

HOLLYBURN COUNTRY CLUB

THE
VIEW

**SPRING
2022**

ISSUE



BOARD OF DIRECTORS

Nancy Chapman
Chair

Diane Kennedy
Vice President

Chris Johnston
Secretary

Doug Holman
Treasurer

Carol Fraser
Past President

Santokh Birk

Matt Bradshaw

Paul Conibear

Anna Day

Darrin DeCosta

Guy Elliott

Rola Priatel

Kevin Smith

Clay Steiro

CONTACT

T. 604.922.0161

F. 604.922.9811

W. HOLLYBURN.ORG

For all Membership inquiries
contact Cait Lundy at 604.913.4508.

Design by Philip Aristou,
Creative Manager.

CONTENTS

- 3 GM Message
- 5 Board Chair Message
- 6 New Member Applicants & Members
- 7 What's Happening at Hollyburn?
- 9 What's Happening in Athletics?
- 11 Angel Project
- 13 You Speak We Listen Comments
- 15 Membership Survey Results
- 21 Father Daughter Recap
- 22 Fall Wine Dinner Recap
- 23 Hollyburn App
- 24 Board of Directors Nominations
- 25 Insta-Moments
- 26 Bud & Sally Stephens Award
- 28 From the Kitchen
- 29 From the Bar
- 30 Chef Paul's Menu Pairing
- 34 Featured Artist
- 36 The Sports Boutique
- 38 Featured Staff
- 40 Featured Member
- 42 Featured Musician
- 44 Featured Athlete
- 45 Physiotherapy
- 47 Athletics Department Updates
- 80 Spring Program Registration
- 81 Programs



General Manager Message

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

Dear Members,

I am writing this message with a tremendous amount of pride as it is my first official View message as Hollyburn's new General Manager. I appreciate all of the support that I have received from the Membership since stepping into the role.

My experience working at the Club has provided me with an in-depth understanding of the needs and expectations of you, our Members. This insight has allowed my Management Team and I to hit the ground running in our initiatives and continue to build on the momentum we started during my time as Interim CEO.

The Board of Directors and Management are united and working incredibly hard behind the scenes to make Hollyburn Members proud. As a collective, we share the same goal of continuing to make Hollyburn a world-class facility and are committed to delivering our community with exceptional and memorable Member experiences. A new Hollyburn chapter has begun and we are all excited about what is to come.

In December, we launched a Member Satisfaction Survey to give Members the opportunity to provide feedback on what we are doing well and where there is room for improvement. Thank you to all 1,633 Members who took the time to complete our survey. Based on the number of surveys captured, we can be 99% confident that the results represent the greater Membership with a 2.5% margin of error.

I appreciate that this year's initial survey was lengthy, especially if you participate in many different Club activities. Your time was well spent because the qualitative and quantitative data we collected is extremely valuable and provides us with benchmark data that can be used moving forward.

Based on Member feedback, Management has developed a "Feedback in Action Plan" which includes both short and medium-term initiatives. These initiatives will be tackled one by one over the next 30-60 days. I consider many of these initiatives as "low-hanging fruit" that can be easily completed. In fact, we have already completed the following projects:

- Installed a water fountain inside turf area
- Installed dividers in turf area
- Created a sidewalk on west-side of driveway to connect the controlled crosswalk to our Squash entrance
- Re-painted tennis viewing gallery
- Replaced recycling bins and towel bins
- Upgraded Administration entrance from Member parking lot to be accessible and stroller friendly
- Installed push-button opener on handicap washroom by Badminton gym
- Reinstated an adult-only dining section of the Bar and Grill
- Re-designed digital version of The View to be more reader friendly
- Purchased 6 new 1722 universal smart EV charging stations to replace outdated chargers (arriving this spring!)
- Installed ionizers on all Fitness Centre air-handling units to purify air
- Replaced and upgraded loaner equipment at Member Services
- Initiated a "Corridor Visual Improvement Plan"
- And more!

Management is also in the process of reviewing other Member suggestions that require capital planning. Some of your ideas may take time due to the financial investment required, the necessary lead time required for planning and implementation and/or the time needed to understand if an idea is feasible. Many big-picture ideas and challenges, such as the addition of more Pickleball courts and addressing programming waitlists are being addressed in the Club's 10-15 year Master Planning process which is currently underway.

Overall, the feedback that resonated with Management the most was our Members' desire for increased transparency, communication and trust. The last few years have been difficult for our community and feedback indicates that Members want to get back to "normal" and be proud of their community and their Club. I can't promise it will happen overnight, but I can assure you that the Board of Directors and Management are working to re-strengthen the fabric of our community. "Flip" to page 15 for a summary of the survey and keep an eye out for "Feedback in Action" in the coming months.

I encourage you to read Nancy Chapman's article next as she has provided you with an insightful update on the progress of a few of the Club's strategic priorities. Speaking of priorities, one priority that the Board of Directors and I will be focusing more resources on is the Club's active participation in reducing our "global footprint". Our awareness to sustainability in all areas of the Club cannot take a backseat in the decision-making process. Stay tuned for more details on this strategic priority and how you can help make an impact.

It is hard to believe it is February 2022, almost two years since the pandemic began. "Wave" after "wave" we have endured difficulties, everyone in their own way and unequal in many ways. Society in general is "tired" and unfortunately at the Club we have observed emotions boiling-over more than ever before. I respectfully remind everyone that Hollyburn has been built on a foundation of respect between Members and between Members and staff and that disrespectful

behavior will not be tolerated. Please help us maintain the safe and friendly environment of our "home away from home".

As the hallways continue to fill with familiar faces and restrictions start to relax heading into the spring, I look forward to all of the tangible and intangible improvements the Club will see!

As usual, if you have any feedback please do not hesitate to reach out to me directly by email, catch me in the hallways or use the "You Speak, We Listen" feature on the Hollyburn App.

K. Rowden





Board Chair Message

Nancy Chapman / *Board Chair*
Board@hollyburn.org

Dear Members,

As COVID continues to wind its way through the Greek alphabet, Hollyburn has been making the most of our new normal. Program registrations are strong, the Panorama Bar & Grill continues to hit seating capacity at least once per night, and the Club is on track to set a record in new membership sales with entrance fee revenues of \$4.6 million (as of December 31, 2021). As such, the Club is projected to be debt-free by April 2023 and the Board and Management are currently investigating our next major capital improvement project.

The Board continues to work actively with our new GM, Kathryn Cowden, on the Board's top two priorities this year: putting a revised food and beverage renovation plan to a Member vote and updating our governance model. Here are the progress highlights since our last update:

renew | 20 22

Renew '22: Our Revised Food and Beverage (F&B) Expansion Plan

Based on the Member Satisfaction Survey completed in December 2021, 86.5% of Members are satisfied with their overall Member experience (up from 84% in 2015), but Members also told us there is still significant room for improvement, especially in terms of delivering service and value in F&B.

In the aftermath of the Plan 2020 vote, Management has been working with architects to redesign the project to address the feedback Members provided. With the

arrival of COVID-19, Management put the project on pause for nearly two years. With our dated kitchens and tired dining facilities continuing to negatively impact service quality and the overall Member experience, the Board and Management decided that it was time to resurrect the project and named it Renew '22.

In December, a Special Board Committee was struck to manage the scope, approval, and construction of Renew '22. With the pandemic's effect on the construction industry and raw material costs, it was clear that careful reassessment was required on the scope and cost of Renew '22. Fresh sets of eyes were brought on to prepare an updated budget estimate for Renew '22 and two reputable project management/estimating firms independently concluded that the originally proposed scope of Design Element 1 now costs significantly greater than what was estimated in 2020.

In parallel, the Finance Committee assessed that financing the original project scope would now require more debt than what Hollyburn can reliably service through projected new member entrance fees, given we also have future capital projects of our long-range Master Plan to consider. Therefore, Management and the Renew '22 committee, with assistance from consultants, are reassessing what elements are most essential at this time and what budget is needed for an affordable but overdue renovation and expansion of critical facilities at your Club. If sufficient progress is made in refocusing the scope and refining cost estimates of Renew '22, we intend to bring forward a revised plan that the Board unanimously supports to membership at or around our June AGM.

Governance Committee is getting ready to present recommendations to membership

One of the Board's top priorities this year, in response to Member feedback, is to conduct a full review of the bylaws, structures, policies and procedures by which Hollyburn is governed. The Governance Committee has been working with outside legal and governance experts to modernize Hollyburn's bylaws and has identified the following areas of focus on the premise of creating a more efficient governance-minded board:

- reducing the number of Directors from 15 to 11
- removing the Executive Committee, which is possible with a smaller board
- refining Board Committee mandates with clearer terms of reference
- removing the ex-officio Chair as a voting member of the Board

The Board feels these bylaw changes are needed to improve governance at Hollyburn and to be in keeping with best practices for governance minded boards of non-profit societies.

The Board will be sending Members a full report of the recommended changes and the proposed new bylaws in April. Members will have the opportunity to share their questions and views to the Board ahead of the revised bylaws being put to a member vote at the June AGM.

In Loving Memory

Leola Brown
Member Since 1976

Barry Marsden
Member Since 2013

David Block
Member Since 1978

Because the process to select next year's Board candidates begins before Members can vote on the new bylaws, this year we must adhere to the existing bylaws, which explicitly call for the use of a Nominating Committee. To broaden the skills and experience on the current Board, the Nominating Committee has been tasked to add depth in the areas of law, construction project management and human resources. Members with experience in these areas are encouraged to apply at board@hollyburn.org.

The Nominating Committee will propose a slate of directors for the 2022/2023 Board season that will be presented to the Membership in late May. This slate will result from a rigorous process, including existing Board member performance, new Board member qualifications, multiple stage interviews and reference checks. In accordance with Article VI in the bylaws, any Member interested in running for the Board may also elect to run as an Independent Director after being nominated by five Members in good standing.

This year our AGM will be held on June 20, 2022.

It has been and will continue to be a very busy year for the Board and we hope you've found this update informative. We appreciate your continued support as we move toward our vision of being Canada's Premier Private Athletic Club.

As always, if you have any questions or concerns, please email us at board@hollyburn.org.

On behalf of the Board,



New Full & Intermediate Member Applicants

1. Intermediate Membership
Lucas Rechtschaffner 12/23 Sales SaaSquatch
2. Senior Intermediate
Zack Bhatia 01/04 Hotelier/Developer Chelsea Properties LTD
Navin Bhatia
3. Intermediate Membership
Sarah Curry 01/11 Sales & Marketing Hydrovane International Marine
Will Curry Marine Manufacturing Hydrovane International Marine
4. Full Membership
Ruiqiu Hu 01/11 CFO Ipoz Systems
Ziwen Liu
5. Full Membership
Cui Hong Lu 01/12 CEO Coral Sea Education
Chong Yang Zhang Shareholder Bright Unison
6. Full Membership
Fred Mahoue 01/14 Private Investor Foodie Magazine
Celia Hu Writer
7. Full Membership
Katerina Mitt 01/18 Founder Grammarly
Oleksiy Shevchenko
8. Senior Intermediate
Magdalena Salgado 01/19 Retired
9. Full Membership
Lori Pinkowski 01/19 Portfolio Manager Canaccord Genuity
Nick Cesarini

Welcome Our New Members

Darren Vonic

*Referred by:
Peter & Elaine Wong*

Ian Parker

Referred by: Qianru Liu

Hugh Kendrick

Referred by: Hein Winckler

Jon Conlin

Referred by: Nick & Lisa Roos

Terry Wang

*Referred by: Yong Liu,
Bing Han & Liqin Song*

Hossein Yazdi-Mehrizy

Referred by: Pourang Taheri

Jesse Cook

Referred by: Kyler Jukes

Omid Torshizi

*Referred by:
Hamed Arbabioon*

Ryan Zarick

*Referred by: Bryan Pellegrino
& Sara Pedlow*

Scott Gingles

*Referred by:
Mark & Ali Bridges*

Mark Begert

Garry Monahan

Kaylen Blomkamp

Katherine Tikkanen

Malcolm Ert

Inam Qureshi

Ampere Chan

Jason Zhang

Mark Huang

What's Happening at Hollyburn?

Mother Son Ball

Save the Date: April 22, 2022

Attention all Hollyburn Mothers and Sons! Save the date for Hollyburn's annual Mother Son Ball happening April 22, 2022. More details to come! Please note event is subject to current Provincial Health Orders and restrictions. RSVP's will not be accepted until further notice.

Dry Cleaning

Did you know we offer a dry cleaning partnership here at the Club? Simply bring your clothes to the closet next to the Sports Boutique, fill out a New Customer Form and leave your clothing & form in a bag. Dressed in Blue Dry Cleaning Services will do pick-ups and drop offs at the Club every Tuesday and Friday, and they will bill directly to your credit card! See Member Services for more details!

Catering & Events

We are ramping up for 2022 and 2023 event bookings! Host your birthday party, Christmas Party, wedding or corporate event with us. We suit all events with our flexible menu choices, varied room options and planning guidance. Contact our Catering Manager Layla at lcowley@hollyburn.org.

[Website](#)

Vaccination Verification

Thank you to our more than 1400 Members who have chosen to have their vaccination status verified and are using our new entry system via the Hollyburn App! It has made entry at our front gate faster and smoother!

[Learn More](#)

Account Updates

Have you changed your address, phone number or haven't had your photo taken at the Club in a few years? Keep your account up to date by using the "Edit My Profile" function on hollyburn.org, or stop by Member Services with any changes you have made in the last year!

The *NEW* View

Visit the new online home for The View:

www.HollyburnTheView.org

We surveyed Hollyburn Members in late 2021, and thanks to your feedback, we are so excited to announce The (NEW) View 2022!

What's New?

- There will now be four full issues per year which will be in line with seasonal programming.
- We are not returning to print editions, and have completely overhauled our digital version so it is easy to read and navigate.
- No outside advertising, we are focusing on all 100% Hollyburn content.
- New featured article sections to celebrate our Hollyburn community.
- We are introducing an optional program handbook, which is a concise, printable booklet that includes program information to help parents plan their busy seasons and keep on hand.

[Spring Program Handbook](#)



Athletic Director Message

Kate Marshall / Athletic Director
KMarshall@hollyburn.org

What's Happening *in Athletics*

Committee Holiday Initiative *The Gift of Giving*

After the success of last year's challenge, we decided to continue the tradition of giving back to our community over the holiday season. Each committee was tasked to engage in a community contribution or fundraising activity. Each group engaged in an initiative with the goal of giving back in a way that was fulfilling and meaningful to each committee group.

Below are some highlights of the impact of these initiatives over the holiday season.

Fitness

This year the HCC Fitness Centre supported local by purchasing home-made tree/door ornament hearts from the North Shore Family Services (NSFS). This is a charity with over 1,000 Families and Seniors that rely on the Christmas Bureau for joy at Christmas Time. The NSFS provides hampers, food and support to the vulnerable North Shore community.

We purchased the hearts and dressed our tree in the Fitness Centre with them. Members could pick individual hearts for gifting or keeping. All proceeds went directly to the NSFS.



Swim Team

The swim team raised \$730 for the Food Bank and were able to collect several bags of items for donations.



Tennis

The Tennis Centre raised a total of \$4980.00 through their holiday initiatives. The recipients included; North Shore Family Services (grocery and teen appropriate gift cards), Ride to Care for Cancer (gas cards for volunteer drivers), North Shore Women's Centre (coffee cards), Lions Gate Hospital Foundation (secured matching funds), Red Cross flood relief BC (secured matching funds).

The Tennis Center's Giving Wall was covered with envelopes decorated by young members and young at heart members. The display was visually beautiful and definitely stirred up contagious generosity. The Giving Wall raised \$2,100.

In addition to the monetary donations, we purchased 60 colorful sacks from Re-Store (Habitat for Humanity) and made an easy project to empower children to get involved in learning the valuable lesson of giving back.



Members filled each bag with wet wipes, gloves, socks, mask, tooth brush, tooth paste and granola bars. They were dropped off at Abbotsford and Chilliwack shelters.

The Charity Pro Am held on December 9th raised \$2880 dollars with funds donated to North Shore Family Services, Ride to Care for Cancer and North Shore Women's Centre.

Badminton



The Badminton Committee organized a tournament, the Winter Smash Fundraiser, to raise funds for ALS Action Canada and the BC Cancer Foundations. ALS Action Canada's mission is to advocate for urgent

access to therapies for Canadians living with ALS. BC Cancer Foundation is a partner of BC Cancer and they work as a catalyst, powering world class innovation while supporting deeply personal cancer journeys. The Badminton community was able to raise over \$2400.00 and the funds were equally divided between the two organizations.

Minor Hockey

For the 2021 charity fundraiser, the Hollyburn Minor Hockey Association chose to support the North Shore Family Services Christmas Bureau for families in need here on the North Shore. We are proud to report that our minor hockey families raised over \$3,400!

The North Shore Family Services are incredibly grateful for the donation and will be putting the funds to great use this time of year.

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!

'Tis the Season of Giving

A 3 on 3 tournament was organized as a fundraiser for the Covenant House. The tournament raised \$1869.00 and the donation was tripled by Scotiabank and two benevolent family trusts raising the donated amount to almost \$6000.00.



Right: Griff Smith delivering cheque to the Covenant House

HOLLYBURN Angel Project



A heartfelt thank you to all Members and staff who contributed to the success of our 2021 Angel Project. Covid-19 and the BC floods had an enormous impact on many of our local communities. It is during these times that 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!

I 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:

- Raised \$700 for the BC SPCA through our October Creepy Cupcake Sale.
- Provided beautiful Christmas gifts to 20 seniors, who would not otherwise receive a gift, through Home Instead's "Be a Santa to a Senior" program.
- Sent 30 shoeboxes to children in developing countries through Operation Shoebox (Samaritan's Purse). That is 18 more shoeboxes than in 2020! A very special thank you to Leigh Stratton for singlehandedly sending 12 shoeboxes. Your generosity is greatly appreciated!
- Members of the HCC tennis community raised \$4980.00 through various initiatives. Donations were made to North Shore Family Services (grocery and teen appropriate gift cards), Ride to Care for Cancer (gas cards for volunteer drivers), North Shore Women's Centre (coffee cards), Lions Gate Hospital Foundation (secured matching funds), Red Cross Flood Relief BC (secured matching funds). In addition, 60 sacks were purchased from Habitat for Humanity and were filled with toiletries, by Members, and were delivered to Abbotsford and Chilliwack shelters.
- Raised \$2,800 from Lobby Tree Angels. Donations on behalf of the Club were made to Union Gospel Mission (secured matching funds), BC Professional Fire Fighters Burn Fund, BC Children's Hospital, Greater Vancouver Food Bank, North Shore Family Services, North Shore Women's Centre and North Shore Crisis Society.
- 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 goes out to all of the Members, staff and guests for their enthusiastic participation. A special thanks to the following Members, Committees, families and staff for their generosity:

Deck the Lobby Tree

Allen Family	Nancy Chapman	Gardner Family	Pollock Family
Tony & Helen Barke	Helen Chester	Linda Getz-Hromyk	Rola Priatel
Berry Family	Nicholas Clark	Don Halliday	Reeves Family
Patricia Bice	Clokie Family	Pattjean Irwin	Mary & Barney Blondal
Corbett Family	Carlota Lee	Steve & Barb Soos	Bob Findlay
Joelle Crane	Sutherland Family	Mary Francis Calder	Fong Family
Ian Morgan	Heather Thompson	Yang Family	
Kit Matkaluk, Tara Niemetz & Family		Christine Robertson & Family	

Operation Shoebox

Nadia Aldea	Melissa Howie	Abby Rutledge	Leigh Stratton
Nancy Allen Searson	Andrea Macdonald	Annaetta Saengma	Greg Wright
Stella Camayang	Travis Robertson	Lincoln Sinclair	

Be a Santa to a Senior

Alana Amaroso-Stollery	Kirsten DeWolfe	Tanis Hill	Judy Renaud
Courtney Atmore	Melissa Fiorvento	Ralph McClennan	Nicole Ridgedale
Sarah Burke	Natalie Golan	Liz Morrison	Annaetta Saengma
Stella Camayang	Kim Gould	Tara Niemetz	Tracy Smith
Julie Cameron	Pouneh Hanjani	Alex Oltean	Claudia Zambrano

Tennis Centre Giving Wall

Roya Aryaee	Ada Lin	David J Bell	Barb McKnight
Chris Breikss	Catherine/Alex Mile	Sharolyn Brewer	Rochelle Moller
Ali Bridges	Barb Morris	Wanda Champion	Kirsten Morrison
Liz Collins	Vikki Neal	Roxanna Colquhoun	Kristin Ng
Anna Day	Giselle Portenier	Natalie Doman	Rick Pozzebon
Liz Donaldson	Pamela Seto	Brigid Flipse	Don Sheldon
Carol Fraser	Sally Slater	Ailsa Harris	Amanda Smith
Jennifer Herron	Jackie Talbot	Ann/Cam Hunter	Charlene Torpy
Krista Kennedy	Jimmy Yang	Diane Leslie	



Marta Jones

Executive Assistant to GM
MJones@hollyburn.org





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

"Can you please have the stools in the bar looked at, the backs of some are flimsy and need some repairs?"

Thank you for letting us know. We will have our team take a look at fixing the bar stools right away.

"Thank you to Dylan and Olivia for playing with the kids at the Turf today. The kids loved how engaged they were with them!"

We are happy to hear that Dylan and Olivia were engaged and played with the kids. We will ensure that they are recognized and receive your kudos!



"Please encourage people who are sick to stay away."

Keeping our Hollyburn community safe and healthy is our top priority and we certainly hope that Members are staying home if they are feeling under the weather. We will send a friendly reminder in our e-blast about our Club's Covid protocols.

"Love the morning yoga classes with Aaliya. Lately the Dojo has been so cold that we can't even take our coats off."

We are happy to hear that you are enjoying morning yoga classes with Aaliya and we will ensure that she receives your recognition! As for the temperature in the Dojo, there was a mechanical failure on the unit that heats the space. It is now back up and running and the Dojo should be much warmer.



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



“I find the registration times really difficult to deal with for kids. My kids need to be at school for the exact time at which registration takes place.”

We are constantly reviewing the registration process, days and times and making tweaks to improve the Member experience. We will definitely take your feedback into account when reviewing the registration process at the end of the week.

“I would like to recognize Carly Hetland! She is a very attentive and meticulous server and makes our dining experience so enjoyable and pleasant! A plus to her!”

Thank you very much for taking the time to recognize Carly! Carly is a wonderful server and team member. We will ensure she receives your recognition!

“The pool is so cold. This makes for a not nice experience. Change rooms are also cold.”

We will take a look right away and make sure everything is functioning as it should. We want to make sure you have a great experience when using the facilities.

“I would like to thank our Hollyburn Club Management for promoting Tarun Bhatti to Safety Manager. I have been Member for 43 years and I highly regard his enthusiasm, energetic personality and professionalism towards Members. As far as I see, Tarun always greets me by first name with a lovely smile anytime of the day.”

Thank you for taking the time to recognize Tarun. Tarun is a very valuable member of our team and we are very excited for him in his new role. He exemplifies the qualities and values we are looking for in our team as we continue to improve the Club. He is well deserving of his new role and we are confident that he will build a highly engaged Security team.

Membership Survey Results



Hollyburn Country Club's Member Satisfaction Survey was developed with Club Benchmarking, a third-party surveying company, specifically for use as a tool for understanding your Member experience. We thank everyone who took the time to complete the survey in December; the results in this report provide insight into the feelings of Hollyburn Country Club Members and will contribute to the future planning efforts of the Club.

1,633

SURVEYS COMPLETED



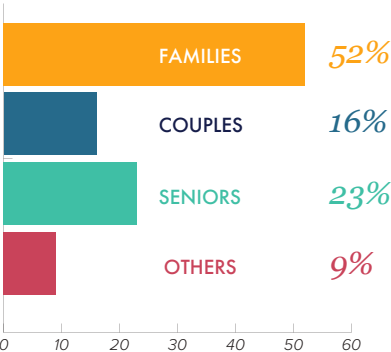
Participation

48%

TOTAL MEMBERSHIP
RESPONSE RATE

The survey was sent to 4,681 Members. 1,633 surveys were completed producing a 35% response rate of the total population. Out of 3,017 Memberships, 1,447 are represented in the results with at least one response per household, giving the survey a 48% response rate from the total Membership. In future surveys, our goal will be to see a response rate of over 50%.

Demographics



57 AVERAGE
AGE

Our average respondents were 57 years old, just below the industry average of 58.

♀ 53% ♂ 47%

There was a healthy representation of both genders female 53% and male 47%.

21 On average, survey respondents have been Members for 21 years.

Additional Demographics

- **67.77%** of respondents use the Club multiple times per week
- **52%** of respondents fall under a “Family” membership
- **83.1%** of respondents are married
- **43.24%** of respondents work full-time/**29%** retired/**12.29%** part-time/**10.5%** at home parent
- **91%** of respondents have children
- **28%** of respondents drive an EV/**59%** of respondents noted that someone in their household would consider purchasing an EV in the next five years

Top 5 Reasons Why Members Joined the Club

- 1** RECREATION FACILITIES
- 2** LOCATION
- 3** RECREATION PROGRAMS
- 4** FAMILY FOCUSED
- 5** CLUB’S REPUTATION

Amenities & Services

Top 5 amenities, services and programs you use at the Club.

