

HOLLYBURN COUNTRY CLUB

THE
VIEW

**SUMMER
2022**

I S S U E



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 Events Calendar
- 4 GM Message
- 6 Board Chair Message
- 8 Special General Meeting
- 9 Simply Voting FAQ
- 11 Summer Solstice
- 12 New Member Applicants
- 13 Welcome New Members
- 14 What's Happening at Hollyburn?
- 15 What's Happening in Athletics?
- 16 Feedback In Action
- 18 Bistro 950 Re-Fresh
- 19 Green Initiative
- 20 You Speak We Listen Comments
- 22 Security Update
- 23 Insta-Moments
- 24 From the Kitchen
- 25 From the Bar
- 26 Chef Paul's Menu Pairing
- 27 Catering West Patio BBQ's
- 28 New Menu Items
- 29 Affiliate Club
- 30 Featured Artist
- 31 The Sports Boutique
- 33 Featured Staff
- 34 New Faces
- 35 Featured Athlete
- 38 Physiotherapy
- 39 Athletics Department Updates
- 65 Summer Program Registration
- 66 Programs by Age
- 67 Programs

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Special General Meeting	4 Registration: All Programs Ladies Golf Kick Off	5 Cinco de Mayo 604.913.4515 Registration: Aquatics	6 Registration: Tennis	7 Tennis BC Junior Event
8 Mother's Day Brunch <i>CYu@hollyburn.org</i>	9	10	11	12 Ladies Wanna Have Fun Tennis Event	13	14
15	16	17	18	19 Tennis BC HCC Junior Tennis Classic Bridge Quarterly Club Championship	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HCC Tennis Junior Opening Day	2 Bridge Bell Trophy Pairs	3 Tennis Adult Opening Day Last day of Skating & Year End Banquet	4 Men's and Ladies Tennis Calcutta
5 Hollyburn Tennis Hotshots Jr. Event	6	7	8	9	10 Badminton BC Jr Provincials	11 Badminton BC Jr Provincials
12 Men's Tennis and Golf Event Music Recitals	13	14	15	16	17	18 Summer Solstice <i>SpecialEvents@hollyburn.org</i> Father Son Tennis Badminton Jr Champs
19 Father's Day BBQ 604.913.4515	20 Annual General Meeting	21	22	23	24	25
26	27	28	29	30		

2022

APR 22 Mother Son Ball
MAY 3 SGM
MAY 5 Cinco de Mayo
MAY 8 Mother's Day Brunch
JUN 18 Summer Solstice

JUN 19 Father's Day BBQ
JUN 20 AGM
AUG 14 Odium Brown VanOpen
SEP 10 HollyGras
OCT 9 Thanksgiving

NOV 18 Father Daughter Ball
DEC 31 NYE



General Manager Message

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

I hope everyone had a wonderful Easter weekend. We hosted an Easter brunch here at the Club on Sunday with over 170 Members in attendance, and this weekend we are welcoming 350 Members back to our annual Mother Son Ball after a three-year COVID hiatus. We look forward to hosting more of your favourite special events in the months to come – next up, Summer Solstice!

Since stepping into my role in September, the Board of Directors and Management have been working hard, with Member feedback top of mind, to scope and solidify a project budget for the Club's next large capital improvement plan, Renew '22. Renew '22 is an exciting revitalization plan for Hollyburn's food & beverage program, its youth and family spaces, as well as necessary facility upgrades. The project scope has been thoughtfully and carefully considered to ensure it meets Members' needs now and into the future. We are excited to have reached the time to start Member engagement in preparation for a Member vote in mid-June.

Why now? A large capital project is overdue and for the following reasons, it is now time to seriously consider Hollyburn's future:

1. The Board of Directors and Management are confident in the plan that has been refined over the past three years, with help from industry experts, and are ready to present the details to the Membership.
2. For years Members have told us that they are unsatisfied with our food and beverage facilities, and our recent Member Satisfaction Survey in 2021 re-confirmed your dissatisfaction.
3. Hollyburn is in a great financial position, making this a good time to invest in our future. We hope you have noticed that as of April 1, 2022, the Club is debt-free! By the time construction begins, we estimate to have \$5 million in the bank.

4. Our current youth facilities are scattered around the Club, outdated and not meeting the needs of our growing youth population.
5. Construction costs and inflation are rising. The sooner we start construction, the more value the project will bring to the Club.
6. Some of the work is overdue; parts of the Club's critical infrastructure, furniture, finishings and systems are either at the end-of-life or require significant maintenance. This work needs to be done regardless.

We understand June is not very far away and we have a lot of important information to pass along to Members to ensure they have confidence in making an educated decision when it comes time to vote. Member engagement will commence as soon as we wrap up the upcoming Special General Meeting (SGM) on the proposed bylaw changes on May 3, 2022. Behind the scenes we have been working hard on a very detailed FAQ that will be a dynamic online resource for Members looking for answers to their burning questions. We will also have both in-person and online Member engagement sessions to give Members the opportunity to ask questions.

We hope this news gets you excited about the future and eager to learn more. Make sure to read Nancy's article for a few preliminary details on what Renew '22 entails.

In preparation for the detailed design phase in Renew '22 planning, the next step after receiving a positive vote from the Membership, we created a food and beverage preference survey. The intent of this survey is to understand how you envision the look and feel of our future food and beverage outlets. For example, do you want the future Bar & Grill to look clean, bright and

minimalist or cozy, warm and modern? If you haven't already, please take five minutes to complete the survey.

Food & Beverage Survey

Feedback collected will help drive the design plan with the help of a professional design team.

While on the topic of continual improvement, Management knows regardless of Renew '22 coming to fruition, Club improvements (big and small) continue to be a top strategic priority; therefore, positive change in many areas of the Club is underway.

Over the past few years, our Bistro 950 lost its appeal so, during spring break we took the opportunity to "re-fresh" the space. With the addition of a high-end espresso machine (rivaling local competitors', such as Crema), fresh-baked pastries, fresh to-go salads and a few fresh coats of paint, the space is buzzing again. I encourage you to grab a friend and visit Nick Koole, Hollyburn's new Bistro Manager, for a delicious espresso-based coffee and chocolate croissant (my personal favourite!).

In addition to our Bistro upgrades, Management continues to push forward on following up with our commitment to respond to Member feedback collected in our Member Satisfaction Survey. To see some of the ideas that you shared with Management that have been implemented, check out the "*Feedback in Action*" on [page 16](#). Some of the projects completed include improvements to our High-Performance Center, upgraded EV chargers, new netting in the small ice and new tennis/pickleball score cards.

As we approach nicer spring weather (which is hard to believe considering we had the snow plow working last week!), Members can look forward to the grounds coming alive with blossoms, the re-painting of parking lot lines and improvements to our outdoor lighting.

As always, I encourage Members to share their feedback by using the "*You Speak, We Listen*" feedback form on the Hollyburn App.

The feedback loop that this process enables provides Management with a valuable tool allowing us to react quickly to Members' needs. Although it is important that we hear how we can improve, we also like to encourage Members to let us know what we are doing well and to let us know if an employee has gone above and beyond to improve your Member experience. Learning about what you love about Hollyburn will help Management continue to add value in areas that you enjoy.

To encourage Members to provide us with this type of feedback we have created a similar feedback form on the Hollyburn App called "*Hollyburn High Five*". We look forward to hearing about your memorable Member experiences that you share with us.

We have an incredibly busy spring ahead of us with the upcoming SGM, Renew '22 Member engagement and the upcoming Annual General Meeting. Here are a few important dates to mark in your calendars:

MAY 3
Special General Meeting
(Club bylaw proposal)

MAY 18
Renew '22 In-person
Member Engagement Session

MAY 25
Renew '22 Online
Member Engagement Session

JUNE 2
Renew '22 Online
Member Engagement Session

JUNE 13
Renew '22 Member Engagement
Session/Renew '22 Online Voting Opens
(8 day voting period)

JUNE 20
Annual General Meeting
/Online Voting Closes

Hope to see you in the hallways soon!





Board Chair Message

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

Dear fellow Members,

This has been an exceptionally busy year for the Board. We are in the midst of preparing to present two major initiatives to the Membership this quarter:

1. the proposed bylaw changes at a Special General Meeting (SGM) in May, and
2. the food and beverage renovation project (Renew '22) at the (Annual General Meeting (AGM) in June.

GOVERNANCE COMMITTEE

Members vote on proposed bylaws at SGM on May 3

When we emailed the Membership with the summary of proposed bylaw changes in late March, we received feedback from nearly 40 Members, all of which were generally positive. Some asked clarifying questions and others provided additional suggestions that the Governance Committee then reviewed and many were incorporated in the final version.

The Governance Committee then presented the final proposed bylaws to the Board at the April Board meeting which were unanimously approved to be presented to Members for a vote at an SGM on May 3, 2022. This vote will be held electronically. For those who are unable to attend the SGM, advance electronic voting will open on April 26.

If two-thirds of Members vote in support of the proposed bylaws as recommended, we will be starting the next Board season with a more efficient 11-Member board instead of 16 Directors.

However, until the proposed bylaws are approved, we must adhere to our current bylaws. And as per our current bylaws, the Chair of the Nominating Committee is Past President, Carol Fraser. Committee Members

are myself and Board Director, Clay Steiro. Our Members-at-large this year are Karen Zen and Tom Reeves. Both are former Board Members and we thank Karen and Tom for their continued service to Hollyburn. The Nominating Committee is currently vetting candidates and will present the Board Nominated Slate to the Club Secretary by May 16, 2022, which will be communicated to the Members shortly thereafter. Assuming the new bylaws pass as proposed, Members will be asked to vote in three Directors for two-year terms at this year's Annual General Meeting (AGM) on June 20.

RENEW '22

Members vote on revitalization project at AGM on June 20

We are thrilled to announce that the Board has unanimously recommended that we move forward with Renew '22 – a revitalization project aimed at modernizing our food and beverage facilities, centralizing space for our youth population, as well as addressing some aspects of our building's aging infrastructure – which will elevate the Member experience for decades to come.

Food & Beverage

Our Bar & Grill has one of the best views in the city and our new renovation aims to take full advantage. While the detailed design phase will not begin until the project is approved by Members, from the recent F&B survey we understand that Members want the Bar & Grill to be warm and inviting with lots of natural light. Members also want distinct spaces - one for families and the other for adults only. New expanded kitchens will reduce congestion, increase speed of service and improve product consistency. Renew '22 will transform the dining experience at Hollyburn, by creating an atmosphere and experience that Members can be proud of.

Youth Facilities

Nineteen percent of our Members are under the age of 16. Our current youth facilities are scattered throughout the Club and do not fully meet the demands of our young families. Renew '22 will increase youth space by 35% and add a much-needed outdoor playground which will be accessible to all families, not just the children in HollyVille.

Facility and System Upgrades

While invisible to the Member experience, things like seismic improvements and air-handlers are costly and necessary upgrades that must happen regardless of the outcome of the vote.

Back in November the Board struck a Renew '22 Committee and their mandate included:

1. to communicate and engage with Members to ensure that the vast majority want Renew '22 to succeed; and
2. to confirm Renew '22 scope and cost estimate.

With these mandates in place, we undertook a robust costing exercise. We engaged both a Project Management firm and a Quantity Surveying firm to provide construction estimates based on schematic design, and both budgets ended up within 1% of each other. We also engaged a structural engineer, mechanical engineer, kitchen consultant and other industry experts who are familiar with our building to assist in the development of these numbers. Going through this process

enabled the Board to feel confident in bringing the plan forward to the Membership for consideration.

The Board and Management have learned a lot from our experience after Plan 2020. Members were clear about their concerns about that project moving forward and we are doing our full due diligence before unveiling Renew '22 in its entirety to the Membership. However, with this being the only View article before the AGM in June, we felt it was important to at least share the highlights of Renew '22 at this time, but rest assured Renew '22 will be wholly bank financed, without a Member levy.

I am proud to report that the project has earned the endorsement of the Finance Committee, Food and Beverage Committee and Renew '22 Committee as a financially feasible project that is in the best interests of Hollyburn Members now and into the future.

In-depth Member communication and engagement will begin on May 5 after the results of the bylaw vote are announced. The first Renew '22 Open House will be May 18th and we look forward to seeing many of you there. In the meantime, I encourage anyone with any initial comments or questions about Renew '22 to please reach out at board@hollyburn.org. This project is for all of us Members and we want everyone to be as excited as we are.

We have a busy three months ahead of us! I hope you have found this update informative and as always, we are interested in hearing from you.

On behalf of the Board,



In Loving Memory

Peter Woolley
Member Since 1972

Debra Jappy
Member Since 2004

SGM 2022

Special General Meeting

Tuesday May 3, 2022

Creekside | 7:00pm (doors open 6:00pm)

Online voting opens April 26, 2022 at 8am and will close May 3, 2022
at the conclusion of the Special General Meeting.

Notice of a Special General Meeting of Members of Hollyburn Country Club

On March 31, 2022 Members received email communication from the Club's Chair, Nancy Chapman, regarding a series of proposed bylaw changes that would be taken to a Member vote in May 2022.

The intent of the proposed bylaw update is to:

- Allow the governance of the Board and our Club to be more efficient;
- Update governance procedures at Hollyburn to follow current operating policy and best practices;
- Update bylaws to clearly reflect new Member onboarding and other Member related policies, and;
- Correct all legacy inconsistencies and provide clearer language.

A Notice of Meeting was emailed to all Members on Tuesday, April 12, 2022.

[View Notice of Meeting](#)

In keeping with the Society's Act, any amendment to our bylaws requires a Member vote to pass in the majority. Please join us in Creekside on Tuesday, May 3, 2022 at 7pm for our Special General Meeting.



Marta Jones

Executive Assistant to GM
MJones@hollyburn.org

Voting Procedures

Online voting, through Simply Voting will be available from April 26, 2022 at 8am and will close May 3, 2022 at the conclusion of the Special General Meeting. Eligible voting Members will receive an email with a secure link to vote on the proposed bylaw changes. Results will be shared with Members via email and on Hollyburn's website on the morning of May 4, 2022.

Each Regular (Family, Couple and Single) Member, Corporate Member, Senior Associate & Senior Associate Social Member in good standing shall be entitled to vote on each question arising at any meeting of the Society.

Social Members, *Intermediate Members, House Members and Non-Resident Members may attend the meeting, but they do not have the right to vote. Please note that there is only 1 vote per membership account. *Children aged 19-26 on their parents' account.

For information on Simply Voting, please contact Marta Jones in the Admin Office at 604-913-4577 or MJones@hollyburn.org.

Please advise James Darling at James.Darling@hollyburn.org of any change in your address or email address.

For more information on the bylaws, please email Board@hollyburn.org.

Simply Voting FAQ

WHAT IS SIMPLY VOTING AND HOW DOES IT WORK?

Simply Voting is an easy-to-use, web-based online voting system that helps securely manage elections. Over 2000 organizations from 58 countries rely on Simply Voting for their election needs. Hollyburn has successfully utilized Simply Voting over the past two years for both Special General Meetings and Annual General Meetings and will be familiar to Members.

An election is created and a list of eligible voters is uploaded into the online system. Once it is time for a vote to take place, eligible voters receive an email from “Hollyburn Country Club” with a username (member ID) and a randomly generated password.

Once the eligible voter receives the email, the voter is able to log in online, select the election (Hollyburn Country Club’s Bylaw Proposal Vote 2022) and vote. The eligible voter fills out the electronic ballot much like the paper ballot. Once the voter has completed the ballot, a confirmation screen will appear asking the voter to confirm their vote. If the voter is satisfied with his/her selections, the ballot may be submitted.

When the voter submits a ballot, the results are encrypted and kept anonymous. Upon completion, the voter is issued a receipt and is blocked from voting for this election again.



Simply Voting FAQ

SIMPLY VOTING FAQS

1. Who is eligible to vote electronically?

Much like voting at an in-person Annual or Special General Meeting, there is only one vote per membership and either spouse may cast the vote. The invitation to vote will be sent by email to the primary account holder (the '0') on the membership.

