The walls have been repainted in all of the viewing galleries, reception areas, and the change rooms.

Hockey Equipment Exchange

Thanks to your feedback, we are hosted our first annual Hockey Equipment Exchange! Members could buy, sell, or donate gently used hockey gear ahead of the upcoming season. We received lot of great equipment that was available for Members to purchase "new to you"!

High Performance Centre

Our High Performance Centre underwent upgrades! Some of our new additions include:

- Four top of the line power racks made by Rogue Fitness
- Pull-up bars
- Adjustable benches
- Sled for the turf area
- Additional storage for equipment

We also painted the room and replaced all the light fixtures to brighten the room! We hope you

enjoy these new upgrades.

Sparkling Water in the Bar & Grill

Still or sparkling? The choice is yours! Now, in the Bar & Grill, we are offering sparkling water, at no charge, as an alternative to still water.

Email Receipts are here!

We now offer our Members electronic receipts via email. Whenever your Member Account has a charge rung through, the final itemized receipt can be delivered to you electronically. This includes purchases made in the Bar & Grill, Bistro 950, The Sports Boutique & Member Services! To opt in, please email our accounting team and include your Member number.

Water in the Spas

We received feedback that Members would like fresh drinking water in the Men's and Ladies' Spas. We now have refreshing water dispensers and our new, club-wide reusable cups in both Spas. Please be aware, the new cups will be around the Club in an effort to reduce waste. Please do not put these cups in the recycling, they are not disposable. Please leave the cups in a designated area after each use. Thank you!

No Show Fees in the Bar & Grill

In our 2021 Member survey, Members expressed challenges getting a table in the Bar & Grill, and tables sitting empty. This is mainly due to Members making reservations and not showing up, without penalty. To combat this and improve your dining experience, we will be implementing a no-show dining fee, was implemented in Feb 2022.

Sound System Upgrades on the Large Ice

Our Engineering team has replaced the speakers and sound system on the large ice. Replacing these parts has greatly improved the quality of sound and the user experience in the large ice.

Updates to the Hollyburn App

We have recently made some changes to the layout of our Hollyburn App to better meet the needs of our Members. We have reorganized the functions in the main menu and hope these changes will improve the Member experience and make it easier for Members to find what they need.

Membership Survey Results

To help inform and focus its stewardship of Hollyburn Country Club, Management and the Board of Directors believe it is important to have regular ongoing Member input about the Club's facilities, programs and services. In 2021, we initiated an annual Member Satisfaction Survey with the intent of obtaining benchmark data on Member satisfaction.

Your feedback helped inform decision making and implement positive change over the past year. In fact, throughout the year we have highlighted many of your ideas that drove continuous improvement through our "Feedback in Action" program.

To further help us maintain and enhance the quality of the Club over time we launched our 2022 Member Satisfaction Survey in November.

Purpose of Survey

This year's survey focused on three important factors:

- Your current level of Member satisfaction.
- The level of improvement you have witnessed over the past year.
- Your needs and expectations for the future of Hollyburn as part of the Club's Needs Assessment.

The Needs Assessment will lead to the development of a long-range Master Plan that will identify and help prioritize potential facility and service improvements to meet the needs and expectations of our Membership now and into the future. These improvements could include enhanced and additional recreation, sport, and/or social amenities.

The data collected for the Needs Assessment in this survey, along with other inputs, such as demographics, market research, benchmarking, trends and facility usage data, is in the process of being analyzed and will be summarized in the next issue of the View. The summary below will focus solely on the Member satisfaction portion of the survey.

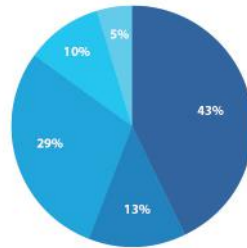
Who conducted the survey?

The Club has retained the services of a consulting firm, RC Strategies, to assist in conducting the Member Needs Assessment and this survey. Survey results were collected directly by RC Strategies to ensure anonymity and confidentiality.

Respondent summary

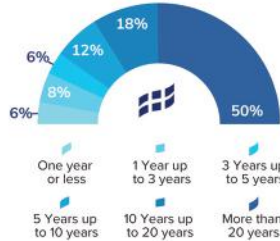
- Single - 5.6%
- Couple - 17.3%
- Senior (Couple) - 16.7%
- Senior (Single) - 4.7%
- Social - 1.3%
- Family - 51.9%
- Non-Resident - 2.2%

Work Status



Full-Time Employed
Part-Time Employed
Retired
At Home/Parent
Other

Membership Tenure



Frequency of Club Use

69%
Multiple times a week

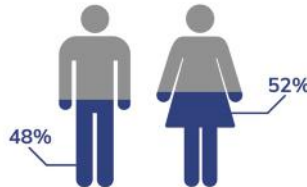
11%
Once a week

7%
2 - 3 Times a month

4%
Once a month

10%
Less than once a month

Gender



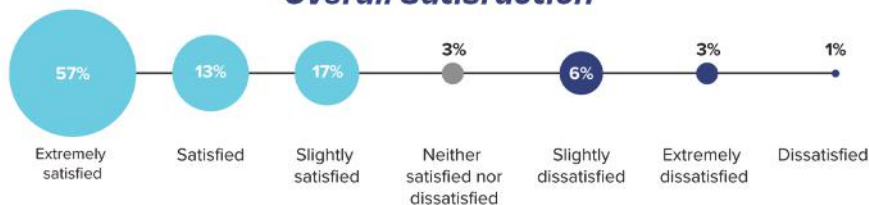
Age Category



Children That Live With Members



Overall Satisfaction



Overall 87% of Members are satisfied with their Member experience.

Factors that Influence Club Use and Experience

Top 3 Important Aspects to Hollyburn Members

- Overall Cleanliness
- Club Safety
- Recreational Programs / Services

Top 3 Reason Why Members Joined the Club and remain Members

- Recreation Facilities
- Location / Convenience
- Family Focused

Barriers to Use

Members indicated that the number one reason why they don't use the club more is due to programming availability. Other factors included:

52%

The programming you want isn't available at all or the times you have free for recreation / sport

16%

The amenities / spaces you want to use don't exist

31%

The facility is too crowded

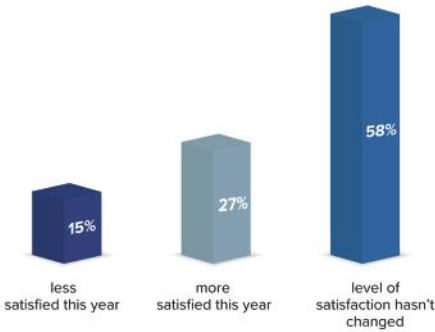
19%

The amenities / spaces you want to use are not available for drop-in / casual use

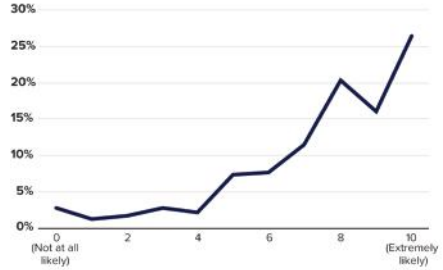
13%

It's too hard to find parking

Satisfaction Compared to last year



How likely are you to recommend the Club

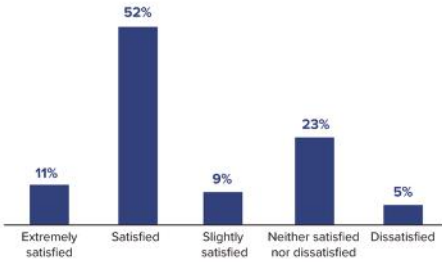


Comments indicated Members are less inclined to recommend the Club to friends due to recent membership entrance fee increase.

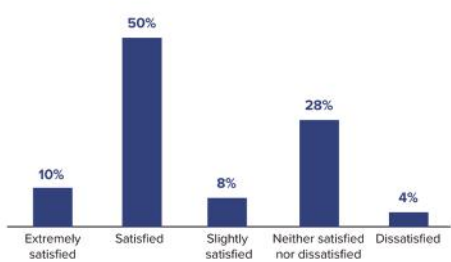
Satisfaction Level Management & Board of directors

Survey results indicate that a majority of Members are satisfied with both Club Management and the Board of Directors.

Current Satisfaction with Senior Management Team



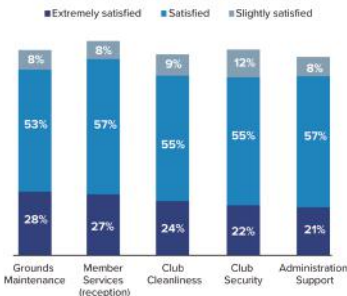
Current Satisfaction With Overall Performance of the Board of Directors



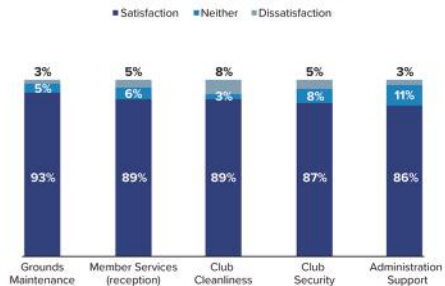
Satisfaction Level Club Functions

The chart to the left indicates the level of satisfaction with Club services. The chart on the right indicates the level of satisfaction with staff in each service area.

Satisfaction with Club Functions
(Only Includes Positive Levels of Satisfaction)

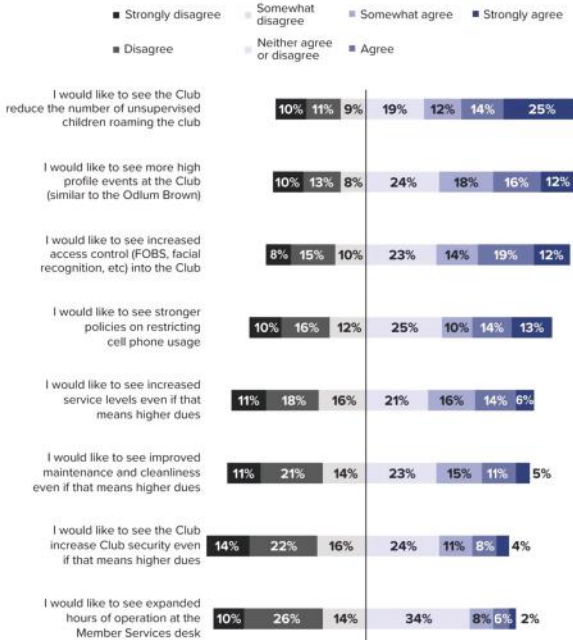


Satisfaction with Club Staff Functions
(Only Includes Positive Levels of Satisfaction)



Member Experience

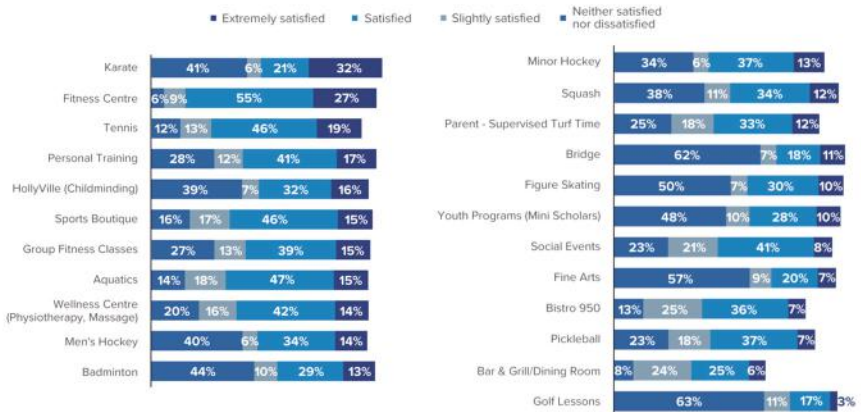
The following chart outlines Members' willingness to change aspects of their Member experience.



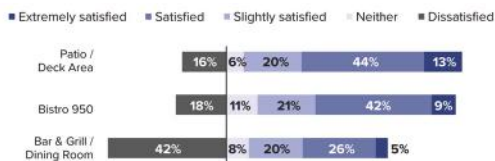
Management and the Board of Directors will incorporate feedback above as part of this years plan to modernize the Club's house rules.

Below are three charts that identify Member's level of satisfaction by services, food and beverage and programming. Overall satisfaction is high. It is obvious that improvements in food and beverage are still top of the mind for Members.

Satisfaction with Services



Satisfaction with Food and Beverage



Program Satisfaction



Next Steps

Hollyburn Management analyzed the data collected and has created a “Feedback in Action Plan” outlining both short- and medium-term initiatives. Keep an eye out for both tangible and intangible changes around the Club based on your feedback!


The Board of Directors and Management will continue to finalize the Needs Assessment with the help of our consultants, RC Strategies. We look forward to reporting back our findings.

Thank You!

Management is genuinely interested in your experiences, insights and feedback. By participating in this year’s survey you have helped plan the future of Hollyburn. Your responses will help the Board and Management understand what we are doing well and how we can improve on delivering an exceptional Member experience.

Hollyburn’s relevance is built around your experiences and expectations, your feedback is essential.





Easter Brunch



**Sunday, April 9th
10am-2pm**

Dining Room

Adults \$55 | Children 6-12 \$24.95 | Children 5 & under \$10



**We have your Easter brunch plans covered!
Hop on down to the Club and enjoy a scrumptious
family brunch platter.**

RSVPs required. 72 hour cancellation policy in effect.

Contact Coltan at CWebster@hollyburn.org



Nominating Committee

20
23

950 Cross Creek Road, West Vancouver

The Nominating Committee of Hollyburn Country Club is currently seeking nominations to the Board of Directors.

In terms of broadening the skills and expertise currently on the Board, this year the Nominating Committee has been asked to add depth specifically in the areas of law, finance, project management and human resources. Members with experience in these areas and a desire to give back to our Hollyburn community are encouraged to apply. Previous Board and Hollyburn committee experience will be considered strong assets. Diverse representation on the Board is also a consideration.

If you are an interested Member in good standing, please email your CV and a letter of interest to Board Chair, Nancy Chapman at board@hollyburn.org by April 1, 2023.

The Nominating Committee thanks all who are interested in participating in the process. Volunteers who are not selected for this year's slate may be considered for a member-at-large position on one of our various standing board committees.

In accordance with Article 6.9.4 in the bylaws, a Member interested in running for the Board may also elect to run as an Independent Director by being nominated by five Members in good standing.

Job Description:

The role of the Board of Directors (volunteer position) is to oversee the organization's affairs within the framework of applicable laws and standards. The Board's role is to provide strategic direction for Hollyburn, govern through our policy-based governance system and protect the organization's assets and Member's investment.

The Board of Directors oversees the organization's mission and strategic direction, its financial management, its sustainability and its relations with stakeholders.

Each individual Board Member is expected to:

- Know Hollyburn's mission, policies, programs and needs
- Faithfully read and understand Hollyburn's financial statements
- Serve as active advocates and ambassadors for Hollyburn and fully engage in identifying resources and partnerships necessary for Hollyburn to advance its mission
- Prepare for, attend, and consciously participate in board meetings
- Participate fully in 1-2 board committees.
- Follow Hollyburn's bylaws, policies and board resolutions
- Sign an annual Code of Conduct and conflict of interest disclosure

Hollyburn Country Club's mission is to be a Club for Life. Our vision is to be the premier private athletic Club in North America.

Before you volunteer, here are 5 things you need to know

1. Board Structure & Eligibility

Regular Members of Hollyburn Country Club elect 11 Members to the Board of Directors - 6 Directors are elected in even numbered years and 5 directors in odd numbered years. Board Directors are elected to two-year terms and are eligible to serve for a maximum of eight years. The Nominating Committee accepts nominations of Members in good standing for the role of Director and reviews the nominees against the board matrix to make their selection. The selected candidates are presented to the Membership to vote on at the Annual General Meeting in June. In accordance with Article 6.9.4 in the bylaws, a Member interested in running for the board may also elect to run as an Independent Director by being nominated by five Members in good standing.

2. Time Commitment

The time commitment is considerable, but not overwhelming. There are 7 scheduled Board meetings per year that are normally held on Tuesday Evenings. The meetings are typically three-hours in length over dinner. Board Members are also encouraged to attend other functions over the course of the year, including an annual full day Strategic Planning Retreat, Special General Meetings, the Past Presidents Dinner, the New Member Mingle, Holiday dinner and if necessary, any extraordinary meetings.

Each Board Member is also assigned to one or two standing Board Committees (Finance, Governance, Membership, Special Board Committees) which generally meet monthly for an hour. Each Board Member will also act as a Board Representative on one or two of the Activity Committees (Bridge, Figure Skating, Hockey, Fitness, Swim Team, Badminton, Tennis, Squash, and Youth). Some Activity Committees are busier than others and the role is mainly communicating information from the Board to the committee and vice versa. Generally a Board Director can expect to spend 6-10 hours/month on Board business, more if they chair a committee.

3. Board Role

The Board focuses on results and outcomes, defined by the Vision, Mission and Value Statements, rather than day-to-day operations and provides strategic oversight to the Club. To serve as an effective governance body with oversight of the Club and its Members, the Board plays four distinct roles:

- i. **Direction Setting:** Shaping the direction for the Club and leading, inspiring the Club in its pursuit of that vision.
- ii. **Strategic Planning:** Ensuring the Club's leadership resources and finances in place are in line with the vision.
- iii. **Strategic Monitoring and Evaluating:** Monitoring the performance against the set direction and ensuring prompt corrective action when needed.
- iv. **Creating a Culture of Engagement:** To build and maintain a high level of engagement with the Club and its Members.