- 1** BAR & GRILL/DINING ROOM
- 2** FITNESS CENTRE
- 3** BISTRO 950
- 4** TENNIS
- 5** SPORTS BOUTIQUE

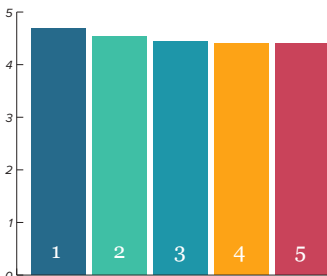
Overall Satisfaction

86.5% of Members are satisfied with their Club experience.

86.5%
MEMBERS SATISFIED

Top 5 Most Important Aspects of the Club

(5 Point Scale)



- 1** OVERALL CLEANLINESS 4.68
- 2** CLUB SAFETY 4.54
- 3** MANAGEMENT PERFORMANCE 4.44
- 4** FINANCIAL TRANSPARENCY 4.40
- 5** RECREATIONAL PROGRAMS AND SERVICES 4.40

Overall Food & Beverage Satisfaction

Service Area

Service Area	Overall Satisfaction	Mean (Scale 1-7)
Bar and Grill/Dining Room		
Service	65.5%	4.76
Food Quality	57.4%	4.37
Bistro 950		
Service	67.2%	5.05
Food Quality	66.2%	4.93
Catering		
Service	83.0%	5.76
Food Quality	79.7%	5.50

58%

MEMBERS SATISFIED

Overall, 58% of Members are satisfied with the food and beverage experience at Hollyburn. The Club's overall mean satisfaction score of 4.37 is below the industry average of 5.33.

Member feedback indicated the desire for:



IMPROVED SPEED OF SERVICE AND ATTENTIVENESS



MORE SEATING AVAILABILITY



REINTRODUCTION OF ADULT ONLY DINING AREA



MORE MENU VARIETY



IMPROVED FOOD QUALITY AND CONSISTENCY THAT IS COMPETITIVE WITH LOCAL RESTAURANTS



IMPROVED AESTHETICS

Improving food and beverage offerings at Hollyburn will have the most significant impact on Member satisfaction because it is the most used amenity at the Club and one of the most important from a Members' perspective.

Overall Satisfaction

Amenity or Program Area

Amenity or Program Area	Overall Satisfaction	Mean (Scale 1-7)
Aquatics	93.8%	6.08
Badminton	90.0%	6.09
Bridge	87.7%	5.99
Club Annual Special Events	72.4%	5.37
Figure Skating	86.9%	6.03
Fine Arts	88.7%	5.98
Fitness Centre	95.1%	6.08
Group Fitness	79.3%	5.66
HollyVille	88.0%	5.97
Karate	98.4%	6.62
Massage	81.8%	5.64
Men's Hockey	85.6%	5.90
Minor Hockey	84.6%	5.63
Personal Training	74.6%	5.68
Physiotherapy	80.4%	5.72
Pickleball	83.6%	5.62
Sports Boutique	92.0%	5.96
Squash	89.8%	5.99
Tennis	90.3%	5.96
Virtual Sports	87.0%	5.81
Youth Programming	80.0%	5.42

Aquatics



49% of the Members are actively using the Club pool. Pool cleanliness is the most important factor when analyzing pool operations. There is a mix of Members who believe the Club should offer more lap lane times throughout the day and week, as well as a group of Members who believe there should be more general swim times available. Members were very appreciative of the aquatic employees.



Fitness

The Fitness Centre received scores well above the industry average! The overall industry benchmark sits at 5.81 on a 7-point scale, while Hollyburn lands at a respectable 6.08. With 77% of Members utilizing the workout facility, the Fitness Centre is the second most used amenity at the Club behind Member dining.



Hockey

15% of survey respondents are involved in Hollyburn's Minor Hockey program. Results indicated that 84.% of Members are satisfied with Hollyburn's Minor Hockey Program. Themes of feedback included the need for additional private lesson availability, a need for high caliber coaching staff on House Teams and increased communication from the Hockey Department.



Tennis

56% of the Members play tennis at the Club in varying frequencies. Overall, 90% of players are satisfied with our tennis facilities and programming. The primary trend in comments was the lack of availability for indoor court times and the difficulty getting private lessons and programming.



Pickleball

Pickleball is the fastest growing sport in the Club industry. Approximately 1000 Members or 30% of Members are actively using the pickleball facilities. Adding more courts was the focus on feedback from Pickleball Members. Players believe the sport has grown enough at the Club to warrant its own facilities.



Youth

91% of the respondents have children and indicated a need for increased and improved youth facilities. Families requested increased program availability, dedicated areas for different age groups, more supervised youth offerings and increased training for youth staff.

Club Leadership



Board of Directors

From the more than 350 comments, Members would like the Board to focus on transparency and communication. Members commented that they are happy with the new slate of Board Members and have noticed a positive change since the new Board took over. Members would like the Board to focus on moving past some of the challenges the Club faced in 2021 by increasing and improving transparency.

Management

Feedback indicated that Members were satisfied with how the Club has been handled during COVID, especially in the latter half of 2021. Members are excited to have a new GM who can bring a different perspective to the Club and help Hollyburn meet their expectations. Members would like Management to focus on:



INCREASING RESPONSIVENESS
TO MEMBER SUGGESTIONS
AND IDEAS



INCREASING PRESENCE
AROUND THE CLUB



IMPROVING THE
OPERATIONS OF
THE CLUB



MAKING DECISIONS
THAT ARE IN THE BEST
INTERESTS OF MEMBERS

Next Steps

Hollyburn Management has analyzed the data collected and has created a “Feedback in Action Plan” outlining both short- and medium-term initiatives. You can look forward to both tangible and intangible changes around the Club based on your feedback!



Management has plans to re-survey the Membership next year and use the information collected in this year’s survey as comparable benchmark data. Until the next survey, please continue to send Management your feedback through the “You Speak, We Listen” feature on the Hollyburn App.

EVENT RECAP

Father Daughter

Sunset high tea

The marketing team could feel something was missing this November when once again, B.C.'s PHO restricted our annual Father Daughter Ball. We couldn't bear another year without some sort of celebration for our Hollyburn Fathers and Daughters. We quickly put our pens to paper and were able to put together a temporary replacement for the traditional Father Daughter Ball, and that was our High Tea. We transformed the dining room into a luxurious tea party with finger sandwiches, pastries, tea, and bubbles. Hollyburn Fathers and Daughters dressed in their High Tea attire and put their pinkies out for what was a lovely afternoon.



EVENT RECAP

FALL WINE

DINNER SERIES

This fall, Hollyburn hosted a series of three Wine Dinners. Each dinner featured a different winery or theme and included an incredible six course dinner put together by Chef Paul. Hollyburn Members got the chance to taste some incredible wines that were paired to perfection with each of Chef Paul's creations. Members braved Vancouver's fall weather and came in for a cozy, intimate evening full of delicious food, memorable wines, and great company. Members also got the chance to purchase the wines they tasted at an exclusive Member rate.



Hollyburn App

Download and Login

If you would like to download the App, please visit the Apple App Store on your iPhone or Google Play on your Android and search Hollyburn Country Club. Once you have downloaded the App, log in using the default user name and password.

Username: 5 digit member number

Password: last name + last digit of member number (*all lowercase, no spaces*)

Need help? Call 604.922.0161 or email MemberServices@hollyburn.org

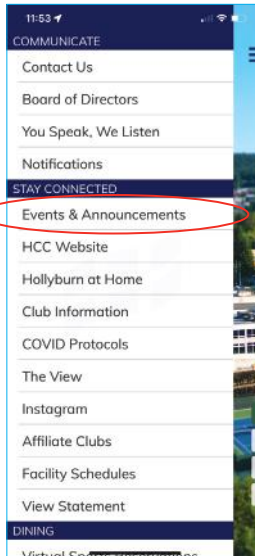
Featured Functions



Vaccination Verification

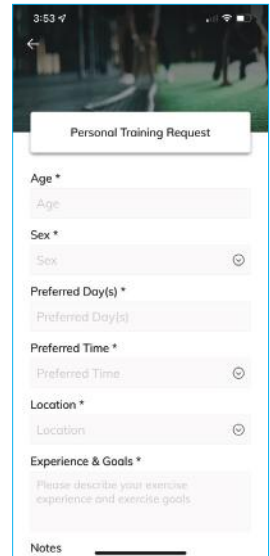
Make entering the Club a breeze by submitting your BC Vaccine QR code for one of our staff to verify! Once verified, simply show the front gate staff your verified vaccine status on the HCC app. For more information.

[Learn More](#)



Events & Announcements

Stay up to date with all things Hollyburn from the palm of your hand in this tab! We post special events, notices and handy documents here.



Request a Personal Trainer

Submit a form with your training preferences and get matched with the perfect trainer to hit your 2022 goals! Find this under the Health & Wellness section.

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

The role of the Board of Directors (volunteer position) is to oversee Hollyburn's affairs within the framework of applicable laws and standards. The Board of Directors oversees Hollyburn's mission and strategic direction, its financial management, its sustainability and its relations with stakeholders.

Diversity on the Board is an important consideration for sound and strategic decision-making.

In terms of broadening the skills and experience currently on the Board, the Nominating Committee has been tasked to add depth specifically in the areas of law, project management and human resources. Members with experience in these areas are encouraged to apply. Previous Board and Hollyburn committee experience will be considered strong assets.

If you are a 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, 2022.

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 Members-at-large positions on one of our various committees.

In accordance with Article VI 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.

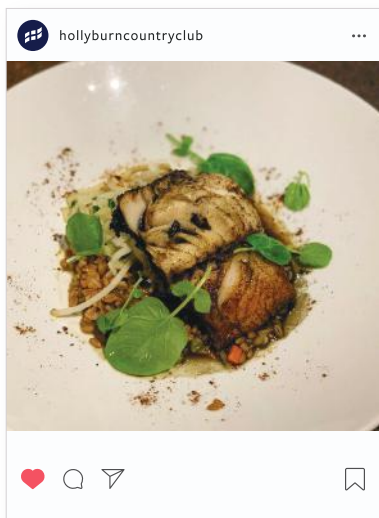
Each individual Board Member is expected to:

- 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 a premier private athletic Club in North America

Insta-Moments



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

Follow us on  Instagram @hollyburncountryclub



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 or 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 had 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, 2022.
- Trophy and photograph of the recipient will be displayed in the Main Lobby display case.

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, 2022

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.



Let's talk about Food Prices!



We have all experienced it. Whether we are shopping at Whole Foods or Costco the cost of food has been steadily climbing for several years. This is beyond the cyclical nature of food prices. Supply and demand is usually responsible for at least a 12-15% increase in beef prices during BBQ months, strawberries triple during valentine's weekend and asparagus has a mind of its own fluctuating between 3 and 9 dollars a lb. However, the last couple of years have had a more profound and long lasting effect on the cost of the food we buy. With inflation at the highest point in many years, the cost of producing the food is one of the contributing factors. Gas, feed, fertilizer, seeds and water have all increased. A recent article describing the costs to a poultry farmer demonstrated a \$145,000 US a year increase in operational costs before they even started raising hens.

The dairy board of Canada has announced year on year increases in the base price of raw milk from farmers. The ripple effect of this means that the cost of making a latte and cappuccino has gone up by 22 cents. The cost of the cheese on the nachos has increased by \$1.20. While this does not sound like a whole lot, when we sell thousands of nachos and coffees a year it all adds up.

My new favourite topic recently has been canola oil. Recent trade disputes, the cost of processing and delivering canola oil has forced the price of a jug up by 120% in one year alone. This means that we are spending \$1800-\$2200 more each month on a product that is used in the fryers and as a cooking oil. We do not even make money directly from canola oil. It is just a necessary product we use in the kitchen. That is a \$24,000 new yearly cost to food and beverage.

These are just a few examples of the impact of the pandemic for the last two years. An increase in labour costs, commodities and transportation have all contributed to these factors. Climate change, forest fires, heat domes, atmospheric rivers have all added to the increase in costs even more. Suppliers can no longer continue to absorb the increases in these items. All of these are just for the last two years, 2022 promises to be another year of increases to the cost of our food.

So how do we handle this at the Club? We are going to try and combat these increases by taking a look at the menu items we are selling. Changing the menu more often with the seasons, adjusting quicker to price increases, and reducing some of our usage of hot ticket items such as steaks and chicken are three main ways we can reduce impact to our Members. We strive to source high quality and local ingredients wherever possible, so balancing this food philosophy with rising food costs will be a focal point for our food and beverage team this year. Higher prices in the grocery stores, markets and restaurants are here to stay in the world we live in.



Paul Benallick

Executive Chef

PBenallick@hollyburn.org

FROM THE BAR

Raimat 'Saira' Albariño

WINE FEATURE



This, in my opinion, is by far the most interesting wine we have on our “by the glass” menu and it does not get ordered as often as it deserves.

Albariño is quickly gaining esteem for its playfulness and whimsical nature, yet not many people outside of Europe are familiar with it. Mouth-watering and clean, this wine has a complexity that is nearly impossible to dislike. Albariño is a white grape native to Rias Baixas in Spain, situated on the Northwestern corner of the Iberian Peninsula. Although Albariño is not common outside of Rias Baixas, Raimat makes this lovely wine in Costers del Segre, a region that is known to produce high quality Spanish grapes, amongst them Tempranillo and Garnacha, my other favourites!

This little number definitely has some oomph to it! Remarkably herbaceous and fruit forward for an Old-World wine, every sip

of ‘Saira’ transports me back to the time when things were much simpler and I drank wine with tapas by the sea in Catalonia.

The nose is quite floral, with hints of tropical fruit and honeysuckle. On the palate, it is light and crisp with lemon, grapefruit and green vegetal flavors with a subtle but structured minerality that lingers on the palate.

This style of white wine is a perfect complement to our Saffron Steamed Manilla Clams dish. Or if you want a glass (or two!) of wine to compliment something lighter, why not pair it with the charcuterie board. Pro-tip when going for this pairing... ask if we have Manchego cheese in house. This combination is a match made in heaven!

Enjoy!



Carolyn Yu

Bar Manager

CYu@hollyburn.org



Chef **PAUL'S**

FEATURED MENU PAIRING



10 oz New York Striploin

parsley butter, smashed potatoes, chili-grilled broccolini

Pairs well with Pascual Toro Reserve Malbec

Malbec's big, yet soft tannins coat your mouth equally with each bite of juicy beef, which is lightly blackened from the grill. The parsley butter on top of the hot steak melts into each bite, and the mouth watering fats from both the butter and the steak need a big, bold red, just like this Malbec to deliver equally powerful flavours. Argentine Malbec was born for steak!



Easter

BRUNCH

Sunday, April 17th

SAVE THE DATE



HOLLYBURN
COUNTRY CLUB



نوروز

Persian New Year
NOWRUZ

SUNDAY, MARCH 20

Save The Date



VIRTUAL **SPORTS**

L O U N G E

**AVAILABLE FOR
EVENT BOOKINGS!**

From corporate parties to birthday parties.



BOOK TODAY!

LCowley@hollyburn.org


HOLLYBURN
COUNTRY CLUB

FEATURED ARTIST

Ron Legault



Ron has a passion for art, design and all things visual. After completing his design degree Ron's love of adventure enticed him away, travelling, sketching and photographing while living in London, throughout Europe, The Mediterranean, Israel, Egypt and Brazil before returning to Montreal, Canada. After a short time in Montreal moved to Hong Kong where he worked for many years as a Creative Director in various companies until settling in Vancouver in 2019. Exploring foreign cultures nourishes his aesthetic awareness inspiring his many vibrant painting styles and projects. Semi retired, Ron now focuses his time on painting in his studio. His style is contemporary and experimental letting his

creative energy take him where he needs to go. He hopes the joy and energy in creating his art connects to the viewer of the final piece. This particular series DIVA DEVINE celebrates the Divas and Femme Fatales of the Golden Age.

You can find more of Ron's Divas as well as his other art styles on [etsy.com](https://www.etsy.com). Search for [ronartmania](https://www.etsy.com/shop/ronartmania). Or contact Ron ronartmania@gmail.com for studio visits and/or commissions.



Shop Local, Eat Local

Explore some of our favourite Canadian foods
available at the Sports Boutique

Salt Spring Kitchen Co.

Offering hand-made sweet and savoury jams & hot sauces made for pairing cheese and charcuterie. Founder Melanie Mulherin started from her kitchen on Salt Spring Island back in 2012 and found a loyal following almost immediately and now sells jam across the country



Wendell Estate Raw Honey

The Wendell family farm has been producing honey since John Wendell started keeping bees in the 1930s. In 2011 Tim and Isabel Wendell launched the Wendell Estate brand so that customers around the world who lack access to a trusted local apiary could enjoy natural, raw honey directly from their bees to your table.



Yummy Bear

These vegan gummies are naturally sweetened, being the obvious choice for anyone wanting to enjoy a bit of sweetness in their life! Yummy Bear is proud to be a Vancouver-based, women-owned company creating delicious candy options for those conscious of sustainability and animal welfare. Their candy is 100% plant-based with every pack contributing to supporting local community initiatives, charities and animal rescue centres.

FEATURED STAFF



Carolyn Yu

Bar Manager

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

I am incredibly grateful for the opportunity to helm the beverage program at HCC. It is a privilege I don't take lightly and I am thrilled to initiate changes to make the program more exciting for all members. In addition to listing celebrated wineries and breweries from the Lower Mainland and across Canada, I am working towards casting a spotlight on Canadian distilleries and turning their products into imaginative cocktails that are cheeky and unexpected. My vision for a bar program is for it to be approachable, well-rounded, and accessible for everyone. After a very successful Cocktail Kit To-Go initiative over the holidays, I am looking forward to bringing even more fresh and bright ideas to keep things fresh for club members.

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

In a previous and very different life, I was a professional tattoo artist and I owned and operated a tattoo studio. I still carry the tradition of getting a new tattoo every year, usually in the winter. I don't have a lot of free time for hobbies, but whenever the West Coast weather cooperates, I'll hop on my motorcycle and get out of the city for the day.

What is your "happy place"?

Any time I discover a new experience, I am instantaneously and outrageously happy. When exploring, I'm a big believer in winging it. I'm a big believer that you're never going to find the perfect city travel experience or the perfect meal without a constant willingness to experience a bad one. Letting the happy accident happen is what a lot of vacation itineraries miss, I think, and I'm always trying to push people to allow those things to happen rather than stick to some rigid itinerary. It is a delight to be treated well in places where you don't expect to be treated well, to find things in common with people you thought previously you had very, very little in common with. How can that be a bad thing?

What is your favourite sport to play or to watch?

One of my best sports watching memories was watching FIFA World Cup 1998 with my dad. I had no idea what was going on but it was funny to see my dad get quite worked up over how poorly Brazil was performing. Ever since then, I've had a soft spot for soccer and I guess the Brazilian team, too.

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

Bao Bei in Chinatown has, hands down, for over 10 years, the best steak tartare in the city. There may have been a time when I ordered a second one right after finishing the first one. That's how good it is.

Boxcar has a very interesting natural wines

selection in an unassuming location that sometimes freaks people out. Once you get into their covered and heated patio though, it feels like you're in a bright and fun Brooklyn spot.

I worked on the tiny little Tacofino food truck for a summer (not nearly as fun as it looks! Sweat my butt off in there!) so I have bittersweet memories of it, and a lot of respect for people who work on food trucks. I will also never set foot inside one of those things ever again.

Name 3 fun facts about yourself.

1. In 2019, I was crowned champion of Speed Rack Canada, a speed cocktail bartending competition benefitting breast cancer research and education.
2. My cocktail recipes have been in seven publications.
3. I sit on the board of the Canadian Professional Bartenders Association as the Communications Director.

FEATURED STAFF



James Darling

Member Accounts Coordinator

How long have you been working at Hollyburn?

2.5 years

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

I really enjoy engaging with and learning about all the Members and staff here at Hollyburn. There are so many fascinating people with such a diverse variety of backgrounds and experiences it makes every day really interesting.

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

My biggest professional achievement is earning the opportunity to become the Member Accounts Coordinator at Hollyburn.

Given a chance, who would you like to be for a day?

I have always been a huge fan of sports management and everything that goes into a successful team behind the scenes, especially at the highest levels of soccer and hockey. Given the chance, it would be absolutely incredible to experience a day in the life of the Canadian Men's National Team soccer manager, John Herdman.

FEATURED MEMBER

Madison Mailey



Madison Mailey, a fellow Hollyburn member, made her Olympic debut at Tokyo 2020.

Madison Mailey, Olympic Champion and a fellow Hollyburn Member, made her Olympic debut at Tokyo 2020. Competing at Tokyo 2020 during the COVID-19 pandemic hasn't taken the smile off her face nor the shine off her gold medal! Mailey achieved Canada's first gold medal in any women's rowing event since 1996. Hollyburn wants to congratulate Madison on this huge victory! If you see Madison around the Club, please don't hesitate to say hello and learn more about her journey to the podium with the Canadian Women's Eight Rowing team. Until then, she answered a couple of questions from us to give Hollyburn Members an inside scoop on her Olympic experience.

What advice would you give to Hollyburn members who dream of going to the Olympics?

Being able to speak kindly to yourself and reframe things mentally in a positive way is crucial to your athletic career. There were so many twists and turns during my journey to the Olympics it almost made me laugh at times. My advice to anyone who has dreams

of going to the Olympics is to get used to dealing with change and embrace it. If you have a positive frame of mind, work hard, and always be a student of your sport you will be very successful. Positivity was key to my success because it helped me deal with COVID 19s struggles and allowed my teammates to turn to me for a smile or a laugh. Anything is possible and DREAM BIG!

What were some of your first thoughts and feelings when you realized you had won gold?

I must have checked the jumbotron 10 times in those first few minutes. Time seemed to just stop as I watched my coxswain Kit jump up and down in the boat while hearing my teammates screaming all around me. While trying to suck in air my first few feelings were of shock and then of pure excitement and fulfillment that all our hard work had paid off. I remember our coxie telling us she wrote in her journal a month prior to the Olympics "Why not us" and I let that sink in- It was us! We did it. We are Olympic Champions.

Besides your Gold Medal, did you have any other favourite moments at the Olympics?

The village was something else. Having a massive city block in Tokyo full of athletes, coaches, support staff and volunteers was crazy. It was a self-sufficient village meaning that everything you could want or need was in the village- dining halls, residences, banks, nail salons, shops etc. People watching was very entertaining and meeting people from around the world was a highlight. We got to spend two weeks in Japan before moving into the village. It was great to acclimate to the heat and humidity but was also a great opportunity to see our host country and meet some volunteers from the city of Sagamahara. The Japanese people we met were so welcoming and went out of their way to make us feel right at home.

On a lighter note, Team Canada had a moose named Komak and I loved giving him a pet or taking a picture with him in the village. Getting my Olympic kit was also very memorable!!

Growing up, what was your favourite thing to do at the Club?

I am a very social person, and just loved to be with my friends at Hollyburn over the 25 years I have been a member. At different times in my life I enjoyed different things at the Club. When I was young learning to swim, summer tennis camps and just running around the halls (when no one was looking) was so much fun! Later my interests were different and I loved going to the gym and watching my friends play hockey for the Huskies!

Do you have a favourite memory at the Club?

As a high school athlete, an important memory was training at the club on the rowing machine...lovingly referred to as ergs. Hoping to get an offer from a US University with an elite rowing team, I needed to get my 2km time below 7:30. Fortunately, the club had a personal trainer who was an indoor world rowing champion, Michel Pelletier who helped me reach my goal. Soon after I was rowing for Northeastern University in Boston, MA on a five year rowing scholarship!

A final memory which I cherish was the HCC Father Daughter Ball when I was 7 years old. Every year, I look at our Christmas Tree and an ornament my Mum made... a photo of my Dad and I all dressed up at the Ball! This holiday our tree will have a new ornament to celebrate Tokyo 2020 and I will think of how my journey to the Olympics included all these precious moments along the way.

Thinking back thank you so much Hollyburn...I can't wait for many more memories to come!



If you would like to connect with Madison you can contact her at madison.mailey@scotiawealth.com or check out her website madisonmailey.com

FEATURED MUSICIAN

Dane Calkins



Age: 14

Instrument: Piano

Number of years you have played your instrument?

I've played piano for about 10 years now with 19 recitals.

What is your biggest accomplishment in fine arts?

My biggest accomplishment in piano was when I learnt Sweet Caroline. Sweet Caroline was a huge jump in difficulty which made me practice the piano more often.

What would be your ultimate achievement?

My ultimate achievement would be when I am older and someone asks me to play something, I can play it right away or after a few days of practice.

Who is your role model in fine arts?

The reason I got into piano is because of my grandma's recommendations. She played almost all of her life and is good at piano.

Do you have any good luck rituals or superstitions?

Before every recital, I play my song one more time right before I leave for Hollyburn. This helps me make mental notes on areas I made a mistake on so that when I play my song at the recital I remember it and correct myself.

What is the best advice you have been given?

The best advice I've been given is to count the notes in my head to keep rhythm.

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

After I work on a song for a long time and perform it, people give me positive feedback on my performance and that makes me keep wanting to play the piano.