2. When can I expect to receive the voting link and how long will the link be valid for?

The voting link will be emailed to all eligible voting Members on April 26, 2022 at 8am and voting will close at the conclusion of the SGM on May 3, 2022.

3. What happens if I miss the online voting window?

If you miss the online voting window, you will be unable to cast your vote.

4. Is there a proxy option through Simply Voting?

There is no option for a proxy through Simply Voting.

5. If I vote online and want to change my vote, is that possible?

No. You will not be able to change your vote once you have submitted your vote.

6. Do I have the option to abstain from voting for a resolution?

Yes. An eligible voter has the opportunity to abstain from voting by selecting Abstain.

7. If I am a Regular Social OR Non-Resident Member – can I vote through Simply Voting?

No. Much like voting at an in-person Annual or Special General Meeting, Regular Social and Non-Resident Members do not have the right to vote. Please contact Member Accounts Coordinator, James Darling, at 604.913.4507 to review your status.

8. Can I vote from other devices other than a desktop computer?

Yes. You are able to vote from a desktop computer, a laptop, a tablet/iPad and from your smart phone.

9. How are the results generated?

Once voting has ended, Simply Voting will generate a report with the election results. Scrutineers will be on hand when the report is opened.

10. How do you prevent Members from voting twice?

When the voter submits a ballot through Simply Voting, the voter is issued a receipt and is blocked from voting for this election again.

11. Will members be able to see the results in real time?

No. The results of the vote will be emailed to all Members and posted on the Hollyburn website on the morning of May 4, 2022.



The poster features a central graphic of a full moon with colorful paint splatters in shades of pink, orange, and green. The moon is flanked by two tropical drinks in mason jars with black straws. The background is a dark, textured pattern of purple and blue palm fronds. The text 'SUMMER SOLSTICE' is written in large, bold, block letters with a color gradient from yellow to pink. 'Full Moon Party' is written in a white, cursive script across the middle of the moon. At the bottom, the date and time are listed in a mix of pink and yellow block letters and cursive script.

SUMMER Full Moon Party SOLSTICE

SATURDAY, JUNE 18TH
8pm - late

Members \$60 | Member Guests \$75 | Max 2 Guests Per Member
RSVP SPECIALEVENTS@HOLLYBURN.ORG

Reservations open at 8am on May 18 by email only.

72 hour cancellation policy. 19+ only. No tickets at the door.
Shuttle is available for residents of the North Shore only.

New Full & Intermediate Member Applicants

- 1. Full Membership**
 Sherry Milani 03/08 Dentist Dr. S. Milani Inc
 Koroush Milani Dentist Dr. Milani Dental Corp.
- 2. Full Membership**
 Rebecca Hu 03/10 Financial Advisor Sun Life
 Benson Lee Realtor Nu Stream Realty
- 3. Full Membership**
 Carol Liu 03/11 Housewife
 Kevin Zheng Manager Astro Plastic and Rubber Products Ltd.
- 4. Full Membership**
 Kelsey Reano 3/13 Lumber Buyer Dick's Lumber
 Aaron Leach Lumber Sales Dick's Lumber
- 5. Intermediate Membership**
 Stephanie Fitzmaurice 03/17 General Manager Otis Elevator
 Christopher Kelly Field Engineer Ledcor
- 6. Intermediate Membership**
 Ashley Thomas 03/21 Staff Product Manager Mozilla Corporation
 Ryan Knoetze Estimator Kirmac Collision
- 7. Intermediate Membership**
 Grayson Porritt 03/25 Veterinary Assistant Ambleside Animal Hospital
 Bryn Robinson Engineer Thales Canada
- 8. Full Membership**
 Warren Hopwood 03/28 VP Sales Diligent
 Haley Hopwood Portfolio Manager PH & N
- 9. Intermediate Membership**
 Christopher Rowntree 03/29 Program Manager Lululemon
- 10. Full Membership**
 Morgan Allan 03/29 VP Market Development Nexii Building Solutions
 Michelle Allan Global Head of Business Development Perkins Eastman
- 11. Full Membership**
 Sam Naddaf 03/29 Dentist Port Coquitlam Dental Centre
 Shadi Motearefi
- 12. Intermediate Membership**
 Darius Eghdami 03/31 President FansUnite Entertainment Inc
 Alexa Eghdami Pharmacist

Welcome Our New Members

Marcus Yang

Referred by: Kate Zhao

Brett Morris

Sabrina Gong

Katherine Chen

Referred by: Qin Liu

Victoria Konantz

William Konantz

PJ Murphy

Referred by: Matt & Susan Bilbey

Shayne Corday

Iris Song

Referred by: Jin Yang & Haotian Li

Manish Sharma

Logan McLean

Sam Naemi

Referred by: Roz seyednejad

Winnie Lai

Steve Kassimatis

*Referred by: Barbara
& Tim Vipond & Erin O'Neill*

Ray Jaffer

Referred by: Nafeesa Valli-Hasham

Stephanie de Groot

Thomas Humphreys

Raein Mohebtash

Referred by: Hossein Yazdi-Mehrizy

Oliver Keane

Referred by: Sherry Keane

Geoff Scales

Janet Reid

Laurent May

Referred by: Casey Pollard & Peter Dembicki

Justin Woodman

Stephanie Schatz

Justin Yoo

Tedi Fisher

Referred by: Rebecca Towning

Lucas Rechtschaffner

Zack Bhatia

Rachel Hu

Referred by: Michael Han

Tracy Lu

Referred by: Bing Han

Kate Mitt

Sarah Curry

What's Happening *at Hollyburn?*



Special Events Calendar

Apr 22	Mother Son Ball
May 3	Special General Meeting
May 5	Cinco de Mayo
Jun 2	Annual General Meeting
Jun 18	Summer Solstice
Aug 14-21	Odlum Brown Vanopen
Sep 10	HollyGras
Nov 18	Father Daughter Ball
Dec 31	New Years Eve Party



Rosé All Day

Join us on our Patio on select Sundays all Summer long for Rosé All Day! Rosé wines, cocktails and ciders will be enjoyed on our spectacular patio in the sunshine. Pair that with great music, our brunch or happy hour menu and a few close friends and bring on your new favourite Sunday tradition!



Odlum Brown VanOpen

The Odlum Brown VanOpen is finally back! Hollyburn is proud to be hosting the event from August 14-21, 2022. For more information or to purchase tickets, visit www.vanopen.com. Thank you in advance to Hollyburn Members for opening up their Club, hosting players or volunteering their time. We look forward to getting together with everyone for a fun-filled week of amazing tennis!



Hollyburn App

The Hollyburn App has everything you need at your fingertips! We are constantly evolving the app to integrate more of your needs into functions of the app! Book courts, view facility schedules, order take-out and so much more! The Hollyburn App is available on the Apple App Store and Google Play Store.



Hollyburn High Five

Did you know, you can now give your kudos to a staff Member through the High-Five function on your Hollyburn App? Let management know about a staff Member who has created a great Member experience for you!



Athletic Director Message

Kate Marshall / Athletic Director
KMarshall@hollyburn.org

What's Happening *in Athletics*

Figure Skating

Farewell Joanne Sloman & Diane Beaudet



After 40 and 27 years, our Figure Skating Professionals Joanne and Diane are retiring at the end of the 2022 season. Over the decades, Joanne and Diane have not only built a bond of friendship themselves, but also created a strong community of skaters within Hollyburn. The love and admiration the Membership has for these two is beautiful to experience. Our community of skaters is truly a family and that is all thanks to the environment Joanne and Diane created. Every year the skaters look forward to the holiday gift exchange, parties, extravaganzas and dress swaps. They have helped hundreds of skaters

learn what it means to be part of a community, how to be disciplined in learning new skills and committed to their personal growth.

It is hard to imagine Hollyburn Skating without this dynamic duo, but we could not be more excited for them to start their next chapters. It is bittersweet saying farewell to these two who have brought so much joy and love to the skating department. I have personally enjoyed every moment working with them and value the friendships we have built over the years. We will miss our run-ins in the hallways of the Club, plenty of laughs (cue hilarious Committee meeting moments), struggles with the sound system and energetic catch-ups in the office (or zooms!). We wish you nothing but the best as you move into this next stage of life.

You are leaving behind an incredible legacy and I thank you for everything you have done for our Members and Hollyburn Skating over the last 40 and 27 years. A BIG CHEERS TO YOU BOTH!

Activity Committee Open House

If you are interested in attending one of our Activity Committee Open House meetings please RSVP to JKatzin@hollyburn.org. Meeting location is TBA and all those who RSVP will be updated prior to the meeting with further details.

YOUTH COMMITTEE:
Tue, Apr 26, 5:00pm

TENNIS COMMITTEE:
Mon, May 2, 6:00pm

BADMINTON COMMITTEE:
Wed, May 4, 7:00pm

SQUASH COMMITTEE:
Thu, May 5, 5:00pm

PICKLEBALL COMMITTEE:
Mon, May 9, 2:00pm

MINOR HOCKEY COMMITTEE:
Wed, May 11, 6:30pm

FITNESS COMMITTEE:
Mon, May 16, 5:30pm

SWIM TEAM COMMITTEE:
Wed May 18, 5:00pm

**FIGURE SKATING
COMMITTEE:**
Wed, May 18, 6:30pm



FEEDBACK IN ACTION

In November 2021, we launched a Membership Survey to better understand our Members' experience at Hollyburn. We received some great feedback in the survey and decided to launch our Feedback in Action initiative. We started this initiative to show you, the Members, that your feedback was heard and resulted in change around the Club. Here are a couple of highlights of some of the changes we have made in the past few months based on your feedback:

Food and Beverage Updates

- Added new items to our menu.
- Launched our weekend HollyBrunch.
- Brought back kid's menus and coloring menus.
- Introduced no-show fees to make it easier to get a table in the restaurant.



Waste Containers

Made new waste containers that allow for compost, recycling, garbage, and towel returns.

Sports Boutique

Brought in more sizes and increased our hours.

Member Safety

- Installed a new sidewalk from the tennis center to the squash entrance so Members can get between the two safely.
- Launched our new Member-guest registration policy.

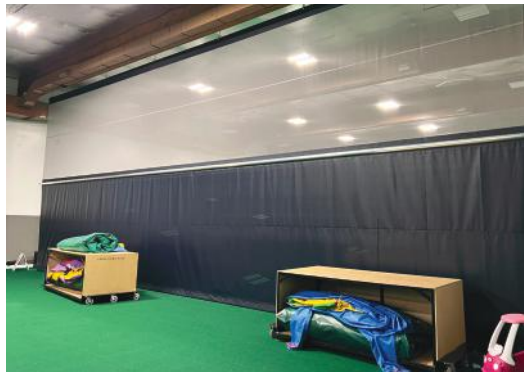


FEEDBACK IN ACTION



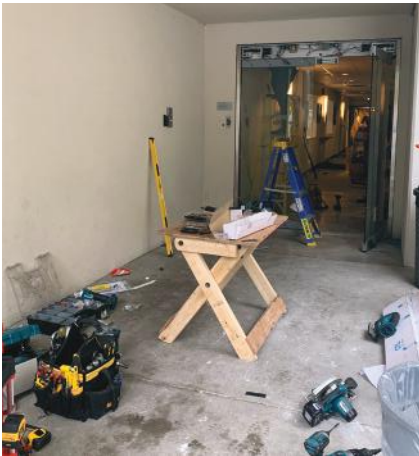
Youth Updates

- Brought back Youth Supervised Sports Nights.
- Added Turf dividers to allow for more users and activities on the Turf.
- Added a water fountain in the Turf space.
- Introduced an unsupervised Turf Time.



Accessible Entrance Doors

- Added accessible doors to our administration entrance.
- Added accessibility to administration hallway bathrooms.



BISTRO 950

SPRING RE-FRESH



Our Team saw so much potential to make the Bistro 950 an even better go-to space for Members to enjoy, so we took two weeks in March to give it a re-fresh! The Bistro 950 is now a great place for Members to go enjoy a cappuccino with friends, hot breakfast



while working on your laptop, or convenient stop for a panini or salad after your workout. The space has been updated with a bigger service counter, new pastry window, new lighting &

fresh décor. We continue to serve all of your favourites, like smoothies, sushi and full hot menu, but now you will also find a new high-end coffee program, house-baked pastries, paninis, grab & go bowls and more!



Hollyburn Country Club is situated in Vancouver's lush North Shore Mountains. Our Club quite literally sits in a rainforest, surrounded by beautiful trees, fresh-water creeks, and wildlife. The decisions we make at Hollyburn greatly impact the land that we are on. With April being Earth month, we decided to launch our new Green Initiatives project. This project will highlight some of the things we at Hollyburn do to take care of our planet. For this quarter, we are featuring some of our green initiatives that take place outdoors here at the Club. Here are a few examples of some of our green actions at the Club:

Grass Tennis Court Fertilizer

Watching your local gardens get a spray of fertilizer can be alarming when you don't know what is in that fertilizer. Here at Hollyburn, we can assure you the fertilizer we use on our grass tennis courts is organic fertilizer with ingredients such as seaweed extract. This fertilizer makes our grass tennis courts thrive and doesn't hurt our planet.



Ice Rink Snow Recycling

We recycle our snow that we get from the ice rinks with the Zamboni and use it to water our plants. The water isn't good for us humans to drink, but the plants sure enjoy it!



Bird Sounds in Forest

If you park near the squash entrance or up at the indoor courts, you have probably heard some peculiar bird noises in the woods. Rest assured, these sounds aren't coming from any scary critters. Our team installed noises in the woods to scare away the crows. This is an environmentally friendly way of keeping the crows off our tennis courts, out of our garbage area, and away from our power transformer!

Timing Our Irrigation

Our team strategically plans our irrigation in the evening or early morning when it is dark and cool outside as this minimizes evaporation and as a result preserves water.



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.

"I think we need to put a sign beside the phones in the spas indicating what number to dial in order to get the main desk, dining room etc."

Great idea! We are in the process of updating all of our signage. We will add this to our list.

"Can the temperature in the hot tub be raised a few degrees?"

As per Coastal Health Regulations, the temperature of the hot tubs cannot be above 40 degrees Celsius. Our temperatures are consistently between 39 and 40 degrees Celsius.



"It would be great to have an outdoor playground for the kids. The turf is absolutely wonderful, but on sunny days everyone wants to be outside!"

An outdoor playground for kids is on our radar and has been suggested by many Members. Our main struggle to implement something immediately is the lack adequate outdoor space for a playground that has the proper foundation, square footage and location to build something that is on par with Hollyburn facility standards.

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



“Can you please add a 1-inch curling iron in the ladies spa?”

We have ordered a 1-inch curling iron for the ladies spa. It will be there by the end of the week.

“Is it possible to get the pedestrian crossings painted as the paint is wearing away?”

Absolutely! We have line painting scheduled for the spring.

“There are some absolutely amazing staff that make the Member experience infinity better and I am so impressed by how well they have dealt with all the difficulties posed by COVID. Shelly, in Fitness, is so thoughtful and proactive in trying to make things run better for the Club and its Members. Sensei Peter is amazing - what he passes onto the children goes so far beyond Karate and I am grateful for the lessons he has instilled in my son. Callum in aquatics is ever so positive, solutions-oriented and welcoming. We are lucky to have him. Tracy at the front desk goes above and beyond in trying to help! Adam and Andrea in hockey are always there to try and be of assistance and work to improve things. I am so appreciative of everything these staff Members have done and are doing to exceed the expectations of their jobs.”

We love receiving messages like this! Thank you for taking the time to recognize some of our staff members. We are very lucky to have the team we do and we will ensure that they each receive your recognition.

New App Feature!



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

Security Update

New Guest Registration Policy

We enjoy when Members share their Hollyburn experiences with their Member-guests, however, our Member experience is of utmost importance. Therefore, Hollyburn is introducing new security protocols to improve Member safety and the integrity of the Club's access privileges for Member-guests. This new process will be convenient for Members and will ensure Member-guests are not visiting the Club over and above Hollyburn's guest policy.