4. General Manager Role

The Board is responsible for one employee only, the General Manager. The Board and the General Manager operate in a collaborate environment towards achieving the vision and goals of the Club. The GM is responsible for day-to-day operation of the Club. All Board authority delegated to staff is delegated through the GM, all authority and accountability of staff is the authority of the GM. The Board sets the desired outcomes for the Club and the GM is responsible for the implementation of the Board direction.

5. Onerous But Rewarding

Board work is not easy. It can be challenging and requires time and effort. However, the efforts are devoted to the betterment of the Club, our home away from home. There is a great deal of camaraderie and Board Members often form lifelong friendships.

If you'd like more information, please feel free to reach out to a current Board Member.

What's Happening in
Athletics?

**20
23**

950 Cross Creek Road, West Vancouver

Committee Holiday Initiative – The Gift of Giving

This past holiday season our Activity Committees continued the tradition of giving back to our local communities with their Holiday Give Back initiatives.

Tennis

This year the Tennis Committee went back to a tried and trusted form of fundraising. A wall 'o' money is an engaging way to ask for donations, and an envelope challenge is particularly appealing to the arts and crafts fans young and old in our tennis circle. It is visually appealing and can easily be displayed in a high traffic area.

In short, an envelope fundraiser involves a series of envelopes that represent different donation amounts. Supporters select an envelope of their desired gift size and the amount is charged to their member account. Using 100 decorated fundraising envelopes with the first envelope available for a \$1 donation, and so on to a \$100 donation. This year a total of \$3725 was raised.

Working together with a competitive spirit has benefited these North Shore community agencies: North Shore Family Services, Lions Gate Hospital Foundation and The Cinderella Project.

Tennis

Women's Business League

After the success of last year's challenge, the Women's Business League (WBL) decided to continue the tradition of giving back to our community over the holiday season. The WBL engaged in an initiative with the goal of giving back in a way that was fulfilling and meaningful to them.

The WBL hosted a Holiday Social on December 6th. This year, they are supporting North Shore

Crisis Services Society (NSCSS), a wonderful local charity, to help bring some holiday cheer to vulnerable North Shore families. They collected donations of clothing, gifts, gift cards, and money.

NSCSS has been helping women and children escape family violence for 45 years. They provide emergency housing, wrap-around support services, as well as a 24-hour crisis phone line. NSCSS continues to provide accessible, free or low-barrier programs and services, thanks to the ongoing generous support from the community and donors. NSCSS help to provide women and children in our community a safe haven from violence and abuse, and in addition, be able to offer all of their valuable programs. Donations will help change the lives of families and help make annual holiday festivities happen - providing gifts, sanctuary, and services that their clients otherwise would never have.

Swim Team

The Hurricanes Swim team organized a Food and Clothing Drive for Covenant House. They wanted to help a youth focused organization that is similar in age to the Swim Team Members. They decorated boxes for each age group and put them on the pool deck for 1 week to collect canned goods, non-perishables and clothing that is needed by the organization. The Swim Team also collected money from each family on the Team so that Covenant House can purchase the goods they require. The committee and swimmers learned that each organization has specific needs and it feels great to be able to help offer support.





Skating

This year, the Hollyburn Skating Committee chose the West Vancouver SPCA for the holiday give back initiative. With so many asks for donations at this time of year, they chose the SPCA to find a cause that the skaters could connect with. They collected new, unopened dog and cat food, toys, and gently used blankets and towels until the last day of figure skating on December 14th. The skaters have also volunteered their time to package up the donations and help deliver them to the SPCA. What our skaters took away from this initiative was the importance of giving and that if everybody puts in a little effort, collectively it can go a long way to supporting local animals in need this holiday season.

Minor Hockey

The Minor Hockey Committee set the goal to collect a minimum of \$4000.00 from its hockey families in donations. The donation went to support other families on the North Shore through North Shore Family Services.

The community supported 40 people that ranged from individuals to a family of 6. Each person received a grocery gift card of \$50.00 to purchase their Christmas dinner. In addition, each person received a \$50.00 gift purchased from the individual's personal wish list. Hollyburn's hockey families were required to tailor each gift pack to the needs of the individual/families. This

entailed making sure gift cards were purchased to the closest grocery store to them as they don't all have cars and to make sure the gifts are purchased off their wish list.

For adults it's usually about wanting day to day things like socks, razors, and simple things. For the kids it's about them being able to open a fun gift on Christmas morning.

On top of the dinner and the gift, each basket can have up to \$20.00 of items added that are not on the wish list. For example, stocking stuffers or chocolates.

The hockey teams of Hollyburn choose to support this cause because they feel extremely fortunate over the holiday season and are very family oriented. They thought it would be great to give to other families that are in need to provide them the opportunity to have the best Christmas possible.

Pickleball

On December 10th the Pickleball Committee hosted a special Santa's Mixed Doubles Pickleball round robin and participants toasted the season after. All of the \$1000.00 of funds that were raised were donated to the Christmas Bureau - Family Services of the North Shore. For over 40 years, Family Services of the North Shore has touched the lives of some of our most vulnerable community members through the Christmas Bureau.



Skating Initiative

2022



This annual program ensures that everyone can celebrate the holiday season, regardless of their financial circumstances.

Through this effort the Committee learnt that the North Shore has many support services for those in need and that the Christmas Bureau in particular stands out as one of the charities that provides the widest range of services.

Men's Hockey

This 3v3 hockey tournament started 5 years ago and quickly became a popular event. Last year it was decided to make it a charity event in support of the Covenant House to support kids and youth in need. Last year, Scotia Bank matched the funds and they were able to raise over \$5600.00. This year's goal was to raise more money and have more fun! This year's tournament ran on December 22 and everyone had a blast!

Badminton

The Badminton Committee's 2022 initiative was to celebrate our Hollyburn Badminton Community by doing together what we love most, playing badminton! The Committee invited our current pros and some top players from the region to come out and play games with our Hollyburn players young and old. There were some fun opportunities for Members to "challenge a Pro" and see how they fair against some future and past Champions.

There were also opportunities for recreational players to challenge our Team Hawks competitive players. Funds were raised for an organization dear to the community's hearts, ALS Action Canada.

The Badminton Committee chose this initiative because they wanted to engage our badminton community through playing together, while at the same time raising funds for ALS, which is a terrible disease that has taken the lives of several Hollyburn members through the years.

Through this initiative our badminton community was brought together to engage multiple generation to play a sport they all love. Athletes donated their time and energy to more junior players to help pass down the knowledge they received from players before them. The community was also reminded how fortunate they are for their health; those suffering from ALS do not have that privilege.

Thank you to our Activity Committees

We would like to take the time to acknowledge all our Activity Committee Members for their hard work and dedication to the Club throughout the year. We greatly appreciate the time you volunteer in support of our athletic departments. THANK YOU for all you do!



HOLLYBURN
COUNTRY CLUB



Badminton

**20
23**

950 Cross Creek Road, West Vancouver

Congratulation to the Winners

2022 Badminton Parent & Child Fun Tournament:

First Place: Henry Li/Moses Li

Second Place: Greg Wright/ Jack Wright

Third Place: Ada Lin/Matthew Steeves

Fourth Place: Maryam Moayeri / Tiam Ghaderi



Holiday Fundraiser for ALS Canada

Thank you to the over 64 participants who joined our Winter Smash Fundraiser to raise money for ALS Canada. Also a big thank you to the Members who donated money, door prizes and silent auction crafts. We have raised over \$3158 for the charity!



Adult Badminton Playing Schedules

Badminton Social play:

Tue/Thu 10:00am-12:30pm

Adult badminton lesson:

Tue/Thu 9:30am-10:30pm (Register Online)

Tuesday badminton League:

7:30pm-10:00pm

Thursday Family night:

7:30pm-10:00pm

Important Badminton Facts

- The original name of badminton was 'shuttlecock'.
- A badminton shuttlecock contains 16 feathers.
- Badminton is faster than Tennis.
- Badminton shuttles can have a speed of 322km/h.
- Badminton matches are shorter than tennis ones.
- The longest badminton game duration is 124 minutes.
- Badminton is a very popular sport in Japan, Korea, Taiwan, China and Denmark.
- An average man will burn 390 calories each hour of playing badminton.
- Badminton is a great stress reliever.
- UK has more than 2000 badminton clubs. Badminton Canada estimates that over 2 million people play badminton regularly in Canada on an annual basis.
- Badminton was created in the 1800s in India.
- The International Badminton Federation was established in 1934 to manage badminton competitions worldwide.
- The IBF is now composed of 150 nations.
- The average weight of a badminton racket with no strings is 82.5 grams.
- 70% of badminton international competitions are won by either Indonesian or Chinese players.
- Badminton appeared in the Olympic games for the first time in 1992.
- Badminton peaked in popularity in the 1930s.
- The first badminton club was the Bath Badminton Club, established in 1877.
- A badminton racket is not allowed to touch the net.
- There are two types of badminton shuttlecocks, a plastic (nylon) and a feather one.
- High-quality shuttlecocks are made from feathers originating from the same bird, mostly the left-wing to have better aerodynamic performance.
- To win in badminton, you or your team must have a two points advantage after you reach 21 points. If you win two out of three games you win the whole match.



Fitness

20
23

950 Cross Creek Road, West Vancouver

Regular Workouts for Life

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

It is essential to take some time off training as it is vital to recovery and will avert overtraining syndrome, but too much time off from your workouts can not only decrease endurance, strength and flexibility, it can increase the risk of medical complications.

Lack of exercise can jeopardize your long-term health, fitness and cause heart diseases, diabetes, and high blood pressure. This is due to stiffening of veins and arteries and accumulation of fats around the heart, hindering its functionality. As a result, the blood pressure goes up, and the heart starts developing complications due to having to overwork. In addition to these diseases, lack of exercise is also likely to affect the functionality of your brain. Activity triggers most of the brain neurotransmitters that play a significant role in mood control.

Time off training is vital for recovery, however, too much time away from the gym can make you lack motivation and doubly hard to get back to your regular workout routine.

Once you are used to regular exercise and you suddenly stop, you are likely to experience an increase in body fat and an increase in weight, especially if you do not change the diet you were used to when you were exercising. Due to lack of demand for power and strength, the muscles gradually start becoming smaller and the fat cells start growing more prominent. Additionally, the fats, which the body was converting into muscles during exercise starts becoming soft and squishy.

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

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

Shelley Grisbrook - Fitness Centre Manager



Pickleball

20
23

950 Cross Creek Road, West Vancouver

Benefits of Pickleball Lessons

Did you know it is recommended to drill three hours for every hour of play? Practicing drills and technique is an important component of successful match play. Participating in lessons provides more benefits than just learning about the game. Even if you are an experienced player, lessons can be a supportive tool to improve performance.

Benefits of Taking Lessons:

1. Builds A Strong Foundation

Understanding the rules and proper techniques to play the game will increase confidence and focus on court.

2. Learn New Drills

Learn new drills that you can keep practicing on your own to further improve your performance and abilities.

3. Improve Technique

Advance your existing skills or learn new techniques to improve your game. This can include anything from shot mechanics to proper footwork.

4. Learn Strategy

Learn the strategy for what shot to hit, when and why. Learning strategy will bring more intention to how you play the game.

5. Learn To Communicate On Court

Pickleball is a doubles game and communication with your partner is a crucial component of the game. Learn tools for how to effectively communicate with your team mate during a match.

6. Invest In Yourself

If you are passionate about pickleball, why not invest in yourself and take lessons to further advance your skills and abilities?

7. Lessons Are Fun!

Lessons are a great opportunity to meet other Members interested in playing pickleball. Make new friends to practice your skills with during drop-in pickleball times!

If you would like to learn more about pickleball lessons at Hollyburn, go to the page 87 to see what is being offered for Spring 2023!



Swim Team

20
23

950 Cross Creek Road, West Vancouver

Hurricanes

Our Hurricanes Swim Team has had an incredible season so far this year! Our team has grown with over 25 new swimmers joining the club this season! Our Swim Academy program is very strong and continues to grow with a large number of strong swimmers from the aquatics program. We have seen growth in our Monsoon, Tsunami and Typhoon programs. It is great to see so many committed swimmers in Monsoon who are starting to qualify for regional meets. Congratulations to Hurricanes Calais Creed, Esme Falls, Chelsea Lan, Ella Leon, Ivana Mei and Ryan Zhang who can now all compete at the regional level!

Our entire team competed at our own Hollyburn Invitational which was the biggest meet ever held at our pool with over 250 swimmers from seven clubs competing! Our team had 60 swimmers compete throughout the weekend with a lot of fast swimming and a great chance for our entire team from Swim Academy to Pursuit to race together!

The first big travel meet of the season had 14 swimmers represent our team at the Pointe-Claire Invitational Meet in Montreal, one of the biggest age group meets in the country. Our team raced to 21 medals and 40 individual finals at the meet. Congratulations to Lincoln Choquette,

Stella Harris, Rohin Mountstevens, Freddy Sverre, George Kingdon, Noah Cheon, Rafael Wang and Bodie Simard who all raced to medals at the meet. Our 4x100m Medley Relay team of Freddy Sverre, Rafael Wang, Bodie Simard and Rohin Mountstevens qualified for Canadian Junior Championships with our fastest time ever, placing them second overall!

We are looking forward to building on our momentum through the rest of the season! The spring session will bring exciting team racing opportunities with a team travel meet in Kelowna and a fun meet in Whistler that swimmers of all levels can compete in!



Bridge

20
23

950 Cross Creek Road, West Vancouver

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

Our year end holiday party demonstrated the truth of this little Haiku poem. As we move into 2023, our full bridge offers doors to the magic world.

We'll have a host of special events at our Thursday morning Invitational Duplicate game, headlined by our trophy games which have a history stretching back over fifty years.

Trophys and current holders

The Bell Trophy, Don Chan and Mabel Chan; the Mort Ferguson trophy, Homa Boustani and Ken Kaan; the Cam Cameron trophy, Carol Grant and Connie Holland; and finally the Sheila Robertson trophy won by Rob Fought and Don Sheldon to bring the trophy competition to a close for 2022.

In addition there will be a large number of ACBL special events, including extra enhanced club championship games to promote club bridge play.

Our Bridge lessons will continue with two new sets for the Spring, Level I on Tuesday January 17 to March 7 at 12:30pm and Level II on Thursday January 19 to March 9 at 1:00pm.

What's that expression? “A bridge hand a day keeps the doctor away”? We have two opportunities for you stay in good health.

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

Tuesday Social Bridge is offered for any foursome that just wants to play a few hands of bridge, using the tables set up for the preceding supervised play session. Pick up your supplies (cards, score cards and bidding boxes if you want to use them) from the Member Services desk on your way in.

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



Sheila Robertson Trophy Winners. Don Sheldon & Rob Fought



Music

20
23

950 Cross Creek Road, West Vancouver

Winter Recital

In December we held six recitals with over 90 students performing and more than 300 people in the audience. It was an incredible day of music at Hollyburn filled with Christmas carols, classical, rock and pop music. We had piano, voice, guitar and drum students showing their talent. So grateful to everyone who keeps art and music in lives of their children. Cheers to many more years of music and future starts!

Ten Tips To Help You Practice Better

1. Create atmosphere

Get the right set-up for you. Whether you prefer to concentrate in a quiet practice room or somewhere with more stimulation, try to be consistent with your choice.

Make sure you have everything you need close by: water, snacks, pencils, sharpeners, rubbers, highlighters, manuscript paper, metronome, tuner, timer. If you have a phone, leave it in a different room.

2. Have a goal

Playing through all your old music isn't the same as practicing. Start with the end in mind: by having a goal for each practice session before you start playing, you will find you progress much more quickly and effectively. Then, break each goal down into smaller, focused objectives. You'll feel a great sense of accomplishment as you complete each goal.

3. Warm up

Like a physical workout, a warm-up is essential. Your warm-up doesn't always have to be 15 minutes of scales; try different technical studies or sight reading.

4. Be realistic

We all grow up with our teachers telling us "don't leave it until the night before". It is much more effective to practice little and often and slowly chip away at your nemesis day by day. It's about quality, not quantity.

5. Identify and overcome the problems

Don't just play a piece or passage over and over again and definitely don't just power through a problem area and ignore it. Identify where you are stumbling out of time or continuously using the wrong fingering, work out why it's going wrong, and decide how you are going to fix it.

6. Being a musician is so much more than just playing the notes

It's also important to understand your instrument, its repertoire, the history of the period and why the music is written a certain way. Listen to great artists and recordings of the music you are playing. Visualize yourself playing the music. Spending some time away from your instrument, hearing the sound you're aiming for.



7. Write on your music

Don't be afraid to scribble on your scores. Write in the correct fingering, highlight dynamics or remind yourself of a key change.



8. Record yourself

By recording your practice sessions you can listen back and perhaps spot some things you may want to consider doing differently that you miss in the moment of practicing or performing.

9. Be in the right frame of mind

We're all human, and sometimes we're simply just not in the mood to practice. So unless you're under a huge amount of time pressure, it's OK to take a day off or simply keep your fingers moving by spending 10-20 minutes playing something you know well and really enjoy.