What is your favourite pre-performance meal?

I don't eat before performing. Maybe breakfast. Before recitals, I usually don't eat.

What are three essential items you bring to a performance?

I always make sure I take my sheet music with me, wear a suit, and bring someone to support me in the audience.

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

When I was younger, I wanted to work in my mom's chocolate business because she makes chocolate and I wanted to learn and make chocolate.

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

It's the same vision since grade 2.

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

I enjoy playing hockey and playing board games, like monopoly, with my family.

What challenge/competition would you like to participate in?

A music challenge would be attempting to write my own piano piece. In the future, I would like to attempt to write my own piano piece.

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

My favourite Hollyburn moments are when I have a piano recital, or I eat a meal at the bistro.

What do you want to be remembered for when you look back at your time in the fine arts program at Hollyburn?

I would like to be remembered as an inspiration for new students starting piano who hear me play and know if they continue playing piano, they could play as well as me.

From the Teacher:

Dane was my first student at Hollyburn when I started more than 4 years ago, and it has been a pleasure helping him grow into the music enthusiast he is today. His skills in rhythm, pitch, notation, and musicality have grown immensely in the last few years as well as his motivation for harder songs. His eagerness to perform at every recital (both online and in-person) is admirable for his age and his presence at the piano is full of confidence. Younger students always approach me to tell me his performance was their favourite. As his teacher, I hope that I have instilled a love of music in him, and my wish is that the piano remains a large part of his life well after his days at Hollyburn.

Nina Djokic



FEATURED ATHLETE

Marcus Zhou



Age: 12 **Sport:** Badminton

Number of years you have played your sport? 5 years.

What is your biggest accomplishment in your sport? I will represent Zone 5 to play in BC Winter Games in 2022 and I made it to quarterfinals at nationals.

What would be your ultimate achievement?
To win nationals and/or go to Pan Am games.

Who is your role model in your sport?
Kento Momota

Do you have any good luck rituals or superstitions? Listening to loud music before a game.

What is the best advice you have been given? To take every point calmly and not freak out if I lose a point.

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

I draw my inspiration from my family, more specifically my mom and dad for how hard they work and how they introduced me into sports.

What is your favourite pre-game meal?
Teriyaki chicken rice bowl.

What are three essential items in your sports bag? My rackets, my shoes, and my water bottle

When you were younger, what did you want to grow up to be? I think I wanted to be an astronaut or a YouTuber.

Do you still want to be what you mentioned in the last question, or do you have another vision? I would not like to be an astronaut but I would want to be either a graphic designer or a Pro athlete.

What other sports or activities do you enjoy in your spare time? I enjoy playing basketball and swimming. I also like to do some graphic design here and there.

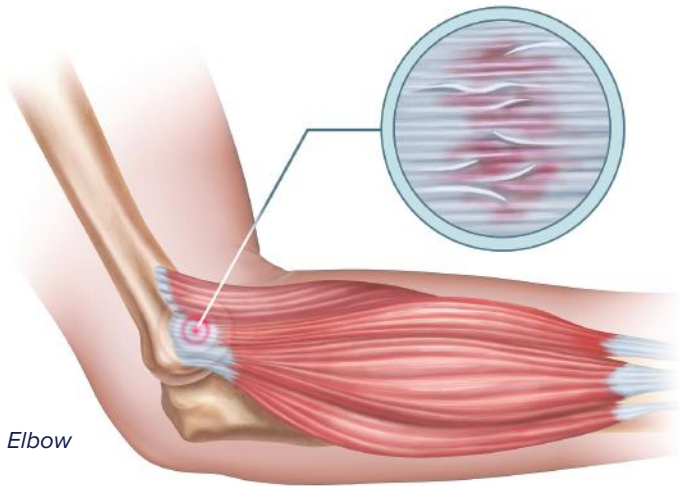
What tournament/challenge would you like to participate in? I would like to participate in nationals again or Pan Am games.

As a Hollyburn Member, what is your favourite Hollyburn moment? It would probably have to be the mother-son ball as it is a really fun event.

What do you want to be remembered for when you outgrow your sport at Hollyburn?
I want to be remembered for my sense of humour, my work ethic and my personality in general.

What is an RSI?

Repetitive Strain Injury



Repetitive strain injury (RSI) is a blanket term used to describe more than 20 disorders of the musculoskeletal system, including carpal tunnel syndrome, tendonitis and bursitis. RSI can affect anyone involved in work that requires frequent repetitive motion of the arms or hands. It is more likely to happen if these movements are combined with awkward posture and/or excessive force in work or leisure activities.

Many of these injuries can be prevented with improved work habits and posture (ergonomics). Ergonomics is an applied science directed at the design and arrangement of work tools and equipment to ensure products and environments are comfortable, safe and efficient for people to use.

Symptoms?

Numbness, tingling, sharp pain, dull ache, weakness, loss of grip strength and restricted mobility in the affected joints may be signs and symptoms of developing RSI. In its severest form, RSI can render people incapable of carrying out even simple tasks, at home and at work.

While most cases of RSI are treatable, it can recur and may become chronic without appropriate management. It is easier to prevent RSI than to 'cure' it. Individuals who feel they are at risk should take preventative measures before a serious RSI condition develops. Early diagnosis and treatment are vital to ensure recovery from the symptoms of RSI.

Prevention

The importance of RSI prevention cannot be over-emphasized. Making the right changes to your work habits could save you endless amounts of pain and disability.

Physiotherapists recommend these simple tips to help prevent RSI:

- Maintain correct posture while working to reduce strain on joints;
- Have your workstation evaluated to make sure it is ergonomically correct for you;
- If your work involves heavy activity, warm up before you start and do simple stretches during the day;
- Decrease excessive force in any activity. For example, avoid typing forcefully
- Change your posture often and take frequent breaks, alternating between sitting and standing when possible, especially if you have a sedentary job;
- Aim to be fit and healthy. Good muscle strength, flexibility and endurance help improve your body's ability to absorb repetitive strain; and
- Plan recreation that focuses on different activities than those you do at work. For example, if you're experiencing numbness in hands or wrists (carpal tunnel syndrome) try swimming or running rather than a racquet sport to reduce the amount and frequency of strain on those joints.
- Prevent discomfort and fatigue with simple stretches during the day.
- Stretching is an essential part of RSI prevention. However, if you already have symptoms, improper stretching can cause further damage. Talk to a physiotherapist to find what exercise is best for you.

How Physiotherapy Can Help

Physiotherapists are healthcare professionals skilled in evaluating, maintaining and restoring physical function. They can provide education to help prevent RSI and provide treatment to help relieve symptoms that have already developed.

A key component to an effective treatment plan is to identify and then alter or eliminate the situations that contributed to the onset of RSI.

A physiotherapist can advise you on modifications to your work environment or exercise technique as well as assist you in improving habits and postures. Specific strengthening and stretching exercises, combined with aerobic conditioning, may be part of the prescription to prevent recurrence of RSI.

Physiotherapy at Hollyburn

- Soft Tissue Treatment
- Joint Mobilization
- Intramuscular Stimulation
- Acupuncture
- Exercise Prescription

Book Physio Session

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



Melanie Prentice

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



Jay LeGuilloux

Registered Physiotherapist



Aly Huang

Registered Physiotherapist

Holiday Fatigue



Fatigue is a very common complaint and affects athletes of all ages, sizes and abilities. It is one of the most common complaints in the physician's office, with one in every four patients stating that fatigue is disrupting his or her life.

What is Fatigue?

Fatigue is a subjective condition in which a person feels tired before beginning an activity, lacks the energy to accomplish tasks requiring sustained effort and attention, and becomes unduly exhausted after normal activities. It can range from pervasive and overwhelming to subtle, felt only during all-out competition. Fatigue, as a symptom, is vague and can be wide-ranging in its implications.

What are the most common causes of fatigue? For the friends and family in our lives, it is obvious that the reason we are tired is the fact that we get up at 4:30 in the morning to exercise strenuously prior

to starting the work day. How would that have an impact? It is important to remember that the human body requires 7-10 hours of sleep in a 24 hour period. When there is not enough time, the first place typically cut back is sleep time. If you are getting up early to exercise, or staying up late, it is important to adjust your sleep time accordingly. If continuous sleep is not possible, a 20-40 minute nap during the day may help.

Insomnia

Sometimes the problem isn't lack of sleep, but the inability to fall asleep. Everyone has problems with insomnia at some time, typically associated with a change in the daily routine such as travel or a new job. Others have more persistent trouble sleeping.

There are a variety of causes for insomnia. These include illness, medications, or depression and should be discussed with a physician. Many times the exact cause of the insomnia cannot be identified. However, there are a variety of things to try in order to improve sleep.

It is important to go to bed at the same time each night and to get up at the same time each morning. Napping in the middle of the day should be avoided. A regular exercise routine should be followed and it may be of benefit to exercise in the late afternoon or early evening. At bedtime, the room should be dark and quiet and extremes of temperature should be avoided.

If you find yourself unable to fall asleep, after 30 minutes get up, do some quiet activity and return to bed when you are sleepy. Avoid caffeinated foods or beverages after 4 p.m. and remember that although alcohol is a sedative, it also prevents deep, restful sleep and should be avoided if sleeping is a problem.

Overtraining

An overlooked cause of fatigue in the athletic adult is overtraining. One of the hardest things for an athlete to do is rest. The mind set is to push harder to get stronger and faster. We forget that it is possible to get too much of a good thing, even exercise, and that rest is an important part of training.

Rest and Recovery

What is rest? Rest can be the time when no strenuous activity is performed such as in sleep time or days off. It can also be more active and involve low intensity exercise, allowing a small amount of increased blood flow to reach the muscles. Both types of rest allow recovery to occur.

Recovery is what the body does during rest periods to repair the damage to muscle cells after strenuous activity. If the body is given enough rest to allow adequate recovery, the body will completely repair the broken-down muscle cells and even build them up a little stronger, resulting in a stronger and faster athlete.

Balancing Act

Exercise needs to have a balance between training and recovery. If an imbalance occurs and is allowed to persist, overtraining results. The athlete, and those around them, will notice lingering fatigue, mood changes, irritability, altered sleep and persistent soreness. Performance in workouts or competition may deteriorate. Frequent respiratory illnesses or even an overuse injury may occur.

The cure for overtraining is rest. The more severe the problem, the more rest needed to fix it. This can be very difficult to do until illness or injury forces the rest to occur. Prevention can help the adult athlete avoid this problem. Programming rest into the training can help. It is also important to be aware of how the body is responding to training. Some, particularly those who are prone to overdoing it, find it beneficial to keep a fatigue score, ranking the cumulative "feel" during the day from 1-5. If this score goes up over days to weeks, it may be time to decrease the intensity of training. Another way to track overtraining is to measure morning heart rate. If the measured pulse increases progressively, it may be a sign that the body has not had ample time for recovery. Both the fatigue scale and the morning heart rate can be recorded in a training log.

It is also important for the adult athlete to factor in the outside stresses of real life, job and family. Anticipate times of increased stress and adjust the workout schedule accordingly.

There are many causes of fatigue in the athletic adult. It is important to listen to your body and heed your body's warning signs. It is also important to remember that unrelenting fatigue may be a sign of underlying illness and you should consult with your physician if this occurs.



John Ryan

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

SWIM TEAM

HURRICANES

QUARTERLY UPDATE



Our Swim Academy program has been so impressive this season! We have had 20 swimmers go through our Swim Academy 1 program since the start of the season with so much improvement in our introductory group. The swimmers have progressed through each swim skill, building a strong foundation by focusing on the basics. A handful of the swimmers have moved into our growing Swim Academy 2 program that builds on the skills from Swim Academy 1. The group is full of swimmers who began swimming last season and have really bought into being a part of the team. Swim Academy 2 moves the swimmers towards racing the 100m Individual Medley where swimmers swim a length of all four strokes. The Swim



Academy program has been led by our incredible Assistant Head Coach Annie Wolfe who has brought years of experience building high performance athletes to the club. Annie has made the program fun and rewarding for the swimmers. Our Swim

Academy attendance is better than ever which has been a major factor in their progression. The more swimmers are in the water, working on the right skills, the quicker they can perform those skills correctly and for longer distances. These motivated swimmers have also taken part in a lot of

team development meets and have been able to race against other teams in their first swim meets this season.

After swimmers graduate from our Swim Academy programs they move into our Monsoon Group. This group is also moving forward at a fantastic rate with a large group of fully bought in athletes. Swimmers in the Monsoon Group work on the same skills as Swim Academy but holding those skills for longer distances and in more racing environments. The main goal of the Monsoon Group is for swimmers to qualify for LMR (Lower Mainland Region) swim meets which means breaking four minutes in the 200m Individual Medley. We have already had two athletes this season break the four minute barrier for the first time with both Pippa McMillan and Ashley Yiu smashing the time at our Hollyburn Meet in November!



We are also so proud of the swimmers in our more competitive groups, Tsunami, Typhoon and Pursuit. The swimmers have been able to return to fairly normal swim meets this season after a year and half of racing in

house. Our swimmers have stepped up and done a tremendous job of improving at all levels. We look forward to championship meets happening again in 2022. We are very proud of our LMR Championships qualifiers – Cameron Chen, Saige Fiorvento, Garrick Gao, Phillipa Lotz, Pippa McMillan, Kareena Whitfield and Ashley Yiu. At SwimBC Divisional Championships, Hollyburn will be represented by Henry Brewster, Claire DeCoteau, Ashton Govier, Stella Harris, Brooke Johannson, Alessandra McCready, Rafael Wang, Tyler Winsborrow, Natalie Yu, Atria Zehtab and Marcus Zhou. We will have Henry Brewster, Josh DeCoteau, Tristan Govier, Stella Harris, Thea Masselink and Rafael Wang racing for us at SwimBC Provincial Championships. At national meets, we currently have Josh DeCoteau, Tristan Govier, Thea Masselink and Jessica Strong. More swimmers are close to qualifying at all levels of meets and it is so fun to see them putting all the work they do in practice into fast racing!



Fifteen new athletes have joined the team throughout the season and we are so excited to get more swimmers working together to achieve their goals. We have ongoing registration throughout the year, interested athletes should contact Assistant Coach Annie Wolfe at awolfe@hollyburn.org!



Brad Hutton
Head Coach
bhutton@hollyburn.org



Annie Wolfe
Head Assistant Coach
awolfe@hollyburn.org

BADMINTON



Julia Chen
Badminton Professional
badminton@hollyburn.org

ANNUAL COMMITTEE FEE

A mandatory \$25 committee fee will be billed to all badminton players for the season of 2021/2022. 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 Club News



After nearly two years of virtual online bridge we returned to live bridge in the Creekside room in November, much to the delight of all. The return included our Tuesday Supervised Play game and our Thursday Invitational Duplicate game with several special Thursday events.

We competed for the Sheila Roberston trophy on December 2. Ken Kaan and Homa Boustani emerged as the winners, bringing our 2021 trophy competition to a successful conclusion.

Then on December 15 we had our Holiday party with prizes and special treats at the coffee station. The prizes included a wine draw for all those wearing a Holiday hat or sweater.

Alas, then the OMICRON virus struck and we were forced to suspend our live bridge programs once again. We returned to virtual bridge with a year-ending game on December 30 won by Nancy Macdonald and Margaret Worthy.



Bridge Holiday Party



Stephen Beaton

Bridge Professional

bridge@hollyburn.org

2021 Trophy Winners

Mort Ferguson

Nancy Macdonald & Marg Worthy

Bell

Janice Avis & Kate Allard

Cam Cameron

Frances Finch & Janet Fleming

Sheila Robertson

Ken Kaan & Homa Boustani

Visit www.bridgeclubnews.ca for complete bridge results and news.



Figure Skating

Jingle Blades Competition

Twelve members of the Hollyburn Figure Skating Team participated in the 2021 Jingle Blades competition on Nov 27 and 28. In the team's first in-person event since March of 2020, our skaters were all eager to get back into the competitive environment. Although families and friends were not able to attend the event due to COVID-19 restrictions, the skaters want to thank them and also the coaches for their support. Overall, the team had lots of fun and our skaters are very proud of their performances!

Here are the results from the competition: (Skaters in STAR 1, 2 & 3 received a ribbon and a report card corresponding to their achievement. STAR 4 skaters were ranked and received a report card showing individual element assessments/tests.)

Star 2

Gracie Griffiths	SILVER
Caitlyn Johnson	BRONZE
Zoe Pan	SILVER

Star 3

Kate Chan	GOLD
Lily Cipolla	SILVER
Katarina Cubric	SILVER
Scarlett Jando	GOLD
Keira McGladdery	SILVER
Emily Yip	GOLD

Star 4

Eden Hornor	6th place
Giahna Venier	9th place
Chanelle Yehia	12th place



Christmas Party

On December 10, we hosted our annual Christmas Party for the first time in almost two years! The skaters got to participate in their Secret Santa gift exchange as well as our traditional and very popular Extravaganza game!

As part of the Hollyburn Committee Holiday Initiatives, our team collected non-perishable food items for the local food bank. We are glad that we were able to help the less fortunate during the holiday season.



Diane Beudet

Skating Professional

figureskate@hollyburn.org



Joanne Sloman

Skating Professional

figureskate@hollyburn.org

Fitness Trends and Fads

Over the years, since fitness master Jack LaLanne opened the first 'modern gym' in the mid-1930s, we have seen so many trends and fads come and go. From Hula Hoops and Vibrating belts to Tae Bo, Jane Fonda and CrossFit, these modalities have helped shape many of the standard fitness workouts still around today.

At Hollyburn we have remained a constant for anybody and everybody to get an effective, safe and sometimes fun workout done! We have remained practical and accessible to all walks of life, creating a variety of Group Fitness classes that are 'all levels welcome' with inclusivity at top of mind. Purchasing equipment for the Fitness Centre that can be used by everyone, not just a select few that are strong enough, flexible enough or fit enough to use. We hire Personal Trainers that have 'specialties', like Mui Tai Boxing, Pilates, CrossFit, endurance trainers and Power Lifters. If you are looking for something specific for your Personal Training needs, we can guide you to the perfect trainer.

Our first priority in designing, programming and scheduling group classes is SAFETY. As we cater to a variety of bodies and abilities in every class, our tools in our toolboxes must be modifiable and safe.

Here are some examples of trends and fads in the Fitness Industry.

A former gymnast named Greg Glassman, began tinkering with ways to reach 'a nirvana state of gasping, near vomiting exhaustion that ring gymnasts had to overcome to dismount with a smile'. Thus, the birth of CrossFit.



A trend that most of you may remember is the Thighmaster...those commercials with Suzanne Sommers gushing 'every single time you squeeze thighmaster you strengthen and tone right where you need it.... squeeze, squeeze your way to shapely hips and thighs.'

A different example of a trend is the Spin classes with blackout blinds, flashing lights and heart pumping music to blow your eardrums. These crazed classes do crazy things that are not safe, like, light resistance with fast pedals (really fast pedals), standing up, push-ups on the handlebars. If you want to do upper body work in the form of push-ups...please, just get off the bike and do the good 'ol, safe, push-ups on the floor.

Over the years, we incorporate bits and pieces of trends and fads and leave out most of the extreme fads that really are just that, fads that do not last nor do they benefit your health. The theory behind a set group of moves, as many rounds as you can is beneficial, IF the moves are inclusive and able to be modified.

NO matter what your workout goal/routine is, we are here to provide the best fitness experience possible, not just the 'flash in the pan' trend or latest fad.



Shelley Grisbrook
Fitness Centre Manager
sgrisbrook@hollyburn.org



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

Mid-Way Successes

2021/2022

It felt great to be able to play, coach, officiate, and watch minor hockey games again! After the teams settled in through September into October, it became evident that all of our rep teams are playing at the same or at higher levels than prior to COVID-19.

U11 A1 – In the 2019/20 season, the team finished league play in 3rd place in Flight 2 with a record of 15-2-5. The team had 124 goals for and only 51 against. The team won the playoff banner for Flight 2. At the midway point this season, the U11 A1 team started the 1st half of the season with a record of 9-0-1 also in Flight 2. The team scored 88 goals for and only allowed 28 against. The strong play of the A1 team in the 1st half of the season has earned them a promotion to Flight 1 for the 2nd half of the season. In addition to a strong regular season record, the U11 A1 Huskies won silver at the Alberni Valley U11 Tournament at the end of November. Congratulations team!

U13 A1 – In the 2019/20 season, the team competed in Flight 4 and finished in 3rd place with a record of 12-6-4. This season, the U13 A1 team started in Flight 3 and finished the 1st half of the season with a 8-1-1 record. The team also leads the flight with 74 goals for and has allowed the fewest goals against (17). Because of their strong play, the U13 A1 team is also being rewarded with a promotion to Flight 2 for the 2nd half of the season. The U13 A1 Huskies also won the Victoria November Tournament.



U13 A2 – Hollyburn's A2 team at the U13 division typically plays in the lowest flight (8). This season the team is competing two flights higher (in flight 6) and finished the first half of the season in the middle of the pack with a record of 5-4-0. The team has also allowed the 2nd fewest goals against in their flight (26).

U15 A1 – The team is competing in the same flight this season as pre-Covid. However, despite losing some key players at the start of the season, the team has impressed everyone with their play and character and finished tied for 2nd place in Flight 3 with a record of 5-3-4. The team has scored the 2nd most goals for in the flight (48). The team is coached by Don Jamieson and Darrel Stanwood. Congratulations on your very strong play thus far.

U18 A1 – The U18 A1 team, coached by Huskies alumni Jono Ceci and Devon Krogh, sit at the top of Flight 1 with a record of 10-2. They lead Flight 1 with the most goals for (56) and the fewest goals against (25). In 2019/20, the team finished in the middle of Flight 2 and had earned their second-consecutive birth in the BC Hockey U18 Tier 2 Championships, only to have it canceled due to the Covid-19 lockdown. In 2018/19, the team won the BC Hockey U18 Tier 2 Championships in Vernon, BC, and are still the defending champions.



The above is proof that the association is stronger. There were many difficult decisions during tryouts this season and we have many good players on our “C” teams as well. Our U6, U7, U8, and U9 teams are also developing very well and are showing signs of very promising futures as well. Thank you to all the great coaches at our initiation and novice levels who help our players develop in a fun atmosphere 3 ice times each week!

Huskies Alum Coco Armstrong Drafted In WHL Draft

Congratulations to Cohen “Coco” Armstrong for being selected in the 7th round by the Spokane Chiefs in the 2021 WHL Bantam Draft. Coco was on the 2018/19 Pee Wee A1 team that won the bronze medal at the BC Hockey Pee Wee Tier 2 Championships in dramatic overtime fashion, hosted at Hollyburn. Coco works extremely hard and thrives by being pushed and challenged by his coaches. The last two seasons Coco has played academy hockey for Shawnigan Lake in the CSSHL league. Congratulations Coco for your continued success!

Successful Christmas 3-On-3 Tournament

It was great to host this tournament again! We missed the excitement and fast-paced play last season. Hockey coordinator Andrea Benac did a remarkable job creating a jam-packed schedule for 6 divisions (U6, U7, U8, U9, U13 Female, and U15 Female) while accommodating dozens of regular season scheduling conflicts. We received a lot of positive feedback from Hollyburn and guest teams alike. Thank you Andrea for creating such a fun and unique tournament this season!

Huskies Alum Jake Christiansen Called Up By Columbus Blue Jackets



Huskies alum Jake Christiansen was called up by the Columbus Blue Jackets for their December games in Seattle and Vancouver. Unfortunately, Jake didn't make his NHL debut on this call-up but did skate in the warm-up in Vancouver. Jake is having a successful 2nd season with the Cleveland Monsters (AHL). As a defenseman, Jake has 5 goals and 13 assists in 21 games. Jake started playing hockey at Hollyburn as a Cookie Monster and made the jump from midget hockey at Hollyburn right into the WHL as a 16 year old. Jake played 5 seasons in the WHL, all with the Everett Silvertips. He finished his 20-year old year with the most goals by a defenseman (22) and was named to the WHL Second All-Star team.



Captains Run in the Family

Every now and then, Hollyburn has siblings on different teams and divisions who both wear a letter. This season, Parinaz Mansour (U13 A2) and her younger brother Samer Mansour (U11 A1) both wore the "C". Samer was named captain of the U11 A1 team for the month of December. It was over 13 years ago that the Vancouver Canucks' goalie Roberto Luongo was named the team's captain. It made for a great photo that we just had to share!

Hockey Community Raises Over \$3,400 for Christmas Bureau

We wanted to thank the entire Hollyburn Huskies community for coming together and donating a total of \$3,410 to the Family Services of the North Shore Christmas Bureau. The donation was unexpected but very much appreciated. It will go a long way to helping families this holiday season. THANK YOU!