As of April 14th, 2022 all Member-guests will need to be registered prior to arrival. Member-guests will be required to provide the security team with their name, name of the Member they are visiting, and what activity they are participating in to access the premises.

[How To Register](#)

[FAQ](#)

New Windshield Decals

It is time that our windshield decals got an upgrade! Our new decals will ensure we have the most up to date vehicle information for our Members, an added layer of security. The new decals are more sleek and smaller, while still being easily recognizable for our security staff. We have used the same decals for over a decade!

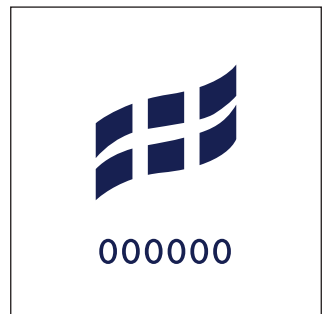
Please visit Member Services by August 1st, 2022, and bring with you your license plate & vehicle information to receive new decals. Your old decals may be returned to Member Services or recycled as they will no longer be recognized by Hollyburn after August 1st, 2022. Thank you for continuing to keep Hollyburn safe!

OLD DECAL



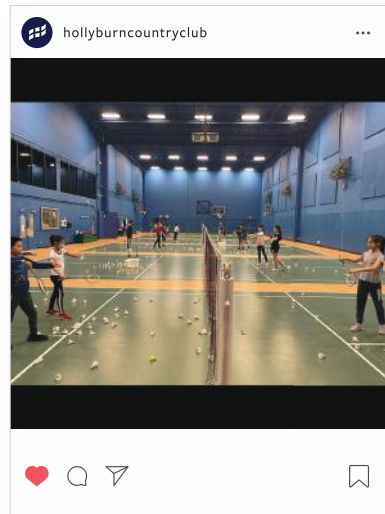
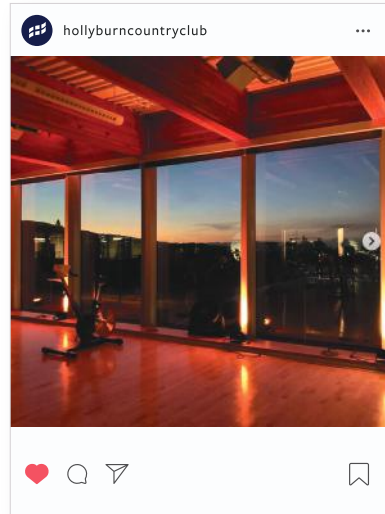
3" x 3"

NEW DECAL



2" x 2"

Insta-Moments



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

Follow us on  Instagram @hollyburncountryclub

FROM THE KITCHEN

Spring IS IN THE AIR!



The smells of spring, wild leeks, fiddle heads, nasturtiums and magnolias bring a new focus to the Hollyburn kitchens. Unlike fall where we are looking to get all of the nutrients we need for hibernating, Mother Nature is now giving us all of the Vitamin D we missed out on over the last couple of months of rain and cold. She packs the new harvest with green vegetables and Chefs Ken and Craig have been working on a new spring-summer menu to take advantage of what she gives us. May will be an exciting month for a new menu that is larger, has both a vegetable forward and gluten wise section.

In the bistro, Chefs Alvaro and Liana have launched a new pastry program with freshly baked butter croissants, chocolate croissants, more fresh salads and a quick grab and go panini program. Come try a hot off the grill Cubano and an espresso. Our new bistro leader, Nick has spent the last month sourcing the best locally roasted coffee from Agro Coffee Roasters in East Vancouver.

We are excited to have a new and absolutely delicious coffee program in place.

The next couple of months plan on being a busy one for us. We are preparing for lots of new events in the Spring for Members. Watch out for Cinco de Mayo, a Brew Masters dinner, spot prawn week and a new dungeness crab week sometime in June.

We are also going to try and start producing some of our own product on the property. A fresh herb program is in the works. Growing our own items is not only price conscience but it is also just so much fun. The team get super excited about watching and learning and experimenting with new and exciting products.

See you in the dining room!



Paul Benallick

Executive Chef

PBenallick@hollyburn.org

FROM THE BAR

Necromancer



The Necromancer is a cheeky, lively version of a Tiki classic, known as the Zombie cocktail, created by Don Beach in 1934 at Don the Beachcomber's in Hollywood, USA. Don famously encrypted his original cocktail recipes with secret codes that he hid from his employees and even family, in an effort to keep his formulas from the prying hands of his competition. As the Zombie's popularity grew, other bars created their own renditions, and this classic cocktail took on a life of its own. What we do know is that the original cocktail is created with three whopping ounces of rum, including a full ounce over proof white rum at 151 proof (75.5% ABV)!

This classic hangover cure is best enjoyed in the sunshine after a big night out, our version is tamer and more balanced, crafted with our house gin blend, premium blood orange syrup, fresh lemon juice and warm spices with a saffron kick to liven up your senses. But be warned! As much as the Necromancer may bring you back to life after a night of abundance, she can just as well put you to bed early once again.



Carolyn Yu

Bar Manager

CYu@hollyburn.org



Chef PAUL'S

FEATURED MENU PAIRING

Seared Steelhead Salmon

fennel & tomato broth, saffron potatoes

Pairs well with Tommasi Amarone, Veneto, Italy

There are so many “rules” around what to pair salmon with. Typically rich whites and light reds are a safe area to stay in, but in the case of this dish which has a beautiful, vibrant tomato broth, there is one magic answer to what to drink alongside it. When wine pairing, remember the rule “what grows together, goes together”. So, tomatoes and a Northern Italian wine will always deliver. Northern Italian wines grow in cooler air, and will typically result in soft, low tannins, which is perfect for this dish as big tannins and salmon can result in a metallic flavour. Look to our reserve wine list for your answer: Amarone!





West Patio
BBQ'S

BIRTHDAY PARTIES | CORPORATE PARTIES
SPORTING PARTIES | SUMMER EVENTS

Contact Catering to book your BBQ party
on the West Patio today!

catering@hollyburn.org | hollyburncatering.com

950 Crosscreek Rd West Vancouver, BC V7S 2S5

FOOD & BEVERAGE

New Menu Items

Nutella Baked ▶
French Toast



▲ Sundried Tomato
& Courgette Skillet



▲ Double Cheeseburger
Benny

▼ Grilled Albacore Tuna



▼ Grilled Shrimp Tacos

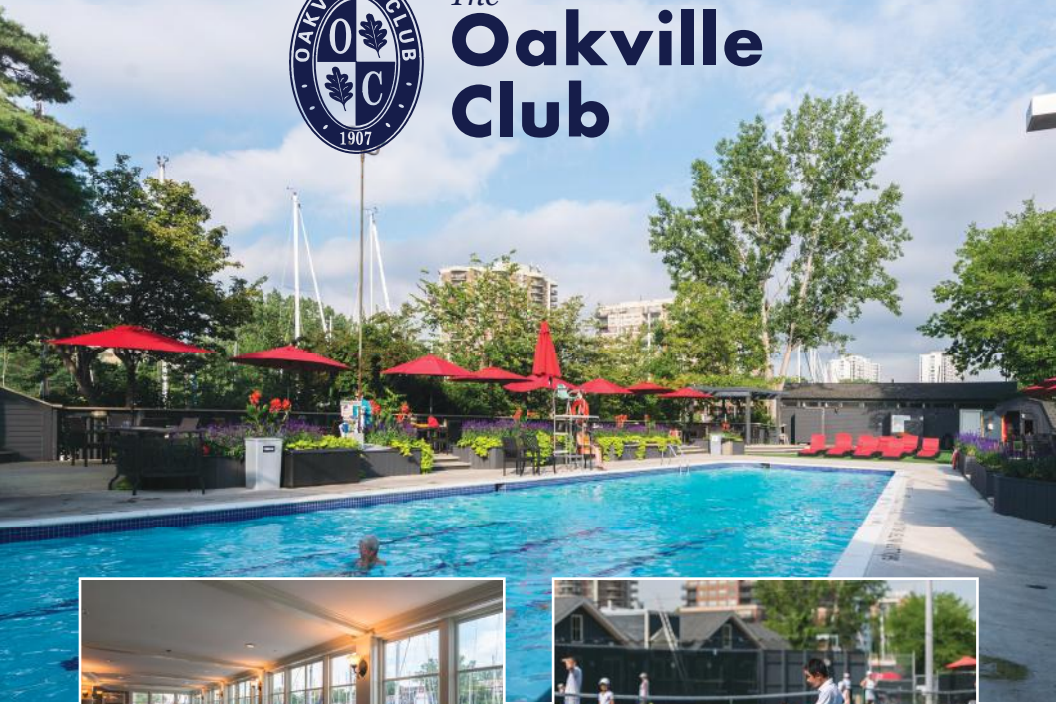


◀ Seared Steelhead
Salmon

AFFILIATE CLUB



The Oakville Club



For over a century, entire families have become active participants in sports, recreation and social activities at The Oakville Club. It's part of our waterfront charm to offer racquet sports such as outdoor tennis on 5 courts, badminton, squash and pickleball, a fitness centre, yachting, swimming in our 80 foot outdoor pool, special events, children's programs and summer camps, and both casual and event dining.

While the activities may be the draw, it's the camaraderie and friendships that Members say keep them here for life. For many, the Club has become a primary source of community connection and fulfillment.

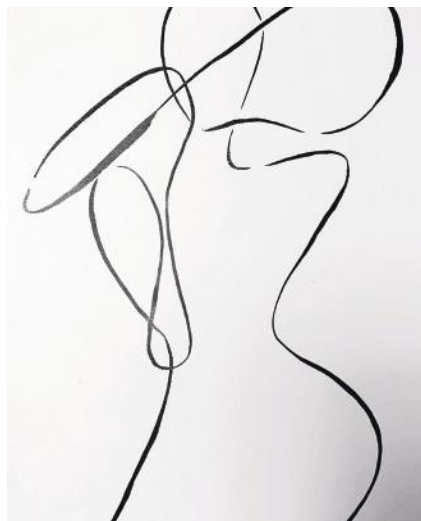
Through constant open dialogue between our Members, Staff, Board and Community, we can provide our evolving Membership with the most enriching Club experiences possible. Building on our traditions, we are a modern, accessible and lively place – truly an oasis in your own Community and one that brings a welcome sense of belonging from your first visit.

w. oakvilleclub.com
p. 905.845.0231 Ext. 0
e. memberservices@oakvilleclub.com

56 Water Street
Oakville ON, L6J 2Y3

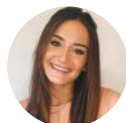
FEATURED ARTIST

Taisha Teal



Taisha Teal developed an aptitude for art at a young age. Born and raised in West Vancouver, her art-enriched household allowed for playtime to include every type of artistic medium. This contributed to developing a rich tool kit that Taisha continues to experiment with and add to. As a certified Art Therapist, Taisha strives to create a safe space for her clients where they can improve their mental, emotional and physical health. Taisha's mission is to help individuals reach their goals through art creation, self-reflection, positive empowerment, and healthy behaviors.

Please visit her website at taishateal.com or look for Taisha's artwork hanging around the Club.



[Learn More About Taisha](#)



THE SPORTS BOUTIQUE

One Stop Shop

Mother's Day | Father's Day
Warm Weather Essentials



THE SPORTS BOUTIQUE

Connect with us!

Here is where you can find the latest information on merchandise, events, promotions and store hours.

Instagram

[@hollyburncountryclub](https://www.instagram.com/hollyburncountryclub)

[@hollyburnsportsboutique](https://www.instagram.com/hollyburnsportsboutique)

The View

www.hollyburntheview.org

Email

sportsboutique@hollyburn.org

Weekly E-Newsletter

Every Tuesday Evening

Digital Display

Located outside The Sports Boutique

In Store

*Visit our knowledgeable Staff.
We can answer all of your questions.*

Phone

604-913-4510

Hear about our latest promotions and offerings on our hold phone message.

FEATURED STAFF

Tarun Bhatti

Safety Manager



How long have you been working for Hollyburn?

3 years and 7 months

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

- Employee culture
- Versatility of being able to do variety of tasks
- Supportive leadership

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

My most significant achievement so far is graduating from university while working full time. Some days, I would put in 18 hours of commitment between work and school to ensure my success. I am very proud of that achievement, and the situation taught me a great deal about accountability, team work and prioritization which are all qualities that are highly benefiting in my professional life.

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

Gavin Hamblin

Supervisor: What makes this employee an important part of our Hollyburn Country Club Community?

Tarun has been an integral part of the Club's success in navigating the ever-changing protocols and public health orders we have faced throughout the pandemic. He is articulate, intuitive and is always looking for ways to improve Member experience and safety as well as ensuring the safety of Club staff and assets. Tarun exemplifies service excellence and continues to do a great job developing his team and enhancing protocols and procedures that positively impact everyone in the Hollyburn community. He is well liked by Members, respected and loved by staff, and is woven into the cultural fabric of the Club. I am so proud to see Tarun continue to grow and develop and it has been great to see the enthusiasm he has brought to his new role as Safety Manager – we are fortunate to have him on the team at Hollyburn.

NEW FACES

Nick Koole

Bistro Manager



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

I'm most looking forward to sharing my love for delicious coffee, both with Members and by training staff to love it as much as I do!

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

I love music – playing music and listening to music. I also love to cook.

What is your “happy place”?

Drinks with a few close friends.

What is your favourite sport to play or to watch?

Soccer for both playing and watching

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

For dinner, I really like both Savio Volpe and Ask For Luigi. For coffee, I love Modus on Broadway.

Name 3 fun facts about yourself.

1. I was once in a band called The Magician and The Gates of Love, hah.
2. I'm trying to learn Spanish in order to keep up with my wife!
3. I'll try any food at least once.

FEATURED ATHLETE

Deklan Stollery



Deklan started Karate with Sensei Peter at age 3 in the Little Ninjas Program. He has been involved in Hollyburn Karate for the past 5 years. With a lot of hard work and dedication Deklan received his Brown Belt in December 2021 at the age of seven. He is currently eight years old and would like to try and achieve his Black Belt at an early age. Deklan loves all aspects of Karate but he enjoys working on Kata sequences the most. Karate makes Deklan feel confident and accomplished. He enjoys practicing all the moves but his favorite is the spin kick. Deklan has been teaching the Little Ninjas classes on Monday's and Wednesday's with Sensei Peter and Sensei Ryan. He loves to help out in the class because his little brother Kai is there. Deklan's favorite part of teaching

is leading his own small groups within the class. When Kai is asked what he likes about his brother teaching the class, Kai responds "I love when Deklan teaches me, it is fun and helpful."

When not in the Dojo Deklan stays active by participating in a variety of sports such as swimming, skiing, tennis and field hockey. He also has a healthy diet to help fuel his active lifestyle. He also enjoys his downtime by playing video games, such as Zelda and MineCraft. Deklan is excited to be featured as the Jr Athlete in hopes that more people will be interested in Hollyburn Karate.....See you in the Dojo!

FEATURED ATHLETE

Chanelle Mobius



Age: 15 **Sport:** Figure Skating

Number of years you have played your sport? 10

What is your biggest accomplishment in your sport? My biggest accomplishment as a figure skater was winning my first ever gold medal. I felt very proud to accomplish this goal I had since I was young.

What would be your ultimate achievement? I want to land my double loop consistently.

Who is your role model in your sport? I think my biggest role models in skating are my coaches. They inspire me to continue skating, work hard and love the sport.

Do you have any good luck rituals or superstitions? I don't have any good luck rituals but having my skating friends around me at competitions wishing me luck makes me happy and excited to compete.

What is the best advice you have been given? I think some advice that has been given to me that I continue to remember is after you fall you have to get right back up and keep going.