10. Reward yourself

At the end of each practice session, remind yourself how amazing you are to be playing an instrument and treat yourself afterwards!

We are currently accepting students for ukulele, guitar or bass guitar.

Piano, voice and drums are waitlist.

HAPPY PRACTICING!





Tennis

**20
23**

950 Cross Creek Road, West Vancouver

PNW Regionals in San Francisco

Congratulations to Jack Davison on becoming the U15 Singles Champion. With this win, he earned Automatic Qualification (Free Entry) into the Junior National Championship in San Diego, CA which he went on to win without dropping a set.

Other top placements:

- Aidan Shokrani U15 Singles Semi-Finalist
- Ewan Robertson U15 Singles Quarter-Finalist
- Roan Priatel U17 Singles Quarter-Finalist

Other Results:

- Jack Davison receiving a cheque donation from the Tennis Committee for assistance with travel expenses to Tennis Canada Nationals.
- HCC Ladies' team at The Champagne Cup in Las Vegas
- It was great to see so many of our kids taking part in our Halloween Dress Up week.
- Indoor Club Championships 2022. We had 95 members sign up for the event, which was organised very last minute to ensure we had a tournament in 2022. Congratulations to all our winners.

Mens Singles

3.5-4.5: Steve Bone

5.0+: Justin Kates

Ladies Singles

3.5-4.5: Mackenzie Bell

Mens Doubles

3.4-4.5: Jeremy Bell & Todd Carreau

5.0+: Winston Cabell & Oly O'Shea

Ladies Doubles

2.0-3.0: Minnie Yu & Masako Yoshino

3.5-4.5: Sandy Davidson & Kristina Stosek

Mixed Doubles

2.0-3.0: Jason & Leigh Stratton

3.5-4.5: Winston & Lesley Cabell

5.0+: Oly O'Shea & Amy Wong

- We hosted the U12 Western Team Champions and had 2 Boys Teams and 1 Girls Team compete in the event. The feedback has been hugely positive. We want to congratulate all the players for taking part and to our coaches, Gerard, Tessa & Alan for putting in long hours to coach & support our teams.

- Our Fall Hotshots tournament was one of our busiest ones to date with 42 of our HCC Juniors stepping out to compete in the final tournament of the season. For some kids it was their first ever event and for others it was their last event as they move on to the next ball colour in 2023.

Well done to all the kids that played and congratulations to our winners.

Red ball: Wylie Morris

Orange ball: Morgan De Voest

Green ball: Athena Signorello

- Kids Tennis Christmas Party. What a fantastic turnout for the Kids end of year party. We saw some great festive outfits and we would like to congratulate all of 2022 award winners.
- Ladies Christmas Charity Round Robin. We reverted back to our original format, from Pre-Covid, and this was our busiest year yet. Over 120 ladies showed up to support our Charity Event, where we raised over \$4500 for the organizations we support. Thank you to everyone that attended, dressed up and support, we had a lot of festive fun!
- Christmas Dress Up week is a chance for the juniors to wear their most festive outfits. Prizes were awarded for best dressed in each ball colour.
- The BC Senior Provincial 2022 Amica Grand Prix Championships had a couple of successful Hollyburn players. Congratulations to everyone that played.



U12 Both Boys - HCC Hotshots

Gallery



Jack Davison - U15 Singles Champion.



Halloween Dress Up week.



Davison receiving a cheque donation



Ladies Christmas Charity Round Robin



Indoor Club Championships 2022



Champagne Cup in Las Vegas



Kids Tennis Christmas Party



Christmas Dress Up week



Amica Grand Prix Championships



Intermediate Entrance Fees are on the Rise!

Deadline: March 31st, 2023!

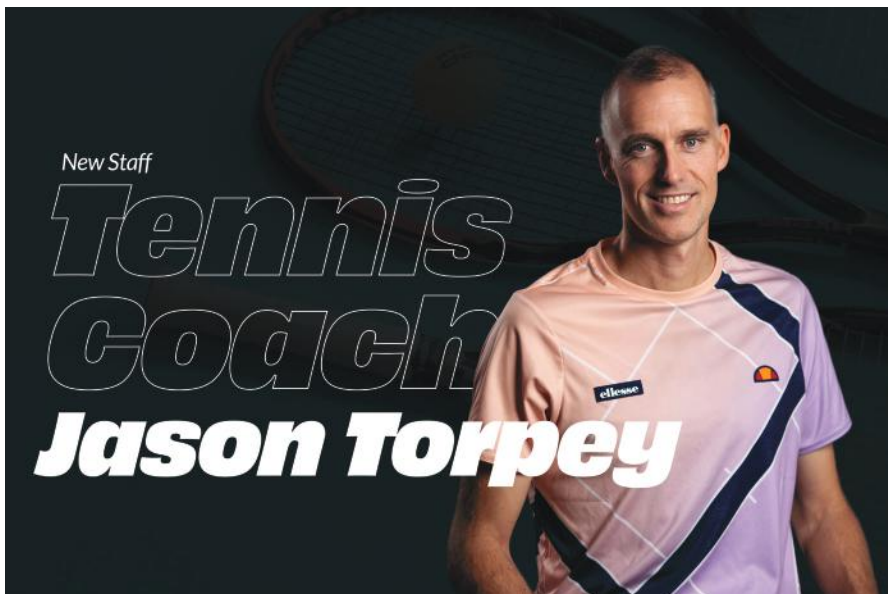
What you need to know

Intermediate Membership fees are increasing! The future of Hollyburn has never been brighter, and now is the time to explore an Intermediate Membership for the next generation. Are you or someone you know eligible for a Hollyburn Membership at our discounted Intermediate Rate? Our Intermediate Program is for those who were Members as children, are under 40 and now would like to rejoin the Club.

Contact our Membership Team (membership@hollyburn.org) today for eligibility. Completed applications must be received before March 31st, 2023, to qualify for the lower rate. Entrance fees and dues are subject to change at anytime without notice.

Age Group	Current Entrance Fee	March 31, 2023	March 31, 2024
<26-29	\$15,000	\$19,167	\$23,333
30-34	\$22,500	\$28,750	\$35,000
35-39	\$33,750	\$43,125	\$52,500

Visit www.aclubforlife.com or contact membership@hollyburn.org



Length of time in field

19yrs

Started at Hollyburn

Nov 2022

Playing History

ATP Doubles career high ranking:1111

Singles wins over players ranked inside the ATP top 200

Represented England in 4 Nations Championships 2001

Coaching History

LTA UK Tutor

LTA UK Senior Performance Coach

ATP Certified Coach

Club Management Association of Europe
Club Management Diploma

Assignments

Junior Tennis Manager, Hollyburn Country Club (2022) - *West Vancouver, Canada*

Owner & Tennis Director of Hallamshire Academy of Tennis Ltd. (2008-2021) - *Sheffield, United Kingdom*

Travelling Coach to multiple Touring Professionals and International Juniors including 2012 Men's Wimbledon Doubles Champion Jonny Marray (2002-2013)

Ellesse Sports Clothing: Tennis Ambassador & Sales representative (2018-2021) - *United Kingdom & Europe*

Why I do what I do

A player who picks up a racket for the first time has a spark. It is up to the coach and club to then ignite that spark and turn it into a lifelong flame that never dies. Tennis has taken me to all four corners of the world, I've met some truly wonderful and inspirational people, experienced things I never thought possible and put simply it has shaped me into the person I am today. Of all the 'gladiatorial' racket sports it is the most celebrated and, in my opinion, the most challenging therefore the dedication and perseverance the sport teaches you not only helps your tennis but is transferable into other avenues of your life.

Philosophy

Every player has their own style and is their own 'artist' trying to paint their picture. While there does need to be certain fundamentals in place, the enjoyment I get from coaching is helping a player unlock the secrets to their own special way of 'painting' the game of tennis that works for them. The sport has so many different facets that there are always things you can keep learning and working on no matter what your age or standard and that is what makes the game so beautifully challenging and rewarding.

New Staff

Tennis Coach Rob Byron



Length of time in field

18yrs

Started at Hollyburn

2022

Playing History

Tasmanian grass court singles champion 14 and 16 and under.

High school at Melbourne tennis academy.

Trained with tennis Australia development team and Peter Doerner. 2004-08.

Played 30+ ITF futures tournaments around the world.

Hitting partner for ATP/WTA top 100 players. 2005 to present.

Full scholarship to UDC and number 2 player on the NCAA team. 2008-10.

Coaching History

Australia part time 2006-07.

Private coach in London, UK.

Assignments

Started Byron tennis academy in Vancouver Canada with 50+ students. 2019 to present.

Specializes in junior player development with pupils participating in Tennis BC tournaments.

Why I do what I do

I specialize in the technical development of junior tennis players. It's a great passion of mine to see a young player progress and reach their full potential.

Philosophy

"It takes a team to create a champion" - Nick Bollettieri

I firmly believe that with the right team, players are able to develop and reach their goals.



HOLLYBURN
COUNTRY CLUB

Karate



相違会



WADO-KAI
ヒロク
HIROKAWA

20 23

950 Cross Creek Road, West Vancouver

A karate Inspiration: Beth

I have always been drawn to and respected the martial arts. During our first tour of Hollyburn Country Club in 2010 I stepped into the dojo, met Sensei Peter Stoddart, and knew I wanted to learn and practice karate in that room. I asked about adult classes and was informed that none existed that my 4- and 5-year-old sons would be welcome to join the “Little Ninjas” class.

As my boys progressed through the junior program, I continued asking about adult classes, and in 2017 Sensei Peter told me he was starting an adult program. I signed up and was hooked from the very first class. I loved that karate is a full-body work out, how it teaches me to be aware of my centre, to connect and control my body movement, and challenges me to think ahead but stay in the moment.

Karate is more challenging than it looks, as it's a discipline that requires a long journey of technical refinement that continuously deepens understanding.

I am 5 years into my karate journey and the only adult to participate in every adult karate class offered by Hollyburn. My husband, Kevin, also attends classes, and karate became somewhat of a Bayley family affair. In 2018 we travelled to Japan with Sensei Peter along with the Hassan and Smith families. It was an incredible experience for our family. We practiced in several Japanese dojos with world renowned instructors and attended the National Wado Kai Championships in Tokyo to watch Japanese children and adults compete. Our children had the opportunity to participate in a demonstration of basics and forms (kata) with children from all participating dojos on the floor of the Budokan to the beat of an enormous Taiko drum.

Inspired by this experience, I continued training whenever I could, and became a part of the international Wado Kai community. Strangely enough, Covid helped because during that time, only virtual training was available on Zoom. This opened up unheard-of opportunities to meet, study and interact with incredible instructors across the world. Thankfully we are now back in the dojo training with Sensei Norma Foster and Sensei Peter, we attended the first post-covid Wado Kai seminar in Calgary in May this year, which was another great opportunity to connect with the extended Wado community across Canada.

I have received encouragement to continue training to achieve my 1st degree black belt (Shodan). I've been working hard to prepare for the challenge. Regardless of rank, I will continue to practice karate, strive to improve my skills, and perhaps help teach others starting out in the sport.

I currently serve as Secretary of the Canada Zenkuren Wado Karate Association which is the Japan Karate Federation Wado Kai sanctioned governing body for Wadokai Karate in Canada (of which Sensei Norma is the president). I hope that through this role and my own practice I can assist in expanding classical Wado karate and share the joy Karate has given me with others. I would also like to visit some of the international instructors I studied with for 2 years online and train with them and their students in real time!





Squash

**20
23**

950 Cross Creek Road, West Vancouver

Which Squash Racquet Should I Buy?

Whether you are a new player, a parent of a new player or an experienced player, buying a new racquet can be challenging however with some basic info to guide you this should become an easy decision.

There are three basic design features of racquets: shape, weight/balance, and length.

Shape

There are two basic shapes, the 'traditional' shape and the 'teardrop' shape.



Full length racquets are 27" long, the same length as a badminton and tennis racquet.

Junior racquets are shorter; 21-26"

The traditional shape (LEFT) is geared towards players who emphasize ball control/accuracy over power.

The teardrop shape (RIGHT) has a longer string-bed which increases the size of the sweet spot and also increases power.

Junior racquet length is selected based on strength and skill level. 3-5yrs = 21", 5-8yrs = 23-26", 9+ yrs = 27" frame. Consult with your coach for direction.

Weight & Balance

These two go hand in hand. Most high quality modern racquet frames weigh between 110-150 grams. Weight is listed on the frame but does not include string and grip weight. The balance refers to how the weight is distributed. Think of a hammer which is head heavy, racquets too can be balanced this way however most modern frames have an even balance with some moderately balanced more toward the head or the grip.

Durability

Due to the nature of the game, racquets will break. Players at low to moderate skill levels who tend to swing hard will break frames when they make contact with the walls and floor. Think of this as an expensive lesson on moderating swing speed when in tight corners or when the ball is sticking to the wall.

Strings

Squash racquets come pre-strung. Re-stringing your racquet is ideal and will give you either more power, control, feel or a combination of any of those three different attributes. The rule of thumb is that the number of times you play per week equals the number of times per year you should restring your racquet for optimal performance.

Costs

Quality frames at regular retail are \$100-\$200. Under \$100 the materials are of typically of lesser quality and often increase weight dramatically. Junior frames are all under \$100.

Eyeguards

Mandatory for doubles squash and all under 19 yrs. They are highly recommended for all players. Prices range from \$20-\$50

Coles Notes

If the above still doesn't provide the answers you need. Here is a very simple guide...

- Pick up a few racquets in the store and see what they feel like. You will instantly feel more comfortable with one or two. Could be the weight or the grip size/shape. Go with your instincts.
- Pick your favourite colour or the graphics you prefer.
- Cost: regular retail price under \$100 usually means the materials are of a lesser quality. Above \$100 brings in higher quality materials and these racquets are typically lighter and play better.
- If its a gift for someone, check with the shop that it can be exchanged (unused of course)

Summary

Find a racquet that works for you. You'll have an idea of exactly what it is as your game evolves. You might find your preferences change over time, so start with what feels the best, put the time into developing your game and you'll soon learn whether or not you want to use a heavier or lighter racquet, what balance suits the way you play, the type of strings you like and so on.

The Hollyburn Sports Boutique has a selection of racquets and eye guards and can restring your racquet too.



Skating

20
23

950 Cross Creek Road, West Vancouver

CanSkate

Hollyburn's CanSkate program runs at full capacity. It offers a fun, friendly environment that showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum that supports skater success in developing stronger basic skills on the ice. We finished off the fall session with a surprise visit from Santa - a fun day for our skaters!



Coach's Corner

Teaching Aids and Props

Learning props and teaching aids on the ice have been a great addition to the Hollyburn CanSkate program. They add colour, visual impact, interest and bring a three-dimensional effect to the ice. Some of the benefits include stimulating the senses of sight and touch, encouraging skaters to remember what skills to perform with each prop, and adding motivation and challenging development.

Competitions

Jingle Blades

Hollyburn participated in the Jingle Blades competition in Mission on November 24th - 27th. Congratulations to the Hollyburn skaters that competed!

Star 3 Girls

Bonny A. - Bronze
Viona A. - Bronze
Zoe P. - Silver
Caitlyn J. - Silver
Katerina C. - Gold
Gracie G. - Gold
Scarlett J. - Gold
Madeline M. - Gold

Star 4 Girls - Giahma V.

Eden H. - Silver Medal

Fall Skating Highlights

The fall session was a busy time for Hollyburn skaters. We saw the return of several activities and events that have been on hiatus for the past couple of years due to the pandemic. Highlights include simulation and test day and the winter showcase featuring performances by our skaters and guests. From volunteering to help teach CanSkate and organizing events to prepare for competitions and test days to trying and mastering new skills, congratulations to all the skaters who achieved and grew in 2022!



Events

We hosted several fun skating events last fall, including the skate swap and mingle, the holiday ornament decorating party and gingerbread house competition, the family skate with Santa, and the holiday banquet extravaganza, where we celebrated the many achievements of our skaters. Thank you to everyone who attended and volunteered to help make these events a success! We look forward to more events in 2023.



PRIME RIB

SUNDAY

Join us on the last Sunday of every month for Prime Rib Sundays.

Menu \$39.99 for two courses.

Choice of appetizer and main or main and dessert.

Appetizer: Choice of Chef's salad or featured soup.

Main: 10 oz 45-day aged Canadian prime rib, seasonal side and all the fixins'.

Dessert: Chef's featured dessert.

5:00PM ONWARDS | BAR & GRILL

604.913.4515

Reservations are highly recommended.

Reserve online or call the restaurant.



HOLLYBURN
COUNTRY CLUB



Featured Artist

Nick Clark

How old are you?

11

What do you play?

Piano, Guitar & Drums.

Number of years you have played your instrument?

Piano – 6, Guitar – 2, Drums - 1.

What is your biggest accomplishment in music?

At the end of this term I did 3 recitals in one day!

What would be your ultimate achievement?

Right now I want to use Garage Band and record myself playing all my instruments to one piece of music. A one-man band.

What is the best advice you have been given?

Never give up!

Where do you draw your inspiration from?

Andrew Wragel composed Rush E... it is crazy. Most of my music comes from the video games.

What is your favorite pre-performance meal?

My favorite meal anytime is Pizza.

What are three essential items you bring to a performance?