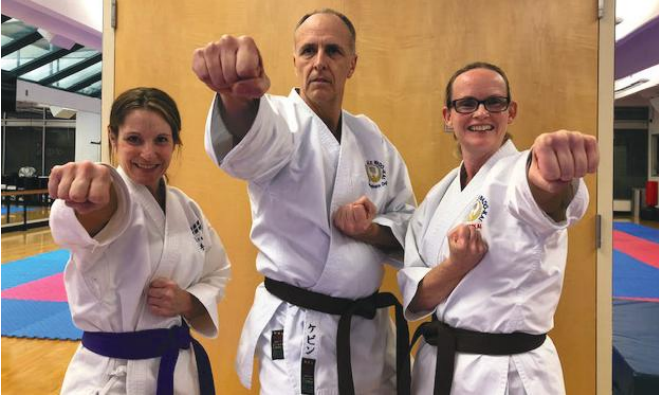


Adam Hayduk
Hockey Director
hockey@hollyburn.org



Andrea Benac
Hockey Coordinator
hockey@hollyburn.org

KARATE



BELT UPGRADE!

Cinda-Ann, Kevin & Beth with their hard earned Wado Kai Purple and Brown Belts



HAIYYAAAA!!

Rosalie & Lavinia Abramson showing off their skills in The Dojo



Peter Stoddart

Karate Professional

karate@hollyburn.org

Phone: 604.913.4575

MUSIC

Live Concerts Are Back

It was amazing having live concerts after two years at the end of November 2021. We had 80 performers (ukulele, guitar, bass guitar, drums, piano and voice) and over 300 people attending five concerts. It was a day of celebrating our students and listening to music from classical, Beatles and some Christmas tunes. Special thanks to all the teachers and their efforts to make this day safe and full of joy.

Students will have another chance to perform at the June concert.



Vlada Mars
Fine Arts Professional
music@hollyburn.org





Pickleball Coach Education

A National Coaching Certification Program

Pickleball Canada has recently launched Canada's first ever National Coach Education Program. The comprehensive program offers courses, resources, and professional development opportunities for people who not only love playing pickleball, but who want to help other people enter the sport and play it better. This includes local ambassadors committed to growing the game, instructors and coaches tasked with refining skills, and even club managers who need to plan and deliver great pickleball programming.

The program is recognized by Canada's National Coaching Certification Program (NCCP). The first step along the coach education pathway is the program called; Instructor 1: Introducing Pickleball. This 1.5 day course is focused on preparing instructors so that they can ensure that a new player's first experience with pickleball is safe, inclusive and incredibly fun. Participants will learn to manage groups, organize play and focus on key fundamentals so that new players are set up for success and go home sharing a passion for pickleball.

Congratulations to Stacie Graham and Tanya Scott who have completed the Level 1 course.

If you are interested in taking this course please RSVP to Jeff in the Pickleball office as we hope to bring this course to Hollyburn in 2022. No date has been set however if there is interest we will make it happen.



Jeff Boag

*Pickleball Coordinator
IPTPA Level 1 Coach*
pickleball@hollyburn.org
604.913.4525

RULES CORNER

Each year the USA Pickleball Association and the International Federation of Pickleball (IFP) makes adjustments to the official rules.

www.ifpickleball.org

Significant Rule Changes for 2022

Spin Serves

In 2022, a player can spin the ball before striking it on the serve, but only one hand at a time can contact the ball before the ball is hit. No foreign substances, material, apparatus, or additional body parts can be applied to the hand or aid the hand that releases the pickleball.

The Drop Serve

The provisional status of the drop serve has been removed. It is now a permanently accepted method to serve.

Did you know... you can let the ball bounce as many times as you'd like when using the drop serve.

Member Submissions

Would you like to contribute an article or pictures to the next edition of the View? We are always looking for new content, personal stories, tournament results and pictures of members playing, either home or away.



2022 55+ GAMES

Sep 13-17

Victoria B.C. will play host to the 55+ BC Games from Sept 13-17. Registration will commence March 1, 2022 and close mid June.

55plusbcgames.org

Clinic Recap

On Dec 5/6 Canada's #1 ranked pickleballer and World #5 was at Hollyburn to run clinics and game play analysis sessions. Two clinics for 3.0 and 3.5+ players took place with Steve taking the groups through drill sessions and technical aspects of becoming a better player. Steve is known for being a patient player on the pro tour who emphasizes the need to have strong, consistent, patient net play in order to reduce opponents chance of winning points and to ensure your game will continue to improve. With most of the clinic focused on dinking, players were run through a variety of drills and situations to ensure you and your partner can play smart, error free, pickleball. Thanks to all who attended and good luck with your new skills and knowledge.



HOLLYBURN SQUASH



Junior Squash Pathway

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

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

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

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



Squash Biometrics Data

At the 2018 Swedish Open top PSA Men's players were subject to a data trial using the 'MoTrack' System and also a secondary trial was conducted by the PSA with Sports Data Labs to assess player biometric data.

Tarek Momen of Egypt (current World #6) was tracked during a first round match with Matthew Castanet of France (current World #28) and the data collected showed that during the 97 minute match he covered almost 5km, struck the ball almost 1000 times and covered 48 meters on average during each point played. Tarek spent over 60% or over 60 minutes - in actual play.



To put these figures into perspective, during the 2017 Wimbledon Championships, the longest match recorded was a five set upset by Gilles Muller over Rafael Nadal in a 288 minute match. IBM SlamTracker showed Nadal covered 3645.1 metres during 389 points - an average of 9.4 meters per point. Tennis players are also allowed up to 25 seconds between points.

In comparison, Momen covered 4965.5 metres during the 100 points - an average of 48 meters per point. Momen also covered 1.3 km more than Nadal in a third of the time. Momen was in play for 60% of his match while Nadal was in play for 15% of his. Momen did not get much time to rest as 24 hours later he was back on court, once again emerging the victor vs Cameron Pilley of New Zealand (current World #20). Momen covered another 2.5km this time while striking the ball almost 500 times. Other data collected showed player heart rates regularly registering upwards of 190 BPM with squash players averaging 4 to 10 seconds between points.

Squash Committee Fee

The annual fee is charged to all players who take part in organized leagues, from our own Thursty League to the various singles and doubles city leagues and was applied to member accounts in late 2021. FULL memberships, give the individual access to participate in inter-club activities (ie. leagues and tournaments). Recreational Membership gives the individual ranking points for only in-house club activities.

Doubles Squash

Many call it the fastest moving racquet sport, some call it organized chaos, but one thing everyone calls it is great fun! With four players sharing the same court space it makes for endless exciting and creative rallies.

Join an exclusive club with access to play doubles squash as Hollyburn has 1 of 4 courts in the city.

Hollyburn Doubles Squash Intro Clinic

Thu Mar 31 | 6:00pm–8:00pm

Squash TV

SQUASHTV is the Professional Squash Association's broadcast arm and covers over 20+ PSA World Tour tournaments a season. You can buy a pass to watch the world's best live in action on a wide range of devices whenever and wherever you want.

Included in a SQUASHTV subscription:

- Live coverage of over 20 tournaments a season
- Extensive on-demand replays
- A huge archive that dates back to the 1980s
- A growing selection of coaching videos
- Daily highlights of all live tournaments
- Features and interviews with PSA stars

Simply go to SQUASHTV, select an annual pass and type the code SCBC60 in the 'promotional code' box.

Squash BC Tournament Calendar

www.squashbc.com/w/calendar

Feb 19-21 Junior Silver Series Events
Feb 25-28 BC Closed Championships
Mar 5-7 Junior Silver Series Events
Mar 18-20 BC Open Doubles Champs
Apr 8-10 BC Junior Closed
May 20-22 Whistler Squash Classic

Registration for all events is completed online.



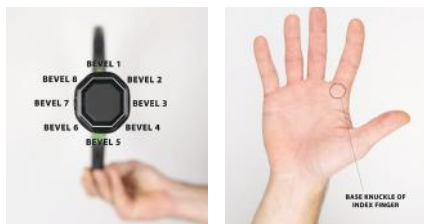
Jeff Boag

Squash Professional
squash@hollyburn.org

Volleying With a Continental Grip

I'd like to take this opportunity to go over the continental grip and why it should predominantly be used when volleying. A volley is when you are hitting the ball out of the air before it has hit the ground on your side of the court. A volley can be executed from anywhere on the court but most likely when you are at the net or approaching the net.

Let's first go over how to find the continental grip. The underside of your index knuckle should be on bevel 2 (right handed player). Please see diagram below.



Now let's go over the advantages of why the continental grip is the preferred grip when volleying:

1 You don't need to change your grip when switching from your forehand to backhand volley. This is important because when you are at the net you just don't have the time to do so. This will become more crucial as your level increases and you play against players who hit the ball at faster speeds or when you are playing doubles with all four players at the net.

2 The continental grip is the only grip that keeps the racquet face open on both forehands and backhands. This is important as you want to generate some backspin when you volley. Backspin is your control on the volley as it creates friction in the air allowing the ball to slow down and stay in the court. Backspin will also keep the ball low off the bounce making life more difficult for your opponent.

3 Using the continental grip makes things so much easier when volleying off a low ball. If you are volleying with an Eastern forehand grip (bevel 3) you will have a very difficult time receiving a ball that is below the net tape. If the ball is above the net tape then you can get away with an eastern grip. If you are playing a skilled opponent they will be hitting a lot of balls low or at your feet. In this situation an open racquet face can make the difference between a successful volley or one that hits the net.

4 You don't need to change your grip when serving and volleying. As we should also be serving with a continental grip it makes serving and rushing the net a lot easier. When serving and volleying things are happening really fast. Not having to change your grip when approaching the net will give you more time to focus on executing your first volley.

5 Injury prevention- A common injury when volleying is hitting a backhand volley with an eastern forehand grip. You can really do some damage to your wrist especially when hitting late or receiving a hard hit ball.

The switch to using a continental grip on your volley can sometimes be an intimidating process. I would recommend starting the change under the supervision of a trained professional. You also don't want to start working on a continental grip in the middle of your league or tournament season. Best to do it in the off season.

Good luck and don't hesitate to contact me with any questions.



Alex Korch

Tennis Director

akorch@hollyburn.org

Hotshots

Well done to all our juniors that competed in the Fall Hotshots tournament. It was a very festive event with lots of smiles and some great tennis.

Winners

Red Ball:

Orange Ball:

Green Ball:

Morgan De Voest

Athena Signorello

Mikhail Panagiotopolous



Green Hotshots



Orange Hotshots



Red Hotshots



Tennis BC U12 2 Star

HCC recently hosted a Tennis BC U12 2 star event. We had a very strong turnout from our HCC players. In an all Hollyburn final Catherine Racu beat Lily Molavi to take home the U12 Girls trophy. Another all Hollyburn final with Asher Littman beating Lucas Johnson for the Boys U12 trophy.



Junior High Performance Party

Our High Performance Juniors and Coaches had a year end wrap up party in the HCC Virtual Sports Lounge. It was great to get the whole team together off the courts for some bonding and good times.



Ladies Charity Round Robin

Thanks to all the Ladies and HCC Coaches that came out for this year's Christmas Charity Round Robin. All funds raised were distributed through the Hollyburn Angel Project to local charities.



2021 Junior Tennis Awards



Red Ball Boys	Ryan Fasihi
Red Ball Girls	Chelsea Lan
Red Ball Pro	Ben Davis
Orange Ball Boys	John Suda
Orange Ball Girls	Athena Signorello
Orange Ball Pro	Keon Molavi
Green Ball Boys	Eric Wang
Green Ball Girls	Mackenzie Stibbard
Green Ball Pro	Nika Ghaderi
Regular Ball Boys	Oscar Hunter
Regular Ball Girls	Hannah Hashemi
Regular Ball Pro	Lucas Johnson
Teen Squad Boys	Matthew Lede
Teen Squad Girls	Tara Danaei
Teen Squad A	Niko Panagiotopolous
Most Improved Boy	Will Brewster
Most Improved Girl	Lucy Oishi
Coaches Award Boy	Jack Davison
Coaches Award Girl	Heidi Chen
Top Helper	Mattias Negris

2021 Junior Tennis Awards



Junior Tennis Christmas Party

We had a great turnout for this year's Junior Tennis Christmas Party. Santa was playing some great tennis and all the kids had a blast!



CHILDCARE QUARTERLY UPDATE



HollyVilles Homemade Holiday



Alison Lea
Childcare & Youth Manager
alea@hollyburn.org



Sami Tajbakhsh
Childcare Supervisor
stajbakhsh@hollyburn.org

Mini Scholars Holiday Party



HCC Youth

Meet Your Youth Leaders



Sophia K

HCC since Feb 2019

Three things you might not know about me: (1) I have a second degree black belt in Taekwondo, (2) I am an only child, (3) I enjoy skiing at Whistler!



Amelia

HCC since Oct 2021

Three things you might not know about me: (1) I love to travel and explore new places and I enjoy visiting countries in Europe the most, (2) I also love the thrill and excitement of roller coasters and Go-Kart racing, (3) I enjoy baking delicious treats and foods and find the process quite fun!



Jacob

HCC since May 2021

Three things you might not know about me: (1) I love working with code to create robots in my spare time, (2) I have three chickens and a rabbit, (3) I partake in free style skiing!



Dylan

HCC since Sept 2021

Three things you might not know about me:

- (1) I play field hockey,
- (2) I have four siblings,
- (3) I did dance for 10 years!



Olivia

HCC since Oct 2021

Three things you might not know about me:

- (1) I play piano,
- (2) I have my boating license,
- (3) I like to cook!



Stephanie

HCC since Nov 2021

Three things you might not know about me:

- (1) I have been doing Karate since I was 7 years old,
- (2) I love playing with the little kids here at Hollyburn,
- (3) I want to be a foods and conditioning teacher in the future!



Sofia A

HCC since Aug 2021

Three things you might not know about me:

- (1) I love dogs more than cats,
- (2) I am an only child,
- (3) My favourite food is steak!



Alison Lea

Childcare & Youth Manager
alea@hollyburn.org



Katie Jarvis

Junior Youth Supervisor
youth@hollyburn.org

HCC Youth



Spring

Program Registration

PROGRAM REGISTRATION: Wed, March 2

Online Only

6:30am: Childcare

6:40am: Karate

6:50am: Hockey & Skating

7:00am: Youth

7:10am: Badminton, Squash & Pickleball

7:20am: Golf

Music - email music@hollyburn.org to book

AQUATICS: Thur, March 3

Online Only

6:30am: HCC Parent & Tot

6:40am: HCC Preschool

6:50am: Swim Kids 1-4

7:00am: Swim Kids 5-10

7:10am: All Other Aquatics Programs

7:20am: Aquatics Private Lessons - email cglass@hollyburn.org to book!

TENNIS: Fri, March 4

Online Only

6:30am: Playball

6:40am: Red Ball

6:50am: Orange Ball

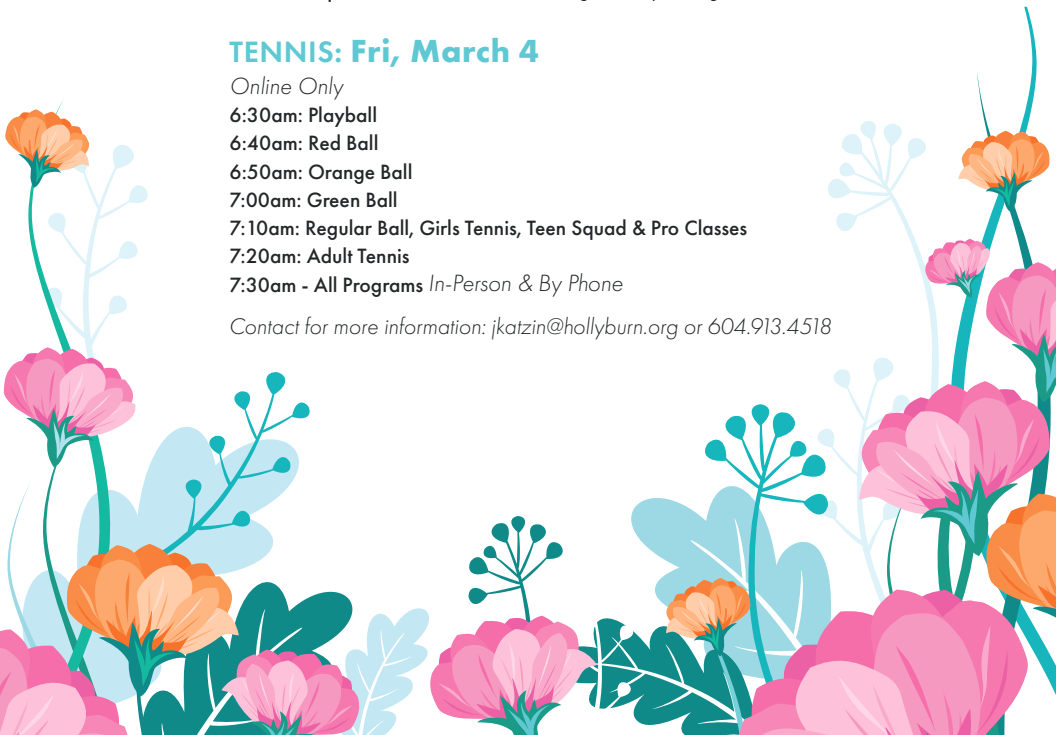
7:00am: Green Ball

7:10am: Regular Ball, Girls Tennis, Teen Squad & Pro Classes

7:20am: Adult Tennis

7:30am - All Programs *In-Person & By Phone*

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



Hollyburn Programs By Age

See department page for program details

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

AQUATICS



Callum Glass
Aquatic Coordinator
cglass@hollyburn.org



Patrick Rea
Aquatic Supervisor
prea@hollyburn.org

NO SWIM LESSONS

Friday, April 15
Saturday, April 16, May 21
Sunday, April 17, May 22
Monday, April 18, May 23

HOURS OF OPERATION

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

IMPORTANT REMINDERS

All children (regardless of swimming ability) under the age of 8 years must be accompanied in the water and within arm's reach of an adult over the age of 16, AT ALL TIMES. The adult to child ratio is 1:3.

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

The hot tub is closed to swim lesson participants Mon–Thu 3:45pm–6:15pm and Sat 9:00am–12:00pm. It remains open to members of the swim team as well as members aged 13+ or with an adult in the hot tub with them.

CANCELLATION NOTICE

As per House Rule 30, Members will be charged the full fee for all programs they register for unless 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 3rd at 6:30am (Parent & Tot), 6:40am (Preschool 0–5), 6:50am (Swim Kids 1–4), 7:00am (Swim Kids 5–10), and 7:10am (All other Aquatics Programs). Private lesson registration for all ages will open at 7:20am. No bookings will be accepted prior to the registration opening date and time. If a class is full, please do not hesitate to register on a wait list or contact the aquatic department to discuss your options. Registration for group programs can be done online through the Hollyburn Member website or through the Aquatic Coordinator, Athletic Coordinator, or Aquatic Supervisor. Private lessons can only be booked by emailing cglass@hollyburn.org. We will confirm private lessons on a first come first serve basis. To enable our Aquatic Coordinator time to coordinate instructors and organize appropriate class sizes the swim lesson online registration closes Sunday, March 20th at 11:55pm Registration after this time must be done directly with the Aquatics department at 604-913-4520. Members may not register for classes or switch lessons after the third week of the lesson set.

PRIVATE LESSONS

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

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

PRIVATE LESSONS

30 min \$35.00

45 min \$52.50

60 min \$70.00

SEMI-PRIVATE (2 participants)

30 min \$46.00 (\$23.00 each)

45 min \$69.00 (\$34.50 each)

60 min \$92.00 (\$46.00 each)

SMALL GROUP (3–5 participants)

30 min \$18.00 each

45 min \$27.00 each

60 min \$36.00 each

PROGRAM FAQ

Q: What programs does HCC Aquatics offer?

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

Q: We want to get our children into swimming, where do we start? **A:** Children under the age of 3 will start out in the HCC Parent and Tot program. At age 2, our Intro to Penguin classes give children a chance to challenge entry to unparented lessons. Preschool children (3–5 yrs) should start in Egg, and school aged children (5+ yrs) should start in Swim Kids 1.

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

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

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

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

HCC PARENT & TOT

PENGUIN & PARENT

4–36 mos

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

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

INTRO TO PENGUINS

2–3 yrs

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

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

HCC PRESCHOOL PROGRAM

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

EGG

2–3 yrs

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

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

EGG

3–5 yrs

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

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

HATCHLING

3–5 yrs

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

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

CHICK

3–5 yrs

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

LITTLE PENGUIN

3–6 yrs

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

BIG PENGUIN

3–6 yrs

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

EMPEROR PENGUIN

3–6 yrs

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

RED CROSS SWIM KIDS

5–14 yrs

This 10-level program for school aged children will help swimmers develop five swimming strokes (front and back crawl, elementary back stroke, breast stroke, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance with fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels. Listed below are some of the skills for the Red Cross Swim Kids levels (not all). Contact the Aquatics Department with any questions regarding your swim level. We are happy to arrange a 5-minute swim evaluation with one of our staff. Turn to the end of this section for program times.

SWIM KIDS 1

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

SWIM KIDS 2

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

SWIM KIDS 3

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

SWIM KIDS 4

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

SWIM KIDS 5

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

SWIM KIDS 6

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

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

SWIM KIDS 7

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

SWIM KIDS 8

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

SWIM KIDS 9

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

SWIM KIDS 10

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



LIFESAVING SOCIETY PROGRAMS

BRONZE STAR

Prerequisite: 12 yrs and ability to swim 200m

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, candidates develop problem solving and decision making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills.

Apr 16 & 17

Sat & Sun | 9:00am–3:00pm | \$118

BRONZE MEDALLION

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

Swim Kids 9 recommended

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, tows, and carries in preparation for challenging rescues. Rescues involve conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes CPR-A certification.

April 29–May 1

Fri 5:00pm–9:00pm

Sat 9:00am–5:30pm

Sun 9:00am–5:30pm

30 min lunch break included, but not charged

\$235 includes manual

BRONZE CROSS

Prerequisite: Bronze Medallion by First Class

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes CPR-B certification and is one of the prerequisite awards for all advanced Lifeguarding and Leadership training programs. For current high school students, this course is also worth two grade 11 credits!

May 13–15

Fri 5:00pm–9:00pm

Sat 9:00am–5:30pm

Sun 9:00am–5:30pm

30 min lunch break included, but not charged

\$200



YOUTH RECREATIONAL PROGRAMS

RED CROSS STAY SAFE!

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

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.

May 7

Sat | 10:00am–3:30pm | \$56

RED CROSS BABYSITTERS COURSE

11+ yrs

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

Jun 4 & 5

Sat & Sun | 1:00pm–5:00pm | \$80

NEW CPR-C & AED

13+ yrs

This quick course will train you in the skills necessary to manage cardiac arrest and choking for both adults and children. It also includes training in the use of automated external defibrillators (AEDs). Being able to help in an emergency at home or at work is a fantastic skill to have, and this course is a quick way to learn the basics.

Apr 10

Sun | 10:00am–3:00pm | \$62

NEW STANDARD FIRST AID CPR-C & AED

13+ yrs

This two-day course will teach you first aid and CPR skills. This is a great course if you would like to increase your knowledge on how to respond to emergencies at work or home. This course will teach you how to deal with airway, breathing, and circulatory emergencies and also covers the management of medical, musculoskeletal, and environmental emergencies. It is also a prerequisite of the National Lifeguard Service (NLS) course, so, is a great next step if you already have your Bronze Cross and want to become a lifeguard.

Jun 11 & 12

Sat & Sun | 9:00am–5:30pm

30 min lunch break included, but not charged

\$172 includes manual

NEW TO HOLLYBURN SWIMMING?

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

For those of you new to Hollyburn here is a conversion chart with the Red Cross Preschool levels and West Vancouver Preschool levels.