Where do you draw your inspiration from? Or do you have a motto that inspires you or helps you to accomplish your goals? I get inspired by my peers at skating. We all inspire each other to try new things, be creative and skate the best we can as well as cheer each other on.

What is your favorite pre-game meal? One of my favourite meals to eat before skating is sushi at Hollyburn.

What are three essential items in your sports bag? Three essential items in my skating bag are my skates, my gloves and my bunga pads that go over my socks for extra comfort.

When you were younger, what did you want to grow up to be? When I was younger I envisioned myself being an architect or interior designer.

Do you still want to be what you mentioned in the last question, or do you have another vision? I no longer see myself being an architect but still think that job is very interesting. As of right now I am still thinking of other ideas!

What other sports or activities do you enjoy in your spare time? In my spare time I also love to play volleyball.

What tournament/challenge would you like to participate in? I would like to participate in the Kelowna figure skating competition again. Every year going to Kelowna with the other skaters and coaches has been a highlight of skating. It is so fun to spend the weekend and cheer on other skaters.

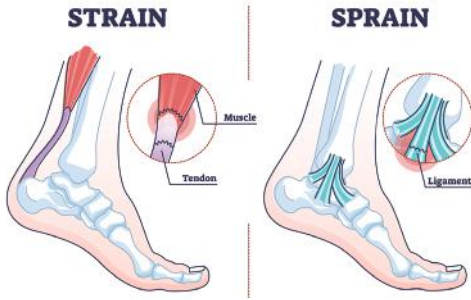
As a Hollyburn Member, what is your favourite Hollyburn moment? One of my favourite moments at Hollyburn is Ice Olympics. Ice Olympics takes place every year and we get into teams and have fun races and challenges. We chose team colours and compete against the other teams. Ice Olympics is super fun and I always look forward to it.

What do you want to be remembered for when you outgrow your sport at Hollyburn? I want to be remembered as someone who brought a good attitude and fun spirit to the rink.



Foot & Ankle Pain

If you're experiencing foot and ankle pain, Physiotherapy can help.



Whether your injury is recent or chronic, HCC physio can help. One of your physiotherapists will conduct a thorough examination to find what is causing your pain and then a personalized treatment plan will be created for you specifically.

Your treatment can include a combination of specialized hands-on manual therapy techniques, modalities, IMS or Acupuncture, exercises and stretching, to restore joint mobility, improve balance, and strengthen the foot and ankle muscles. Treatments will aim to ease your pain quickly, boost your circulation and improve your mobility. Lifestyle changes and footwear recommendations will be considered to prevent more problems in the future. Why am I experiencing foot and ankle pain?

The foot and ankle are complex mechanical structures that must work together in harmony for optimal function. The ankle joint consists of 3 bones that all must interact with one another correctly, along with the various connective tissues that hold the assembly of the joint together.

The foot is even more complex, containing 26 bones, 30 joints and over 100 muscles, tendons and ligaments. Pain can occur

suddenly due to an injury or it can develop over time in relation to a chronic, underlying condition. Plantar Fasciitis – is an inflammation in the connective tissue on the bottom of your foot. This can occur from overuse, improper posture or unsupportive footwear.

Tarsal Tunnel Syndrome

Occurs when a nerve (running from the ankle to the foot) becomes pinched and inflamed.

Fractures

Can result in stiffness in the joint at which the fracture occurred and often stiffness and pain in other parts of the foot or ankle. (25 other bones could be affected even if not fractured).

Bursitis

Occurs when the tendons rub against the bursae causing irritation and discomfort.

Arthritis

A common inflammatory condition affecting the joints, resulting in pain and stiffness.

Strains & Sprains

Occur when a muscle or tendon is stretched or torn.

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

Lifeguarding



After working in this industry part time and full time over the past decade, I'm confident in saying there has never been a more perfect time to become a lifeguard. Whether it's health, wealth, career, or personal it may be years before we completely know all the effects Covid has had on everyone's lives. An extremely visible piece altered by Covid has been the job market, it appears that the unemployment rate is going down after all but it still looks like everyone and their dog is looking for employees. Back in September the Swimming and Water Safety representative passed on that since the pandemic started there had been a 35% drop in certified Lifeguards and Instructors. Based on what all of the local pools are experiencing, I would put that number between 30% to a little bit north of 40. Hollyburn along with pools all over the country are looking for certified individuals to rebuild and fill the vacuum that has been created. Lifeguarding is a fun, social, and flexible job with certification skills you can use for not only high school credits, but also transfer some of the certifications and experience across the country, or even take the skills to other jobs.

One of the largest barriers behind lifeguarding is the frontloaded training required, over the last few years all governing bodies have worked towards making the process not as long and laborious as it used to be. Some of the courses have been condensed or even modified over to a blended learning platform. When I first took the course I went through 252 hours of training, now the training time is down by almost 100 hours total.

Here is the pathway of Lifeguarding courses as well as their requirements.

1 Bronze Medallion
13 years old, or completed Bronze Star.

2 Bronze Cross
Completion of Bronze Medallion.

3 Optimal Bronze Star
If younger than 13 years old. Assistant Lifeguard- 15 years old minimum and holder of a current Lifesaving Society Bronze Cross certification and a current Emergency First Aid certification (EFA). Assistant Lifeguards may supervise "targeted supervision zones" (e.g., climbing walls, rope swings, slides, etc..)

4 Standard First Aid and CPR-C
Certificate from one of the following organizations (Life Saving Society, Canadian Red Cross, St. John's, Canadian Ski Patrol, Heart and Stroke Foundation.

5 National Lifeguard Course
15 by the last day. Completion of Bronze Cross, Standard First Aid & CPR-C, Airway Management and Oxygen Administration (AMOA).

6 Water Safety Instructor
Bronze Cross completed, ability to perform all swimming strokes at Swim Kids 10 level. *This program will be changing to the Lifesaving Swim Instructor course as the Red Cross is suspending Aquatics training in 2023. Information is not finalized so if you're looking to take a course and aren't certain which one, please reach out!

**The National Lifeguard course and the Instructor course can be taken in either order as they are different streams.*

I'll continue my statement that there's never been a better time to become a lifeguard. External to a job, there have been a few situations where I've ended up being extremely thankful I've done the First Aid and Aquatics training I have. Even if you never need to use a skill set, "It is better to be prepared for an opportunity and not have one, than to have an opportunity and not be prepared".



Callum Glass
Aquatic Coordinator
CGlass@hollyburn.org



SWIM TEAM

HURRICANES QUARTERLY UPDATE



With the return of in person meets our team has been very successful at all levels of competition! We have exciting team travel coming up just before summer with full team trips to Whistler and Kamloops. We will also be hosting a full Summer Invitational to end our season in July. We are really looking forward to competing at SwimBC Summer Divisional Championships and SwimBC Summer Provincial Championships after the impressive results we had at the Winter SwimBC meets!

At SwimBC Winter Provincial Championships we had eleven swimmers compete, again with fantastic results. Tristan Govier, Stella Harris, Valentina Kolytchev, Thea Masselink all competed in finals throughout the meet. A special congratulations to Stella who raced to silver medals in the 50m and 100m Breaststroke events! Great racing by everyone else who attended – Henry Brewster, Brooke Johannson, Alessandra McCready, Bayden Smith, Rafael Wang, Natalie Yu and Atria Zehtab.

We also have three swimmers racing at Canadian Trials, congratulations to Tristan Govier, Thea Masselink and Jessica Strong. They will also be joined by Henry Brewster, Josh DeCoteau, Valentina Kolytchev and Rafael Wang at Canadian Western Championships. Great numbers for our team to have racing at a national level!



With all that success, the groups we are most proud of this season are Monsoon and Swim Academy! Our youngest groups have done such a great job under the leadership of Head Assistant Coach Annie Wolfe and our Assistant Coaches Flo Dingey-Wolfe, Olivia Jakeman, Laura Leeson, Avril Lindsey and Tyler Winsborrow. The swimmers have really bought into the training and have made huge improvements throughout the season. Our next wave of athletes will be very exciting!

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

Email Annie Wolfe

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

Email Coach Hutton

Hurricanes Swim Team Website



Brad Hutton

Head Coach

BHutton@hollyburn.org



Annie Wolfe

Head Assistant Coach

AWolfe@hollyburn.org



BADMINTON

Team Hawk Players Recognition



Morris Lam

Years of playing badminton: 3
Current BC Provincial Ranking:
U11 Boys' single and Boys'
doubles ranked #1



Marcus Zhou

Current BC Provincial Ranking:
U13 Boys' single ranked 7; U13
Boys' double ranked 2, U15 Mixed
double ranked #1
Years of playing badminton: 5



Austin Walker

Current BC Provincial Ranking:
U11 Boys' single ranked 8, U11
Boys' double ranked #5
Years of playing badminton: 4



Henry Li

Current BC Provincial Ranking:
U15 Boys' doubles ranked #3
Years of playing badminton: 6



Ivana Mei

Current BC Provincial Ranking:
U11 Girls' single # 4
Years of playing badminton: 3



Robby Milory

HCC Jr A tournament winner
in U11 Boys' singles and U11
Boys' doubles



Mose Li

HCC Jr A tournament
runner-up in U11 Boys'
doubles



Tiam Ghaderi

HCC Jr A tournament runner-
up in U11 Boys's singles and
U11 Boys doubles



Roger Yu

Current BC Provincial Ranking:
U11 Boys' single ranked #8, U11
boys' doubles ranked #5
Years of playing badminton: 3
years



Nika Ghaderi

Current BC Provincial Ranking:
U13 Mixed doubles ranked #5
Years of playing badminton: 2



Sam Li

Current BC Provincial Ranking:
U13 Boys' single ranked 4, U13
Boys' double ranked #2
Years of playing badminton: 6



Ethan Zhu

HCC Jr A tournament winner
in U11 Boys' doubles

Bridge Club News



After nearly two years of virtual bridge, our first return to live bridge in November and December was interrupted by the emergence of the OMICRON variant.

So we had only online BBO games in January and February. These gave our Members the pleasure of a weekly bridge game, albeit virtual, that averaged eight or so tables.

Game Results Posting

As Spring approached, we returned again to the Creekside Room at the beginning of March. The return included our Tuesday morning Supervised Play game and our Thursday morning Invitational Duplicate game. We held a series of special events, including a Quarterly Club Championship game and competitions for the Mort Ferguson and Bell trophies. (The winners of these events were not known as these words were written).

Special events celebrating the return of live bridge will be held until the end of June. The Thursday duplicate game will continue throughout the summer but the Supervised Play/Topics session will have a summer break beginning at the end of June and ending at the beginning of September.

2021 Winners

As a recap, our trophy winners for 2021 were:

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 all the bridge results and news, not only at Hollyburn but also at the other North Shore bridge clubs.

Calendar Dates

BRIDGE QUARTERLY CLUB CHAMP

Thu, May 19 | 9:30am–12:45pm

BRIDGE BELL TROPHY PAIRS

Thu, Jun 2 | 9:30am–12:45pm



Stephen Beaton

Bridge Professional
bridge@hollyburn.org

QUARTERLY UPDATE

Figure Skating

The 2021-2022 season has been a very busy time for our skaters and coaches! We have several new faces joining our figure skating team this year. We welcomed six new skaters in the junior team and one in the senior team!

New Junior Skaters

Elle Dickenson
Skylar Fenrich
Freya Hagen
Chloe Ma
Augusten Worsfold
Lucia Diao

New Senior Skater

Karmin Au



Class of 2022

L-R: Selena Zhu, Marija Cvetkovic, Rachel Bosa

Our CanSkate program has also been extremely popular with classes full to capacity! We would like to apologize to those we could not accommodate from the wait lists. We highly recommend registering for the upcoming classes in the summer as it is usually a less busy time.

Fifteen of our skaters had the opportunity to compete in a virtual competition in March. Unfortunately, the results were not available at the time of The View deadline and we will post them in the fall issue.

We will wrap up our successful season on June 3 with the very popular Ice Olympics, which is our annual fun day, and our year

end banquet. This year we will also celebrate the high school graduation of three senior skaters. Congratulations to Rachel Bosa, Marija Cvetkovic and Selena Zhu! We wish all the best on your future endeavours and will greatly miss seeing you on the ice. Lastly, the 5-week summer skating camps will start on July 11 and run until August 12.

Important Dates

Jun 3

Last day of skating and year end banquet

Jul 11 to Aug 12

Figure skating summer camps



L-R: Lucia Diao, Elle Dickenson, Karmin Au, Augusten Worsfold, Freya Hagen, Skylar Fenrich, Chloe Ma



Diane Beaudet

Skating Professional
figureskate@hollyburn.org



Joanne Sloman

Skating Professional
figureskate@hollyburn.org

Ditching the Gym?

Are you thinking now that summer is here, you no longer need to hit the gym? Or renew your Fitness Class Pass?

Year-round consistency in your strength training workouts is the key to becoming and staying healthy and fit. When you're consistent with your exercise routine, your body will stay strong, your heart healthy, and your mind sharp. When we 'fall off the wagon' or do a yo-yo routine, we confuse our bodies and you'll miss out on seeing the results you have been working so hard for.

Your workout regime can vary with the seasons, rather than ignoring the change in seasons, embrace the change! If we never switch things up with our workouts, we are actually missing out on additional opportunities to build a healthier, more productive life. It's great to have a base routine in the gym, going to a regular class or training with your PT 3-4 days per week. It's always a good idea to mix things up seasonally so that you can reap the benefits. Hitting the gym has nothing to do with the seasons. The gym should be an all-round activity. Take advantage of earlier days and later, lighter evenings.

Changing when you workout might help you stay motivated when there's a change of season. If you normally exercise in the evening after work, you may want to change it to a morning workout during the winter, or vice versa. If you run on the treadmill in the winter before your weights, why not run to the gym for your workout during the summer months?



You should never ever think 'summer gym' is better or 'winter gym' is better, or gym in the morning is better or gym in the evening is better.

Fitness is not a season or dependant on the weather, it is a lifestyle, plain and simple, all year round.

Fitness Class Passes

Unlimited Monthly Pass	\$110
Monthly Light Pass	\$75
Monthly Student Unlimited Pass	\$75
Drop-In Class	\$18

**All passes are automatically renewed each month unless you tell us you'd like to cancel*



Shelley Grisbrook
Fitness Centre Manager
sgrisbrook@hollyburn.org



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



Pilates

 HCC FITNESS

Pilates Private Training

We have a team of pilates teachers with varied backgrounds in both pilates and Personal Training. Members we train range anywhere from active rehabilitation to elite athletic conditioning. We use a variety of Pilates equipment in our beautiful Pacific Pilates studio located on the lower level of the Fitness Centre. Some of the specializations our teachers have include the following:

- Active rehab/sport injury/enhancement
- Intensive back care
- Neurological active rehab
- Joint Replacement
- Pre and Post Natal
- Low pressure fitness
- Stretch Therapy
- Yoga
- Postural Assessment & Breath
- Mobility

Private \$85

Semi-private \$110 (\$55 pp)

Small Group \$40 (3 min, 5 max)

Active Rehab Pilates \$95

Small Group Active Rehab \$62⁵⁰pp

How it works?

Pilates is a progressive system of body alignment and performance. You start with a private and then you develop a plan with your teacher to either continue privately or ladder into one of our group Pilates classes.

Private, Semi-Private and Small Group Sessions

Maximize your individualized training needs with personal one-on-one sessions or train with a small group.

Group Pilates Classes

You must have at least one private lesson, or previous equipment experience before you sign into a group class. All of our Group Pilates Classes can be found on the MindBody site. Please contact Shelley directly if you are interested in doing a drop-in or if you would just like to test out a class.

Pilates Class Rates

Drop-in \$23

10x Pass \$210

20x Pass \$400



Pilates

 HCC FITNESS

Class Descriptions

Pilates Level 1 is a beginner to Intermediate level of class. It is required that students have taken at least 1-5 privates prior to enrolling in this class. This class will incorporate moderate challenge and choreography.