I bring my smile and energy (and my instruments). I am not always sure what will happen when I am performing ... I cant stop myself singing sometimes.

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

Professional You-Tuber.

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

I'm only 11, still a You-Tuber.

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

Basketball, Karate with Sensei Peter, Kid's stuff.

What challenge/competition would you like to participate in?

I don't really like competitions. I am an emotional kid and they are pretty intense for me.

**From Nicholas' Teachers
Vlada, Goran and Mark**

Isn't it incredible that Nicholas is learning to play three instruments and he is also singing too!

Nicholas has a natural talent for music. He learns new songs very quickly and can figure out many tunes by ear. After only a year of guitar lessons, he is already starting to compose his own music.

Classes with Nicholas are never boring and watching him play drums is an amazing experience!

Teaching piano to Nicholas is always joyful. I love his energy, his dedication and hard work. He brings happiness to my heart!

Featured Staff

Rosalba Vagge Carrera



Which department do you work in?

Accounting

What is your title/position?

General Accounting Clerk

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

The dynamics of working with a large team with many great skills.

What do you like doing outside of work?

What are your hobbies?

OH! Good question...I'm into being athletic so outdoor runs/hikes and the gym. But my favorite hobby is drawing and making piñatas.

What is your "happy place"?

My "happy place" is hot sauce with mango... yum...while working on a piñata!

What is your favourite sport to play or to watch?

Track & Field, Marathons (Iron Man) and Football (Soccer).

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

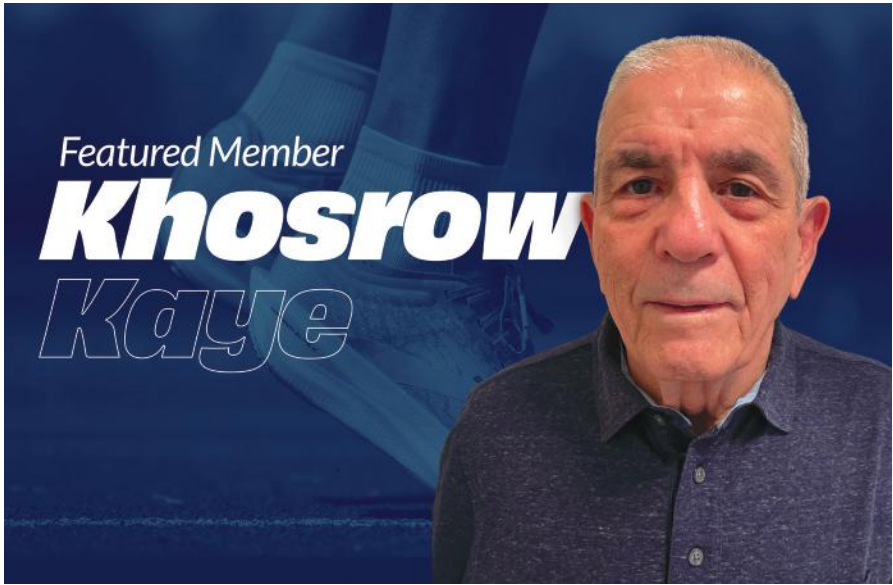
OH boy do I ever. Miku Japanese Restaurant and Salsa & Agave are my favourite places.

3 fun facts

Oh this question is great because I have so many random facts. If you know my tomboyish ways this would totally throw you off but I competed in Miss Latina Canada (2nd Place) and Miss Universe Canada. I didn't like it but wanted to experience it.

Second, don't feel bad for me because I have great memories, but I was once a street kid in the streets of Mexico City until I was 4 years old then I was picked up and adopted all within a year.

Lastly, I love trying new things and usually don't say no because that's how you experience and create new adventures.



Khosrow Kaye has been a Member of Hollyburn since 1979. At 89 years old, he believes an active lifestyle is key to a healthy life. He enjoys working out daily to improve his physical abilities with the goal of pain free living. He follows a daily plan and routine to help him stay focused.

What do you love most about being a Hollyburn Member?

Socializing in our golden years is extremely important. Being a member allows me to get together with friends in a relaxed setting. I'd also like to thank Shelley Grisbrook, the Fitness Centre Manager, for smoothly running the Fitness Centre. She makes it possible for members to enjoy their time at Hollyburn.

What is one of your favourite memories of Hollyburn?

Coming to the Club with my two daughters to go for a swim and exercise. My wife and I also enjoy inviting friends and entertaining them at the Club.

What do you enjoy most about working out?

My favourite stretch is hanging my body from a bar. I can hold this position for 2 minutes, and it's an excellent stretch from your head to your toes.

What would you tell our younger Hollyburn Members to encourage them to stay healthy?

Keep moving! You will reap the greatest benefits later in life. If you neglect to take care of your younger self, you will feel the effects when you're older. To live a long, pain-free life, you must exercise, so get used to it sooner than later!

It's also important to be mindful of your diet. I found out many years ago that I was gluten intolerant. I've adhered to a gluten-free diet for over 30 years.

What has inspired you to continue being physically active?

One of my motivations is to continue living pain free. I have a master's degree in mechanical engineering and an interest in biomedical engineering. I've learned we need to move every day! Our bodies have 600 muscles, 360 joints and fascia. Unhealthy fascia can lead to tight muscles and stiffness, which limits mobility and causes pain. I used to exercise 7 days a week for 2 hours. But I've been told it's good to have rest days in between. So now I take a break one day a week.

I don't smoke or drink. For the past six years, I fast daily for 19 hours from 6pm to 1pm the following day. During this time, I only drink water. Studies show intermittent fasting can lead to weight loss, increased fat burn, improved cognitive function, reduced inflammation, and even increased longevity.

Outside of exercise, what do you do for fun?

I enjoy spending time with family and friends. After the onset of Covid, I stopped playing poker at casinos. Currently, I play chess online. It's just as important to keep my mind sharp as it is my body. Playing chess keeps my mind stimulated. It's quite challenging, and you must be very focused to beat the computer!

What is your message to the world?

I follow the Golden Rule. 'Do unto others as you would have them do unto you.' Be kind and considerate, and accept people as they are!

Featured Athlete
Nelli
Djavaherizadeh



How old are you?

13

What sort do you play?

Badminton.

How many years have you played?

I have been playing for 5 years.

What is your biggest accomplishment in your sport?

My biggest accomplishment in badminton is winning Girls Doubles at Vancouver Lawn Tennis and Badminton Club.

What would be your ultimate achievement?

My ultimate achievement is being qualified to participate in tournaments and win.

Who is your role model in your sport?

My role model in my sport are my coaches especially Julia Chen.

Do you have any good luck rituals or superstitions?

No, however, I always make sure to have fun and enjoy my time playing.

What is the best advice you have been given?

The best advice I have been given is from my coach. She told me that in order to win, you need to learn to lose.

Where do you draw your inspiration from?

I draw my inspiration from my coaches and my peers surrounding me.

What is your favorite pre-game meal?

My favourite pre-game meal is any type of energy bar or drink.

What are three essential items in your sports bag?

Three essential items in my sports bag are my water bottle, rackets, and warm up clothes.

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

When I was younger, I played a variety of sports. I enjoyed them and knew that one day I wanted to be skilled at one.

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

I would still like to excel in Badminton, however, I would also be a surgeon.

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

I enjoy doing Martial Arts and ping pong.

What tournament/challenge would you like to participate in?

I would like to participate in as many tournaments as possible.

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

My favourite Hollyburn moments are when the club host celebrations and events that I can attend with my family and friends.



Calling All Members

**We are seeking nominations for the
Bud & Sally Stevens Award!**

Help us recognize the Members who are truly the heart and soul of the Club by nominating your fellow Members who work tirelessly behind the scenes for the Club, a Committee or Activity.

History

Bud & Sally Stevens joined Hollyburn in 1960 making them Charter Members of the Club. Their daughter Cinde was very active in synchronized swimming and was one of the "Hollyburn Synchronettes" competing in world competition. Cinde held no fewer than 18 Canadian Championship titles during her swimming career. Prior to retiring in 1970 the Synchronettes capped a decade of winning performances by capturing the World Title at the World Championships in Copenhagen, Denmark.

Bud Stevens was a volunteer diving coach at Hollyburn and his Company, Stevens Pools, built our swimming pool. During his coaching career the Club produced several provincial and national champions including Larry Follinsbee and Frank Robb who represented Canada at the 1967 Pan-Am Games in Winnipeg and later became members of Canada's National Diving Team.

In 1974 Bud and Sally donated a Trophy to be awarded annually to individuals, families or groups who made a major contribution to the Club.

The Winner

Must be an individual adult Member, a couple or a family, in good standing. May be a group of individuals, each to be named.

Exclusions

Members of the current Board of Directors are exempt from nomination.

The Selection Process

Nominations will be solicited from the Members at large, committees, activity groups, and the Board of Directors.

Nominations will be reviewed and screened by the House Committee and Management, and their recommendations presented to the Board for discussion, input and final approval.

If no deserving nominations are received in any year, the award may be postponed.

Award to be presented at the Annual General Meeting on June 13, 2023.

Trophy and photograph of the recipient will be displayed in the Main Lobby display case.

Previous Recipients

Carlota Lee
Alexandra & Juliet Emlyn
Dave Maquignaz
Nancy Macdonald
Lee Foster & Bobby Thompson
Eric & Diane Akelaitis
Barbara Hoodspith & Doug Kochen
Gary McDonnell
Derek Smith
Colleen McCarthy & David Bell
Sandy Rogers
Rob & Susie Fought
The (Dan) Evans Family
Peter Wright
Suzanne Thomson & Barbara Bell
Steve & Sheila Drummond
Sabina Wallace
Al Morishita
Michael Kates
Julia Cross
Janice & Malcolm Hunter
E. Murray Walker
Rolf Paterson
Bob Dinning
Paul Clough
The (Doug) Reid Family
Marg & Fred Masuch
Marv Helfrich
John & Donna Reeves
John & Barbara Roberts
David & Janet Calder
Dick & Pam Hunter
Graham & Marion Bender
Jack & Patti Leigh

Gordon & Doreen Parkes
Ray & Sandy Leeden
Hal & Sue Morgan
John & Dianne Brownlee
Russ & Shirley Sykes
Federation Cup Volunteers
Gordon & Iris Solnes & The Hollyburn Players
Tom & Judy Baillie
Don & Elsie Saunders
Mack & Joyce Minions

Submit Your Nomination

Email your nomination to Marta Jones at MJones@hollyburn.org with the following information:

Nominee Name(s):

Membership #:

Nominator Name(s):

Nominator Membership #:

Q1.

Please describe in as much detail as possible, the major contributions to the Club made by the nominee(s).

Q2.

Please describe the nominee(s) participation in various Club activities.

Q3.

List any involvement in the organization of the Club activities (i.e. Committees, team manager, coach, etc.).

Deadline

Monday, March 28, 2023





From the *Kitchen*

**20
23**

950 Cross Creek Road, West Vancouver

The last three months of 2022 were an exciting time of year. It was so lovely to welcome more and more Members and their parties back to the Club after the last couple of years. We had an abounding Father Daughter Ball with over 500 people joining us to celebrate that evening. Christmas was fun and festive all around. Mr. and Mrs. Clause joined us for two weekends in December, bringing a full day of snow and adding some magic to the Club! We had a packed house counting down to New York's New Year, wringing in 2023 with lots of hope, joy, and laughter.

We have spent the last few months creating an exciting new adventure that comes with the Renew '22 project. Working with designers and architects to devise a fantastic new kitchen and banqueting facilities ensures we have the tools to exceed our Members' expectations moving into 2025 and beyond.

We're excited to unveil our interim concepts that will keep Members and families coming to the Club while the construction is underway. Look out for ongoing updates as we enter this next exciting phase. Don't worry; Nick will still be crafting espressos all day long!

Despite the renovations, the kitchen will still operate as we head into the year. We have excellent events planned for 2023 taking a journey down a different culinary experience each month. We'll celebrate cultures worldwide, such as Japanese Izakaya, Cinco de Mayo, Greek Taverna, and Pub night trivia with fish & chips! Additionally, we're returning Prime Rib Sundays with 45-day aged prime rib and all the fixings! We're delighted to have a vibrant year ahead.

-Chef Paul Benallick





From The
Bar

20
23

950 Cross Creek Road, West Vancouver

Featured Menu & Wine Pairing

Peppoli Chianti, offered by the glass paired with our Pappardelle Bolognese can be a match made in heaven. Peppoli Chianti is a wine that hails from the Tuscany region of Italy, and is made from a blend of Sangiovese, Merlot, and Cabernet Sauvignon grapes. It is a full-bodied wine with a fruity aroma and a dry, tannic finish.

Bolognese, on the other hand, is a hearty meat-based sauce that originated in the Emilia-Romagna region of Italy. Ours is a classic meat ragu, slow-simmered for several hours to allow the flavors to meld together.

When pairing Peppoli Chianti with Bolognese, it is important to consider the body and flavor profile of both the wine and the sauce. The full-bodied nature of Peppoli Chianti makes it a good match for the rich, savory flavors of Bolognese. The wine's tannins also help to cut through the richness of the sauce, making it more balanced and enjoyable. The wine's acidity also helps to cleanse the palate between bites of this hearty pasta dish.

The two complement each other perfectly, making for a delicious and satisfying meal. Buon Appetito!



PEPPOLI
CHIANTI CLASSICO



THE UNIVERSITY CLUB
WASHINGTON, DC

Affiliate Club

The University Club of Washington

20
23

1135 16th Street NW, Washington, DC

The University Club of Washington

The University Club of Washington is one of the city's premier private clubs, recognized by the Platinum Clubs of America and as a Distinguished Club of the Word. The club features 60 well-appointed and refurbished overnight guest rooms, fine dining opportunities, 3000 square foot fitness center, a golf simulator, and the Sage Day Spa. In addition, the club is a few blocks from the White House, Metro subway stops and Dupont Circle shops, restaurants, and galleries.

Enjoying the University Club of Washington is great any time of the year. During the Winter, come to see a show at the Kennedy Center; Spring for the Cherry Blossoms; or for July 4, Independence Day to see the fireworks from the roof top. Whenever you arrive, you will find welcoming Staff and friendly Members.

To visit this club, please contact Member Services or use the Hollyburn App for a letter of Introduction.



Izakaya Night

Wednesday, March 15th
5pm onwards

Dining Room

Book Online or call 604-913-4515

Experience Japanese culture and join us for an exciting Izakaya night! Choose a variety of Japanese-style pub food and feature drinks from a unique A La Carte Menu. In Japan, Izakaya is enjoyed with large groups, so bring your friends and family!

*RSVPs required. 72 hour
cancellation policy in effect.*





HOLLYBURN
COUNTRY CLUB

Program Registration *Spring 2023*

PROGRAM REGISTRATION

Wednesday, March 1 | Online Only

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

AQUATICS

Thursday, March 2 | 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, March 3 | Online Only

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

20
23



Programs by Age

See department for more details

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



Programs

**20
23**

950 Cross Creek Road, West Vancouver

Aquatics



Patrick Rea
Aquatic Coordinator
PRea@hollyburn.org



Symun Pall
Aquatic Supervisor
SPall@hollyburn.org

Swim Lessons

April 3–June 25

No Swim Lessons

April 8–10
May 20–22

Spring Break Private Lessons

March 13–March 17
March 20–March 24

Hours Of Operation

Lap Pool

Mon–Fri | 5:45am–10:00pm
Sat–Sun | 6:00am–9:00pm

Leisure Pool

Mon–Thurs | 9:00am–7:30pm
Fri–Sun | 9:00am–9:00pm

Please log into our website - www.hollyburn.org to access the GameTime pool schedule or call our pool office (604-913-4576) for up to date and detailed information about the pool schedules, lane availability and potential schedule changes.

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 is allocated for specific user groups and attendance can vary. Hollyburn lifeguards and management will be enforcing the delegated times within the schedule to ensure the best possible operation of our pool.

Cancellation Notice

As per House Rule 30, Members will be charged the full fee for all programs they register for unless 48 hours cancellation notice is received or the program is cancelled in writing by the Recreation Office or Member Services prior to the first day of class. However, when the program commences on a Monday, members are requested to cancel 72 hours in advance. **Please be aware there is a 24-hour cancellation policy on private lessons.*

Booking Information

Spring registration opens on Thursday, March 2
6:30am (HCC Parent & Tot)
6:40am (HCC Preschool 2–6)
6:50am (Swimmer 1–5)
7:00am (Swimmer 6–9)
7:10am (All other Aquatics Programs)
7:20am (Private Swim Lessons) – *Email Aquatics to book!*

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

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

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

Tips For Booking Private Lessons

To make registration as quick and efficient as possible, please ensure all the adequate information is in the email request when sending it on registration day. Here is the information that will be needed to make the booking process as seamless as possible:

- Who the lesson is for (First and last name).
- Member number.
- First choice day and time (refer to the swim lesson grid for availability).
- Second choice day and time.
- Third choice day and time.
- Specific requests (instructor, any specific skills, additional information).

To enable our Aquatic Coordinator time to coordinate instructors and organize appropriate class sizes the swim lesson online registration closes Sunday, March 26 at 11:55pm. Registration after this time must be done directly with the Aquatic Coordinator at prea@hollyburn.org. Members may not register for classes or switch lessons after the third week of the lesson set.