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

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

SPRING 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	Mar 28–Jun 20	Mar 29– Jun 21	Mar 30– Jun 22	Mar 31–Jun 23	Apr 2–Jun 25	Apr 3–Jun 26
	<i>(No class Apr 18, May 23)</i> 30 min = \$99.00 60 min = \$198.00	30 min = \$117.00 60 min = \$234.00	30 min = \$117.00 60 min = \$234.00	30 min = \$117.00 60 min = \$234.00	<i>(No class Apr 16, May 21)</i> 30 min = \$99.00 60 min = \$198.00	<i>(No class Apr 17, May 22)</i> 30 min = \$99.00
Penguin and Parent 4–36 months					11:00am–11:30am	9:30am–10:00am
Intro to Penguins 2–3 yrs				5:45pm–6:15pm	9:30am–10:00am 11:30am–12:00pm	
Egg 2–3 yrs			4:15pm–4:45pm		11:30am–12:00pm	
Egg 3–5 yrs	3:45pm–4:15pm 4:45pm–5:15pm	5:45pm–6:15pm	4:45pm–5:15pm	3:45pm–4:15pm	9:00am–9:30am 11:00am–11:30am	9:30am–10:00am
Hatchling 3–5 yrs	4:15pm–4:45pm	4:45pm–5:15pm 5:15pm–5:45pm	3:45pm–4:15pm 4:45pm–5:15pm	4:45pm–5:15pm	9:00am–9:30am 9:30am–10:00am	
Chick 3–5 yrs		3:45pm–4:15pm	5:15pm–5:45pm	4:45pm–5:15pm	9:00am–9:30am 9:30am–10:00am	
Little Penguin 3–6 yrs		4:45pm–5:15pm	4:15pm–4:45pm	4:45pm–5:15pm	10:00am–10:30am	
Big Penguin 3–6 yrs	5:15pm–5:45pm		4:45pm–5:15pm	5:15pm–5:45pm	10:00am–10:30am	
Emperor Penguin 3–6 yrs						
Swim Kids 1 & 2 5+ yrs	4:45pm–5:15pm x2	5:15pm–5:45pm x2	4:45pm–5:15pm	5:45pm–6:15pm	10:30am–11:00am x2	
Swim Kids 3 5+ yrs	4:45pm–5:15pm	4:45pm–5:15pm	3:45pm–4:15pm		10:00am–10:30am	
Swim Kids 4 5+ yrs	5:15pm–6:15pm	4:45pm–5:45pm	3:45pm–4:45pm	4:45pm–5:45pm	10:00am–11:00am	
Swim Kids 5 5+ yrs	3:45pm–4:45pm				10:00am–11:00am	
Swim Kids 6 5+ yrs	4:45pm–5:45pm	3:45pm–4:45pm		3:45pm–4:45pm	11:00am–12:00pm	
Swim Kids 7 & 8 5+ yrs		3:45pm–4:45pm	5:15pm–6:15pm	3:45pm–4:45pm	11:00am–12:00pm	
Swim Kids 9 & 10 5+ yrs	3:45pm–4:45pm				11:00am–12:00pm	

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

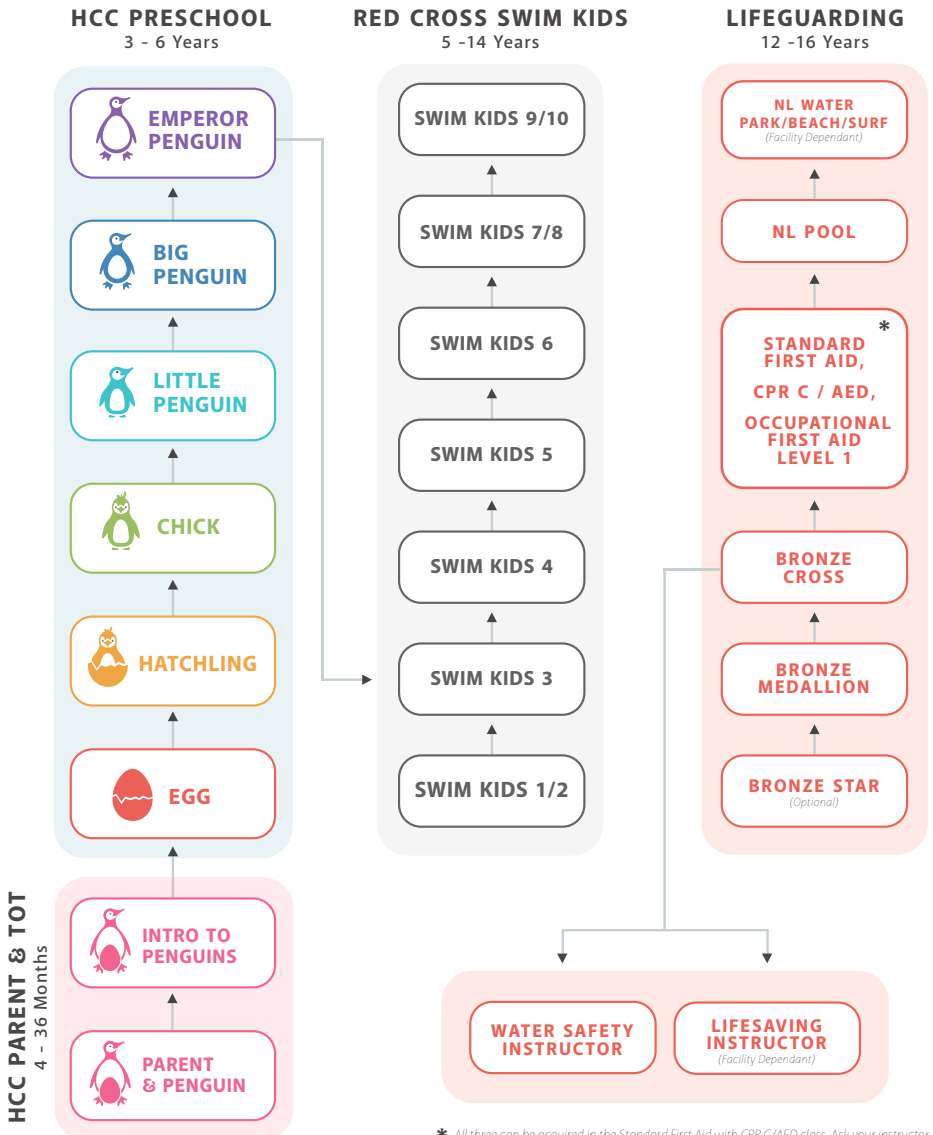
PRIVATE LESSONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mar 28–Jun 20	Mar 29– Jun 21	Mar 30– Jun 22	Mar 31–Jun 23	Apr 1–Jun 24	Apr 2–Jun 25	Apr 3–Jun 26
<i>(No class Apr 18, May 23)</i>				<i>(No class Apr 15)</i>	<i>(No class Apr 16, May 21)</i>	<i>(No class Apr 17, May 22)</i>
3:30pm–4:15pm (x2)	3:30pm–4:15pm (x2)		3:30pm–4:15pm (x1)	<i>*Any duration is available</i>	<i>*Any duration is available</i>	<i>*Any duration is available</i>
4:15pm–4:45pm (x2)	4:15pm–4:45pm (x2)		4:15pm–4:45pm (x2)		9:00am–10:00am (x5)	10:00am–12:00pm (x2)
5:15pm–5:45pm (x2)		5:15pm–5:45pm (x2)		3:00pm–7:00pm (x7)	10:00am–11:00am (x3)	10:00am–12:00pm (x2)
5:45pm–6:30pm (x4)	5:45pm–6:30pm (x3)	5:45pm–6:30pm (x3)			11:00am–12:00pm (x2)	10:00am–12:00pm (x2)

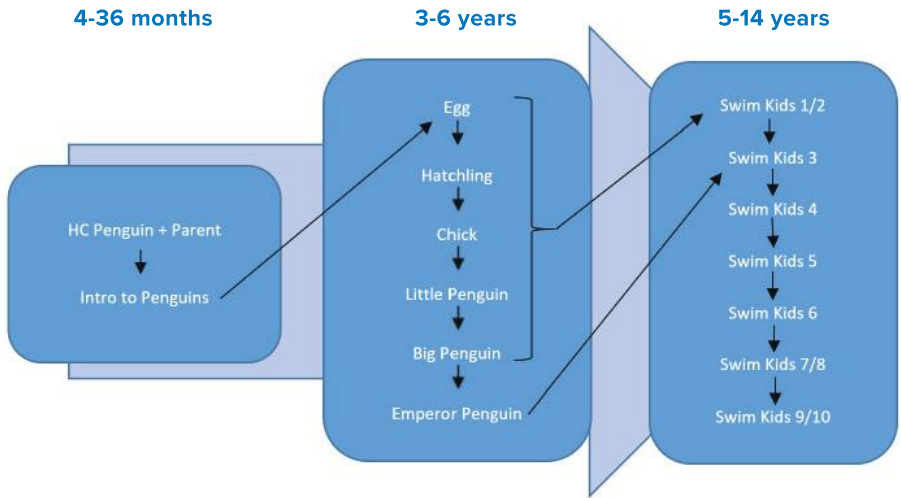
**Lessons Monday through Thursday may only be booked in the indicated times and durations.
Availability is limited by available pool space and may increase if group programs are cancelled*

HOLLYBURN PATHWAYS

AQUATICS



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



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

SWIM TEAM



Brad Hutton

Head Coach

bhutton@hollyburn.org



Annie Wolfe

Head Assistant Coach

awolfe@hollyburn.org

PRE-COMPETITIVE PROGRAMS

SWIM ACADEMY 1

6–9 yrs

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

Mar 28–Jun 23

Mon–Thu | 5:00pm–5:45pm

\$480 | Annie Wolfe

SWIM ACADEMY 2

7–10 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 28–Jun 23

Mon–Thu | 5:45pm–6:45pm

\$590 | Annie Wolfe

MONSOON

9–12 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

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

Sept–Jun

Mon Thu Fri | 3:45pm–5:00pm

Tue | 5:15pm–6:45pm

Sat | 8:30am–10:00am

\$230 | Annie Wolfe

CYCLONE CROSS TRAINING GROUP

11–18 yrs

Prerequisite four legal strokes and approaching 200m IM LMR standard

Cyclone 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 Cyclone Group will train twice a week with a group that fits their needs.

Sept–Jun

Mon Wed | 5:15pm–6:45pm

Fri | 3:45pm–5:15pm

\$190 | Brad Hutton

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

Tsunami Group

9–11 yrs

Prerequisite 200m IM LMR Standard and approaching SwimBC Divisional Standards
Swimmers in this group have made competitive swimming one of their focus sports and are committed to attending 4-5 sessions per week which includes dryland, yoga and mental skills. Athletes train through a detailed seasonal plan that targets their needs based on our athlete development model. Competitions are throughout BC and occasionally out of province.

Sept–Jun

Mon | 5:00pm–6:45pm
Wed | 5:15pm–6:45pm
Thu | 3:45pm–5:00pm
Fri | 3:45pm–5:15pm
Sat | 8:30am–10:00am
\$300 | 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 Tsunami. The focus will be preparing athletes for success at provincial and eventually national competitions.

Sept–Jun

Mon Wed | 3:45pm–6:15pm
Tue | 3:45pm–5:30pm
Thu | 4:00pm–6:00pm
Fri | 5:45am–7:30am
Sat | 6:45am–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 Wed | 3:15pm–6:15pm
Tue | 3:45pm–5:30pm
Thu | 4:00pm–6:45pm
Sat | 6:45am–9:30am
\$380 | Brad Hutton

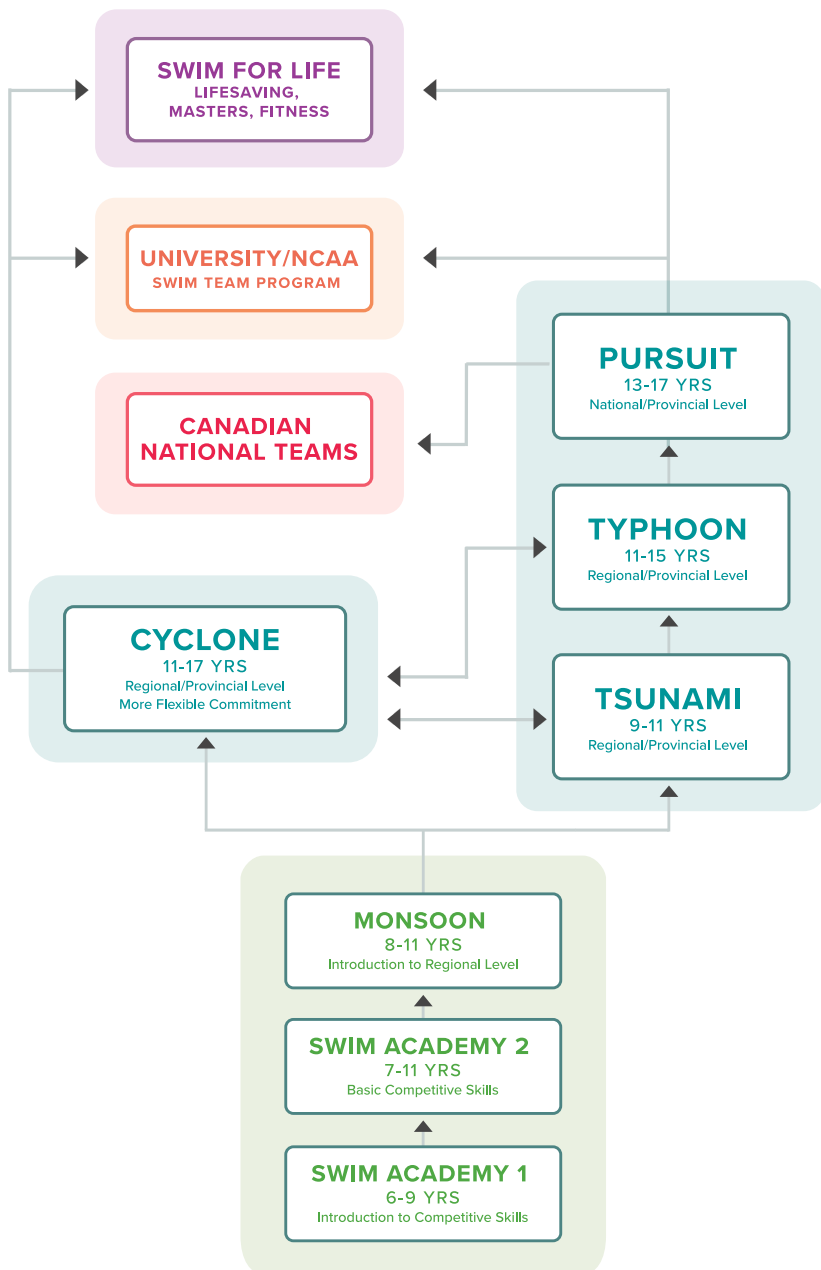
**Plus annual SwimBC registration & Team Development Fees for all prices*

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



HOLLYBURN PATHWAYS

SWIM TEAM



ADULT AQUATICS



John Ryan

Masters Swim Coach &
Adult Aquatic Coordinator
swimmaster@hollyburn.org

MASTERS

Apr 4–Jul 3, 2022

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, Aidan Joudrie, Janice Avon, Cullen Goodyear, Symun Pall, Josh Carter and Kimia Ameri.

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.

Apr 5–Jun 30

Tue & Thur

6:00am–7:00am or 7:00am–8:00am

\$208 (One hour coaching both days)

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 5–Jun 30

Tue & Thur

8:00am–9:00am (2 lanes)

or 9:00am–10:00am | \$208

SENIOR SWIM FIT

55+ yrs

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

Apr 5–Jun 30

Tue & Thu | 8:00am–9:00am (2 lanes)

\$208

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

Weekend training is a bit more relaxed and we tend to focus a little more on how to do flip/tumble turns, dives/starts and sprints.

Although it's a relaxed session we will still try to reach a goal of 3k - 4k by the end.

Apr 10–Jul 2

Sat | 7:30am–9:00am

Apr 10–Jul 3

Sun | 7:00am–8:30am & 8:30am–10:00am

"MASTERS LITE"

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

Apr 5–Jul 1

Mon, Wed, Fri

10:00am–11:00am | \$312

ADULT LESSONS

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

hit the pool and die after two laps". If this is you, I highly recommend a private one to one coaching lesson to identify and work on solving the issues in a safe and progressive manner.

ADULT PRIVATE LESSONS

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

(Evening weekdays and weekend times are available upon request)

AQUATIC REHAB LESSONS

WITH SYMUN PALL

Symun has been working in the Hollyburn aquatics department for the last 5+ years as a lifeguard/swim instructor and now aquatic leader. She recently graduated with a degree in Human Kinetics from UBC Okanagan. With her experience working as a kinesiologist she has been exposed to various injuries (shoulder, hip, knee, foot etc.) In combination with her aquatics background Symun can help provide a swimming lesson that can also be beneficial for a progressive rehab process. Contact: John Ryan at swimmaster@Hollyburn.org

AQUA FIT

18+ yrs

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

Apr 4–Jul 1

Mon, Wed, Fri | 9:00am–10:00am

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

NEW

AQUA FIT “HIGH INTENSITY”

18+ yrs

Not for the faint hearted. Our high-level aerobic workout will challenge your cardiovascular system, build muscle tone and improve your overall fitness.

Join our new adult aquatics program AquaFit “High Intensity”

Apr 4–Jul 1

Wed Only | 11:00am–12:00noon

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

MERMAIDS AND MERMEN

16+ yrs

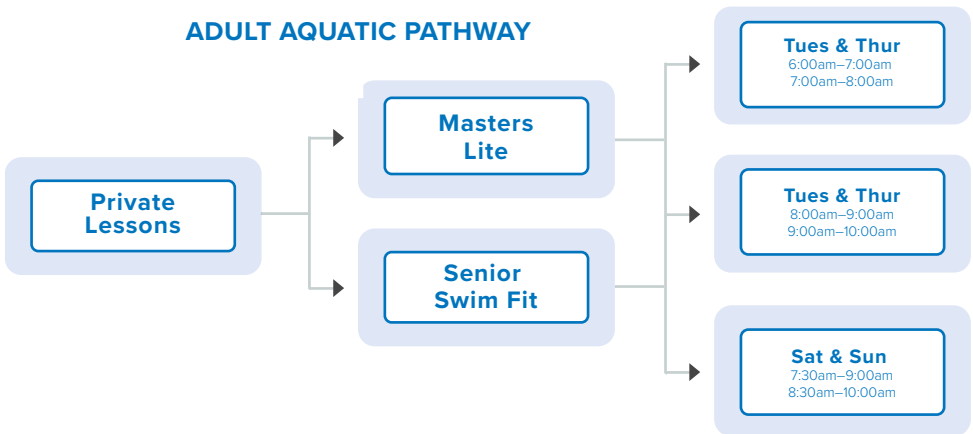
Come join Level 2 swim coach and personal trainer, Cullen Goodyear, for a swimming and fitness experience like no other. Learn to be fast, fluid, effortless and smart in the water. Basic knowledge of freestyle, backstroke and breaststroke is recommended.

Apr 5–Jun 30

Tue & Thu | 10:00am–11:00am

Drop in: \$16

ADULT AQUATIC PATHWAY



BADMINTON



Julia Chen
Badminton Professional
badminton@hollyburn.org

SPRING BREAK CAMPS

- Try to bring your own racquets;
- Don't forget your water bottle;
- Wear indoor court shoes and athletic attire.

BADMINTON SPORTS FULL DAY CAMPS

6+ yrs

Include 2.5 hours of instruction, badminton lesson, swimming, mini tournament, soccer and basketball. Supervised lunch in Bistro. (Lunch is not included in the 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.

Mar 14–18 & Mar 21–25

Mon–Fri | 9:30am–3:30pm

\$350/week, \$90/day

HALF DAY CAMPS

6 +yrs

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

Mar 14–18 & Mar 21–25

Mon–Fri

Morning Camp: 9:30am–12:00pm

Afternoon Camp: 1:00pm–3:30pm

\$225/week, \$50/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 to learn some basic racquet skills. Swing, bash, play, jump and

run -- it is a great way to learn hand-eye coordination while having tons of fun at a young age!

Mar 28–Jun 18

Mon–Thu | 3:45pm–4:30pm

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

BADGE PROGRAMS

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 in 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

Mar 28–Jun 18

Mon–Thu | 3:45pm–4:30pm

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

BADGE SILVER & GOLD

8 + yrs

Mar 28–Jun 18

Mon–Thu | 4:30pm–5:30pm

Sat | 10:00am–11:00am

\$280 (once a week) | \$380 (twice a week)

BADMINTON TEENS PROGRAM

12+ yrs

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

Mar 28–Jun 18

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.

Mar 28–Jun 18

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 if you are interested to play.

Fri | 3:30pm–4:30pm | Free

PRIVATE LESSONS

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 12 weeks (Mar 28–Jun 18)

Badminton: 3:45pm–4:30pm

Swim Lesson: 4:45pm–5:15pm*

Mon, Tues, Wed, Thu

\$250 (badminton lesson only)

**30 mins for most 3-5 yrs lessons & 60 mins for Swim Kids 4+, Please pick up your kids based on your kids swimming lesson time.*

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

Mar 28–Jun 18

Mon/Wed | 5:30pm–7:00pm | \$680

SKILL ENHANCEMENT & MATCH PLAY

Invited Players

Mar 28–Jun 18

Sat | 10:00am–12:00pm | \$580

NEXT GENERATION

by invitation

Mar 28–Jun 18

Mon & Wed | 5:30pm–7:00pm | \$680

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 lessons:
badminton@hollyburn.org

TUESDAY & THURSDAY BADMINTON NIGHT

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

LADIES' BADMINTON SOCIAL PLAY

A group of badminton ladies play regularly on Tuesday and Thursday morning. All are welcome to join this fun group! You will be surprised just how great of a workout badminton is.

Tue & Thu | 10:00am–12:30pm

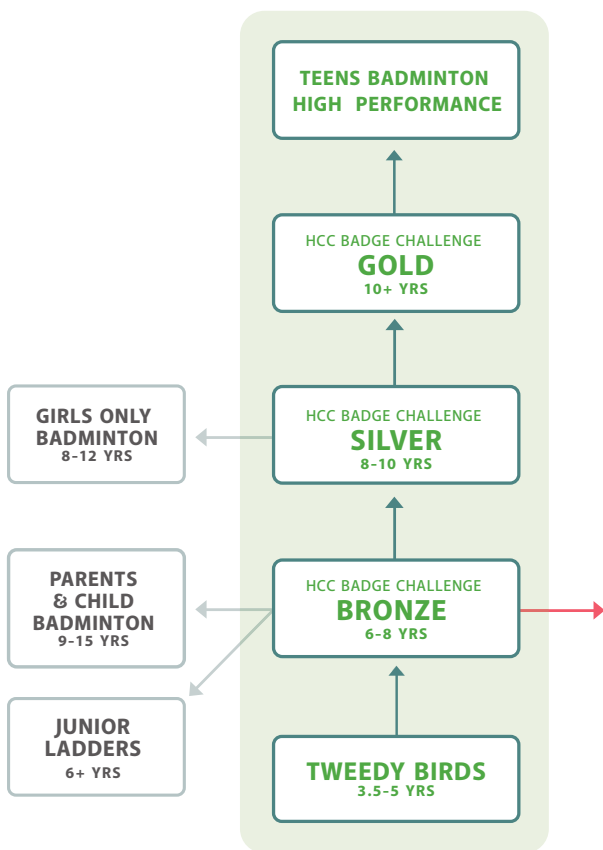
\$30 annual fee to cover shuttlecock cost

HOLLYBURN PATHWAYS

BADMINTON

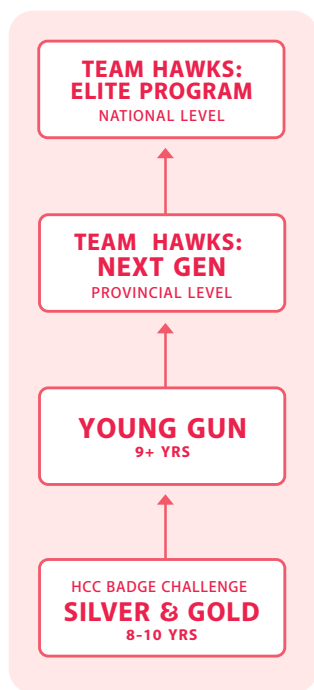
RECREATIONAL

High School and University levels



COMPETITIVE

Provincial and National levels



BRIDGE



Stephen Beaton

Bridge Professional

bridge@hollyburn.org

Our bridge programs are resuming step-by-step as we respond to members' interests and the changes in COVID-19 restrictions for indoor events. A February restart of some of our programs may be possible.

SUPERVISED PLAY

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

Mar 1–Jun 28

Tue | 10:00am–12:00pm

Creekside | \$7

Instructor: Stephen Beaton

INVITATIONAL DUPLICATE GAME

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

Mar 3–Jun 30

Thu | 9:30am–1:00pm

Creekside

Drop in: Member \$8 | Guest \$10

Director: Stephen Beaton

SOCIAL PLAY

Members who want to get together for an afternoon of social bridge are welcome to come to the dining room on Tuesday afternoon and use the bridge tables and supplies set up for their convenience.

Restart date TBA

Tue | 1:00pm–3:00pm

Dining Room | Free

OPEN DUPLICATE GAME

The Monday evening duplicate bridge game is sanctioned by the American Contract Bridge League and is not restricted to Hollyburn club members. The coffee station includes complimentary coffee, tea and cookies. Those without a partner can be accommodated if it does not create a half table.