Pilates Level 2 is an intermediate to advanced level of class. It is recommended that students are proficient in Pilates Level 1 prior to enrolling in this class, or be preapproved by one of our instructors. This class will appeal to students looking for more of a physically demanding practice.

Pilates Level 3 is an advanced level of class. It is recommended that students are proficient in Pilates Level 2 prior to enrolling in this class, or be preapproved by one of our instructors. This class will appeal to students looking for a more physically demanding practice with more advanced choreography.

Pilates Fusion 1 & 2 are beginner and intermediate level of classes. It is required that students have taken at least one private session prior to enrolling in these classes. Basic reformer functionality is a must. Class is a blend of reformer Pilates and Yoga.

For more information, please email Shelley Grisbrook at SGrisbrook@hollyburn.org or call the Fitness Centre at 604-913-4565.



HOCKEY

Season Thank You!

2021/2022

It's hard to believe that the 2021/22 season came and went as quickly as it did. Last season, we were longing to play and watch games but had to "settle" for 3 weekly ice times. Those 3 weekly ice times were one of the few constants we at Hollyburn had the privilege to look forward to – that certainly wasn't the case at many other associations. Even with the on-ice physical distancing restrictions, our coaches were committed, positive, and creative in adapting their ice sessions. The development our players received during the pandemic certainly translated into this year's overall success. This season, the on-ice performance of all of our teams has been a pleasure to watch. Kids love coming to the rink. Our players love competing. Our coaches, managers, and team officials continue to provide exceptional on and off ice experiences that create life-long memories for our players and parents. The culmination of the last two seasons has put the Hollyburn Minor Hockey program in a stronger position than we were prior to the pandemic.

The majority of our teams are competing in a higher flight or have a better record than before the pandemic.

For that, a big thank you goes out to our coaches, managers, team officials, players, parents, and families for making the Hollyburn Huskies program a great community.

We would be remiss to also thank the minor hockey committee members, upper management for their support, our registrar Sandy Rogers, our officiating team (Michael Bean, Mark Pearce, and Kathy Sharan), and, of course, Andrea Benac for being a great addition to the hockey program at Hollyburn.

The time and energy everyone contributes to the Hollyburn Hockey community is always for the kids and it makes what we do rewarding when we see so many smiling faces throughout the season!



U15 Huskies Feb 2022 Playoff Win Celebration



Adam Hayduk

Hockey Director

hockey@hollyburn.org

A BANNER YEAR!

Highlights from the 2021/22 Season

U18 A1 Team



- Regular Season Champions – 1st place in Flight 1 with a record of 13-3-4
- Playoff Champions – Qualified for and won the Final 4's
- 3rd consecutive season the U18 A1 team has qualified for the BC Hockey Tier 2 Provincial Championships (also reigning U18 Tier 2 Champions)
- Completed 1 flight higher this season than before the pandemic

U18 C Team



- Kent Winsborrow stepped up between the pipes heading into playoffs and helped the team qualify for the banner game with a playoff record of 5-2.
- Fewest goals allowed in playoffs (20) in the entire 13-team U18 C division

U15 A1 Team



- Finished the regular season in 2nd place in Flight 3 with a record of 9-5-5 despite losing 4 rep-caliber players due to the Club's vaccination policy (pre-pandemic record was 10-10-2 in Flight 3)
- Upset 1st seed North Delta in 4 games in the 4-point playoff round to advance to the Final 4's
- Coaches Jono Ceci (Hollyburn Huskies Alum) and Devon Krogh (Hollyburn Huskies Alum)

U15 C Team



- Lions Gate League White Group Playoff Champions with a playoff record of 7-1. Beat Squamish in the championship game 4-1 to clinch the banner.
- The team had some challenging times throughout the season but came together leading into playoffs for a memorable finish;
- Coaches Darren DeCosta, Michael Wildman, Lucas Skriko, Adam Hayduk

U13 A1 Team



- Finished the 1st half of the season in Flight 3 with a record of 8-1-1 and was moved up to Flight 2 for the 2nd half of the season;
- Finished the regular season 2 flights higher than before the pandemic;
- Qualified for the 4-point series and came close to beating 1st place Vancouver Minor, who eventually won the Final 4's to advance to the BC Hockey Tier 2 Championships;
- Won the President's Series Playoff Banner with a record of 3-1, beating out Port Coquitlam A1, Port Moody A1, and NSWC A2;
- Won the Juan De Fuca Remembrance Weekend Tournament;
- Coaches Matt Frydrysek, Brandon Thompson (Hollyburn Ice Dogs Alum), Gareth Dyer (Hollyburn Huskies Alum)



U13 A2 Team



- Completed this season in the highest flight our A2 team has ever competed in, which was 2 flights higher than pre-pandemic;
- Finished the regular season in 5th place with a respectable 8-10-2 record in Flight 6
- Coaches Lucas Skriko, Carter Stephenson (Hollyburn Huskies Alum), Gavin Chrystal (Hollyburn Huskies Alum)

U11 A1 Team



- After a rocky start in the placement round, the team was placed in Flight 2 and finished the 1st half of the regular season undefeated with a record of 8-0-1, back-stopped by first-year goalie Samer Mansour;
- Silver Medal in the Port Alberni U11 Tournament;
- Team was moved up to Flight 1 for the 2nd half of the regular season – first Hollyburn team in recent years to compete in Flight 1 in the regular season!
- Coaches Adam Hayduk and Mike Sandor

Coco Armstrong Selected in the WHL Draft

Hollyburn Huskies alumni continue to advance through the above-minor ranks. After helping the U13 A1 team to a bronze medal at the 2018/19 BC Hockey Tier 2 Championships, Coco chose the CSSHL path. After two seasons at Shawnigan, he was selected this season in the 7th round by the Spokane Chiefs in the WHL draft



Former Cookie Monster and Huskies Alum Jake Christiansen scores his first NHL goal!

Jake Christiansen started his hockey pathway at Hollyburn in the Cookie Monsters program, coached by Adam Hayduk. That 1999 birth year produced many hockey success stories. Jake played at Hollyburn through his 1st year of midget. As a 16-year old, Jake made the jump from Hollyburn to the Everett Silvertips in the WHL, where he spent 5 seasons. Jake signed an NHL entry level contract with the Columbus Blue Jackets on March 4, 2020.

Jake made his NHL debut on January 6, 2022, versus the New Jersey Devils. Jake scored his first NHL goal in his 4th NHL game on March 1, 2022, also against the New Jersey Devils. Congratulations Jake and to the entire Christiansen Family!

Coincidentally, in the same month Jake made his NHL debut, his sister Lexi Christiansen began filming as a competitor in the Food Network's "Great Chocolate Showdown" which aired the same month Jake got his first NHL goal!



QUARTERLY UPDATE

Karate Belt Testing

Student must be able to effectively incorporate hand and foot combinations. They must also demonstrate strong defensive and offensive tactics during their matches.

Students must be able to perform moves without hesitation, they are graded on direction, order, targets, & stances for each move individually.

Above all, to pass each grade they must be able to demonstrate an improvement in skill, focus, self-discipline and spirit.



Peter Stoddart

Karate Professional

karate@hollyburn.org

Phone: 604.913.4575



Gift of Music

As I am writing this article for summer edition of the View, Winter Olympic Games just finished and one of the biggest stars is freestyle skier Eileen Gu who won two gold and one bronze medal. When asked what is the secret to her success talented Chinese-American skier credited her win in the snow sport to her other performance passion, playing the PIANO. Nine years of playing piano contributed to three Olympic medals.

So far we all know that music helps kids to focus, to use and develop the mathematical side of the brain as well as the creative one. Practicing daily teaches discipline, and concerts and exams give a sense of accomplishment. Now let's add on that, medals at Olympic Games!

Among our accomplished musicians we have students who actively and competitively participate in all kinds of sports: hockey, tennis, golf, swimming, figure skating, badminton, squash, soccer and field hockey. We have young ballet dancers, actors, environmentalists, chess players. They all have music lessons at Hollyburn in common! To help you navigate plans for music lessons here are the most frequent questions:

1. When is the best time to start music lessons? It really depends on the instrument: piano age 5 and up, drums and voice 6 and up, guitar 8 and up. The best time is when the child shows interest and knows a how to read and is committed to practice.

2. Do I need an instrument? Yes! You don't have to buy an instrument to start but you can rent one for the first few months or one year until you are sure you want to continue to play. Your teacher will help you with choosing the best instrument.

3. How much practicing? Without regular practicing there will be no improvement. We expect beginners to practice 3 times a week and practicing should be increased in duration every year. We also know that students don't remember always to practice so help from parents is welcomed.

4. What about adult music lessons? We offer lessons for all instruments and voice and encourage adults to take advantage of 'pay-as-you-go' basis to fit their schedule.

5. What music lessons are offered at the Club? We offer piano, drums, guitar, bass guitar, ukulele, and voice lessons with highly qualified teachers. We are always striving for quality and not the quantity of our lessons.

6. How to sign up for music lessons? Our program is running from September till June, but based on our availability we accept new students throughout the school year. Sign up is via email only.

25 Years of Teaching

This March I celebrated 25 years of teaching at the Club! I taught over 350 children and adults and many became my lifelong friends. Not to mention that soon I am about to teach second generation as many of my former students have kids of their own. Add to this ten more years of teaching before I started at HCC, and seven recorded albums of my own piano music, lots to celebrate in 2022. Please join us on Sunday June 12th when we will celebrate all our students at Spring Recital.



Vlada Mars
Fine Arts Professional
Music@hollyburn.org



EVENTS

Outdoor Summer League Schedule

The leagues are open to Members who wish to engage in friendly, social, competitive play. Registration is done weekly, 7 days in advance. Limited to 16 players per session. Register as a single and choose a partner onsite. A variety of formats will be used, from Match play to Ladder courts to rotating partners. Coach will be on site to offer instant tips, game analysis and feedback. All leagues start in June!

Men's 3.0+	Mon 5:00pm-7:00pm
Women's 2.5+	Wed 9:30am-11:00am
Women's 3.0+	Thu 5:00pm-7:00pm
Mixed 2.5+	Thu 9:30am-11:00am

Outdoor Social Play Schedule

Due to summer camp schedules in the gym we are moving daytime social play outdoors for the summer months of July and August. Evening Social play will remain in the gym. All players are welcome to register and are asked to rotate courts to ensure each receive equal time on court using the WIN & SPLIT format; play a game, losers leave and winners stay but split to play with oncoming players. Registration is completed online one week in advance.

July/August Summer Schedule

OUTDOORS

Mon	9:30am-11:00am
Fri	9:30am-11:00am
Fri	5:00pm-7:00pm

INDOORS

Mon	6:00pm-8:00pm
Wed	6:00pm-8:00pm

Singles Anyone?

While most play doubles, singles is a growing part of the sport. Look for a singles tourney to take place in late spring/early summer. Details to be provided in the weekly E-Newsletter!





PICKLEBALLBC is a non-profit organization dedicated to the promotion and advancement of pickleball in British Columbia. Goals are to encourage people of all skill levels and abilities to play pickleball and experience the benefits of an active life style together with the unique social aspects of this sport.

Priorities are as follows:

- Our priority is to create a provincial structure that reflects the diverse needs of players province wide.
- To create and maintain communication opportunities with and for Members.
- To promote the growth of clubs and organizations across BC.
- To advocate for and encourage the development of Club, Provincial and National rating systems.
- To adopt and implement a software program to facilitate membership registrations, payment disbursements and membership communications.
- Support the development of a Canadian referee curriculum and educational process.
- Support the development of a Canadian, Western Canadian and BC tournament structure.
- To continue to update and maintain the PICKLEBALLBC website.

Become PICKLEBALLBC Member

Visit PICKLEBALLBC website Membership page for an online individual Membership Application form. You get two for the price of one - Pickleball BC and Canada!



By joining Pickleball Canada, you will be making a significant contribution to the development of pickleball as a national sport organization (NSO) to help in growing the game in Canada. As the NSO, Pickleball Canada endorses the provincial/territorial pickleball organizations which supports the growth of pickleball from coast to coast to coast. Several of the benefits of our Pickleball Canada Organization are:

- Promotes pickleball as a sport in Canada
- Develops and manages coaches/ instructor certification programs
- Develops and manages the national officiating certification programs in co-operation with the provincial/territorial pickleball associations
- Establishes and monitors policies on code of conduct, dispute resolution, discrimination, equity & access, conflict of interest, safe sport and anti-doping and all necessary policies for the good governance of the sport in Canada
- Will create and manage a high performance athlete development program
- Provides a single voice for Canada at the international federation [IFP] including input into new rules and regulations which affects play at all levels
- Oversees the development of para-pickleball at all levels throughout Canada.

Become Pickleball Canada Member



Jeff Boag

Pickleball Coordinator

IPTPA Level 1 Coach

pickleball@hollyburn.org

Pickleball Passion

In all sports there are always myths that need clarification. Here are a few from the pickleball courts...

Myth #1 - My Favourite - Pickleball is only for old people

One of the most prevalent Pickleball misconceptions is that only older folks who are long past their physical (knee, hip, elbow, hands, eyes, brain...) warranties, settle for the slower pace of Pickleball. Not so!! In fact the average age of North American players last year was 47.5 for core players and 33.6 years for casual players.

This is best exemplified by a recent visit to a Milton Ontario Pickleball Association social round robin with my son. Looking at the truly mixed retirement and younger crowd, we thought that they would be easy pickings. However, we didn't win a single game so remember that old adage - don't judge a book by its cover!! Pickleball is for everyone - young and old, athletically talented or not so much, families and singles, men, women and kids of all shapes and sizes!

Myth #2 – Pickleball Doesn't Require Much Movement or Skill

Not the case! If you have played at any level you know that Pickleball is a mix of chess in terms of placement, planning and strategy, and athletics with physical movement at all times and in every direction. The more you play and improve, the more there is to learn which is a challenge that makes it so much fun. You have to anticipate an opponent's shots, move quickly to the "kitchen" (front no-volley area on your side) or run back to counter a volley or lob, or side to side as your opponent tries to move you uncomfortably to all the extreme edges of the court. We measure 875 to 1,000 calories per 2 hour doubles matches depending on level of play. Makes room for a couple of pints or glasses of Pinot Grigio after!

Myth #3 – Pickleball isn't Competitive

Again not true!! Mostly a doubles game, things can get really competitive at any level and mix of players, especially in doubles play as there are twice the number of players to keep up with and half the room to move around. An intense pickleball rally can last for literally hundreds of shots, 75 - 80% played at/in the "kitchen" (higher level of player required!) until someone hits an attackable ball, then things open up with fierce volley's back and forth. Ask world ranked #5 and proud Canadian Steve Deakin if the game is competitive? Obvious answer here is an emphatic "yes". Major competition has just begun to open up with: Pickleball professional leagues such as APP, PPA and MLP with world level competitive athletes; new dedicated expansive facilities everywhere; tournament coverage including streaming services and YouTube; many clinics for beginners and advanced players online or in person; and, major sponsors such as Head introducing new technologies. Given Pickleball is "TV friendly" much like tennis is and fun to watch, I predict that Pickleball's growth momentum will exponentially increase in the future.



A Big thanks to Dave Snell for contributing. Visit Dave's blog for Myth #4.

[Dave Snell's Blog](#)

Want to Contribute to Pickleball in an upcoming issue of The View?

[Contribute Today](#)

Pay-Your-Age Summer Lesson Promotion

During the months of June, July and August you can Pay-Your-Age for lessons.

To qualify:

- You must be 19-39 years of age
- Sign up is for a minimum package of 5 lessons
- Only 10 packages are available
- Lessons are 45 minutes each
- Contact the squash office to secure your summer lesson package.

Canadian Squash Championships

Jun 1–5, 2022

Hosted by VLTBC with glass show court located outdoors in Jack Poole Plaza at the Vancouver Convention Centre. Age categories for amateur male and female players 35-90 yrs + Pro matches to determine our National Champions. If you can't play then definitely look for spectator passes as this is a MUST SEE event!