Private Lessons

A private swim lesson with one of our accredited swimming instructors is the first step to becoming the type of swimmer that you have always wanted to be. Lessons can be booked for all ages and a variety of times are available to accommodate your busy schedule. Turn to page 73 for available private lesson times.

Due to high demand, private lessons booked Monday through Thursday may only be booked in the set times indicated on the grid on page 73. 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

45 minutes: \$52.50

60 minutes: \$70

Semi-Private (2 participants)

30 minutes: \$46 (\$23 each)

45 minutes: \$69 (\$34.50 each)

60 minutes: \$92 (\$46 each)

Small Group (3-5 participants)

30 minutes: \$18 each

45 minutes: \$27 each

60 minutes: \$36 each

Spring Break Private Lessons

Email Patrick—prea@hollyburn.org to book one or more lessons! Please specify in your email if you are requesting Spring Break private lessons.

March 13–March 17

Mon 3:00pm–6:00pm

Tues 3:00pm–6:00pm

Wed 3:00pm–6:00pm

Thurs 3:00pm–6:00pm

Fri 3:00pm–6:00pm

March 20 - March 24

Mon 3:00pm–6:00pm

Tues 3:00pm–6:00pm

Wed 3:00pm–6:00pm

Thurs 3:00pm–6:00pm

Fri 3:00pm–6:00pm

Aquatic Program F.A.Q.

Q: What programs does HCC Aquatics offer?

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

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

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

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

A: We are happy to arrange a 5-minute swim evaluation with one of our staff, email Patrick (prea@hollyburn.org) or stop by the pool office! 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.

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

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

Swim Combo Programs

**Monday through Thursday only*

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 they 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 (depending on the class), thoroughly tucked 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. See the grid page 73 for available swim classes.

Tennis and Swim

Playball and Swim

3:30pm–4:15pm (Playball)

Register for: 4:30pm, 4:45pm start time (Swim class)

Red Ball and Swim

3:30pm–4:15pm (Red ball)

Register for: 4:30pm, 4:45pm start time (Swim class)

Badminton and Swim

Badminton | 3:45pm–4:30pm | 3–5 yrs

Register for: 4:45pm, 5:00pm start time (Swim class)

Badminton | 3:45pm–4:30pm | 6–8 yrs

Register for: 4:45pm, 5:00pm start time (Swim class)

HCC Parent & TOT

Penguin & Parent

4–36 mos

Parent or caregiver will participate in the classes along with their child. This class will concentrate on continually building your child's confidence and technique in the water while having fun. See page 73 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 73 for program times.

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

HCC Preschool

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 skills for the HCC Preschool levels (not all). Do not hesitate to contact the Aquatics Department with any questions regarding our preschool program or your child's swim level. We are always happy to arrange a 5-minute swim evaluation with one of our staff.

Turn to page 72 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. Please contact Patrick (prea@hollyburn.org) for more information. *Parents/caregivers are not required to be in the water.

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

Egg

3–5 yrs

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

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

Hatchling

3–5 yrs

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

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

Chick

3–5 yrs

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

Little Penguin

3–6 yrs

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

Big Penguin

3–6 yrs

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

Emperor Penguin

3–6 yrs

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

Lifesaving Society Swim For Life—Swimmer

5–14 yrs

This 9-level program is the replacement for the discontinued Red Cross Swim Kids program. Swim for Life will help young swimmers develop the 3 main swimming strokes (front and back crawl, breast stroke, sidestroke), actively learn how to be safe around the water, increase their fitness and endurance with fun activities and introductions to lifesaving techniques!

Listed below are some of the skills for the Swim for Life—Swimmer program. Contact the Aquatics Department with any questions regarding your swim level. We are happy to arrange a 5-minute swim evaluation with one of our staff.

Turn to page 71 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 Bronze Medallion. Learn self-rescue techniques, in-water rescue skills, first aid and more!

Contact prea@hollyburn.org for addition information.

Date: TBD

Bronze Medallion

No age pre-requisite if candidate has Bronze Star; if not, must be 13 years by last day of course. Swim Kids 9 recommended.

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

Contact prea@hollyburn.org for addition information.

Date: TBD

Bronze Cross

Prerequisite: Bronze Medallion

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

Contact prea@hollyburn.org for addition information.

Date: TBD

Youth Recreational

Red Cross Stay Safe!

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

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

Contact prea@hollyburn.org for addition information.

June 4

Sunday | 10:00am–3:30pm

\$56

Red Cross Babysitters Course

Prerequisite: 11+ yrs

Do you know how to: Feed a baby or change a diaper? Prepare a simple meal? Play games with children of all ages? Keep children safe? Handle an emergency if one happens? A good babysitter knows all of these things and more.

Contact prea@hollyburn.org for addition information.

May 28

Sunday | 9:00am–5:00pm

\$80

New to Hollyburn Swimming?

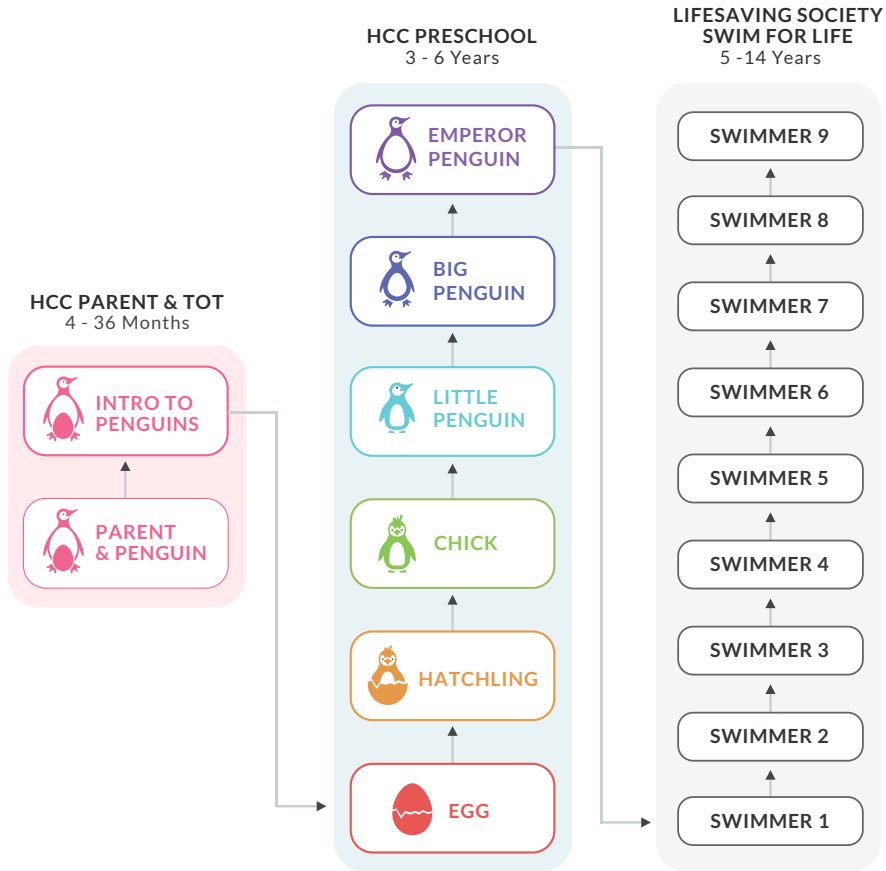
Hollyburn runs HCC Parent and Tot, HCC Preschool, and Lifesaving Society Swim for Life – Swimmer.

For those of you that are new to Hollyburn, here is a conversion chart with Lifesaving Society Swim for Life - Swimmer and West Vancouver Preschool level equivalents.

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 register in the next level unless they have received their report card indicating so or have completed a swim evaluation from one of our instructors.

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

No Swim Lessons

April 7 (Fri) | April 8 (Sat) | April 9 (Sun) | April 10 (Mon)
 May 20 (Sat) | May 21 (Sun) | May 22 (Mon)

SPRING 2023						
	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
	April 3 - June 19	April 4 - June 20	April 5 - June 21	April 6 - June 22	April 15 - June 24	April 16 - June 25
	(No class April 10, May 22) 30 min = \$90 45 min = \$135 60 min = \$180	30 min = \$108 45 min = \$162 60 min = \$216	30 min = \$108 45 min = \$162 60 min = \$216	30 min = \$108 45 min = \$162 60 min = \$216	(No class April 8, May 20) 30 min = \$90 45 min = \$135 60 min = \$180	(No class April 9, May 21) 30 min = \$90
Penguin & Parent 4 - 36 months					11:30am-12:00pm	9:30am-10pm
Intro to Penguins 2 - 3 yrs	5:30pm-6:00pm		5:00pm-5:30pm		10:30am-11:00am	
Egg 2 - 3 yrs	5:00pm-5:30pm	5:30pm-6:00pm	5:00pm-5:30pm		9:00am-9:30am 10:00am-10:30am	
Egg 3 - 5 yrs	4:00pm-4:30pm	5:30pm-6:00pm			9:30am-10:00am 11:30am-12:00pm	9:30am-10am
Hatchling 3 - 5 yrs	3:30pm-4:00pm 4:30pm-5:00pm	4:30pm-5:00pm 5:00pm-5:30pm		3:30pm-4:00pm 4:30pm-5:00pm	9:30am-10:00am 10:00am-10:30am	
Chick 3 - 5 yrs	4:30pm-5:00pm	3:30pm-4:00pm	4:30pm-5:00pm 5:15pm-5:45pm	3:30pm-4:00pm 5:00pm-5:30pm 5:30pm-6:00pm	10:00am-10:30am	
Little Penguin 3 - 6 yrs	5:00pm-5:30pm	4:30pm-5:00pm 5:30pm-6:00pm	3:30pm-4:00pm 5:00pm-5:30pm	4:30pm-5:00pm	9:30am-10:00am	
Big Penguin 3 - 6 yrs	5:30pm-6:00pm	4:30pm-5:00pm	3:30pm-4:00pm	5:30pm-6:00pm	10:30am-11:00am	
Emperor Penguin 3 - 6 yrs						
Swimmer 1/2 5+ yrs	3:30pm-4:00pm		3:30pm-4:00pm 5:30pm-6:00pm	3:30pm-4:00pm	9:30am-10:00am	
Swimmer 3 5+ yrs	3:30pm-4:00pm			4:30pm-5:00pm 5:00pm-5:30pm	9:00am-9:30am	
Swimmer 4 5+ yrs	3:45pm-4:30pm 4:30pm-5:15pm	4:45pm-5:30pm 3:45pm-4:30pm	4:30pm-5:15pm 5:30pm-6:15pm	4:45pm-5:30pm 5:30pm-6:15pm	10:00am-10:45am 10:30am-11:15am	
Swimmer 5 5+ yrs		5:30pm-6:15pm			10:00am-10:45am	
Swimmer 6 5+ yrs		4:30pm-5:30pm		5:30pm-6:30pm	10:00am-11:00am	
Swimmer 7 5+ yrs	4:30pm-5:30pm	5:30pm-6:30pm	4:30pm-5:30pm		11:00am-12:00pm	
Swimmer 8 5+ yrs	4:30pm-5:30pm	5:30pm-6:30pm	4:30pm-5:30pm	4:30pm-5:30pm	10:00am-11:00am	
Swimmer 9 5+ yrs	5:30pm-6:30pm			4:30pm-5:30pm	10:00am-11:00am	

*Times in green indicate sessions in the Tennis/Swim Combo program. Times in purple 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
April 3 - June 19	April 3 - June 20	April 3 - June 21	April 3 - June 22	April 3 - June 23	April 3 - June 24	April 3 - June 25
(No class April 10, May 22)				(No class April 7)	(No class April 8, May 20)	(No class April 9, May 21)
3:45pm-4:30pm				*Any duration is available	9:00am-9:30am	*Any duration is available
4:00pm-4:30pm			3:45pm-4:45pm	3pm-7pm	9:00am-10:00am	10:00-11:00am 11:00-12:00pm
4:30pm-5:30pm	4:00pm-4:45pm	5:45pm-6:45pm	4:00pm-4:30pm		10:45am-11:30am	
5:15pm-6:00pm	5:00pm-5:30pm	6:00pm-6:45pm			11:00am-12:00pm	
6:00pm-6:45pm		6:15pm-6:4pm			11:15am-12:00pm	
6:15pm-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

Adult Aquatics



John Ryan
Masters 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 to those who want to stay fit and those that have a competitive goal. We also cater to those who want to be in a fun social environment while enjoying an aerobic workout and a full body tone. *"Fitness, Friendship and Fun all in One"*

Coaches: John Ryan, Janice Avon, Symun Pall, Josh Carter, Lucas Ouellette, Sophie Smith, Marisa Ruus.
Contact: John at swimmaster@hollyburn.org

Masters Tri Guys

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. (One hour coaching both days)

Apr 4-Jul 6

Tue, Thu | 6:00am - 7:00am or

Tue, Thu | 7:00am-8:00am

\$224

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.

Apr 4-Jul 6

Tue, Thu | 8:00am-9:00am (2 lanes) or

Tue, Thu | 9:00am-10:00am

\$224

Senior Swim Fit (55yrs plus)

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.

Apr 4-Jul 6

Tue, Thu | 8:00am - 9:00am (2 lanes)

\$224

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.

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

Sat Apr 10-Jul 2 | 7:30am-9:00am

**Sun Apr 10-Jul 3 | 7:00am-8:30am and
| 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.

Apr 3–Jul 7

Mon, Wed, Fri | 10:00am–11:00am
\$336

Adult Lessons

There is no better way to speed up the learning curve than a private one to one swimming lesson. If you are the person that had a traumatic aquatic experience at some stage in your life and can't shake that feeling or if you want to improve and refine your stroke for a new goal/event that requires you saving energy in the swim section then this is the best way to achieve that.

I hear the same issue numerous 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-Fri | 10:00am–2:00pm

(Evening weekdays and weekend times are available upon request)

Aquatic Rehab Lessons

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 swimmermaster@hollyburn.org

Aqua Fit

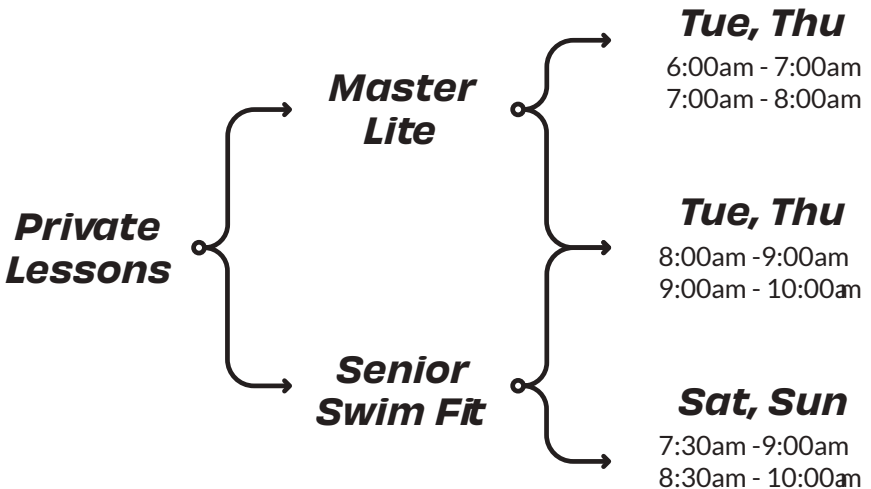
18+ yrs

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

Apr 3–Jul 7

Mon, Wed, Fri | 9:00am–10:00am
No Monthly Fee
Drop-in: \$6/class

Adult Aquatic Pathway:



Swim Team



Brad Hutton
Head Coach
BHutton@hollyburn.org



Annie Wolfe
Head Assistant Coach
AWolfe@hollyburn.org

Swim Team Try-Outs

If you have young athletes interested in the swim team, we have ongoing tryouts. Swimmers can swim with our Swim Academy 1 Group from 5:00pm–5:45pm Monday or Thursday afternoon to see how the team works. Coaches will give feedback to each athlete and let them know what would work best for their Spring Programs. Any questions, please contact Annie at awolfe@hollyburn.org.

Pre-Competitive

Swim academy 1

6–9 yrs

Prerequisite basic skills of freestyle, backstroke and breaststroke kick (Completed Swim Kids 6)

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

Mar 27–Jun 22

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

Swim Academy 2

7–11 yrs

Prerequisite basic skills of freestyle, backstroke, breaststroke and butterfly (Completed Swim Kids 8)

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

Mar 27–Jun 22

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

Swim Team Private Lessons

5–18 yrs

Prerequisite basic skills of freestyle, backstroke and breaststroke kick (Completed Swim Kids 6)

Swimmers who are in our Pre-Competitive programs or interested in joining the Swim Team can contact Brad at bhutton@hollyburn.org to set up private lessons with one of our coaches. Swim Team Private Lessons will focus on competitive swim skills outside of our regular programming.

Competitive Programs

Monsoon

9–12 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

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

Sept–Jun

Mon, Thu | 3:45pm–5:00pm
Tue | 5:15pm–6:45pm
Fri | 4:00pm–5:30pm
Sat | 8:30am–10:00am
\$240* | Annie Wolfe

Tsunami Group

11–18 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

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

Sept–Jun

Tue, Wed | 3:45pm–5:00pm
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, yoga and mental skills. Swimmers may enter the group from either Tsunami. The focus will be preparing athletes for success at provincial and eventually national competitions.