Restart date TBA

Mon | 6:30pm–9:30pm

Creekside

Drop in: Member \$8 | Guest \$10

Director: Stephen Beaton



FIGURE SKATING



Diane Beaudet
Skating Professional
figureskate@hollyburn.org



Joanne Sloman
Skating Professional
figureskate@hollyburn.org

CANSKATE

BEGINNER LEVEL 1

3+ yrs

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

Mar 29–May 31

Tue | 3:30pm–4:15pm | \$200

Mar 31–Jun 2

Thu | 3:30pm–4:15pm | \$200

Apr 2–May 28 *No class Apr 16 or May 21*

Sat | 12:30pm–1:15pm | \$140

INTERMEDIATE LEVEL 2+3

4+ yrs

Prerequisite Level 1

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

Mar 29–May 31

Tue | 4:15–5:00pm | \$200

Mar 31–Jun 2

Thu | 4:15pm–5:00pm | \$200

Apr 2–May 28 *No class Apr 16 or May 21*

Sat | 1:15pm–2:00pm | \$140

ADVANCED LEVEL 4–6 & PRE JUNIOR FIGURE SKATING

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

Mar 29–May 31

Tue | 5:00pm–5:45pm | \$200

Mar 31–Jun 2

Thu | 5:00pm–5:45pm | \$200

Apr 2–May 28 *No class Apr 16 or May 21*

Sat | 2:00pm–2:45pm | \$140

PLEASE NOTE

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

PROGRAM REQUIREMENTS

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

CANCELLATION POLICY

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

FIGURE SKATING ICE SCHEDULE

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

Register with Joanne and Diane directly at 604.913.4524 or e-mail figureskate@hollyburn.org

HOLLYBURN PATHWAYS

FIGURE SKATING

STAR SKATE

(Figure Skate)

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

SENIOR FIGURE SKATE

STAR 3 - GOLD

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

JUNIOR FIGURE SKATE

STAR 1-3

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

CAN SKATE

(Learn to Skate)

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

PRE-JUNIOR CANSKATE

Level 5 & 6

2 X PER WEEK TRAINING. NO HOCKEY SKATES

CAN SKATE

Level 3 & 4

1 OR 2 X PER WEEK TRAINING

CAN SKATE

Level 1 & 2

1 OR 2 X PER WEEK TRAINING

PRESCHOOL SKATING

3yrs Min

GOLF



YOUTH VSL GOLF PROGRAMS

MINI GOLF

3–5 yrs

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

May 16 | Jun 6 | Mon

11:00am–11:30am | 11:30am–12:00pm

12:00pm–12:30pm | 12:30pm–1:00pm

Regular price: **\$12/session**

Mini Athletic price: **\$10/session**

WELCOME TO GOLF (JUNIOR)

6–9 yrs

Welcome to Jr Golf is an introductory program for children who have not yet or only experienced golf a few times. The objective of this is to learn fundamental movement skills and help build overall motor skills. The program focus is on fun and to introduce the basic skills required to play golf (Putting, Chipping, Full Swing). Following this program your child will have the confidence to try golf at the course or driving range. Maximum 6:1 instructor ratio.

Mar 14–17 (Spring Break Program)

Mon–Thu | 10:15am–11:00am

VSL and Turf | \$100

Instructor: Oliver Tubb

Apr 4–Jun 8 (No class Apr 18 or May 23)

Mon or Wed | 3:45pm–4:30pm

VSL and Turf | \$200 (Mon) | \$250 (Wed)

Instructor: Oliver Tubb

LEARN TO PLAY GOLF (JUNIOR)

10–13 yrs

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

Mar 14–17 (Spring Break Program)

Mon–Thu | 9:00am–10:00am

VSL and Turf | Cost: \$140

Instructor: Oliver Tubb

Apr 4–Jun 8 (No class Apr 18 or May 23)

Mon or Wed | 4:45pm–5:45pm

VSL and Turf

\$280 (Mon) | \$350 (Wed)

Instructor: Oliver Tubb

VIRTUAL GOLF COMBINED PROGRAMS

New! Virtual Golf Combined Programs

This term we are offering virtual golf programs for juniors and youth! These programs are perfect to combine with your favourite sport.

GOLF & SWIM

6–9yrs | Mon or Wed

Welcome to Golf: 3:45pm–4:30pm

Swim: 4:45pm–5:15pm or 6:15pm

GOLF & KARATE

10–13yrs | Mon

Learn to Play Golf: 4:45pm–5:45pm

Colour, Brown & Black Belt:

6:00pm–7:00pm

**NOTE: Register for each program separately. Transfers not available*

ADULT GOLF PROGRAMS

ADULT TRY-IT GOLF

18+ yrs

Are you curious about the game of golf or golf at Hollyburn. Join Oliver for a fun and informal introductory session in the VSL. Learn about the golf simulators, how they work, how to book them. Try out some swings, and ask questions on getting started in golf.

Mar 30

10:00am–11:00am *(Women Only)*

11:00am–12:00pm

5:00pm–6:00pm *(Women Only)*

6:00pm–7:00pm

VSL | \$20 *(60 min class)*

Instructor: Oliver Tubb

LEVEL 1–INTRODUCTION TO GOLF

18+ yrs

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

Apr 4, 11, 25, May 2

May 9, 16, 30, Jun 6

Mon | 10:00am–11:00am *(Women Only)*

VSL and Turf

\$200 *(4 x 60 min class)*

Instructor: Oliver Tubb

Apr 6, 13, 20, 27,

May 4, 11, 18, 25

Wed | 1:00pm–2:00pm

VSL and Turf

\$200 *(4 x 60 min class)*

Instructor: Oliver Tubb

Apr 6, 13, 20, 27,

May 4, 11, 18, 25

Wed | 6:00pm–7:00pm

Location: VSL and Turf

Price: \$200 *(4 x 60 min class)*

Instructor: Oliver Tubb

LEVEL 2–HAVE MORE FUN AND GET ON THE COURSE

18+ yrs

This is a four x 1 hour lesson program to improve your understanding of playing golf on the course. You will learn the different shots and techniques you should know in order to have success. A particular emphasis on how the different types of clubs (Driver, Irons, Wedges), importance of aim and choosing a target, along with basic strategies for short game and putting. Intended for golfers who have some experience on a course, although may or may not keep score. Max 4:1 golfer to instructor ratio.

Apr 6, 13, 20, 27,

May 4, 11, 18, 25

Wed | 7:00pm–8:00pm

VSL and Turf

\$200 *(4x 60 minute class)*

Instructor: Oliver Tubb

VSL GOLF PRIVATE LESSONS

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

FIRST LESSON

New Golfer Introductory First Lesson

60 min \$120

PRIVATE & SEMI PRIVATE

(one simulator)

Adult Member Private Lesson

(18+ yrs)

45 min \$100

Junior Member Private Lesson

(10–18 yrs)

45 min \$85

Adult Member Semi Private Lesson

(18+ yrs)

45 min \$65 pp

Junior Member Semi Private Lesson

(10–18 yrs)

45 min \$55 pp

**per person*

GROUP LESSONS

(both simulators)

Adult Member Small Group Lesson

(min 3 people required)

45 min \$75 pp

Adult Member

& Guest Small Group Coaching

(min 4 people required)

60 min \$75 pp

**per person*

OTHER OFFERINGS

Member Club Fitting

60 min (TBD)

Off site Nine Hole On

Course Playing Lessons

2.5 hrs (TBD)

Off Site Short Game or Putting lesson

60 min (TBD)

Corporate Event Bookings

(TBD)

**All details TBD*

VSL LESSON FAQ

What to expect from golf instruction at Hollyburn:

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

The golf simulators:

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

How many golfers can attend a lesson:

Lessons are available privately, semi-privately and in small groups, using one or both simulators.

How long are the lessons:

Your initial lesson is 60 minutes, and subsequent lessons are 45 minutes.

How do I book a lesson:

Please book your lesson by contacting Oliver at golfpro@hollyburn.org

Which days of the week are lessons available:

Availability may change week to week, but generally speaking lessons will be available at various times Monday to Friday.

I have never played golf before, can I still take a lesson:

Absolutely, a lesson is a great way to get started, and your instructor will help you build confidence and ensure you start golf the right way.

I don't have clubs, can I still take a lesson:

Yes, we have men's, ladies and junior sized clubs for you to use during lessons and simulator bookings in the VSL. Your instructor will discuss golf equipment and sizing for you, and your options for purchasing.

Do you offer on-course playing lessons:

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

Do you offer short game and putting lessons:

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

I am an accomplished player, will lessons in the simulator help my game:

To get the most from your instruction experience, bring your questions and observations from your play on the course. The simulator experience provides accurate feedback and precise data to help you and your instructor develop an improvement plan.

HOCKEY



Adam Hayduk
Hockey Director
hockey@hollyburn.org



Andrea Benac
Hockey Coordinator
hockey@hollyburn.org

KAIVO HOCKEY DEVELOPMENT

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 the speed of decision making, forcing players to have their head up, and developing peripheral vision like no other program does. Families have the flexibility to train with Kaivo on Mondays, Wednesdays, or both days. 11-week program.

Birth Years: 2013, 2014, 2015

Mar 28–Jun 8

Mon | 4:00pm–5:00pm

Wed | 4:45pm–5:45pm

Small Ice

\$425 one-day, \$795 two-days

Instructor: Kaivo Hockey

Birth Years: 2010, 2011, 2012

Mar 28–Jun 8

Mon | 5:15pm–6:15pm

Wed | 6:00pm–7:00pm

Small Ice

\$425 one-day, \$795 two-days

Instructor: Kaivo Hockey

Birth Years: 2006, 2007, 2008, 2009

Mar 28–Jun 8

Mon | 6:30pm–7:30pm

Wed | 7:15pm–8:15pm

Small Ice

\$425 one-day, \$795 two-days

Instructor: Kaivo Hockey

DEFENSE SKILLS

Birth Years: 2011–2013 & 2007–2010

These Friday skills sessions will focus on skating for defensemen, individual tactics and team defensive tactics. The focus is to teach young players backwards skating and transitional skills, gap control, pressure and containment, offensive and defensive support. 11 week program

Birth Years: 2011–2013

Apr 3–Jun 12

Sun | 6:05pm–7:05pm

Large Ice | \$350 | Instructor: Devon Krough

Birth Years: 2007–2010

Apr 3–Jun 12

Sun | 7:15pm–8:15pm

Large Ice | \$350 | Instructor: Devon Krough

COOKIE MONSTERS

3–5 yrs

A fun program that introduces the student to the game of hockey through skill training and adapted fun games that help develop skills needed to play minor hockey. Excluding Easter Weekend (April 4) and May long weekend (May 23). Wednesdays 11 sessions. Sundays 9 sessions.

Mar 28–Jun 8

Wed | 3:45pm–4:30pm

Sun | 9:30am–10:15am

Small Ice (Wed), Large Ice (Sun)

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

Instructor: Andrea Benac

U6/U7 SKILLS

Birth Years: 2015 & 2016

A fun program indented for Hollyburn Minor Hockey players who played at the U6 and U7 levels in 2021/22 season. Basic concepts and fundamentals including 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. Excluding Easter Weekend (April 4) and May long weekend (May 23). Tuesdays 10 sessions. Sundays 9 sessions.

Mar 29–Jun 5

Tue | 4:00pm–5:00pm

Sat | 12:00pm–1:00pm

Large Ice

\$275 (Tue), \$220 (Sat), \$395 (both days)

Instructor: tba

U8 SKILLS

Birth Year: 2014

For players born in 2014. Instruction will include skating, puck handling, passing, and shooting which will be practiced through drills and small area games. Excluding Easter Weekend (April 4) and May long weekend (May 23). Thursdays 10 sessions. Sundays 9 sessions.

Mar 31–Jun 2

Thu | 4:00pm–5:00pm

Sat | 1:15pm–2:15pm

Large Ice

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

U8, U9, U11 GOALIE DEVELOPMENT

This program is offered to the goalies of Hollyburn Huskies teams at the U8, U9, and U11 levels. Goalies will be grouped by age and skill level. There will be a maximum of 6 spots. The instructor to student ratio will be 1:3.

Apr 2–Jun 4

Sat | 10:15am–11:15am

Small Ice | \$200

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. 9 Sunday sessions.

Apr 3–Jun 5

Sun | 10:00am-10:45am (2015/2016)

Sun | 11:00am-11:45am (2014)

Sun | 12:00pm-12:45pm (2013)

Sun | 1:00pm-1:45pm (2011/2012)

Sun | 2:00pm-2:45pm (2009/2010)

Sun | 3:00pm-3:45pm (2007/2008)

Small Ice

\$225

POWER SKATING

To become a powerful athlete, specifically a powerful hockey player, there are several prerequisites needed to achieve high-performance. The goal of this program is to create 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.

Apr 1–Jun 3

Fri | 5:00pm–5:45pm (2014/2015)

Fri | 5:45pm–6:30pm (2012/2013)

Fri | 6:45pm–7:45pm (2010/2011)

Fri | 8:00pm–9:00pm (2007, 2008, 2009)

Small Ice | \$295

Instructor: Aaron Klatt

SHOOTING CLINIC WITH DON JAMIESON

Improve your shot technique and power with instruction from Don Jamieson.

Mar 29–Jun 9

Tue | 6:00pm–7:00pm (2013, 2014)

Tue | 7:15pm–8:15pm (2007, 2008)

Thu | 6:00pm–7:00pm (2011, 2012)

Thu | 7:15pm–8:15pm (2009, 2010)

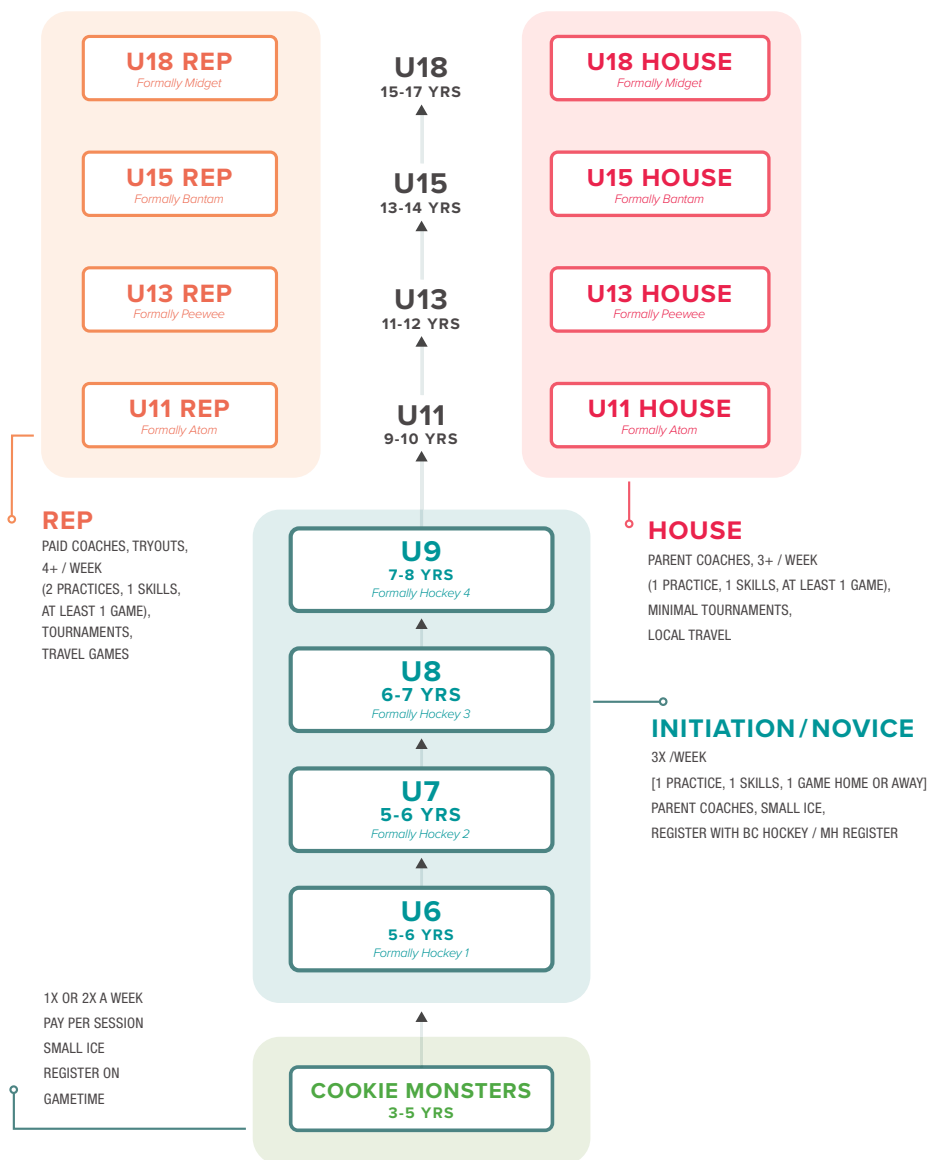
Small Ice | \$295

Instructor: Don Jamieson

HOLLYBURN PATHWAYS

HOCKEY

SEASON SEPTEMBER - MARCH



*COVID-19 safety planning may reduce the frequency of ice times in 2020/2021 as described above.

KARATE



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

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

MISSION STATEMENT

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

“A Confident Child is an Unstoppable Child”

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

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

Social Development

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

Discipline

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

Life Skills

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

Focus & Attention

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

IMPORTANT INFORMATION

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





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

Available from the Sports Boutique.

CANCELLATION POLICY

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

HOLIDAYS (NO CLASS)

Family Day: February 21

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 25 | May 30 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Regular price: \$12/session

Mini Athletic price: \$10/session

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.

Mar 28–Jun 17

Mon | 3:45pm–4:30pm & 4:45pm–5:30pm

Tue | 3:45pm–4:30pm

Wed | 3:45pm–4:30pm

Thu | 3:45pm–4:30pm

Fri | 3:45pm–4:30pm

**No class April 15, 18, May 23*

\$240 | \$200 (Mon) | \$220 (Fri)

COLOUR, BROWN & BLACK BELT KARATE

7+ yrs

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

Mar 28–Jun 17

Mon | 6:00pm–7:00pm

Tue | Wed | Thu | Fri

4:45pm–5:45pm

**No class April 15, 18 May 23*

\$246 | \$205 (Mon) | \$225.50 (Fri)

BROWN & BLACK BELT KARATE

7+ yrs

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

Mar 29–Jun 16

Tue | Thu | 6:00pm–7:00pm

\$246

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!

Mar 28–Jun 15

Mon | 1:00pm–2:00pm

Wed | 6:00pm–7:00pm

**No class April 15, 18, May 23*

\$246 | \$205 (Mon)

ADVANCE BROWN & BLACK BELT TRAINING

*Brown belt or higher

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

Apr 2–Jun 4

Sat | 10:00am–12:00pm

**No class April 16, May 21*

\$320.00

SPRING BREAK PROGRAMS

LITTLE NINJAS

4–6 yrs

The Little Ninjas spring break sessions will focus on improving preschool age children's basic motor and listening skills. Creative, fun team & individual games that develop eye hand coordination, reaction and timing are important elements in this program and it's a great way to get them ready for the real thing.

Mar 14–17

Mon–Thu | 9:30am–10:15am | \$80

COLOUR, BROWN & BLACK BELT KARATE

7+ yrs

Spring classes for Karate will focus on discipline, self-control, confidence and physical fitness. Perfect for active youngsters who need an energetic outlet! Advanced moves and counters are commonly practiced in this class.

Mar 14–17

Mon–Thu | 10:30am–11:30am | \$82

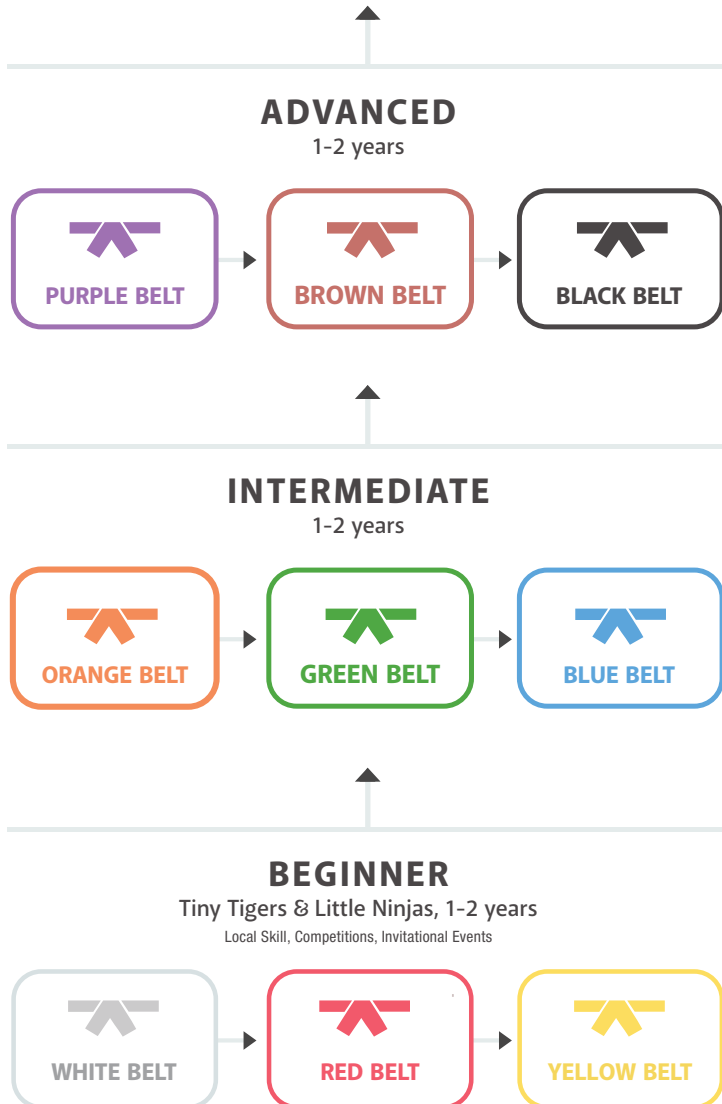
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULTS 1:00pm–2:00pm					ADVANCE BROWN & BLACK BELT 10:00am–12:00pm
LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	LITTLE NINJAS 3:45pm–4:30pm	
LITTLE NINJA 4:45pm–5:30pm	COLOUR, BROWN & BLACK BELTS 4:45pm–5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm–5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm–5:45pm	COLOUR, BROWN & BLACK BELTS 4:45pm–5:45pm	
COLOUR, BROWN & BLACK BELTS 6:00pm–7:00pm	BROWN & BLACK BELTS 6:00pm–7:00pm	ADULTS 6:00pm–7:00pm	BROWN & BLACK BELTS 6:00pm–7:00pm		

HOLLYBURN PATHWAYS

KARATE

COMPETITIONS

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



PICKLEBALL



Jeff Boag

Pickleball Coordinator
IPTPA Level 1 Coach
pickleball@hollyburn.org
604.913.4525



BEGINNER 101 'LEARN TO PLAY' CLINIC

This one time clinic is all you need and you will be ready to confidently play games. During the clinic you will learn everything from the grip to ball striking techniques, serving, return of serve, net play and court movement. We will even mix in a bit of strategy. We will also go over paddle construction giving you the knowledge to purchase your own and we will end with a few minutes of game play to allow you to practice the scoring and court positioning elements of the game. Paddles and balls provided.

Apr 3 | May 1 | Jun 5
Sun | 10:00am–11:30am
\$35/player

BEGINNER 201 SKILL DEVELOPMENT CLINIC 2.5-3.0

A follow up to the Beginner 101 Clinic that will help you become more confident with game play and reinforce the basics. Each session will be customized to meet the needs of the participants.

Apr 10–24 | May 8–29 | Jun 12–26
Sun | 10:00am–11:30am
\$99/player

INTERMEDIATE CLINICS 3.0-3.5

Are you looking to improve your game? Do you feel like you are stuck and haven't improved? Are you making the same mistakes over and over? Are you unsure of what strategy or what shots to play at various times of the rally? Are you unsure where to be on court at certain times?

The intermediate program will work through all these areas and help you to become a better, more consistent and confident player.

Apr 5–26 | May 3–24 | Jun 7–28
Tue | 5:45pm–7:15pm | \$99

DAYTIME SKILLS + GAMES

Develop your skills with a few drills, then put them to the test during game play with instant feedback and analysis.

2.5–3.5 (Green/Blue)
Apr 5–26 | May 3–24 | May 31–Jun 21
Tue | 12:30pm–2:00pm | \$80

2.5–3.5 (Green/Blue)
Apr 7–28 | May 5–26 | Jun 9–30
Thu | 12:30pm–2:00pm
\$80

MEN'S, WOMEN'S & MIXED LEAGUES— OUTDOORS

Test your skills each week with competitive match play. A maximum of 16 players on 4 courts each session with 3 matches guaranteed. Register with or without a partner. No partner, no problem... select on site from the remaining players.

Location: Outdoors.

Schedule: Starting in June—weather permitting.

Weekly registration is required and available 7 days in advance of each session. Various formats from round robins, rotating partners, ladder courts, game play and match play.

MEN'S LEAGUE 3.0+

Jun 6–27

Mon | 5:00pm–7:00pm

\$10/week

WOMEN'S 2.5+ DAYTIME SOCIAL LEAGUE

Jun 8–Jun 29

Wed | 9:30am–11:00am

\$10/week

WOMEN'S LEAGUE 3.0+

Jun 9–30

5:00pm–7:00pm

Thu | 5:00pm–7:00pm

\$10/week

MIXED 2.5+ DAYTIME SOCIAL LEAGUE

Jun 7–28

Thu | 9:30am–11:00am

\$10/week

JUNIOR PICKLEBALL

10+ yrs

Develop your game through a combo of skill development, target practice, ball machine use and game play. Players will be matched based on skill. Paddles and balls provided.

Monthly registration is required.

Apr 3–24 | May 1–29 | Jun 5–26

Sun | 1:00pm–2:30pm | \$80

Apr 7–28 | May 5–26 | Jun 2–23

Thu | 5:45pm–7:15pm | \$80

SOCIAL PLAY

These sessions are open to all players looking for game play. They are member organized with the goal to provide an opportunity for active social play with new partners, vs new opponents and all without having to organize players in advance. Please register each week to secure a spot. Registration for each group opens online 7 days in advance.

SCHEDULE

Mon 10:00am–11:30am

Mon 7:45pm–9:45pm: 50+

Wed 9:00am–10:30am

Wed 7:45pm–9:45pm

Fri 10:00am–11:30am

Fri 7:45pm–9:45pm: Competitive 3.5+

COURT BOOKINGS

Throughout the week those who wish to play have the opportunity to book a court in the gym or outside. These courts can be booked 7 days in advance and can be used for singles or doubles play. A minimum of 2 names are required for each booking.