Full Tournament Details

CANADIAN PSA RANKINGS

WOMEN

Hollie Naughton	#17
Danielle Letourneau	#20
Nicole Bunyan	#48
Nikki Todd	#99

MEN

David Baillargeon	#64
Nick Sachvie	#117
Michael McCue	#129
Shawn Delierre	#132

Play Squash for X-Training

Squash is a rotational sport and shares many dynamic movement characteristics with hockey, golf and baseball. Squash is a fast paced, 360 degree sport which requires

full body coordination and will improve your overall fitness, hand-eye, footwork, reaction time and spatial awareness.

Squash only requires 40-60 minutes of play time for a full workout and is a great social option for you and your friends or teammates. Courts are readily available and is a great family option for all ages.

DID YOU KNOW...

- Roger Federer played squash as a junior but ultimately chose Tennis. A trained eye can see his acquired squash skills that still exist in his game. Most notably, his silky smooth court movement and net play confidence!
- Many NHL'ers played squash for x-training when they were young to improve fast twitch muscles to assist with quick decision making and improve foot speed and hand-eye.
- The top squash players in the world are some of the fittest athletes in the world, having run up to 10km in a single match and then having to do it all over the next day. No days off between matches for squash pros!
- Squash has the highest participation levels among colleges and universities due to its short time requirements, limited equipment requirements and social nature. Why what till post sec to get started? Start early and play for life!

SUMMER SQUASH LADDER

Stay active this summer and find new opponents or renew old rivalries. Players will be ranked according to skill and will move up and down based on results. Players are responsible for contacting others to schedule matches. There is no Fee and you can join at any time. Sign up is located in the squash centre.



Jeff Boag

Squash Professional
 squash@hollyburn.org

TENNIS

Become a Better Tennis Player

even when you can't get out on court!

Our tennis courts are extremely busy these days. As you may not be able to get out on court as much as you would like, I wanted to take this opportunity to share some thoughts on how you can become a better tennis player without being on the court.

Off Court Fitness

Increase your speed and explosiveness- Tennis is a movement sport. The player who is faster and can get to more balls will always beat the player who has a prettier forehand but is a slow mover. Doing some off-court agility training will help you be more explosive and reach that drop shot or wide ball your opponent may give you. There are countless videos on YouTube you can look into. Or check out this video I made during covid lockdown with some good drills you can do that do not take up a lot of space.

Watch Tennis Agility Drills Video

Even better, hire a professional trainer and tell them what your weaknesses are on court and they can tailor a specific fitness program for you.

Increase your flexibility- This is an area that almost everyone neglects. If you are playing a lot of tennis and not spending enough time stretching or working on your flexibility, you are setting yourself up for an injury. At the bare minimum you should spend at least 5 minutes after you get off the court doing some general stretching. Although this helps with maintenance and injury prevention it will not really be improving your range of motion and mobility. I highly recommend practicing some form of yoga or following a good stretching program. I personally do a 20-30min yoga class 2x per week. When I don't follow this routine, my body starts to fall apart. Tight hips, sore lower back etc. Working on shoulder mobility may

also unlock that extra 10kmh you want to add to your serve. Or increasing your overall leg flexibility will help you stretch out and reach that wide forehand. If you don't have the time to do a 75min yoga class, search out a quick 25min yoga class for athletes online. If you stick to this for 3-4 weeks I guarantee you will notice a difference on court not only with flexibility but balance as well.

Increase your strength- If you lift weights that is great. It will definitely have some benefit and translate to being stronger when you are out on the court. If you want to get more tennis specific it is probably a good idea to look at how you are lifting weight and how that translates to tennis. Doing a heavy slow controlled barbell squat or bench press might be great for adding strength or building muscle. But taking some weight off and having a more explosive positive portion of the rep may be more realistic to the movement of your tennis shot. Unweighted box jumps or split squats for example would be more closely related to hitting a serve than a 315lb slow controlled barbell squat would. Grip strength is also something commonly neglected by tennis players. Pick up a grip strengthener like a grip master for example and use it while you are watching tv at night. Add in some light weight high rep dumbbell forearm curls. Or see how long you can hang from a pull up bar for. If you can only hang for 30 seconds it's probably a sign you need to work on your grip strength. *always train under the supervision of a professional if you are unsure of any of the activities or exercises listed above.

Mental Training

The mental aspect of tennis is also often overlooked. If you play competitively at all you will have experienced some sort of nerves or pressure at some point. There are a lot of skills you can work on that can make you more mentally tough out on court.

Breathing- Learn how to breathe properly. When playing competitively I spent some time working with a Sports Psychologist. One of the first things I learned was deep breathing or diaphragmatic breathing. I think we've all been told to take a deep breath when feeling stressed, upset or anxious. Most will breathe from the chest and shoulders which can actually increase anxiety. Same as it can in between a point while playing a big match. Diaphragmatic breathing, or "belly breathing," involves fully engaging the stomach, abdominal muscles, and diaphragm when breathing. This means actively pulling the diaphragm down with each inward breath. In this way, diaphragmatic breathing helps the lungs fill more efficiently. I encourage you to look into this technique and practice it. It will have a positive impact on your anxiety and stress levels on and off the court.

Focus- It is very easy to lose focus while out on the court. A loss of focus for a short time can be the difference between a win and a loss. One of the techniques I've found useful after losing a big point is to look at my racquet and try to find the middle square of the string bed. It takes my mind off the point I just lost and allows me to refocus and think about what I need to do to win the next point. It also helps your eyes from wandering around between points.

My old Sports Psych had me do the following exercise to work on my focus. All you need is a glass of water, a stopwatch, and a pen and paper. Use the stopwatch to time how long you can stare at the glass of water with out any thoughts entering your mind. As soon as you think of something besides the glass of water check the stopwatch to see how long you were able to focus for. When I first started doing this I could only manage a few seconds. After some practice I was able to hold my focus for over a minute. This translated to much better focus while on court.

Goal setting- If you are serious about becoming a better tennis player then it is important to do some goal setting. You can make this as simple or as complicated as you see fit. It may be to win a 3.5 tournament this summer. Or play on a Division 2 league team next year. Have a variety of different goals. Those first two are outcome goals. To achieve those outcome goals, you may also want to set some technical goals such as; serve with more accuracy, develop an effective slice backhand, hit more topspin on my forehand etc. When goal setting it's helpful to follow the S.M.A.R.T. goal format.

Specific- Make your goals specific and narrow for more effective planning.

Measurable- Define what evidence will prove you're making progress and re-evaluate when necessary.

Attainable- Make sure you can reasonably accomplish your goal within a certain timeframe.

Relevant- Your goals should align with your values and long-term objectives.

Time-based- Set a realistic, ambitious end-date for task prioritization and motivation.

I hope some of you find the above helpful. If you find yourself in a rut or feeling burnt out, it may be a good time to put the racquet down and focus on some other aspects of your game. It may unlock some hidden potential that you need to take your game to the next level. Hitting the ball is one of many aspects it takes to become a great player. Cover all your bases and you will see more improvement.



Alex Korch

Tennis Director

akorch@hollyburn.org



Well done to all our Juniors that gave up their skiing weekend to come out and compete in our in-house Hotshots tournament.

Winners:

Red Ball: Morgan De Voest
Orange Ball: Ryan Fasihi
Green Ball: Eric Wang



Tennisino Night! Some fun on the tennis court followed by an evening at Grand Villa Casino.

CHILDCARE QUARTERLY UPDATE



Mini Sports Golf, Karate & Squash



QUARTERLY UPDATE

HCC Youth

RULES



Turf

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



Esports Lounge

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



Youth

- Children 6 years and older.



Alison Lea
Childcare & Youth Manager
ALea@hollyburn.org



Katie Jarvis
Junior Youth Supervisor
Youth@hollyburn.org

A stylized illustration of a summer landscape. At the top, a bright yellow sun with rays is partially obscured by the word 'SUMMER' in large, bold, dark blue letters. Below 'SUMMER' are the words 'PROGRAM' and 'REGISTRATION' in a smaller, dark blue font. The background features rolling green hills, a blue bridge over a body of water, and several wind turbines. The sky is a light blue gradient.

SUMMER

PROGRAM REGISTRATION

PROGRAM REGISTRATION: WED, MAY 4 *(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: THU, MAY 5 *(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, MAY 6 *(Online Only)*

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

Registration through www.hollyburn.org,
contact Jessica at jkatzin@hollyburn.org for login assistance.

Hollyburn Programs By Age

See department page for program details

4 MOS-3 YRS	3-5 YRS	5-6 YRS	6-12 YRS
AQUATICS	AQUATICS	AQUATICS	AQUATICS
CHILD CARE	BADMINTON	BADMINTON	SWIM TEAM
	CHILD CARE	SKATING	BADMINTON
	SKATING	HOCKEY	SKATING
	HOCKEY	KARATE	HOCKEY
	KARATE	SQUASH	KARATE
	SQUASH	TENNIS	MUSIC
	TENNIS		SQUASH
			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	PICKLEBALL	TENNIS	TENNIS
PICKLEBALL	VSL GOLF	PICKLEBALL	PICKLEBALL
VSL GOLF		VSL GOLF	VSL GOLF

AQUATICS



Callum Glass
Aquatic Coordinator
CGlass@hollyburn.org



Patrick Rea
Aquatic Supervisor
PRea@hollyburn.org

HOURS OF OPERATION

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

IMPORTANT REMINDERS

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

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

CANCELLATION NOTICE

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

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

BOOKING INFORMATION

Summer registration opens on Thursday May 5th 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

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 anywhere from once weekly to five days a week.

Mon–Fri
3:30pm–6:00pm

WEEKLY PRIVATE LESSONS

All ages and levels are welcome. One-on-one lessons with the instructor for a week will improve skills at a more accelerated pace. If you are looking to complete a level or get a head start this is the setup for you. Children will be given a progress report at the end of the week. Please email CGlass@hollyburn.org to register.

Mon–Fri | 9:00am–12:00pm

Jul 4–8	Jul 11–15
Jul 18–22	Jul 25–29
Aug 2–5 (Tue–Fri)	Aug 8–12
Aug 15–19	Aug 22–26
Aug 29–Sep 2	

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

SWIM LESSON INFORMATION

To enable our Aquatic Coordinator time to coordinate instructors and organize appropriate class sizes the swim lesson on-line registration closes Thursday the week prior at 11:55pm.

Hollyburn offers the HCC Parent and Tot; HCC Preschool; Red Cross Swim Kids; Bronze Star, Medallion, and Cross; and Standard First Aid programs.

If your child is signed up for the incorrect level, and we don't have room to move them, they may be taken out completely. Please ensure they are in the correct Swim Level. If you are unsure please contact us!

If a class is full, please do not hesitate to register on a wait list or contact the aquatic department to discuss your options.

Swimmers receive a progress report at the end of each week and a report card if the level is completed. We ask that all participants bring past reports to any upcoming sessions.

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.

GROUP LESSON WEEKS

Jul 4–8	Jul 11–15
Jul 18–22	Jul 25–29
Aug 2–5 (Tues–Fri)	Aug 8–12
Aug 22–26	Aug 29–Sep 2

Aquatic Summer lessons are 1 week long super sessions. Running at the same time Monday-Friday (No Monday Aug 1). Whole week attendance is advised.

GROUP LESSON RATES:

30 min	\$45.00/Week
60 min	\$90.00/Week

HCC PARENT & TOT

PENGUIN & PARENT

4–36 mos

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

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

INTRO TO PENGUINS

2–3 yrs

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

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

HCC PRESCHOOL PROGRAM

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

EGG

2–3 yrs

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

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

EGG

3–5 yrs

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

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

HATCHLING

3–5 yrs

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

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

CHICK

3–5 yrs

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

LITTLE PENGUIN

3–6 yrs

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

BIG PENGUIN

3–6 yrs

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

EMPEROR PENGUIN

3–6 yrs

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

RED CROSS

SWIM KIDS

5–14 yrs

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

SWIM KIDS 1

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

SWIM KIDS 2

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

SWIM KIDS 3

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

SWIM KIDS 4

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

SWIM KIDS 5

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

SWIM KIDS 6

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

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

SWIM KIDS 7

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

SWIM KIDS 8

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

SWIM KIDS 9

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

SWIM KIDS 10

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



SUMMER CAMPS

BRONZE STAR CAMP

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.

Jul 5–8
Tues–Fri | 9:00am–12:00pm | \$120

BRONZE MEDALLION CAMP

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

Jul 11–15
Mon–Fri | 10:00am–3:00pm | \$290
**price includes manual*

BRONZE CROSS CAMP

Prerequisite: Bronze Medallion by First Class
Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes CPR-B certification and is one of the pre-prerequisite awards for all advanced Lifeguarding and Leadership training programs. *Bronze Cross is also worth 2 Grade 11 High School Credits.

Jul 25–29
Mon–Fri | 10:00am–3:00pm | \$255

WANT TO BECOME A LIFEGUARD FAST?

The Lifesaving Camp and Standard First Aid include all the prerequisite certifications needed to take Water Safety Instructor and the National Lifeguard Service and can be done in two weeks. You will need to be 15 (WSI) or 16 (NLS) to take the big courses, but this stream will get you caught up fast.

LIFESAVING CAMP

Prerequisites: 13+ yrs or Bronze Star by first class
Lifesaving Camp is the perfect summer program for young people who are considering a career as a lifeguard, or are interested in advanced aquatics and first aid training. In this five-day program, campers will earn certifications in Bronze Medallion and Bronze Cross. Participants will also develop excellent swimming skills, practice with advanced lifesaving and lifeguarding equipment, and learn about a career in aquatics!

Aug 8–12
Mon–Fri | 9:00am–5:00pm | \$440
**price includes manual*



STANDARD FIRST AID

Prerequisites: 13+ yrs

This 16 hour 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 the second pre-requisite 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.

Jul 19–21

Tue, Wed & Fri | 10:00am–3:30pm | \$180

**30 min lunch break included, but not charged*

**price includes manual*

SWIM COMBO CAMPS

Want to pair your child's swimming lessons with tennis or badminton? Check out the racquet sections for information on our "Tennis and Swim" or "Badminton and Swim" programs.

Hollyburn will not be transporting Children between Tennis and Swimming.

****Please note racquets and swimming must be registered independently.***

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.

NO SWIM LESSONS

Aug 2

POOL SHUTDOWN

Sep 7

Sep 26



SUMMER 2022 SWIM LESSONS

SWIM LEVEL	SWIM TIMES MON-FRI	TENNIS & SWIM*	BADMINTON & SWIM*
Parent and Penguin	9:00am-9:30am *July Only*	N/A	N/A
Egg (2-3)	9:30am-10:00am *July Only*	N/A	N/A
Egg (3 - 5 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Hatchling (3 - 5 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Chick (3 - 5 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Little Penguin (3 - 6 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Big Penguin (3 - 6 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Emperor Penguin (3-6 yrs)	10:00am-10:30am 10:30am-11:00am	Playball Tennis: 9:00am HCC Preschool: 10:00am *Pick-Up at Pool: 10:30am	Preschool Badminton: 9:30am HCC Preschool: 10:30am *Parent Pick-Up at Pool: 11:00am
Swim Kids 1/2 (5 -14 yrs)	11:00am-11:30am	Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 11:30am	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 11:30am
Swim Kids 3 (5-14 yrs)	11:00am-11:30am	Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 11:30am	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 11:30am
Swim Kids 4 (5-14 yrs)	9:00am-10:00am 11:00am-12:00pm	Red Cross Swim Kids: 9:00am Orange/ Green Ball: 10:30am *Pick-Up at Tennis: 12:00pm	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 12:00pm
Swim Kids 5 (5-14 yrs)	9:00am-10:00am 11:00am-12:00pm	Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 12:00pm	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 12:00pm
		Red Cross Swim Kids: 9:00am Orange/ Green Ball: 10:30am *Pick-Up at Tennis: 12:00pm	
Swim Kids 4 6 (5-14 yrs)	9:00am-10:00am 11:00am-12:00pm	Red Cross Swim Kids: 9:00am Orange/ Green Ball: 10:30am *Pick-Up at Tennis: 12:00pm	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 12:00pm
		Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 12:00pm	

Badminton and Swim

*Please register for both racquets and swimming independently, children will be transported between activities.