Sept-Jun

Mon	5:00pm-6:45pm
Tue	3:45pm-5:15pm
Wed	4:15pm-6:45pm
Thu	3:45pm-6:15pm
Fri	4:00pm-5:30pm
Sat	6:30am-9:30am
\$340*	Brad Hutton

Pursuit

13-18 yrs

Prerequisite SwimBC Provincial Standards and approaching Canadian Western Championships

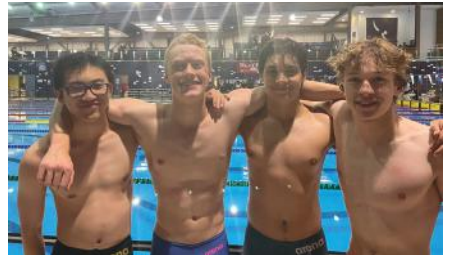
The athletes in Pursuit must qualify with their school to participate so that they have the flexibility in their schedule to attend appropriate practices. Group members must qualify for specific competitions and be committed to the training schedule. The program is geared towards achieving national time standards and beyond. Upon graduating from school, athletes will be ready to swim at the university level and beyond.

Sept-Jun

Mon, Fri	5:45am-7:30am
Mon	3:15pm-6:15pm
Tue	3:45pm-5:30pm
Wed, Thu	1:45pm-5:00pm
Sat	6:30am-9:30am
\$390*	Brad Hutton

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

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



Badminton



Julia Chen

Badminton Professional
Badminton@hollyburn.org

Badminton Spring Break Camps

- Try to bring your own racquets.
- Don't forget your water bottle.
- Wear in-door court shoes and athletic attires.

Badminton Sports Full Day Camps

Camp activities include 2.5 hours instruction badminton lesson, swimming, mini tournament, soccer and basketball.

Lunch will be in the Bistro and supervised. (Lunch is not included in camp fee, Players can bring their own lunch or order lunch in the Bistro 950)

Drop off and Pick up will be in the badminton gym.

6+ yrs

Mon-Fri | 9:30am-3:30pm

March 13-17

\$360/week, \$90/day

Half Day Camps

6+ yrs

Camp activities include 1.5 hours instruction badminton lesson, match play and fun running games.

Mon-Fri

Morning camp: 9:30am-12:00pm

Afternoon camp: 1:00pm- 3:30pm

March 13-17

\$250/week, \$60/day

Junior Programs

Tweedy Birds

3.5-5 yrs

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

Apr 3-Jun 17

Mon-Thu | 3:45pm -4:30pm

\$250 (once a week)

\$420 (twice a week)

HCC Badge: Beginners and Intermediates

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

Badge Bronze

6-8 yrs

Apr 3-Jun 17

Mon-Thu | 3:45pm-4:30pm

\$250 (once a week)

\$420 (twice a week)

Badge Silver & Gold

8 +yrs

Apr 3-Jun 17

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

Sat | 10:00am-11:00am

\$280 (once a week)

\$450 (twice a week)

Badminton Teens Program

12+ yrs

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

Apr 3-Jun 17

Mon,Wed | 5:30pm-7:00pm

\$380 (once a week)

\$680 (twice a week)

Badminton for Girls Only

8-12 yrs

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

Apr 3-Jun 17

Tue | 4:30pm-5:30pm

\$280

Junior Ladder

6+ yrs

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

Fri | 3:30pm-4:30pm

No charge

Private Lesson

Private lessons are available for booking.

Email Julia to book your lessons:

badminton@hollyburn.org

Badminton & Swimming Combo

3-8 yrs

Our staff will escort your kids from 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 11 weeks (Apr 3-Jun 17)

Badminton: 3:45pm -4:30pm

Swim Lesson: 4:45pm or 5:00pm start time

*(*note, 30 mins for most 3-5 years lessons & 60 mins for Swimmer 6+, Please pick up your kids base on your kids swimming lesson time)*

Mon - Thu

\$250 (badminton lesson only)

Badminton Team Hawks

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

Young Gun

9+yrs

Apr 3-Jun 24

Mon, Wed | 5:30pm-7:00pm

\$680

Skill Enhancement & Match Play

(Invited players)

Apr 3-Jun 24

Sat | 10:00am-12:00pm

\$680

Next Generation by invitation

Apr 3-Jun 24

Mon, Wed | 5:30pm -7:00pm

\$680

Badminton Online Court Booking

Now Available!

If you are looking to book court time for match play or just playing with your family, please go to the Hollyburn website to check out the new badminton court booking for available court times. All available court times are showed under the tabs of BADMINTON and GYM.

If you don't see the desired time slots under BADMINTON, you could also try clicking on the GYM tab to book courts during Family Booking.

Adult Programs

Badminton Adult group lessons

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

Adult group lessons

Apr 3-Jun 17

Tue, Thu | 9:30am -10:30am

\$275

Badminton Night

Tuesday & Thursday

Pick up your racquets and join the other members to have a fun night of badminton and a good work-out on a drop-in basis. Our badminton adult coordinator will organize the games for you and play with you. No commitment is required.

Tue, Thu | 7:30pm -10:00pm

\$5 per person to cover shuttlecocks cost

Badminton Social Play

A group of badminton ladies play regularly on Tuesday and Thursday morning.

You are welcome to join the group and you will be surprised how much fun and exercise from playing badminton.

Tue, Thu | 10:00am -12:30pm

\$30 annual fee to cover the shuttlecock cost

Annual committee fee

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

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.

Jan 3–Jun 13

Tue | 10:00am–12:00pm

Upper Dining Room

Instructor: Stephen Beaton

\$10.00

Invitational Duplicate Game

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

Jan 5–Jun 29

Thu | 9:30am–12:30pm

Creekside 2 (until mid-March; new location TBA)

Drop in: \$10 (Members)

\$12 (Guests)

Director: Stephen Beaton

Social Play

Members who want to get together for an afternoon of social bridge are welcome to come to the Upper Dining Room on Tuesday afternoon and use the tables set up for their convenience. Bridge supplies are available at the Member Services desk.

Jan 3–Jun 13

Tue | 1:00PM–3:00PM

Upper Dining Room

No charge



Fitness



Shelley Grisbrook
Fitness Centre Manager
sgrisbrook@hollyburn.org



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

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

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

- Monthly Unlimited Pass (UP Pass) | \$120**
- Student Ultimate Pass (SUP Pass) | \$80**
- Light Unlimited Pass (LUP Pass) | \$80**

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

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

Both Group Class and Pilates Group Class schedules can be found on the MindBody app, not the Hollyburn Member website.

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

- Personal Training 1-on-1 | \$90**
- Training in Partners | \$115 \ \$57.5pp**
- Small Groups (3-5ppl) | \$40pp**
- Specialty Rehab Training or Pilates | \$100**

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

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

A Club for Life, Fitness for Life.

Hockey



Adam Hayduk
Hockey Director
Ahayduk@hollyburn.org



Andrea Benac
Hockey Coordinator
Abenac@hollyburn.org

Kaivo Hockey Development

Birth Years: 2006, 2007, 2008, 2009

Hollyburn continues to be on the leading edge of hockey development and we are thrilled to once again offer a program that is dynamic and maximizes player development. Kaivo Hockey is the creation of Justin Rai, a former NCAA Division 1 player from the Lower Mainland. Kaivo Hockey teaches young players the foundations and progressions that we have found to be at the core of elite player success at the highest levels. Kaivo Hockey combines skating, speed, and puck skills while building quick decision making, forcing players to have their head up, and develop peripheral vision like no other program does. 10 sessions.

Mar 30 – Jun 2
Thu | 8:15pm-9:15pm
Small Ice
\$400
Instructor: Kaivo

Kaivo Hockey Development

Birth Years: 2008, 2009, 2010, 2011

Hollyburn continues to be on the leading edge of hockey development and we are thrilled to once again offer a program that is dynamic and maximizes player development. Kaivo Hockey is the creation of Justin Rai, a former NCAA Division 1 player from the Lower Mainland. Kaivo Hockey teaches young players the foundations and progressions that we have found to be at the core of elite player success at the highest levels. Kaivo Hockey combines skating, speed, and puck skills while building quick decision making, forcing players to have their head up, and develop peripheral vision like no other program does. Excluding Easter Monday (April 10) and Victoria Day (May 22). 9 sessions.

Mar 27–Jun 5
Mon | 7:30pm–8:30pm
Small Ice
\$360
Instructor: Kaivo

Kaivo Hockey Development

Birth Years: 2010, 2011, 2012

Hollyburn continues to be on the leading edge of hockey development and we are thrilled to once again offer a program that is dynamic and maximizes player development. Kaivo Hockey is the creation of Justin Rai, a former NCAA Division 1 player from the Lower Mainland. Kaivo Hockey teaches young players the foundations and progressions that we have found to be at the core of elite player success at the highest levels. Kaivo Hockey combines skating, speed, and puck skills while building quick decision making, forcing players to have their head up, and develop peripheral vision like no other program does. 10 sessions.

Mar 30–Jun 2
Thu | 7:00pm–8:00pm
Small Ice
\$400
Instructor: Kaivo

Kaivo Hockey Development

Birth Years: 2013, 2014, 2015

Hollyburn continues to be on the leading edge of hockey development and we are thrilled to once again offer a program that is dynamic and maximizes player development. Kaivo Hockey is the creation of Justin Rai, a former NCAA Division 1 player from the Lower Mainland. Kaivo Hockey teaches young players the foundations and progressions that we have found to be at the core of elite player success at the highest levels. Kaivo Hockey combines skating, speed, and puck skills while building quick decision making, forcing players to have their head up, and develop peripheral vision like no other program does. Excluding Easter Monday (April 10) and Victoria Day (May 22). 9 sessions.

Mar 27–Jun 5
Mon | 6:15pm–7:15pm
Small Ice
\$360
Instructor: Kaivo

Cookie Monsters

Ages 3-5

A fun program that introduces the student to the game of hockey. Through skill training and adapted fun games, develop skills needed to play minor hockey. Excluding Easter Weekend (April 9) and May long weekend (May 20). Wednesdays 10 sessions. Sundays 8 sessions.

Mar 29 – June 4

Wed | 4:00pm-4:45pm

Sun | 9:45am-10:30am

Small Ice

\$275 (Wed), \$220 (Sun), \$395 (both days)

Instructor: TBA

U6 SKILLS

Birth Years: 2017

A fun program indented for Hollyburn Minor Hockey players who played at the U6 level for the 2022/23 season. Basic concepts and fundamentals include skating, puck handling, passing, and shooting will be practiced through fun drills and small area games. Key focus on skating to help develop players' hockey skills. 11 sessions.

Mar 29 – June 7

Wed | 4:45pm-5:45pm

Small Ice

Thurs | 3:45pm – 4:30pm

Large Ice

\$275 (Tue), \$275 (Thu), \$395 (both days)

Instructor: TBA

Goalie Development

This program is offered to the goalies of Hollyburn Huskies teams at the U8, U9, U11 and U13 levels. Goalies will be grouped by age and skill level. There will be a maximum of 6 spots. The instructor to student ration will be 1:3. Excluding Easter Weekend (April 8) and May long weekend (May 20).

Apr 1–June 3

Sat | 10:15am–11:00am (U7/U8/U9)

Sat | 11:00am–11:45am (U11/U13)

Small Ice

\$250

Instructor: Rick Knickle

Sunday 3-On-3 Is Back

Sunday 3-on-3 allows players to play the fast-paced, small ice game of 3-on-3. Because of the smaller playing surface, players have less time and space and are required to make quicker decisions and use their creativity. Players will play with different players each week. 8 Sunday sessions. Excluding Easter Weekend (April 9) and May long weekend (May 21).

Apr 2–June 4

Sun | 11:00am–11:45am (2017/2017)

Sun | 12:00pm–1:00pm (2014/2015)

Sun | 1:30pm–2:30pm (2012/2013)

Sun | 2:45pm–3:45pm (2010/2011)

Sun | 4:00pm–5:00pm (2007/2008/2009)

Small Ice

\$225

Power Skating

To become a powerful athlete, specifically a powerful hockey player, there are several pre-requisites needed to achieve high-performance. The goal of this program is to create off-ice training habits that effectively translate into on-ice power and high-performance. This program will challenge athletes to create more functional range (Mobility) to maximize stride length and protect against overuse injuries. Balance (Stability) and Core Strength (Tensegrity) will be a primary focus to ensure there are no energy leaks within the movements being taught, and athletes will learn to create the right tension in the right places. Finally, explosiveness through the use of plyometrics (rapid lengthening and shortening of the muscles) will be safely trained to increase power, speed and agility. Proper fuel (Hydration and Nutrition) as well as Mental Recovery (Sleep and Limiting Screen-Time) will also be addressed. Excluding Good Friday (April 7) and May Long Weekend (May 19). 8 sessions.

Mar 31–June 9

Fri | 5:00pm–5:45pm (2015/2016)

Fri | 5:45pm–6:30pm (2013/2014)

Fri | 6:45pm–7:45pm (2011/2012)

Fri | 8:00pm–9:00pm (2008/2009/2010)

Small Ice

\$295

Instructor: Aaron Klatt

Shooting Clinic With Don Jamieson

Improve your shot technique and power with instruction from Don Jamieson. Excluding Easter Monday (April 10) and May Long Weekend (May 22). Mondays 9 sessions & Thursdays 10 sessions

Mar 27–Jun 5

Mon | 4:00pm–5:00pm (2014/2015/2016)

Mon | 5:00pm–6:00pm (2007/2008/2009)

Wed | 6:00pm–7:00pm (2010/2011/2012)

Wed | 7:15pm–8:15pm (2012/2013/2014)

Small Ice

\$295 (Mondays)

\$325 (Wednesdays)

Instructor: Don Jamieson

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.

Contact Us: www.hollyburn.org > Programs > Karate

Phone: 604.913.4575 Email > karate@hollyburn.org
or jkatzin@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)

Spring Break: March 13-24

Good Friday: April 7

Easter Monday: April 10

Pro-D Day: May 19

Victoria Day: May 22

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

Karate Registration

Wednesday, March 1 at 6:40am (Online Only)

Mini Karate Cancellation Policy

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

Mini Karate

3-5 yrs

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

Apr 24, May 29

11:00am-11:30am

11:30am-12:00pm

12:00pm-12:30pm

12:30pm-1:00pm

\$15/session

Karate Cancellation Policy

Members will be charged the full fee for all programs unless they cancel within the first two weeks of programs. As of April 17, at 6pm the cancellation policy is in effect and no refunds will be issued for cancelled programs.

Little Ninjas

4-6 yrs

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

Apr 3-Jun 23

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

\$252

\$210 (Mon & Fri)

*No class Apr 7, 8, 10, May 19, 20, 22

Instructor: Sensei Peter Stoddart

Colour, Brown & Black Belt Karate

7+ yrs

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

Apr 3–Jun 23

Mon | 6:00pm–7:00pm

Tue | 4:45pm–5:45pm

\$258

\$215 (Mon & Fri)

*No class Apr 7, 8, 10, May 19, 20, 22

Instructor: Sensei Peter Stoddart

Brown and Black Belt Karate

7+ yrs

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

Apr 4–Jun 22

Tue, Thu | 6:00pm–7:00pm

\$258

Instructor: Sensei Peter Stoddart

Adult Karate

15+ yrs

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

Apr 3–Jun 21

Mon | 7:00pm–8:30pm

Wed | 6:00pm–7:30pm

Sat | 10:00am–11:30am

\$322.50 (Mon)

\$387 (Wed)

\$290.25 (Sat)

*No class Apr 7, 8, 10, May 19, 20, 22

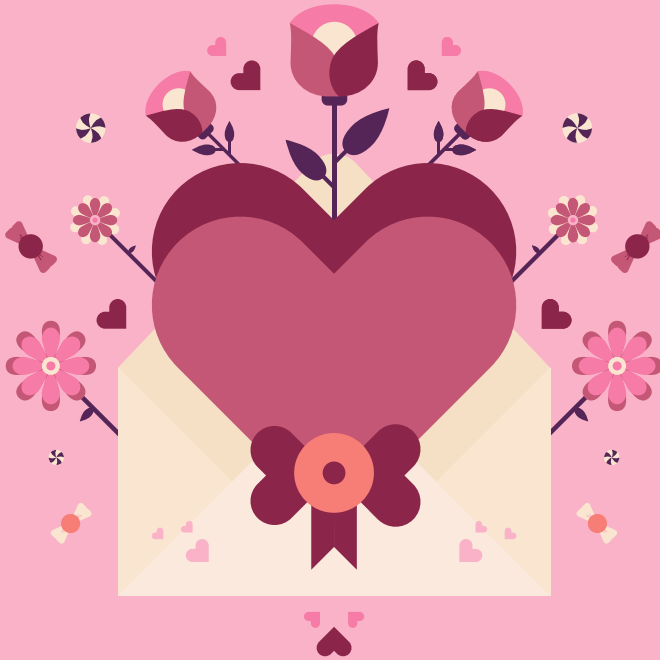
Instructor: Sensei Norma Foster



SPRING 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Little Ninjas 3:45pm–4:30pm			Adult Karate 10:00am–11:30am
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					

Valentine's

- Date Night -



Tuesday, February 14TH
5pm onwards

Dining Room

\$55 for four courses
\$85 with wine pairings

Join us with the ones you love, for food you'll love. We will be serving a decadent four course meal on Valentine's Day this year. Choose your starter, appetizer, main course and dessert. For an extra special experience, add 4oz wine pairings to each course!