To view the available indoor court times please look under the 'GYM' tab in GameTime, for *outdoor times please refer to the 'PICKLEBALL' tab.

**If you book outdoors and it rains, there is no indoor court set aside as backup.*



GROUP / BIRTHDAY PARTIES / CORPORATE BOOKINGS

A great way to enjoy the outdoors and spend time with friends or co-workers. Advanced group bookings are available for special events, birthday parties and corporate events. Contact the pickleball office for available times and prices. Paddle and ball packages are available for rent. Request a coach to be court side to provide a mini rules clinic, organize players through a round robin or mini tourney. Option to add a food and beverage component. Reserve your date and book your summer event now. Please email Jeff, pickleball@hollyburn.org

THE LOBSTER!

The 'Pickle' by Lobster is a full-featured Pickleball machine that outperforms all others on the market. It throws balls up to 60 mph and offers both heavy top and backspin. The large hopper holds an impressive 135 pickle balls and the pickle by Lobster can challenge you for up to 4 hours per charge, allowing you to master shots like the dink, drive, lob, and groundstrokes—taking your game to the next level.

For a great workout, the random oscillation will make you focus on your footwork, while the sky-high lob capability will keep you on your toes, improving any weak area of your game.

The Lobster is available for members to reserve with an annual membership.

Ball Machine Annual

Family Membership: \$150

One time rental fee: \$15

INTRO SESSIONS

A complimentary intro session must be attended prior to booking. Intro sessions are available at the following times. Register online using GameTime.

Sun | Apr 3 | May 1 | Jun 5

9:00am–10:00am

BALL MACHINE CLINICS

Repetition builds consistency and confidence while allowing players the opportunity to add new skills to their game.

Apr 3–24 | May 1–29 | Jun 5–26

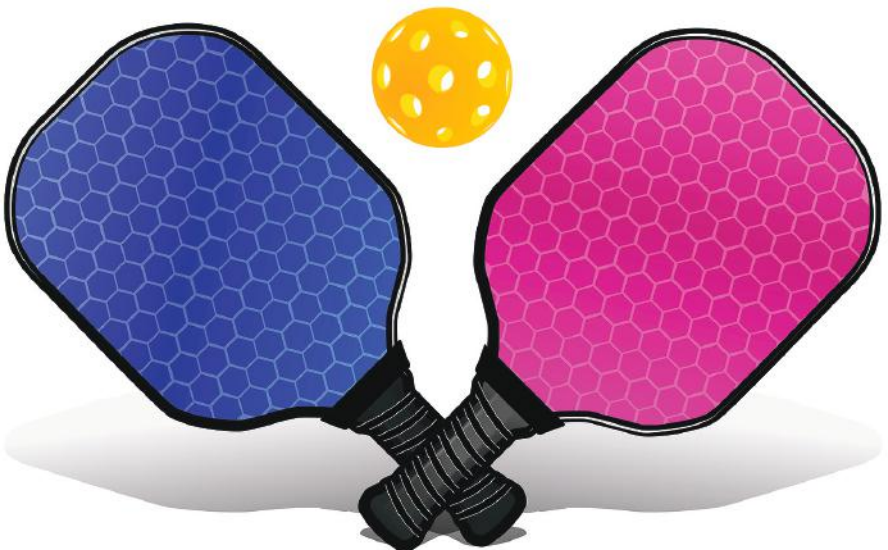
(no session May 22)

Sun | 11:30am–1:00pm | \$80

Apr 7–28 | May 5–26 | Jun 2–23

Thu | 5:45pm–7:15pm

\$80





PLAYER RATINGS CHART

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

GREEN: *Beginner/Low Intermediate*

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

BLUE: *Intermediate*

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

RED: *Advanced*

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

BLACK: *More Aggressive*

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





Jeff Boag
Squash Professional
 squash@hollyburn.org

JUNIOR PROGRAM

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

There are a variety of squash balls, (EZ, red/orange/green/single and double dot) each with a unique bounce rate that are designed to promote longer rallies, greater strike success rate and increased improvement for today's youth. Squash is an active, social sport thus social, emotional, problem solving and physical development are natural components of each session.

TEAM TRAINING

8+ yrs

Bring your entire hockey team to a weekly session of skill and game play. Contact the squash office at squash@hollyburn.org for details and to arrange your weekly session(s). During the spring term a mini tourney will take place within your group with an option to play against players from other clubs.

MINI SQUASH

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 program. This class is beneficial to those considering participation in Tiny Tots. Take the intro as a test drive and start the Tiny Tots program the following week.

Apr 11 | May 2 | Mon

**11:00am–11:30am, 11:30am–12:00pm,
 12:00pm–12:30pm, 12:30pm–1:00pm**

Mini Athletic price: \$10/session

Regular price: \$12/session

TINY TOTS

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. The Squash Centre provides an excellent environment for parents to view up-close their child's class.

Apr 5–May 10 | May 17–Jun 21

Tue | 11:00am–11:40am | \$150

Apr 7–May 12 | May 19–Jun 23

Thu | 11:00am–11:40am | \$150

JUNIOR RED BALL

5–6 yrs

A class focused on improving gross motor skills and building confidence in striking the ball while laying the foundation for success in the later years of sport. At this level we will use the Mini Squash Red Ball and transition into the Orange Ball. Special spring offer - attend a second class and receive a starter package including a junior racquet, eye-guards and a carry bag.

Apr 4–Jun 20

Mon | 3:30pm–4:15pm | \$220

Apr 5–Jun 21

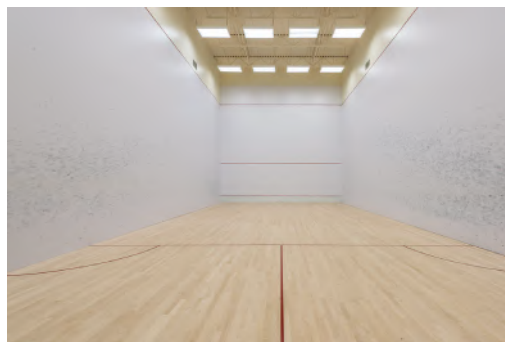
Tue | 3:30pm–4:15pm | \$240

Apr 6–Jun 22

Wed | 3:30pm–4:15pm | \$240

Apr 7–Jun 23

Thu | 3:30pm–4:15pm | \$240



JUNIOR ORANGE BALL BRONZE LEVEL

6–9 yrs

Games, games and more games. Plenty of on court games and challenges to encourage skill development and to build confidence. At this level we will use the Mini Squash Orange Ball and transition into the Green Ball. Registration includes a beginner racquet package, youth eye-guards, ball and carry bag.

Apr 4–Jun 20

Mon | 4:15pm–5:00pm | \$220

Apr 5–Jun 21

Tue | 4:15pm–5:00pm | \$240

Apr 6–Jun 22

Wed | 4:15pm–5:00pm | \$240

JUNIOR GREEN BALL —SILVER LEVEL

8–12 yrs

Players at this level are focused on game play and skill development in either a recreational or competitive format. Two days is recommended for rec players and required for comp players. New players are welcome and will mix in with returning players based on skill level. Participants will use the green ball or single dot ball and transition into the double yellow dot ball.

Apr 4–Jun 20

Mon | 5:00pm–6:00pm | \$230

Apr 6–Jun 22

Wed | 5:00pm–6:00pm | \$250

TEEN SQUASH

13–18 yrs

All games, all the time. Bring your friends and get ready for plenty of on court action.

Beginners welcome. Racquets and eye-guards provided as necessary.

Apr 4–Jun 20

Mon | 5:00pm–6:00pm | \$230

Apr 6–Jun 22

Wed | 5:00pm–6:00pm | \$250

JUNIOR TEAM—GOLD LEVEL

9+ yrs

Join the Junior Team where we will train together and support one another at local tournaments. Junior Team requirements include two group sessions plus a minimum of one private session each week and attendance at local area events which range from one to three day weekend commitments. To join 'the Team' contact the squash office directly for registration and more details.

ADULT PROGRAMS

BEGINNER—LEARN TO PLAY

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

- Serving & return of serve
- Swing technique
- Various angles & shot making options
- Movement and court positioning

* Special Spring Bonus - Manta racquet included!

Apr 3–24 | May 1–29 (No class May 22)

Sun | 9:00am–10:00am | \$199

SKILLS CLINIC + GAME PLAY

Jump start your skill development through a variety of drills with plenty of game play to follow during the drop-in.

Apr 5–26 | May 3–24 | Jun 7–28

Tue | 5:00pm–5:45pm

\$80 Monthly | \$25 Drop-In

DROP IN

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

Apr 5–Jun 28

Tue | 5:00pm–6:30pm | Free

WOMENS DAYTIME SOCIAL LEAGUE

Calling all current and former ladies squash players. Time to get on court and get your heart pumping for a great cardio workout. Improve skills with a few drills and plenty of game play. Beginners welcome.

Apr 7–Jun 23

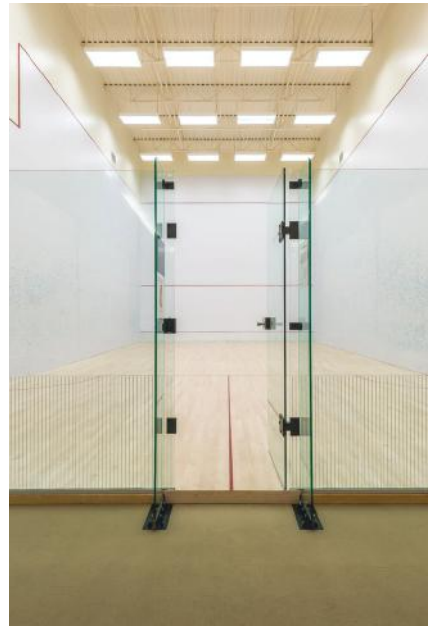
Thu | 9:30am–11:00am | \$150

THURSTY SPRING LEAGUE— SINGLES

Choose from multiple 5-week cycles throughout the squash season. Select the cycle(s) you prefer and sign up. Each cycle, you will be placed with 5 other like-skilled players and each week you will have a start time and an opponent to play.

Apr 7–May 5 | May 12–Jun 9

Thu | 5:30pm–7:30pm | Free



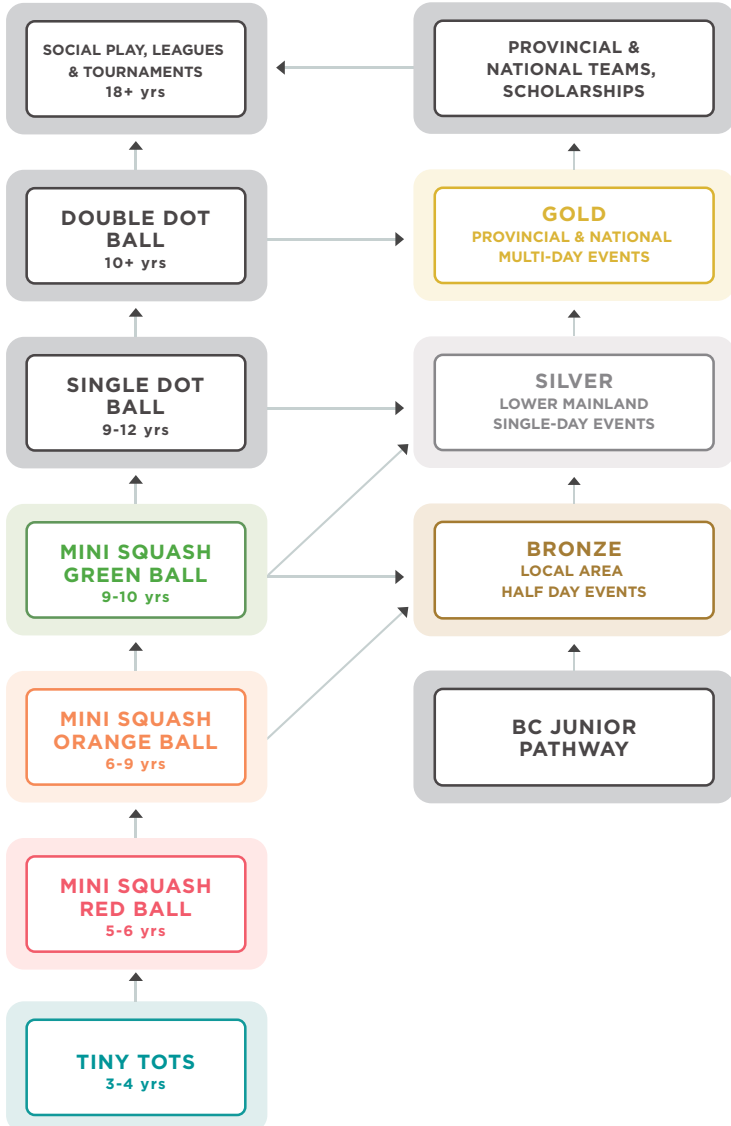
HOLLYBURN PATHWAYS

SQUASH

JUNIOR TO ADULT

SQUASH FOR LIFE DEVELOPMENT STREAM

COMPETITIVE STREAM



TENNIS



Alex Korch
Tennis Director
akorch@hollyburn.org

TENNIS PROGRAMS SPRING 2022

PROGRAM REGISTRATION

Wed, March 4th

6:30am Playball

6:40am Red Ball

6:50am Orange Ball

7:00am Green Ball

7:10am Regular Ball, Girls Tennis,
Teen Squad & Pro Classes

7:20am Adult Tennis

7:30am In-Person & By Phone

SESSION DATES

Mar 28–Jun 19 (12 weeks)

HOLIDAYS (NO CLASSES)

Spring Break Mar 14–25

Good Friday Apr 15

Easter Monday Apr 18

Victoria Day May 23

CANCELLATION NOTICE

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

STREAM DESCRIPTIONS

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

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

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

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

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

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

JUNIOR TENNIS

PLAYBALL TENNIS

3–5 yrs (born 2017/2018)

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

Mar 28–Jun 16

Mon–Thu | 3:45pm–4:30pm

\$173.25 (one day per week)

\$144.37 (Mon)

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

RED BALL DEVELOPMENT

(born 2014–2016)

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

Mar 28–Jun 16

Mon–Thu | 3:30pm–4:30pm

\$231.00 (one day per week)

\$192.50 (Mon)

RED BALL COMPETITIVE

(born 2014–2016)

This program will continue to expand on the Technical and Tactical skills you have developed in the previous program as well as an introduction to competing. Coaches also focus on next level physical development through advanced movement and fundamental motor skills. Minimum 2 classes per week. Please sign up for Red Ball Fundamentals and coaches will place students in the appropriate group based on their current level. Coach’s approval is required to enroll in this class.

Mar 28–Jun 16

Tue–Thu | 3:30pm–4:30pm

\$231.00 (one day per week)

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

RED BALL PRO

(invitation only)

This is the start of our 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. In order to guarantee the proper development, we need to see the kids 3 times per week. Participants of this class are expected to play local “Progressive Tennis” tournaments. Must have a skipping rope for each class.

Mar 29–Jun 16

Tue, Wed, Thu | 3:30pm–4:30pm

ORANGE BALL DEVELOPMENT

(born 2012/2013)

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

Mar 28–Jun 16

Mon | 4:30pm–5:30pm

Tue, Wed, Thu | 3:30pm–4:30pm

\$231.00 (one day per week)

\$192.50 (Mon)

ORANGE BALL COMPETITIVE

(born 2012/2013)

This program will continue to expand on the technical and tactical skills you have developed in the previous program as well as an introduction to competing. Coaches also focus on next level physical development through advanced movement and fundamental motor skills. Minimum 2 classes per week. Coach’s approval is required to enroll in this class.

Mar 28–Jun 16

Mon, Wed, Thu | 4:30pm–6:00pm

\$346.50 (one day per week)

\$288.75 (Mon)

ORANGE BALL PRO

(invitation only)

This is a critical stage of development and will set the foundation for the long-term pursuit of excellence! 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. Once again, commitment is key to success and the players need to be registered for three days per week. Must have a skipping rope for each class.

Mar 28–Jun 16

Tennis: Mon–Thu | 3:30pm–4:30pm

Fitness: Mon–Thu | 4:30pm–5:30pm

GREEN BALL DEVELOPMENT

(born 2010/2011)

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

Mar 28–Jun 16

Mon–Thu | 3:30pm–4:30pm

Wed | 4:30pm–5:30pm

\$231.00 (one day per week)

\$192.50 (Mon)

GREEN BALL COMPETITIVE

(born 2010/2011)

Becoming a well-rounded athlete while building the full court tennis skills required to be a player. This program is by coach's approval only and uses Green Dot 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 within and outside Hollyburn Country Club. Coach's approval is required to enroll in this class.

Mar 28–Jun 16

Mon–Thu | 4:30pm–6:00pm

\$346.50 (one day per week)

\$288.75 (Mon)

GREEN BALL PRO

(invitation only)

This program is by coach's approval 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.

Mar 28–Jun 16

Tennis: Mon, Tue, Thu | 4:30pm–6:00pm

Wed | 6:00pm–7:30pm

Fitness: Tue & Thu | 3:30pm–4:30pm

REGULAR BALL DEVELOPMENT

(born 2008/2009)

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

Mar 28–Jun 16

Mon–Thu | 4:30pm–5:30pm

\$231.00 (one day per week)

\$192.50 (Mon)



REGULAR BALL COMPETITIVE

(2008/2009)

Becoming a well-rounded athlete while building the full court tennis skills required to be a competitive player. This program is by coach's approval only and uses Regular Tennis Balls. This development stage 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 competing within and outside Hollyburn Country Club. Coach's approval is required to enroll in this class.

Mar 29–Jun 16

Tue & Thu | 4:30pm–6:00pm

\$346.50 (one day per week)

REGULAR BALL PRO

(invitation only)

This program is by coach's approval only. Athletes **MUST** be regularly attending Tennis BC Provincial events. 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.

Mar 28–Jun 17

Tennis: Mon, Tues, Thu | 6:00pm–7:30pm

Wed | 4:30pm–6:00pm

Wed, Fri | 6:00am–8:00am

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

Wed | 3:30pm–4:30pm

TEEN TENNIS

(born 2004-2007)

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

Mar 28–Jun 17

2.0 Squad C–Mon, Tue, Wed

4:30pm–5:30pm | \$154.00 (Mon)

\$173.25 (one day a week)

2.5 Squad B–Mon, Tue, Thu

4:30pm–6:00pm

\$231.00 (Mon)

\$259.87 (one day a week)

3.0 Squad A–Tue, Wed, Thu

Tue, Thu 6:00pm–7:30pm

Wed 4:30pm–6:00pm

\$231.00 (Mon)

\$259.87 (One day a week)

GIRLS ONLY TEAM TENNIS

(born 2007-2012)

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

Apr 1–Jun 17

Fri | 4:30pm–6:00pm

\$317.62

SUPER ACHIEVERS PROGRAM

Super Achievers Program

Mar 28–Jun 17

Tennis: Tue & Thu | 1:30pm–3:30pm

Mon, Wed, Fri | 6:00am–8:00am

Fitness: Mon–Thu | 4:30pm–5:30pm

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

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



MATCH PLAY SCHEDULE

Apr 1–Jun 17

Red Ball: Fri 3:30pm–4:30pm

Orange & Green Ball: Fri | 3:30pm–4:30pm

(Match play is free for registered students in competitive and pro classes)

HOT SHOTS TOURNAMENT

Sun, Jun 5

Red Ball 10:00am–11:30am

Orange/Green Ball 12:00pm–2:00pm

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

PARENT EDUCATION WEEK

May 9–12

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

ADULT TENNIS

LEVELS OF TENNIS ABILITY

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

COMPASS SINGLES CHALLENGE

Ladies 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.

\$15.00

LEARN TO PLAY

PLAYERS 1.0–1.5

This program is for new players and players with basic experience. Our goal is to help players gain confidence to play socially and to progress to the 1.5/2.0 Rally Clinic. Ratio 6:1.

Mon Mar 28–Jun 13 | 9:00am–10:30am

Sat Apr 2–Jun 18 | 11:00am–12:30pm

\$346.50 (Sat) | \$288.75 (Mon)

1.5–2.0 CLINIC (RALLY)

Players who have completed the Learn to Play or who are returning to tennis should register for this class. Players will be able to rally and have a general understanding of doubles after completing this course. This class will also help players prepare to integrate themselves into our in-house leagues. Ratio 6:1

Mon Mar 28–Jun 13

9:00am–10:30am | 10:30am–12:00pm

Fri Apr 1–Jun 17 | 9:00am–10:30am

Sat Apr 2–Jun 18 | 9:30am–11:00am

\$288.75 (Mon) | \$317.62 (Fri)

\$346.50 (Sat)



LADIES 2.5-3.0 CLINIC (PRE LEAGUE)

Eligibility: Must be competent in all strokes and able to maintain rallies at moderate pace. This clinic is designed to work on your tactical, technical and physical foundations. Coaches use singles and doubles game situations each week, and work on improving your tennis game in all aspects.

Apr 1–Jun 17

Fri | 10:30am–12:00pm | \$317.62

LADIES 3.0–3.5 CLINIC (DIV 4/5)

Eligibility: Must be competing in Interclub league or tournaments.

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

Apr 1–Jun 17

Fri | 10:30am–12:00pm | \$317.62

LADIES 3.5–4.5 CLINIC (DIV 2/3)

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

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

Apr 1–Jun 17

Fri | 10:30am–12:00pm | \$317.62

LADIES BALL MACHINE CLINICS

Recommended level 2.5–3.0 (Pre-League)

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 29–Jun 15

Mon | 12:00pm–1:30pm | \$288.75

**This program will not run if Ladies Interclub Day League takes place*

Tue | 9:00am–10:30am | \$346.50

Recommended level 3.5–4.5 (Div 2/3)

Wed | 10:30am–12:00pm | \$346.50

Recommended level 3.0–3.5 (Div 4/5)

**This program will not run if Ladies Interclub Day League takes place*

LADIES PRO-AM TENNIS

Recommended level 2.5–3.0 (Pre league)

Doubles Matches with our Tennis Pro's! Join our pros in a match style environment and improve your game by playing against and with our elite staff. Limited to only 9 ladies (and three pros).

Level 2.5–3.0

Mar 30–Jun 15 | Wed | 10:30am–12:00pm

\$378.00

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 28–Jun 18

Mon 9:00am–10:30am

(Recommended level 2.0–3.0)

Mon 7:00pm–8:30pm

(Recommended level 3.5–4.0)

Wed 12:00pm–1:30pm

(Recommended level 2.0–3.0)

Thu 7:00pm–8:30pm

(Recommended level 3.5–4.5)

Fri 9:00am–10:30am

(Recommended level 2.0–3.0)

***Sat 1:00pm–2:30pm**

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

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

\$288.75 (Mon) | \$346.50 (Wed)

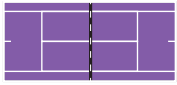
\$317.62 (Fri)

Drop in \$30.00 (based on availability)

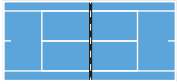


HOLLYBURN PATHWAYS

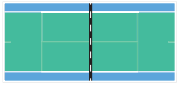
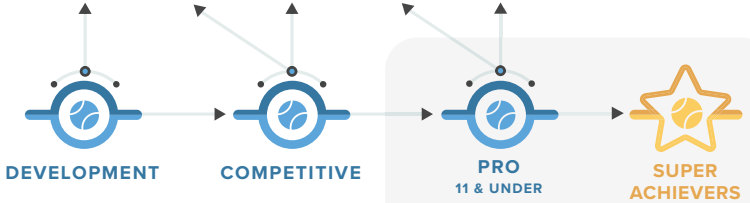
TENNIS



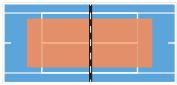
TEEN TENNIS
18 & UNDER



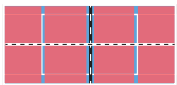
FULL COURT
14 & UNDER



GREEN BALL
12 & UNDER



ORANGE BALL
10 & UNDER



RED BALL
8 & UNDER



PLAY BALL
3-5 YRS

CHILDCARE



Alison Lea
Childcare & Youth Manager
alea@hollyburn.org



Sami Tajbakhsh
Childcare Supervisor
stajbakhsh@hollyburn.org

HOLLYVILLE AND PROGRAM CLOSURES

Fri, Apr 15: Good Friday
Mon, Apr 18: Easter Monday
Mon, May 23: Victoria Day

E-NEWSLETTER

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

Have you seen our Baby Haven?

Previously the Junior Lounge, this space has been converted into a room where new parents can feel a bit of calm in the busyness of our facility. Designed for families with children under 5 years old, the room is outfitted with a baby change table, sensory toys for toddlers, and comfortable chairs for breastfeeding or to just relax.

REGISTERED PROGRAMS

TRANSFERRING CHILDREN

See the Youth section for more information!

KIDS WHO CRAFT

3–5 yrs

Get out the glue, glitter, and paint! It's time to get crafty with arts and crafts of all kinds: paper crafts, painting, clay work, weaving and braiding, colouring, felting, and more! Whether your child likes to paint or colour, they will get the chance to explore new activities and ways to get creative.