SUMMER 2022 SWIM LESSONS

SWIM LEVEL	SWIM TIMES MON-FRI	TENNIS & SWIM*	BADMINTON & SWIM*
Swim Kids 7/8 (5-14 yrs)	9:00am-10:00am 11:00am-12:00pm	Red Cross Swim Kids: 9:00am Orange/ Green Ball: 10:30am *Pick-Up at Tennis: 12:00pm	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 12:00pm
		Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 12:00pm	
Swim Kids 9/10 (5-14 yrs)	9:00am-10:00am 11:00am-12:00pm	Red Cross Swim Kids: 9:00am Orange/ Green Ball: 10:30am *Pick-Up at Tennis: 12:00pm	Badminton Camp (6+): 9:30am HCC Swim Kids: 11:00am *Parent Pick-Up at Pool: 12:00pm
		Red Ball Tennis: 9:00am Red Cross Swim Kids: 11:00am *Pick-Up at Pool: 12:00pm	
Private Lessons	9:00am-12:00pm 3:00pm-6:00pm	Contact the Aquatics Department to book *Saturday private lessons offered as well 9am-12pm	

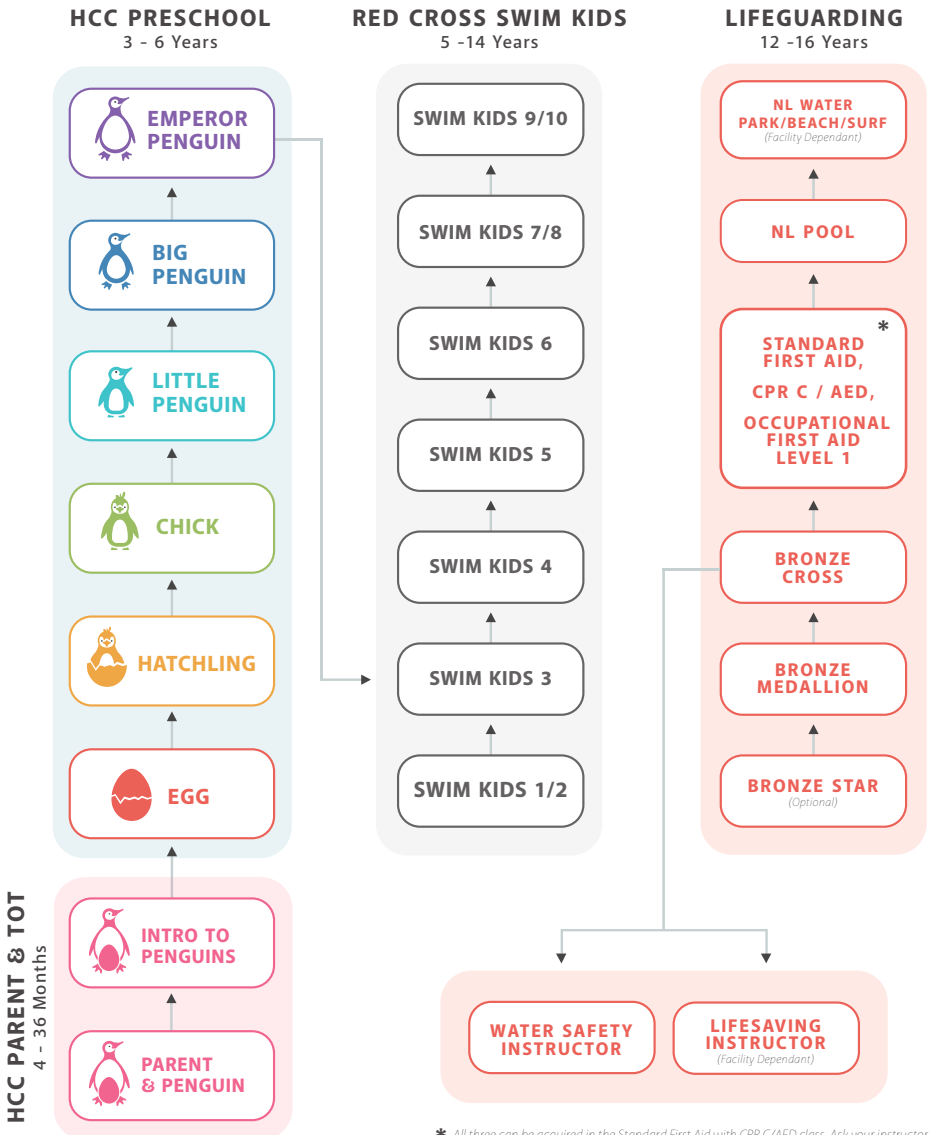
Badminton and Swim

*Please register for both racquets and swimming independently, children will be transported between activities.

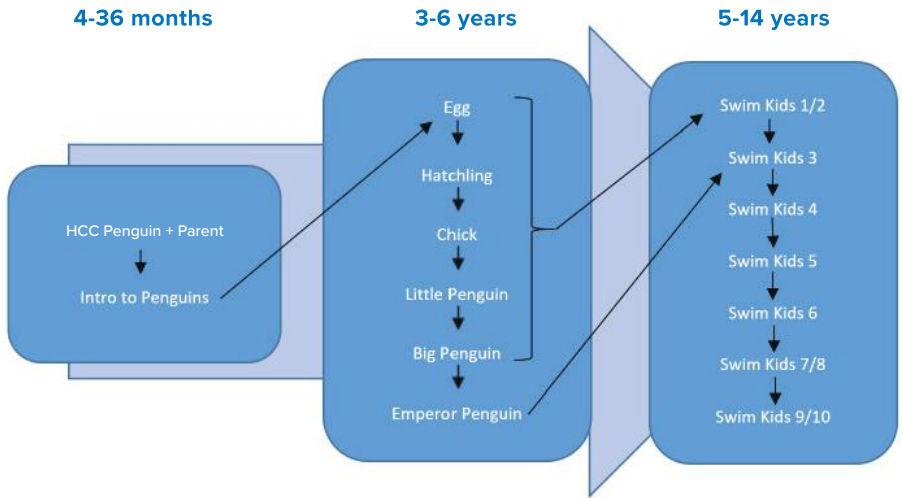


HOLLYBURN PATHWAYS

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

SUMMER CAMPS

SWIM TEAM SKILL CAMPS

The Hurricanes Swim Team will be offering an exciting set of summer camps this year! Each camp will focus on specific skills – starts, turns and stroke improvement! Swimmers are encouraged to sign up for as many camps as they can fit in their schedule. Athletes do not need to be on the swim team to attend the camps. For more information, please contact Annie at AWolfe@hollyburn.org.

FREESTYLE & BACKSTROKE CAMPS

Tuesday night camps will focus on the fundamental skills for backstroke and freestyle. The camps will accommodate swimmers in Swim Kids 5-7 through swim team members in Swim Academy and Monsoon Groups.

SESSION 1:

Jul 5 | Tue | 4:30pm–6:30pm | \$40

SESSION 2:

Jul 12 | Tue | 4:30pm–6:30pm | \$40

SESSION 3:

Jul 19 | Tue | 4:30pm–6:30pm | \$40

SESSION 4:

Jul 26 | Tue | 4:30pm–6:30pm | \$40

SESSIONS 1-4:

Jul 5–26 | Tue | 4:30pm–6:30pm | \$130



BUTTERFLY & BREASTSTROKE CAMPS

Wednesday night camps will focus on the fundamental skills for butterfly and breaststroke. The camps will accommodate swimmers in Swim Kids 5-7 through swim team members in Swim Academy and Monsoon Groups.

SESSION 1:

Jul 6 | Wed | 4:30pm–6:30pm | \$40

SESSION 2:

Jul 13 | Wed | 4:30pm–6:30pm | \$40

SESSION 3:

Jul 20 | Wed | 4:30pm–6:30pm | \$40

SESSION 4:

Jul 27 | Wed | 4:30pm–6:30pm | \$40

SESSIONS 1-4:

Jul 6–27 | Wed | 4:30pm–6:30pm | \$130

DIVE & TURN CAMPS

Thursday nights will focus on all of the skills necessary for fast competitive dive and turns. Will cover everything from the basic start position to adding power from your dive and turn fundamentals to turning at race speed. The camps will accommodate swimmers in Swim Kids 5-7 through swim team members in Swim Academy and Monsoon Groups.

SESSION 1:

Jul 7 | Thu | 4:30pm–6:30pm | \$40

SESSION 2:

Jul 14 | Thu | 4:30pm–6:30pm | \$40

SESSION 3:

Jul 21 | Thu | 4:30pm–6:30pm | \$40

SESSION 4:

Jul 28 | Thu | 4:30pm–6:30pm | \$40

SESSIONS 1-4:

Jul 7–28 | Thu | 4:30pm–6:30pm | \$130

TSUNAMI/MONSOON SUMMER SESSION

For swimmers in our Tsunami and Monsoon Groups who are training through July. Swimmers will focus on skills for all four strokes and concentrate on racing skills as well as compete at the Hollyburn Summer Invitational on July 23-24.

Mon | 4:45pm–6:00pm

Tue, Wed | 3:15pm–4:30pm

Sat | 9:45am–11:00am

\$210/ Jun 27–Jul 28

PURSUIT/TYPHOON SUMMER SESSION

For swimmers in our Pursuit and Typhoon Groups who are training through July. Swimmers will focus on competition preparation including our Hollyburn Summer Invitational on July 23-24.

Mon | 3:00pm–6:00pm

Tue Thu | 2:45pm–4:30pm

Wed Fri | 6:15am–8:30am

Sat | 7:45am–10:00am

\$290/ Jun 27–Jul 24

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

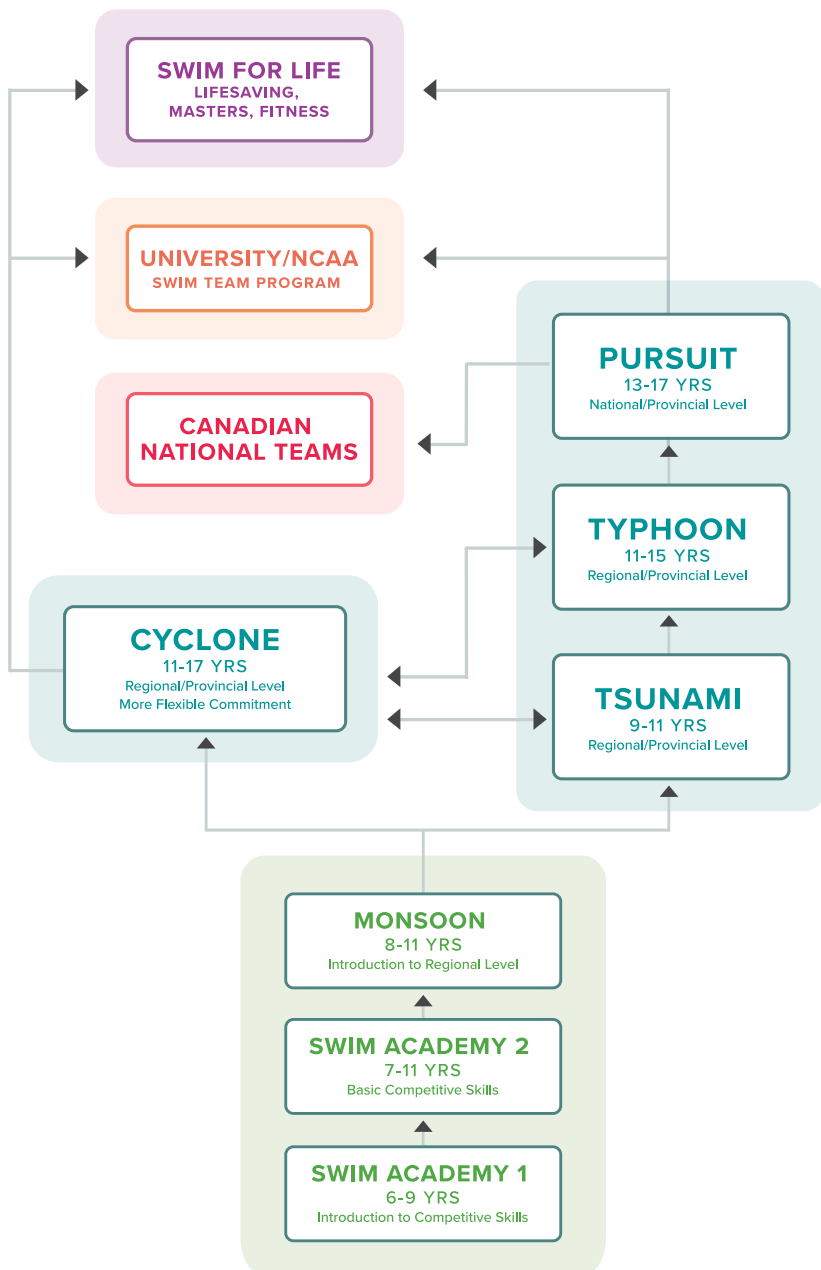
Email Coach Hutton

Hurricanes Swim Team Website



HOLLYBURN PATHWAYS

SWIM TEAM



ADULT AQUATICS



John Ryan

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

MASTERS

Jul 4–Sep 2

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

Coaches: John Ryan, Janice Avon, Symon Pall, Josh Carter, Kimia Ameri

TRI GUYS & CO

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

Jul 5–Aug 31

Tue & Thur | \$144

6:00am–7:00am

7:00am–8:00am

9:00am–10:00am

SENIOR SWIM FIT

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. (One hour coaching each day within below times)

Jul 5–Aug 31

Tue & Thur | 8:00am–10:00am | \$144

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.

Jul 4–Sep 2

Mon, Wed & Fri | 10:00am–11:00am | \$216

SATURDAY & SUNDAY DROP-IN

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

Sat Jul 2–Aug 28 | 7:30am–9:00am

**Sun Jul 3–Aug 29 | 7:00am–8:30am and
8:30am–10:00am**

Drop-in charge only

SUMMER SUNDAY SOCIAL

(Kitsilano 137m heated outdoor pool)

Come join us for our "Morning Mile". Bike it or drive it, whatever way you get there the experience is exhilarating. What better way to start the morning than a swim outdoors in a never ending heated outdoor pool. You don't have to be a strong swimmer to take advantage of this aquatic gem. It is quite common to see swimmers stop briefly at the west end of the pool and take in the views of the Bay, Northshore mountains and downtown. Then it's across the street to Viva's for some well-earned tasty pastries and renowned coffee.

Jun & Aug | 9:00am

Contact: John Ryan at
SwimMaster@hollyburn.org

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

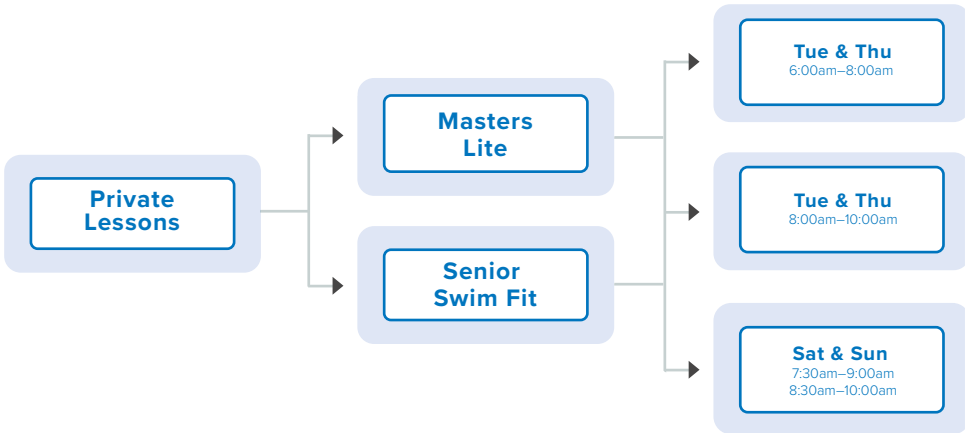
Our water workouts are fun and offer a challenge to anyone attending. The instructors help you work at your own comfort level and keep the exercises fun and entertaining but with little or no joint impact. This is an excellent addition to any exercise regime.