RSVPs & entire table participation required.
72 hour cancellation policy in effect.

Contact Coltan at CWebster@hollyburn.org

Pickleball



Cheryl Young
Pickleball Professional
Pickleball@hollyburn.org

Learn To Play

16+ yrs

Prepare to walk on to any pickleball court playing games with confidence. This program is for beginner players or intermediate-beginners who never played or played only a few times. You will learn the basic rules, scoring, court positioning, grip, serve, and return of serve through fun drills and clear demonstrations. Paddles and balls provided. It is recommended you wear non-marking tennis type shoes and loose work out attire.

Instructor: Cheryl Young

Apr 23, 30, May 7

May 28, Jun 4, 11

Jun 18, 25

Sun | 10:00am–11:30am

Gym

\$115 for 3 weeks (\$80 for 2 weeks)

4–8 participants

Level Up 3.0–3.5

16+ yrs

For the player that wants to improve, this series is designed to get you to stop making the same mistakes and to play with more strategy, consistency, and purpose in order to progress your pickleball game to the next level. Drills and game analysis will help you learn the proper foundational body mechanics, techniques, and partner movements. Get a better understanding of which shot to select, when and why.

Instructor: Cheryl Young

Apr 21, 28, May 5

May 26, Jun 2, 9

Jun 16, 23

Fri | 4:30pm–6pm

Gym

\$115 for 3 weeks (\$80 for 2 weeks)

4–8 participants

Apr 23, 30, May 7

May 28, Jun 4, 11

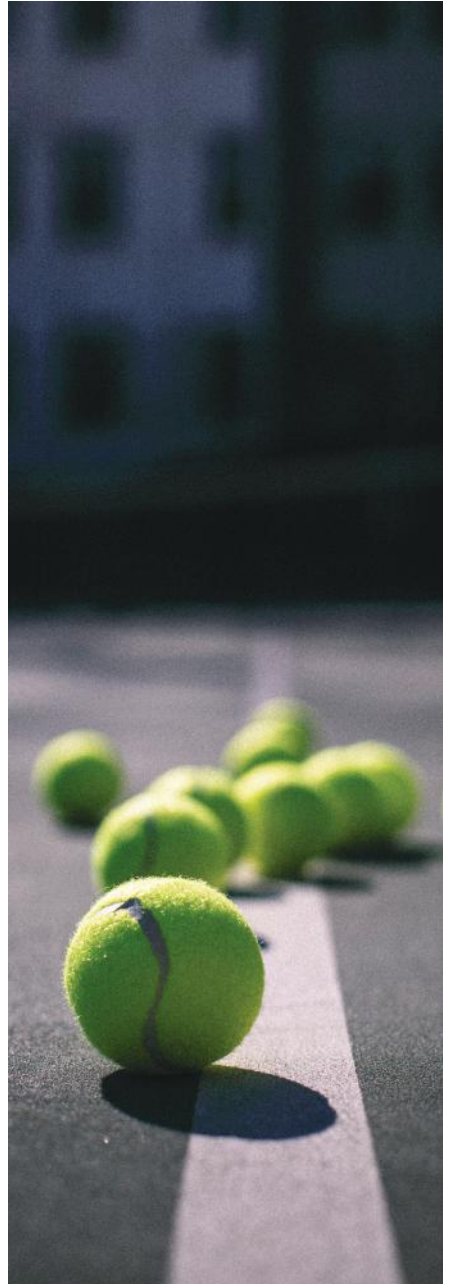
Jun 18, 25

Sun | 11:30am–1:00pm

Gym

\$115 for 3 weeks (\$80 for 2 weeks)

4–8 participants



Skating



Lorenza Sammarelli Kletas
Skating Professional
figureskate@hollyburn.org

CanSkate

Registration

Wednesday, March 1, 6:50am

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

Holidays (No Classes)

Spring Break: Mar 13-24

Easter Weekend: Apr 7,8,10

Pro-D day: Fri, May 19

Victoria Day: May 20, 22

Last day of classes: Jun 21

Program Requirements

Proper fitting skates (no Velcro type skates), CSA approved helmet (no bike helmets), Skate guards and Gloves are required. Snow/Waterproof pants are recommended for Level 1.

Adult supervision for all children under the age of 8 is mandatory. Register on GameTime.

Beginner Level 1

Must be 3yrs old to register

This class covers balance, gliding forward, backward skating, basic turns and stopping.

Must be able to skate without assistance from coaches (bars available).

Apr 4-Jun 6

Tue | 3:30pm-4:15pm

Small Ice

\$210

Apr 6-Jun 8

Thu | 3:30pm-4:15pm

Small Ice

\$210

Apr 15-Jun 10

Sat | 12:45pm-1:30pm

Small Ice

\$168

No class May 20

Intermediate Level 2

4+ yrs

Must have passed Level 1 or Portion of Level 1, Agility, Balance or Control. This class covers more advanced turns, cross overs speed and jumps

Apr 4-Jun 6

Tue | 4:15pm-5:00pm

Small Ice

\$210

Apr 6-Jun 8

Thu | 4:15pm-5:00pm

Small Ice

\$210

Apr 15-Jun 10

Sat | 11:00am-11:45am

Large Ice

\$168

No class May 20

Apr 15-Jun 10

Sat | 1:30pm-2:15pm

Small Ice

\$168

No class May 20

Advanced Level 3, 4+

**NEW Class for Hockey Skaters*

6-8yrs

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

Apr 4-Jun 6

Tue | 5:00pm-5:45pm

Small Ice

\$210

Apr 15-Jun 10

Sat | 12:00pm-12:45pm

Small Ice

\$168

No class May 20

Advanced Level 3, 4+

Junior Academy Team.

This class is for Figure Skates Only, covering jumps, spins, and preparation for the Junior Figure Skating team.

Apr 3-Jun 19

Mon | 4:45pm - 5:30pm

Large Ice

\$210

No class April 10, May 20

Apr 4–Jun 6

Tue | 4:15pm–5:00pm

Small Ice

\$210

Apr 6–Jun 8

Thu | 5:00pm–5:45pm

Small Ice

\$210

Please Note

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

Cancellation Policy

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

Figure Skating

Junior / Intermediate / Senior Team

Registration

Wednesday, March 1, 6:50am

Please go to GameTime to Register for ALL programs. Freeskate Lessons will be billed monthly, Group and Off Ice will be billed per season. Feel free to contact the Figure Skating Office at 604-913-4524 or e-mail: figureskate@hollyburn.org if you have any questions. Junior, Intermediate and Senior Figure Skating Suggested Skating Sessions Per week.

Jr Academy: 2

Junior: 3-4

Intermediate / Senior: 3-5

Junior

Mar 27–Jun 19

Mon

\$205.37

No class April 10, May 22

Mar 29–Jun 21

Wed

\$242.71

Mar 31–Jun 16

Fri

\$88

No class April 7, May 19

Apr 1–Jun 17

Sat

\$240

No class April 8, May 20

Intermediate

Mar 27–Jun 19

Mon

\$176

No class April 10, May 22

Mar 29–Jun 21

Wed

\$104

Mar 31–Jun 16

Fri

\$176

No class April 7

Fri May 19 combined Sr & Int. Session 4:45pm - 6:00pm

Apr 1–Jun 17

Sat

\$240

No class April 8, May 20

Senior

Mar 27–Jun 19

Mon

\$88

No class April 10, May 22

Mar 29–Jun 21

Wed

\$104

Mar 31–Jun 16

Fri

\$176

No class April 7, May 19

Apr 1–Jun 17

Sat

\$240

No class April 8, May 20

FreeSkate Rates:

Includes skills, stroking, spins and jumps
Freeskate Lessons will be billed monthly.

15 min Freeskate Private (1 Skater): \$16.50

15 min Freeskate Semi-Private (2 Skaters): \$12.50

15 min Freeskate (3+ Skaters): \$8.50

Cancellation Policy: Group & Off Ice

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

Cancellation Policy: Freeskate

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

SPRING ICE SCHEDULE Mar 27–Jun 23, 2023

Junior Schedule		
Monday	3:45pm – 4:00pm	Group
	4:00pm – 4:45pm	Freeskate
	4:55pm – 5:15pm	Off Ice
Wednesday	3:30pm – 3:45pm (Jr/Int)	Group
	3:45pm – 4:30pm (Jr/Int)	Freeskate
	4:45pm – 5:15pm (Jr/Int)	Off Ice
Thursday	6:30am – 8:30am	
Friday	3:45pm – 4:00pm	Group
	4:00pm – 4:45pm	Freeskate
Saturday	8:30am – 8:45am	Group
	8:45am – 9:45am	Freeskate
	9:55am – 10:25am	Off Ice
Intermediate Schedule		
Monday	5:15pm – 5:30pm	Off Ice
	5:45pm – 6:30pm	Freeskate
	6:30pm – 6:45pm	Group
Wednesday	4:15pm – 4:45pm	Off Ice (<i>Separate Registration</i>)
	4:45pm – 6:00pm	Freeskate & Group
Thursday	6:30am – 8:30am	
Friday	6:00pm – 6:30pm	Group
	6:30pm – 7:30 pm	Freeskate
Saturday	9:45am – 10:00am	Group
	10:00am – 11:00am	Freeskate
	11:15am – 11:45am	Off Ice
Senior Schedule		
Monday	6:30pm – 6:45pm	Group
	6:45pm – 7:30pm	Freeskate
Wednesday	4:15pm – 4:45pm	Off Ice (<i>Separate Registration</i>)
	4:45pm – 6:00pm	Freeskate & Group
Thursday	6:30am – 8:30am	
Friday	4:45pm – 5:30pm	Freeskate
	5:30pm – 6:00pm	Group
Saturday	9:45am – 10:00am	Group
	10:00am – 11:00am	Freeskate
	11:15am – 11:45am	Off Ice

Competitions & Pro D Day

Mar 10–12 Super Series Final Competition	Fri. May 19 Pro-D day, Snr & Int Session	May 19–21 Victoria Day Competition
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Squash



Jeff Boag
Squash Professional
Squash@hollyburn.org

Session Dates

Apr 3–Jun 25

Holidays (No Classes)

Easter: April 7–10

Victoria Day: May 19–22

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.

Mini Squash Intro

3-4 yrs

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

Apr 3, May 1

Mon 11:00am–11:40am

Mon 11:40am–12:20pm

Mon 12:20pm–1:00pm

\$15/session

Tiny Tots

Active Start

3-4 yrs

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

Apr 3–Jun 25

Tue | 10:30am–11:10am

Tue, Wed, Thu | 2:30pm–3:15pm

\$240

Junior Red Ball

Active Start

5-8 yrs

A class focused on improving gross motor skills and building confidence in striking the ball while laying the foundation for success in the later years of sport.

At this level we will use the Mini Squash Red Ball and transition into the Orange Ball.

Equipment required, junior racquet (21-25") + eye guards

Apr 3–Jun 25

Tue, Thu | 3:30pm–4:15pm

\$288

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

Apr 3–Jun 25

Mon, Wed | 3:30pm–4:30pm

\$288

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.

Apr 3–Jun 25

Mon, Wed | 5:00pm–6:30pm

Tue, Thu | 4:30pm–5:30pm

\$360

Girls Only

8+ yrs

Grab you friends and come for a fun active class. No experience required.

Apr 3–Jun 25

Tues, Thu | 4:30pm–5:30pm

\$288

Junior Ladder

Match Play

8+ yrs

The Junior Ladder is entirely game and match play. It's a fun way for kids to gain experience in a game setting. Please email Jeff to register, squash@hollyburn.org

** No charge if registered in 2 weekday after school programs*

Apr 3–Jun 25

Sun | 12:00pm–1:00pm

\$240

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!

Apr 4–25 | May 2–23

Tue | 6:00pm–7:00pm

\$160

Intermediate Skill Clinic + Game Play

Jump start your skill development through a variety of racquet and movement drills designed to increase your skill level and overall squash IQ followed up by game play.

Each session is 1/2 skill development + 1/2 game play. Intermediate level+

Weekly registration.

Apr 3–Jun 25

Mon | 6:30pm–7:30pm

Sun | 1:00pm–2:00pm

\$25/session

Women's Skill Clinic + Game Play

Calling all current and former ladies squash players. Time to get back on court and get your heart pumping for a great cardio workout.

Improve skills with a few drills followed by plenty of game play.

Apr 4–Jun 20

Tue | 1:00pm–2:00pm

\$200

Drop In

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

Tue | 5:00pm–6:30pm

FREE

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 though the squash season.

Apr 6–May 4 | May 11–Jun 8

Thu | 5:30pm–7:30pm

\$10/cycle

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

Semi-Private (2)

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

Group (3-4)

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



Squash Program				
MON	TUE	WED	THU	SUN
Mini Squash 11am-1pm	Tiny Tots 10:30am-11:10am			Junior Ladder 12:00pm-1:00pm
	Women's Skills + Game Play 1:00pm-2:00pm			Intermediate Skill Clinic 1:00pm-2:00pm
		Tiny Tots 2:30pm-3:15pm 3-4yrs		
Junior ORANGE Ball 3:30pm-4:30pm 6-9 yrs	Junior RED Ball 3:30pm-4:30pm 5-8 yrs	Junior ORANGE Ball 3:30pm-4:30pm 6-9 yrs	Junior RED Ball 3:30pm-4:30pm 5-8 yrs	Private lessons are available upon request throughout the week. Contact Coach Jeff for details and availability, squash@hollyburn.org
Junior Green Ball 5:00pm-6:30pm 9-16 yrs	Junior Green Ball (GIRLS ONLY) 4:30pm-5:30pm 8+ yrs	Junior Green Ball 5:00pm-6:30pm 9-16 yrs	Junior Green Ball (GIRLS ONLY) 4:30pm-5:30pm 8+ yrs	
Intermediate Skill Clinic 6:30pm-7:30pm	Members Drop In 5:00pm-6:30pm	Doubles League 5:30pm-8:30pm	Thirsty League 5:30pm-7:30pm	
	Beginner Learn to Play + Skill 6:00pm-7:00pm			

Tennis



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

Junior Tennis

Program Registration

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

Session Dates

Mar 27–Jun 18 (12 weeks)

Holidays (No Classes)

Spring Break	Mar 13–24
Good	Friday Apr 7
Easter	Monday Apr 10
Victoria Day	May 22

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 maximum of 2 classes per week.

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

Cancellation Notice: Payments & Withdrawals

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

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

Streams Descriptions

Development-Red Ball, Orange Ball, Green Ball, Regular Ball, Squad C

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

Competitive - Red Ball, Orange Ball, Green Ball, Regular Ball, Squad B

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

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

For additional information about our Pro 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.

Mar 27–Jun 15

Mon–Thu | 3:30pm–4:15pm

Mon–Thu | 4:15pm–5:00pm

\$225 (one day per week)

\$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.

Mar 27–Jun 15

Mon–Thu | 3:30pm–4:15pm

Mon–Thu | 4:15pm–5:00pm

\$225 (one day per week)

\$187.50 (Mon)

Red Ball Competitive

(Born 2015–2017)

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

Mar 27–Jun 15

Mon, Wed, Thu | 3:30pm–4:25pm

\$300 (one day per week)

\$250 (Mon)

Red Ball Pro

(Invitation only)

This is the start of our High-Performance Academy. The first stage where commitment and strong work ethics are reinforced. Kids in this program will play Provincial U8 tournaments in the near future. Participants of this class are expected to play local “Progressive Tennis” tournaments. In order to guarantee the proper development, we need to see the kids 3 times per week. *Players must have a skipping rope for each class. Coaches approval is required to enroll in this class.*

Mar 28–Jun 15

Tue–Thu | 3:30pm–4:25pm

\$300 (one day per week)

Orange Ball Development

(Born 2013/2014)

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

Mar 27–Jun 15

Mon–Thu | 3:30pm–4:25pm

Wed | 4:30pm–5:25pm

Mon | 5:00pm–5:55pm

\$300 (one day per week)

\$250 (Mon)

Orange Ball Competitive

(Born 2013/2014)

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

Mar 27–Jun 15

Mon, Wed, Thu | 4:30pm–5:55pm

\$450 (one day per week)

\$375 (Mon)

Orange Ball Pro

(Invitation only)

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

Mar 27–Jun 15

Tennis: Mon–Thu | 3:30pm–4:25pm

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.

Mar 27–Jun 15

Mon–Thu | 3:30pm–4:25pm

Mon, Wed, Thu | 5:00pm–5:55pm

\$300 (one day per week)

\$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.*

Mar 27–Jun 15

Mon, Tue, Thu | 4:30pm–5:55pm

\$450 (one day per week)

\$375 (Mon)

Green Ball Pro

(Invitation only)

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

Mar 27–Jun 15

Tennis: Mon–Thu | 4:30pm–5:55pm

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.