Mar 28–Jun 20
Mon | 3:30pm–4:30pm
Studio | \$220

PETITE BALLET

3–4 yrs

Explore the whimsy and creativity of dance through ballet! Join Miss Lindy, an instructor of the Royal Academy of Dance, as we learn ballet through storytelling, music and rhythm, props and toys, animal imagery and more! Included in the cost is one black or pink ballet skirt - please wear black or light pink body suit and ballet slippers.

Mar 31–Jun 23
Thu | 3:30pm–4:15pm
Youth Lounge | \$332

Looking for Ballet for 5-6 year olds?

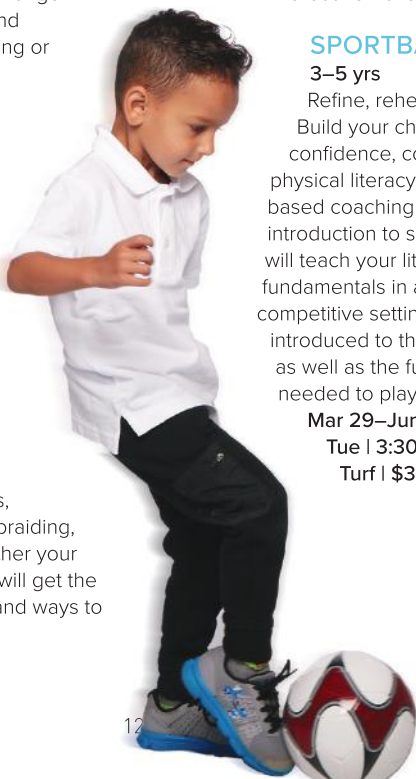
Check out the Youth Section under "Creative Ballet"!

SPORTBALL SOCCER

3–5 yrs

Refine, rehearse, and repeat. Build your child's soccer confidence, competence and physical literacy through play-based coaching techniques. This introduction to soccer program will teach your little ones the fundamentals in a supportive non-competitive setting. Children will be introduced to the rules of Soccer as well as the fundamental skills needed to play the game.

Mar 29–Jun 21
Tue | 3:30pm–4:30pm
Turf | \$332



MINI SCHOLARS UNDER & OVER 3'S

1.5–3 yrs & 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.

Mar 28–Jun 24 | 9:00am–11:00am

Under 3's: Studio | Over 3's: Youth Lounge

Mon, Wed, Fri \$936

Tue, Thu \$676

Mon Only \$286

Tue Only \$338

Wed Only \$338

Thu Only \$338

Fri Only \$312

MINI ATHLETICS

2–5 yrs

The Mini 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.

Mar 28–Jun 24 | 11:00am–1:00pm | Studio

Mon, Wed, Fri \$936

Tue, Thu \$676

Mon Only \$286

Tue Only \$338

Wed Only \$338

Thu Only \$338

Fri Only \$312

MINI KARATE

3–5 yrs

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

Apr 25 | May 30 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini Athletic price: \$10/session

MINI SQUASH

3–4 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 program. This class is beneficial to those considering participation in Tiny Tots or Junior Red Ball.

Apr 11 | May 2 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini Athletic price: \$10/session

MINI GOLF

3–5 yrs

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

May 16 | Jun 6 | Mon

11:00am–11:30am

11:30am–12:00pm

12:00pm–12:30pm

12:30pm–1:00pm

Mini Athletic price: \$10/session

DROP-IN PROGRAMS

HOLLYVILLE CHILDCARE REGISTERED DROP-IN

3 mos–7 yrs

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

PARENT & TOT SUPERVISED DROP-IN

(Parent Participation Required)

4 mos–4 yrs

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

Mon–Fri | 3:30pm–4:30pm

MOVIE NIGHTS

Stay tuned for more information on Childcare Movie Nights in the Hollyburn E-Newsletter.

SPRING BREAK CAMP

MINI SCHOLARS SPRING BREAK CAMP

2–5 yrs

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.

Mar 14–18

Mon–Fri | 9:00am–11:00am

Mon–Fri | 11:00am–1:00pm

Studio | \$140 per session

Mar 21–25

Mon–Fri | 9:00am–11:00am

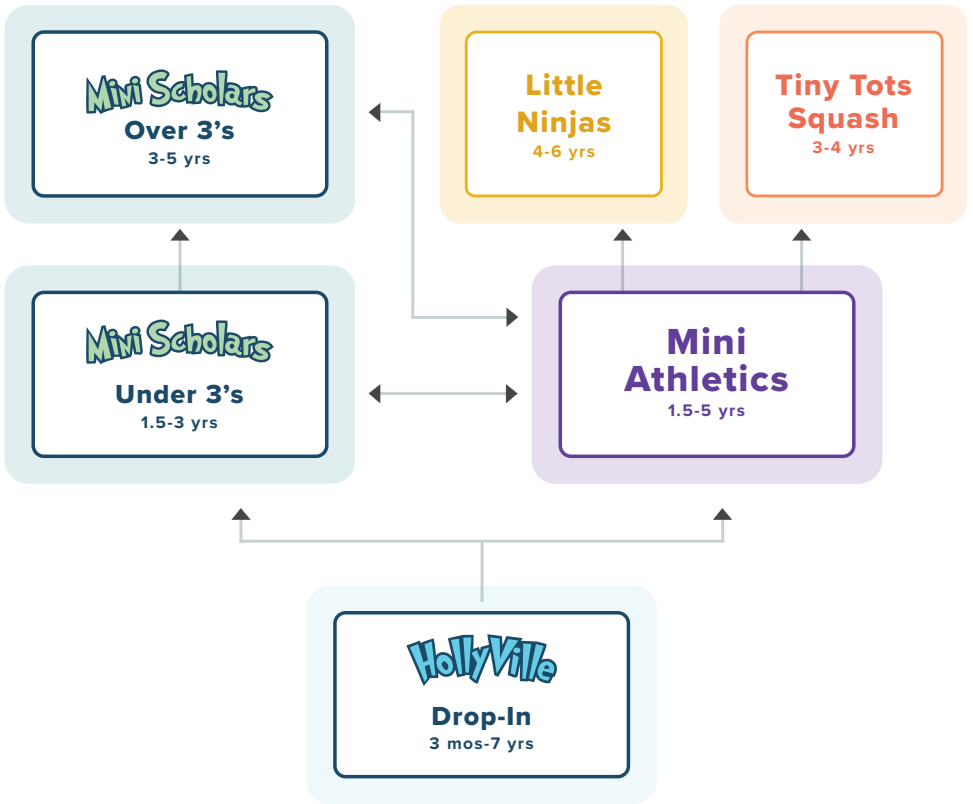
Mon–Fri | 11:00am–1:00pm

Studio | \$140 per session



HOLLYBURN PATHWAYS

HOLLYVILLE CHILDREN'S CENTRE



HCC Youth



Alison Lea
Childcare & Youth Manager
alea@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
youth@hollyburn.org

YOUTH DROP-IN AND PROGRAM CLOSURES

Fri, Apr 15: Good Friday
Mon, Apr 18: Easter Monday
Mon, May 23: Victoria Day

E-NEWSLETTER

Check out our Club's weekly e-news for any updates in HCC Youth!

REGISTERED PROGRAMS

NEW

Our Youth Department is excited to offer one-day workshops, camps, and events this Spring. Communication will go out in the Club's weekly e-news. We hope you can join us!

PRIVATE COACHING CO: FUNDAMENTALS TRAINING

8–12 yrs
Introducing Private Coaching Co. to Hollyburn Country Club! PCC's FUNDamentals programs are designed for kids of all ages and levels run by experienced provincial, national, semi-professional and collegiate level athletes. Designed around fun and fitness, these hour-long sessions lead by PCC's dynamic team of coaches focuses on physical literacy, fundamental movement skills, and fundamental sport skills. Athletes will work on the crucial skills needed to gain confidence in their abilities, such as running, jumping, throwing, catching and more, while participating in fast-paced, high-energy exercises and games.

Mar 31–Jun 23
Thu | 3:30pm–4:30pm | Turf | \$345

PRIVATE COACHING CO: ALL SPORTS

8–12 yrs
Private Coaching Co. coaches will introduce Hollyburn youth to sports such as soccer, field hockey, rugby, and basketball. Various skills, techniques, and game play will be taught with cooperative games, mini competitions, and more!

Mar 31–Jun 23
Thu | 4:30pm–5:30pm | Turf | \$345

The poster features a vertical gradient background from yellow at the top to blue at the bottom. In the top left corner is the Hollyburn Country Club logo. In the top right corner is the HCC Youth logo. The main text 'Youth All Day Camp' is written in large, bold, black letters. At the bottom, there are three circular icons: a blue circle with a white silhouette of a person with arms outstretched, a red circle with a white silhouette of a person in a dynamic pose, and a green circle with a white silhouette of a person in a dynamic pose. At the very bottom, the text 'Stay tuned for our next Youth All Day Camp!' is written in white.

CREATIVE BALLET

5–6 yrs

Children will explore ballet dance and technique through imagination, creativity, and fun! Join Miss Lindy, instructor of the Royal Academy of Dance, for a class that will focus on flexibility, strength, balance, choreography, musicality, and the joy of ballet dance.

Included in the cost is one black or pink ballet skirt - please wear black or light pink body suit and ballet slippers.

Mar 31–Jun 23

Thu | 4:30pm–5:15pm

Youth Lounge | \$342

SPORTBALL SOCCER

6–8 yrs

Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Mar 29–June 21

Tue | 4:30pm–5:30pm | Turf | \$332

TRANSFERRING CHILDREN – TENNIS TO AQUATICS

4–8 yrs

Youth Leaders will pick up your child from their Tennis lesson and transfer them to the pool deck for their Aquatics lesson. *Please note: Our Youth Leaders will not be helping to change your child. There will be very limited space, register early!

Mar 29–Jun 21 | Tue | 4:30pm–4:45pm

Mar 30–Jun 22 | Wed | 4:30pm–4:45pm

Mar 31–Jun 23 | Thu | 4:30pm–4:45pm

Tennis Lesson to Aquatics Lesson | \$10

TRANSFERRING CHILDREN – GOLF TO AQUATICS

6–9 yrs

Our Youth Leaders will pick up your child from their Golf Lesson and transfer them to the pool deck for their Aquatics Lesson.

*Please note: Our Youth Leaders will not be helping to change your child. There will be very limited space, register early!

Mar 28–Jun 20 | Mon | 4:30pm–4:45pm

Mar 30–Jun 22 | Wed | 4:30pm–4:45pm

Golf Lesson to Aquatics Lesson | \$10

SPRING BREAK YOUTH CAMP

6–12yrs

This camp will be sure to give you your Spring Break fix of activities! Participate in basketball, soccer, badminton, swimming, VSL, arts and crafts, cooperative games, and more.

Mar 14–18 | Mar 21–25

Mon–Fri | 9:00am–3:00pm | Turf | \$345

DROP-IN PROGRAMS

YOUTH LOUNGE

6+ yrs

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

Mon, Tue, Wed & Fri | 3:30pm–8:00pm

Thu | 5:30pm–8:00pm

Sat & Sun | 10:00am–6:00pm

Youth Lounge | Free / Drop-in

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 5 years and under must be with a parent or guardian. *Dates and times subject to change. Check Hollyburn.org --> Facilities Schedules --> Kids Activity Schedules for the most up-to-date offerings.

Mon–Fri | 3:30pm–8:00pm

Turf | Free/Drop-in

ESPORTS GAMING

8+ yrs

Challenge your friends in this state-of-the-art room complete with 6 gaming machines and an Xbox! Orientations required for drop-in. This space is supervised by Youth Leaders.

Mon–Fri | 3:30pm–8:00pm

Sat & Sun | 1:00pm–8:00pm

Esports Lounge | Free / Drop-in

YOUTH SUPERVISED SPORTS NIGHT

Join our youth leaders for soccer or basketball!

Tue & Thu | 5:30pm–8:00pm

Turf | Free/Drop-in

WELLNESS



Julie Flynn
Wellness Coordinator
jflynn@hollyburn.org

REBOOTING YOUR RESOLUTIONS

Many of us started off the new year with big goals to live a healthier lifestyle. Maybe lose some weight? Start a new fitness program? Get more sleep? Even though we may have hit the ground running on January 1st, statistics show that by now most of us have abandoned our resolutions.

Why does this happen so fast? It usually comes down to one of two things...

The goals were too complicated right from the start.

Extreme or time-consuming changes to our daily routine can quickly become too much when added into our already busy schedules. I know it feels like radical change will be most effective, but if we jump ship on our plans 3 weeks into the year, we end up much further behind than if we had simply set a reasonable goal we could stick to from the outset.

Overwhelm prevents action.

We have so many options for improving our health and wellness these days, trying to decide which one is best can quickly lead to analysis paralysis, leaving us still scratching our heads at the start line a month into the new year.

It's easy to get stuck sifting through all the options, but keep in mind we're much more likely to keep doing something we enjoy. Even the most disciplined person in the world will crack eventually if they don't like what they're doing.

When it comes to nutrition, restrictive meal plans are rarely your best bet. Steer clear of anything promoted as a "detox" or meal plan that omit whole food groups. Instead of looking for what to remove, look for opportunities add:

- Focus on eating more whole foods
- Increase lean protein to improve satiety and build muscle
- Eat 7-10 servings of fruit and vegetables every day to get your fiber, vitamins and minerals (without supplements!)
- Drink more water to improve digestion and energy levels
- Try some meal prep to set yourself up with healthy options for the week ahead

Choose one new action that feels manageable right now. Once you've successfully included that into your daily routine, add another, and so on. Simple, incremental changes have proven to be much more sustainable and effective than extreme or radical ones. They may not be as exciting (for sure no one wants to hear about your goal to eat 7 servings of vegetables a day) but who cares? What is exciting is setting yourself up to live a healthier life in 2022, and beyond.



HCC NUTRITION PROGRAMS

KICK START PROGRAM

\$199

Not sure how to get started on a new nutrition program? We will create a detailed guide with recommendations for daily calories and macronutrient breakdowns tailored specifically for your goals and lifestyle. In addition, you will get a shopping list detailing everything you need to stock your kitchen and a meal planning template to help you create a variety of healthy meals.

- 45 Minute initial consultation to discuss goals, timelines, food preferences and activity levels
- Customized nutrition guide
- 30 Minute follow up session to review nutrition guide
- Grocery shopping list
- Meal planning template

PERFORMANCE PROGRAM

\$299

Performance Program Nutrition can play a significant role in optimizing performance, even for recreational athletes and weekend warriors. Get a customized nutrition guide with recommendations for daily calories and macronutrient breakdowns specific to your training goals. Meet with our nutrition coach to learn more about what and how much to eat, along with the best way to manage your nutrition both pre and post game/workout to perform at your best and optimize your recovery.

- 60 Minute initial consultation to discuss training, performance, and body composition goals
- 60 Minute follow up to review nutrition guide and recommendations
- Customized nutrition guide
- Pre and post-game/workout meal suggestions
- Meal planning template

FOUNDATION PROGRAM

\$399

Are you looking for a nutrition program to help you get lean and healthy but still allow you to enjoy life? Then our 30-day Foundation Program is for you. Get your personalized nutrition guide with recommended calories and macronutrients breakdowns, shopping list of 'Foundation' foods, and a meal planning template to help you create a flexible, personalized meal plan. Learn tips and tricks for dining out with confidence and preparing meals the whole family will enjoy, along with new daily habits to accelerate your progress. Stay on track and accountable with weekly check-in sessions. At the end of the month you will be equipped with the tools and knowledge to continue making progress on your own. And yes, you'll still be able to enjoy dessert and wine as part of your weekly program!

- 60 Minute initial assessment and consultation to discuss goals, timelines, food preferences, activity levels, and past diet history
- Customized nutrition guide
- Weekly check-in sessions to review food journal, discuss progress and revise macros as needed
- Unlimited email support for 30 days
- Grocery shopping list
- Meal planning template
- Healthy meal and snack ideas

OTHER SERVICES

Meal Plan	\$200
Hour Coaching	\$100
30 Min Follow up	\$50



Kristin is a certified Nutrition Coach, Personal Trainer and Health Coach living in North Vancouver, and manages Hollyburn's Nutrition Programs. She is available in person here at the Club or via Zoom.

For more information or to book an appointment email Julie at jflynn@hollyburn.org

WEST of 50



Julie Flynn
West of 50 Organizer
jflynn@hollyburn.org

SLIVER SWANS BALLET CLASSES

Have you always wanted to try ballet? Or did you dance before, and would love to dance again? Then Silver Swans® is for you.

Designed specifically for older learners, by the Royal Academy of Dance, these classes improve strength, flexibility, coordination and balance. Ballet helps us to resist gravity and ageing. It's also just plain fun.

Lindy Pfeil started teaching ballet 40 years ago, and is the RAD Silver Swans® licensee on the North Shore. These classes are suitable for ANY age adult, whether you have danced for many years, or never set foot in



a studio before. No special attire is required. Come in tutus or track pants, barefoot or ballet-slipped. Tiaras are optional.

Apr 6–May 11 (6 weeks)
Wed | 10:30am- 11:30am | Studio 94
\$100 | Instructor Lindy Pfeil
Register via GameTime
or JFlynn@hollyburn.org.



WOMEN'S CLUB



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

EVENING WITH *Spirit*

Join Professional Psychic Medium and teacher Melissa White for an evening exploring the fascinating world of Spirit.

Melissa will explain how mediumship works and how her connection with the Spirit World takes place.

She will also demonstrate mediumship (providing some audience readings) and allow for a brief Q and A session at the end of the evening. Bring your curiosity, an open mind and an open heart to this evening filled with love, connection and inspiration. Love never dies and your loved in Spirit continues to walk beside you in this life."



ABOUT THE PRESENTER

Melissa White is a professional psychic medium and teacher. She works with reverence for Spirit to uplift, inspire and help other to find healing and their own soul's truth.

Melissa's training includes 4 years of extensive mentorship with the wonderful British medium, Tony Stockwell. She has been a student at the prestigious Arthur Findlay College in England and has also travelled to Ireland and the USA to teach about Spirit communication and developing the psychic faculties.

Over the years, Melissa has read for thousands of clients in a one to one setting, as well as in groups and large demonstrations. She hosts group retreats along with workshops to assist others in tapping into the love of Spirit.

She is the host of The Spirit Room podcast and continues to seek new and creative ways to express what's in her soul. She's on a mission to help others create a true relationship with Spirit and in doing so, bring hope and healing to as many hearts as she possibly can.

Tue, Mar 8
6:00pm–7:00pm | Creekside
Free for members & member guests
RSVP Jflynn@hollyburn.org





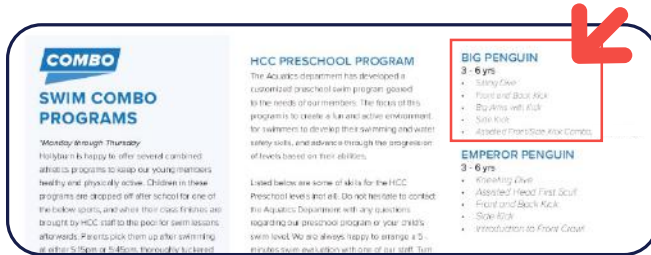
HOLLYBURN
COUNTRY CLUB

PROGRAM REGISTRATION

How To Login & Register
for Programs in Gametime

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

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



2 Ensure you have all of your necessary account information.

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

3 Determine where to register for your chosen programs.

Online Registration through gametime:

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

Registering with Individual Department:

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

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

Drop-in Programs (no registration required):

- Aquafit
- Bridge
- Pickleball

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

4 Determine when you can register for programs.

(Specific dates will be advertised prior to each seasonal registration).

- Fall
- Winter
- Spring
- Summer

5 Log on to the Hollyburn website to access your Gametime account.

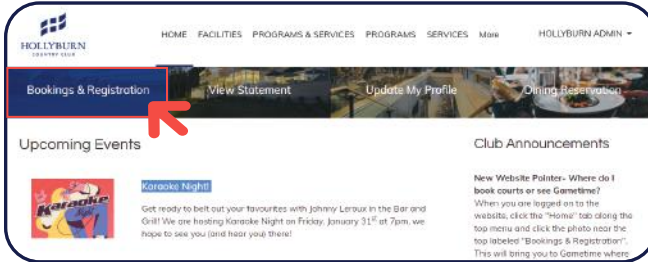
How to log into the Hollyburn Website (for registration)

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

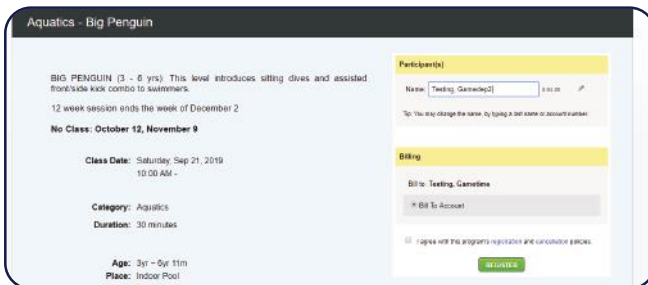
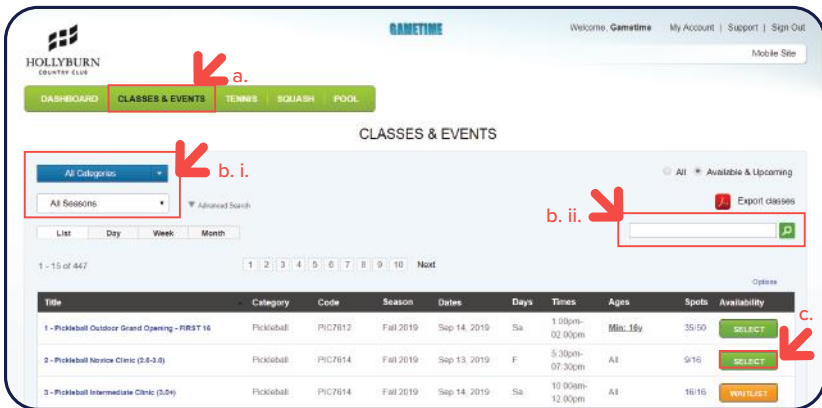
6 Search & register for programs.

Follow these steps to search for programs online.

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



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



7 Review programs in Gametime.

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

The screenshot shows the Gametime website interface. At the top right, there is a navigation bar with links for 'Welcome, Gametime', 'My Account', 'Support | Sign Out', and 'Mobile Site'. A red box labeled 'a.' highlights the 'My Account' link. Below this is a green navigation bar with links for 'DASHBOARD', 'CLASSES & EVENTS', 'TERMS', 'SQUASH', and 'POOL'. The main content area is titled 'My Account' and has a sub-navigation bar with links for 'Profile', 'Appointments', 'Transactions', 'Preferences', 'Family', and 'Forms'. A red box labeled 'b.' highlights the 'Appointments' link. Below this is a section titled 'Gametime Testing' with sub-links for 'My Bookings' and 'Family Bookings'. A red box labeled 'd.' highlights the 'Family Bookings' link. To the right of this section are radio buttons for '* Upcoming' and 'Past', with a red box labeled 'c.' highlighting the 'Past' option. Below the 'Upcoming Appointments' section, there is a table with columns: Date, Time, Class Code, Activity, Status, Detail, and Action. The table contains one row: Monday Sep 23, 2019, 7pm, CUR1460Z, Cutting-Early Bird Registration, Show, Cancel. Below the table is a 'Guests:' section with a table with columns: Name, Activity, Date, Time, Place. The table is currently empty.

Program Cancellations & FAQ

1 What happens if I am waitlisted for a program?

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

2 How do I cancel a registered program?

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

3 What is the cancellation policy for registered programs?

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

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

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

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

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

Registration Tips & Tricks



Web Browsers

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

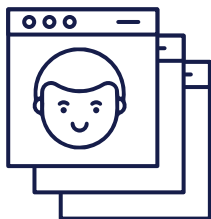


Compatible Devices

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

Multiple Children

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



Athletics Contacts

AQUATICS

Callum Glass

cglass@hollyburn.org
604.913.4574

BADMINTON

Julia Chen

badminton@hollyburn.org
604.913.4528

FIGURE SKATING

**Joanne Sloman
& Diane Beaudet**

figureskate@hollyburn.org
604.913.4524

FINE ARTS

Vlada Mars

music@hollyburn.org
604.913.4526

FITNESS

Shelley Grisbrook

sgrisbrook@hollyburn.org
604.913.4565

Fitness Desk

604.913.4563

HOCKEY

Adam Hayduk & Andrea Benac

hockey@hollyburn.org
604.913.4523

KARATE

Peter Stoddart

karate@hollyburn.org
604.913.4575

SQUASH & PICKLEBALL

Jeff Boag

squash@hollyburn.org
pickleball@hollyburn.org
604.913.525

SWIM TEAM

Brad Hutton

bhutton@hollyburn.org
604.913.4556

TENNIS

Alex Korch

akorch@hollyburn.org
604.913.4522

WEST OF 50 & WOMEN'S CLUB

Julie Flynn

jflynn@hollyburn.org
604.913.4559

YOUTH & HOLLYVILLE

Alison Lea

alea@hollyburn.org
604.913.4562

ATHLETICS

& REGISTRATION SUPPORT

Jessica Katzin

jkatzin@hollyburn.org
604.913.4518