Mar 27–Jun 15

Mon–Thu | 5:00pm–5:55pm

\$300 (one day per week)

\$250 (Mon)

Regular Ball Competitive

(Born 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.*

Mar 28–Jun 15

Tue–Thu | 4:30pm–5:55pm

\$450 (one day per week)

Regular Ball Pro

(Invitation only)

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

Mar 27–Jun 15

Tennis: Mon–Thu | 6:00pm–7:25pm
Wed, Fri | 6:00am–7:55am
Fitness: Mon–Thu | 4:30pm–5:25pm

Teen Tennis Squads

(Born 2005–2008)

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

Mar 27–Jun 15

2.0 Squad C
Mon–Wed | 5:00pm–5:55pm
\$300 (one day per week)
\$250 (Mon)

2.5 Squad B
Mon, Tue, Thu | 4:30pm–5:25pm
\$450 (one day per week)
\$375 (Mon)

3.0 Squad A
Tennis:
Tue–Thu | 6:00pm–7:25pm
\$450 (one day per week)

Fitness:
Mon, Tue, Thu | 4:30pm–5:25pm

Girls Only Team Tennis

(Born 2009–2013)

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

Mar 31–Jun 16
Fri | 4:30pm–5:25pm
\$275

Super Achievers Program (115mins)

(Invitation only)

Mar 27–Jun 16

Tennis: Mon - Fri | 1:30pm–3:25pm
Mon, Wed | 6:00pm–7:25pm
Wed, Fri | 6:00am–7:55am
Fitness: Mon–Thu | 4:30pm–5:25pm

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

Match Play

(Invitation only)

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

Mar 31–Jun 16

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.

Jun 4

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.

May 6–9

For additional information about our Junior Programs, please contact our Junior Tennis Manager, Jason Torpey at juniortennismanager@hollyburn.org

Adult Tennis

Registration

Friday March 3

7:20am Adult Tennis

7:30am In-Person & By Phone

Session Dates

Mar 27–18 (12 weeks)

Holidays (No Classes)

Good Friday Apr 7

Easter Monday Apr 10

Victoria Day May 22

Registration Notice

Changes have been made to eligibility requirements of some classes. Please take a look at our self-rating guide to help you find the program that's right for you. HCC reserves the right to remove participants from a program we believe they are not at the appropriate level for and request they sign up for a suitable program, should one be available.

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

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

Class Change

We will now be offering some classes as 6-week clinics replacing the whole term

Cancellation Notice: Payments & Withdrawals

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

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

Levels Of Tennis Ability

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

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!

Mar 27–May 6 (6-week clinic)

May 8–Jun 17 (6-week clinic)

Mon | 9:00am–10:00am

Mon | 11:00am–12:00pm

Sat | 9:00am–10:00am

\$125 (Mon)

\$150 (Sat)

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.

Mar 27–May 6 (6-week clinic)

May 8–Jun 17 (6-week clinic)

Mon | 10:00am–11:00am

Fri | 9:00am–10:00am

Fri | 11:00am–12:00pm

Sat 10:00am–11:00am

\$125 (Mon/Fri 1st Clinic)

\$150 (Sat/Fri 2nd Clinic)

Ladies 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.*

Mar 27–Jun 17

Mon | 9:00am–10:00am

Mon | 11:00am–12:00pm

Fri | 9:00am–10:00am

Fri | 10:00am–11:00pm

Sat | 11:00am–12:00pm

\$250 (Mon)

\$275 (Fri)

\$300 (Sat)

Ladies 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.*

Mar 31–Jun 16

Fri | 10:00am–11:00am

Fri | 11:00am--12:00pm

\$275

Ladies 3.5+ Clinic

(Div. 1/2/3)

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

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

Mar 31–Jun 16

Fri | 11:00am–12:00pm

\$275

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.

Mar 27–Jun 14

Mon 12:00pm–1:00pm [Rec lvl 2.0-2.5] (Pre-League)

Tue 9:00am–10:00am [Rec lvl 3.5-4.0] (Div. 2/3)

Wed 10:30am–11:30am [Rec lvl 3.0-3.5] (Div. 4/5)

Wed 11:30am–12:30pm [Rec lvl 3.0-3.5] (Div. 4/5)

\$250 (Mon)

\$300 (Tue/Wed)

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.

Mar 27–Jun 17

Mon 9:00am–10:00am [Rec lvl 2.0–2.5] (Pre-League)

Mon 10:00am–11:00am [Rec lvl 3.0] (Div. 4/5)

Mon 6:00pm–7:00pm [Rec lvl 3.5–4.0]

Wed 12:30pm–1:30pm [Rec lvl 2.0–2.5] (Pre-League)

Thu 6:00pm–7:00pm [Rec lvl 3.0]

Thu 7:00pm–8:00pm [Rec lvl 4.0–4.5]

Fri 9:00am–10:00am [Rec lvl 2.0–2.5] (Pre-League)

Fri 10:00am–11:00am [Rec lvl 3.0] (Div. 4/5)

Sat 12:00pm–1:00pm [Rec lvl 2.0–2.5] (Pre-League)

Sat 1:00pm–2:00pm [Rec lvl 3.0+]

\$250 (Mon)

\$275 (Fri)

\$300 (Wed/Thu)

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

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

Ladies Pro-Am

(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.

Mar 29–May 3 (6-week session)

May 10–Jun 14 (6-week session)

Wed 10:30am–12:00pm

\$150

For additional information about our Adult Programs, please contact our Adult Tennis Manager, Tony Macken at adulttennismanager@hollyburn.org

Children & Youth



Marc Shimwell
Childcare & Youth Manager
MShimwell@hollyburn.org



Brenna Coles
Childcare Supervisor
BColes@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
Youth@hollyburn.org

Program dates

March Break Fencing Camp Mar 20-23
(12:00pm-3:00pm)

Apr 7 Good Friday

Apr 10 Easter Monday

May 19 PD Day Camp

May 22 Victoria Day

Jun 29 Last Day of School Classes

Registration

Wednesday, March 1

Kids 6:30am

Youth 7:00am

Kids

NEW Mini Artists

4-6 yrs

Please join our talented staff every Friday 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.

Apr 14-Jun 16

Fri | 3:00pm-4:00pm

\$TBA

Mini Stars Soccer

3-5 yrs

Once again, Hollyburn is pleased to partner with Mini Star Soccer to offer our youngest Members a comprehensive soccer program from an introduction to soccer basics to more skill and game improvement sessions. 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 skill development in a kind, considerate, non-competitive environment that emphasizes teamwork and inclusivity.

Apr 6-Jun 22

Thu

Group 1 | 3:30pm-4:15pm | 3-5yrs

Turf Bay 2

\$360

New Mini Bakers

3-5 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 gluten, dairy, or animal products. Please advise Brenna at BColes@hollyburn.org or Marc at MShimwell@hollyburn.org if you have concerns about allergies or dietary restrictions.

Apr 5-Jun 21

Wed

Group 1 | 2:30pm-3:30pm | 3-5 yrs

Group 2 | 3:40pm-4:40pm | 5-7 yrs

Studio

\$385

New Hip Hop & Broadway Jazz

4-6 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 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)

Apr 13-Jun 22

3:15pm-4:15pm

Youth Lounge

\$375

Mini Scholars Under 3's

1.5-3 yrs

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

Apr 3–Jun 23
9:00am–11:00am
Studio

Mon/Wed/Fri \$990
Mon Only \$300
Tue Only \$360
Wed Only \$360
Thu Only \$360
Fri Only \$330

Petite Ballet

3-4 yrs

Creative Ballet focuses on developing the foundation of ballet technique by building on knowledge each week. The class also incorporates stretching and core strengthening which benefits athletes- both boys and girls. Included in the cost is one ballet skirt/tutu. Please wear pink leotard and ballet shoes. No Class April 10 and May 22.

Apr 3–Jun 19
Mon | 3:30pm–4:30pm
Youth Lounge
\$275

Multi-Sport

3- yrs

This excitement filled program focuses on fun, physical literacy and sport skill improvement through fun games and activities. During this 10 week program participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, and more.

Apr 3-Jun 19 (No classes Apr 10, May 22)
Mon
Group 1 | 3:30pm-4:30pm | 3-5yrs
Turf Bay 2
\$TBA

Mini Scholars Over 3's

3-5 yrs

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

Apr 3–Jun 23
9:00am–11:00am

Mon/Wed/Fri \$990
Mon Only \$300
Tue Only \$360
Wed Only \$360
Thu Only \$360
Fri Only \$330

Mini Scholars Athletics

2-5 yrs

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

Upgrade Athletics!

Mini Scholars Athletics will be joining forces with karate, squash and badminton for an additional component each month!

Mini Squash

3-5 yrs

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

Apr 3, May 1
Mon
11:00am–11:40am
11:45am–12:20pm
12:20pm–1:00pm
\$15/session

Mini Karate

3-5 yrs

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

Apr 24, May 29

11:00am-11:30am

11:30am-12:00pm

12:00pm-12:30pm

12:30pm-1:00pm

\$15/session

Mini Badminton

3-5 yrs

The Mini Badminton program introduces Badminton to our youngest Members. In this class, Members will meet Pro Julia and learn about the badminton program. This program is beneficial for anyone interested in participating in Tweedy Birds.

Apr 26-May 17

11:00am-11:30am

Gym

\$15

HV March Break Camp

Join us at Spring Break for a jam-packed week of activities including arts and crafts, outside time, sensory activities, and games on the turf! Registration in both sessions is permitted. Minimum of 4 children registered to run program, maximum of 16 participants.

Group 1 | 9:00am-11:00am

Group 2 | 11:00am-1:00pm

\$150

Youth

New Chess Institute Of Canada

Youth Chess Club

5+ yrs

Please join us once again as we expand our classes with The Chess Institute of Canada. Jack and the dedicated Instructors from the Institute will deliver dynamic lessons for families (Grandparent, Mothers and Fathers to join their little ones). Lessons are designed to learn and expand chess knowledge, develop cognitive ability and impart essential life-skills- while families have FUN together! There are no age restriction for the class. No previous chess background necessary to join the program. (Minimum number of registered participants required for program operation)

Apr 6-Jun 22

Thu | 6:00pm-7:00pm

\$300

NEW Youth Basketball Skill Development

13-17 yrs

Hollyburn is proud to partner with Private Coaching Co to offer a Teen centred Basketball program. This program consists of high-tempo, fast paced sessions focused on Skill Development, Strength & Conditioning, and Competitive Game Play. Sessions are designed to improve all areas of the game including ball-handling, passing, shooting and defending.

Apr 5-Jun 21

Wed | 5:30-7:00pm

Turf Bay 2

\$415

New Youth Pickleball

9-12 yrs

Learn to play Pickleball with no experience necessary. In this program our Youth Members will learn to play Pickleball through fun and age appropriate drills and games. The sport of Pickleball is not just for "old people". Bring your friends and make new ones with Coach Cheryl leading the way and imparting her Pickleball wisdom in a positive atmosphere. A round robin tournament will finish the Spring Session in June. All equipment will be provided. Please wear proper gym shoes, loose fitting gym attire and bring a water bottle. No Classes May 12 and May 19. (Minimum number of registered participants required for program operation)

April 21-Jun 23

Fri | 3:30pm-4:30pm

Gym

\$TBA

New 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)

Apr 13-Jun 22

4:15pm-5:15pm

Youth Lounge

\$375

NEW Stars Soccer

6-16 yrs

Star Soccer to offer Pre-Teen and Teen Members an age specific program. Coach Marvin and his staff will develop physical literacy awareness and improve overall soccer techniques to play soccer at a higher level and assist our budding soccer stars in gaining further knowledge of soccer rules and "in game strategies".

Apr 6-Jun22

Thu

Group 1 | 4:30pm-5:30pm | 6-9 yrs

\$360

Group 2 | 5:30pm-6:30pm | 10-12 yrs

\$420

Group 3 | 6:30pm-7:30pm | 13-16 yrs

Turf Bay 2

\$420

Multi-Sport

This excitement filled program focuses on fun, physical literacy and sport skill improvement through fun games and activities. During this 10 week program participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, and more.

Apr 3-Jun 19

Mon

Group 1 | 4:30pm-6:00pm | 5-8yrs

Group 2 | 6:00pm-7:30pm | 9-12 yrs

Turf Bay 2

\$350

West Vancouver Field Hockey Club

Field Hockey

Hollyburn Country Club is excited to partner with WVFHC to deliver an indoor field hockey program in the Winter months. This program will introduce core technical field hockey skills to athletes of all ages and abilities and will be led by West Vancouver Field Hockey Club's best junior coaches. As with all our other programs we base them on four core values: Long-Term Athlete Development, Child Player centred, promotes key social/emotional/physical values, encourages lifelong activity and wellness.

Apr 4-Jun 20

Tue

Group 1 | 4:00pm-5:00pm | 5-8 yrs

Group 2 | 5:00pm-6:00pm | 9-12 yrs

Turf

\$275

Youth Creative Ballet

6-9 yrs

Creative Ballet focuses on developing the foundation of ballet technique by building on knowledge each week. The class also incorporates stretching and core strengthening which benefits athletes- both boys and girls. (Included in the cost is one pink ballet skirt- please wear pink leotard and ballet shoes). Minimum of 5 participants required for this program. No Class Apr 10 and May 22.

Apr 3-Jun 19

Mon | 4:30pm-5:30pm

Youth Lounge

\$270



**VANCOUVER
CIRCUS
SCHOOL**
MARCH BREAK CAMP



MARCH 2023 20-24 th <small>12:00pm - 2:45pm</small>	LOCATION: Turf	PRICE \$355
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Email Marc Shimwell at
MShimwell@hollyburn.org

Children and Youth 7-13 yrs.
Youth Members will have an opportunity to learn physical literacy and self-esteem skills through Circus Arts (Tumbling, trampoline, Aerials, Tight Wire...etc) from our new community partner The Vancouver Circus School.

Please Register on Gametime.

* CIRCUS * SCHOOL * CIRCUS *

Transferring Children

Tennis to Aquatics

4-8 yrs

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

Apr 3-Jun 22

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

Tennis Lesson to Aquatics Lesson

\$15

Badminton to Aquatics

Apr 3-Jun 22

Mon-Thu | 4:30pm-5:00pm

Badminton Lesson to Aquatics Lesson

\$15

Spring Combo Camp

6-12yrs

Participate in Basketball, Soccer, Badminton, Swimming, Ping Pong, Arts and Crafts and more.

If you have any questions please contact Marc Shimwell Mshimwell@hollyburn.org or Katie Jarvis youth@hollyburn.org

Mar 13-17 | 9:00am-12:00pm

Mar 20-24 | 9:00am-12:00pm

\$180

Drop-in Programs

Hollyville Childcare Registered

4 months-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, parents MUST be on premises for this service.

Turf Supervised play

1yrs-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.

Parent and Tot

Mon - Fri | 2:00pm-3:30pm

Sat & Sun | 3:30pm-4:30pm

Parent Supervised Play

Mon - Fri | 3:30pm-4:30pm

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

Youth Movie Night - Thursdays

\$5.00 donation/entry to Local Charity

Enjoy a movie alongside your friends! Feel free to bring down your dinner and dive in to a movie screening, chosen by your votes! Last Thursday of each month. * Dates and Times subject to change.

Apr 27 (7-12 yrs)


May 25 (13-17)

Jun 22 (6+)

Thu | 6:00pm-7:30pm


Youth Lounge

\$ Donation to Charity



DYNAMO FENCING

MARCH BREAK CAMP



MARCH 2023
13-17th
12:00pm - 2:45pm

LOCATION:
Turf

\$355

Email Marc Shimwell at
MShimwell@hollyburn.org

Youth from 7-13 years of age.
Members will learn the sport of fencing with coaches from our new community partner Dynamo Fencing.

Please Register on Gametime.

DYNAMO * FENCING * DYNAMO

Family Spa Night - Fridays

\$20.00/night

Light the scented candles, dim the lights, listen to the Pan Flute, put the cucumber slices on your eyes and relax as a family after a stressful week. Self-directed, self-care in the comfy surrounding of the club. Add on a meal and you have connected and satiated bliss.

Last Friday of each month * Dates and Times Subject to change.

Apr 28 | May 26 | Jun 23

Fri | 5:30pm-6:30pm

Youth Lounge
\$20

Bi-Weekly Youth Sport Nights - Wednesdays

13-17 yrs | \$5.00 donation/entry for Local Charity

Come to the Turf and join in on sport night with your friends. Play some pick-up basketball, Floor Hockey, European Handball, Low organized Games. *Dates and Times subject to change.

Apr 12, 26 | May 10, 24 | Jun 7

7:00pm-8:00pm

\$5

Youth Lounge

8+ yrs

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

Tue | 4:00pm-7:00pm

Thu | 4:00pm-7:00pm

Sun | 1:00pm-6:00pm

Youth Lounge | Free / Drop-in

The March holiday schedules are subject to change due to various factors.

Youth Supervised Turf Time

All Ages

Ready to burn off some energy after a long day of school? Join our youth leaders on the turf for sports and more! **Children 8 years and under must be with a parent or guardian.** *Dates and times subject to change. Check Hollyburn.org --> Facilities Schedules --> Kids Activity Schedules for the most up-to-date offerings. Operating Hours subject to change.

Mon-Fri | 4:00pm-8:00pm

Sat | 12:00pm-8:00pm

(Closed 3:30pm-4:30pm for Parent and Tot)

Sun | 12:00pm-7:00pm

(Closed 3:30pm-4:30pm for Parent and Tot)

Turf

Free / Drop-in

Esports Lounge

8+ yrs

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

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

Thu | 4:00pm-8:00pm

Sun | 1:00pm-6:00pm





HOLLYBURN
COUNTRY CLUB

**20
23**

950 Cross Creek Road, West Vancouver