Jul 4–Sep 2

Mon, Wed, Fri | 9:00am–10:00am

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

ADULT AQUATIC PATHWAY



BADMINTON



Julia Chen
Badminton Professional
Badminton@hollyburn.org

BADMINTON JUNIOR SUMMER CAMPS

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

BADMINTON ONLY PRESCHOOL CAMP

3.5–5 yrs

This camp is for kids age 3.5–5. There will be a lot of fun drills and exercises for the kids to work on their balance, running, and jumping abilities while learning basic racquet skills and hand-eye coordination.

Mon–Fri | 9:30am–10:30am | \$130

CAMP WEEKS

Jul 11–15 Jul 18–19
Jul 26–29 *Aug 2–5

PRESCHOOL BADMINTON & SWIMMING COMBO

3.5–5 yrs

You must register for the swimming component separately, based on your kids' swimming levels for the same week that you register for this camp. Club staff will escort players between the badminton gym and the pool. Drop-off at the gym and pick-up at the pool. We recommend wearing a bathing suit underneath to save clothing change time.

BADMINTON

Mon–Fri | 9:30am–10:30am | \$130

ADD RED CROSS SWIMMING LESSON

10:30am–11:00am

\$40/30 min

CAMP WEEKS

Jul 11–15 Jul 18–19
Jul 26–29 *Aug 2–5

BADMINTON & SWIMMING FULL DAY SPORTS CAMP

6+ yrs

Camp activities include 2.5 hours of badminton lessons, swimming lessons based on each child's swimming level, mini tournaments, turf activities, soccer and basketball. Lunch is not included. Players can pack their lunch or have lunch in the Bistro 950. One hour pool time is included in this camp. Swimming lessons are optional. Please remember to register for the swimming lesson separately based on your kids' swimming level for the same week that you register for this camp. Swimming lesson fee is not included.

Mon–Fri | 9:30am–3:30pm

Red Cross Swimming Lesson

11:00am–11:30am: Swimming Kids 1/2/3

11:00am–12:00pm: Swimming Kids 4

Badminton \$380

CAMP WEEKS

Jul 4–8 Jul 11–15
Jul 18–19 Jul 26–29
*Aug 2–5 Aug 8–12
Aug 15–19 Aug 22–26

**discounted rate for 4-day camp*

BADMINTON & SWIMMING COMBO HALF DAY CAMP

6+ yrs

You must register for the swimming component separately, based on your kids' swimming level for the same week that you register for this camp. Club staff will escort campers between the badminton gym and the pool. Drop-off at the gym and then pick-up at the pool.

BADMINTON

Mon–Fri | 9:30am–10:45am | \$160

ADD RED CROSS SWIMMING LESSON

11:00am–12:00pm | \$80

CAMP WEEKS

Jul 4–8 Jul 11–15
Jul 18–19 Jul 26–29
*Aug 2–5 Aug 8–12
Aug 15–19 Aug 22–26

BADMINTON MORNING CAMP

6+ yrs

Camp Emphasis: Basic racquet skill development, hand-eye coordination, footwork, games, conditioning and drills. Players will be grouped based on age and level of play.

Mon–Fri | 9:30am–12:00pm | \$250

CAMP WEEKS

Jul 4–8	Jul 11–15
Jul 18–19	Jul 26–29
*Aug 2–5	Aug 8–12
Aug 15–19	Aug 22–26

**discounted rate for 4-day camp*

BADMINTON AFTERNOON CAMP

7+ yrs

Camp Emphasis: Camp will include badminton instruction lessons and fun activities.

Mon–Fri | 1:00pm–3:30pm | \$250

CAMP WEEKS

Jul 4–8	Jul 11–15
Jul 18–19	Jul 26–29
*Aug 2–5	Aug 8–12
Aug 15–19	Aug 22–26

TEENS BADMINTON CAMP

11+ yrs

Camp Emphasis: This is a great camp for your teenagers to learn racquet sport techniques and to have fun with their friends. The camp will focus on a fun way of learning to improve each individual's badminton play and fitness level.

Mon–Fri | 1:00pm–3:30pm | \$250

CAMP WEEKS

Jul 4–8	Jul 11–15
Jul 18–19	Jul 26–29
*Aug 2–5	Aug 8–12
Aug 15–19	Aug 22–26

**discounted rate for 4-day camp*

HAWK TEAM WEEKLY TRAINING

1:30pm–3:30pm | Jul & Aug

Email Julia to register

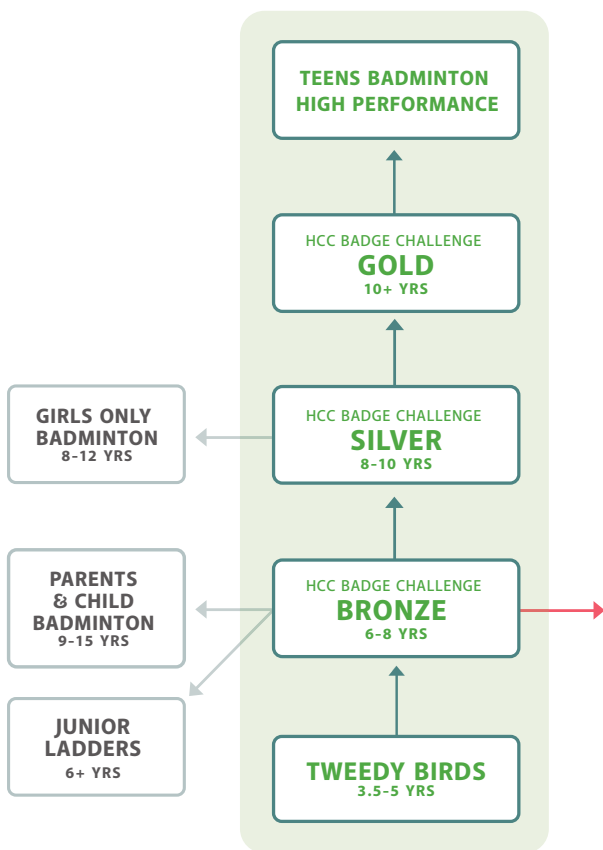


HOLLYBURN PATHWAYS

BADMINTON

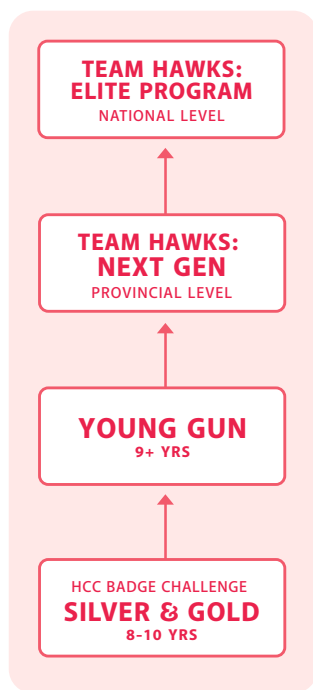
RECREATIONAL

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.

SUPERVISED PLAY

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

May 3–Jun 28

Tue | 10:00am–12:00pm

Upper Dining Room | \$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.

May 5–Aug 25

Thu | 9:30am–12:45pm

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.

May 3–Jun 28

Tue | 1:00pm–3:00pm

Upper 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–9:00pm

Creekside

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

Director: TBA



FIGURE SKATING



Diane Beaudet
Skating Professional
FigureSkate@hollyburn.org



Joanne Sloman
Skating Professional
FigureSkate@hollyburn.org

SUMMER SKATING CAMPS 2022

CANCELLATION POLICY

You must cancel on the Friday before the Monday start of the camp.

JUNIOR/SENIOR FIGURE SKATING

Mon–Fri

Senior 2.5 hrs on ice

10:00am–2:00pm \$325/week

Junior 2.5 hrs on ice

11:30am–3:00pm \$325/week

Week 1 Jul 11–15

Week 2 Jul 18–22

Week 3 Jul 25–29

Week 4 Aug 1–5

Week 5 Aug 8–12

LEARN TO SKATE + CANSKATE

3+ yrs

Mon–Fri | 3:30pm–4:30pm

\$125/week

Min 7 for class to run

Week 1 Jul 11–15

Week 2 Jul 18–22

Week 3 Jul 25–29

Week 4 Aug 1–5

Week 5 Aug 8–12

Deadline for registration June 11

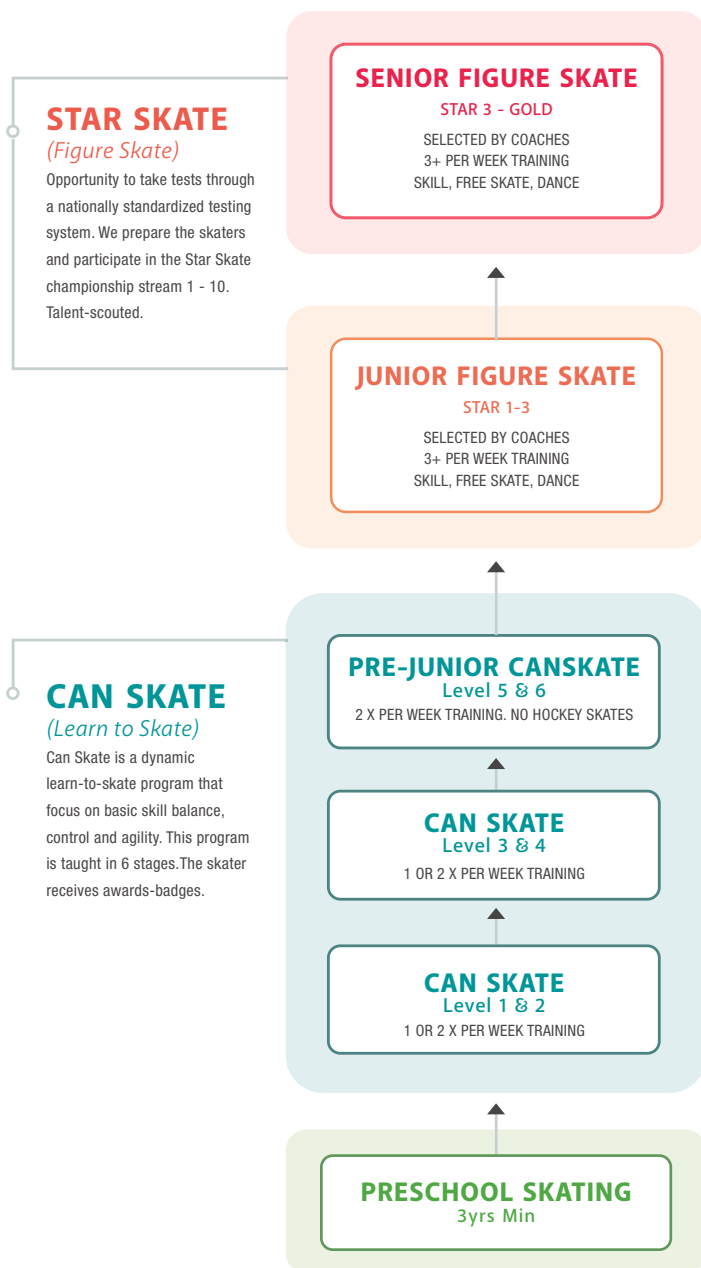
Registration for all summer skating programs must be done through GameTime.

Any questions contact Jessica Katzin at JKatzin@hollyburn.org or 604-913-4518.



HOLLYBURN PATHWAYS

FIGURE SKATING



GOLF



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 inquires.

FIRST LESSON:

New Golfer Introductory First Lesson
60 min \$120

PRIVATE & SEMI PRIVATE:

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
60 min \$65 pp

Adult Member Semi Private Lesson
Both Simulators 18+ yrs
60 min \$75 pp

Junior Member Semi Private Lesson
10-18 yrs
60 min \$55 pp

GROUP LESSONS

(both simulators):

Adult Member + Guest Small
Group Coaching *(min 4 people required)*
60 min \$75 pp

OTHER OFFERINGS

Off site Nine Hole On Course Playing Lessons—2.5 hrs (Please Inquire)
Off Site Short Game or Putting lesson
60 min (Please Inquire)

VSL LESSON FAQ

What to expect from golf instruction at Hollyburn:

When you have a lesson at the VSL, you can expect premium golf instruction, customized to your unique golf ability and needs. Your instructor will help ensure 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. The 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 min, and subsequent lessons are 45 min.

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.



MEN'S GOLF

Hollyburn Men's Golf Group is Back Again this Year!

The Men's Golf Group 2022 schedule will open with a free 'Welcome New and Returning Members' reception on Wednesday, April 27th at 5PM in the Upper Lounge (with the virtual golf simulators). If you haven't joined before and are interested, please attend to meet 'the guys!' The schedule starts the first Thursday in May at Squamish and we play every Thursday morning throughout the Lower Mainland. You don't have to have a handicap to join . . . just a bunch of great guys having a few laughs each week. Sign up to play as many or as few games as desired. The annual administration fee this year is \$125. If you would like to become a new member, please contact Jessica at JKatzin@hollyburn.org

LADIES GOLF

Ladies Golf is back for another season and we can't wait to get back on the courses with our Hollyburn community. The Ladies Golf season runs from mid May until mid September, usually on a Wednesday. Foursomes are arranged by random draw, which is a great way to meet other Members.

REGISTRATION

There is a \$100.00 registration fee for the 2022 season. The registration fee covers booking fees and will go towards Ladies Golf socials. Members are required to pay their own green fees. Members also receive a \$5 discount for the driving range times in the VSL from May 2022–April 2023. Register for the season by contacting Ann & Jessica.

LADIES GOLF SEASON KICK-OFF EVENT

May 4

Wed | 5:00pm

Virtual Sports Lounge

Please RSVP for this event by contacting Ann & Jessica

Jessica Katzin:

JKatzin@hollyburn.org

Ann Rogers:

ARogers_thepoint@hotmail.com

LADIES GOLF – FAQ

Who is Ladies Golf?

Hollyburn Members who play golf together throughout the summer season.

Who organizes Ladies Golf?

A Member volunteer will be organizing Ladies Golf – thank you to Ann for returning as our organizer!

Is the group competitive?

No, the group is friendly and all levels are welcome.

Am I required to register with Ladies Golf to participate?

Yes, Members must register for the season to sign up for tee times.

Is there a registration fee?

Yes, there is a \$100.00 registration fee for the season.

What do registration fees cover?

Registration fees cover course pre-booking fees and socials. Members are required to pay their own green fees. Members also receive a \$5 discount for the driving range times in the VSL from May 2022–May 2023.



HOCKEY



Adam Hayduk
Hockey Director
Hockey@hollyburn.org



Andrea Benac
Hockey Coordinator
Hockey@hollyburn.org

SUMMER HOCKEY PROGRAMS

Aug 22–Aug 26
Aug 29–Sep 2

The Hollyburn Hockey School will be offering two weeks of camps leading up to the 2022/2023 Minor Hockey season. The Hockey School has always been a great way for players to get back into shape, while instructing students on the correct fundamental skills required to play hockey. These two weeks of programs will be specific groups designed to give increased attention on some of the game’s most important individual skills. Rep Prep Bootcamps will be Aug 29-Sep 2, for those players preparing for 2022/2023 rep tryouts. All dates, and times are subject to change based on given ice availability, please check GameTime for current camp options. Any questions/inquires please contact the Hockey Hollyburn Office at 604.913.4523 or email us at Hockey@hollyburn.org.

POWER SKATING

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

Aug 22–Aug 26
U8/U9 | 3:30pm–4:30pm
U11 | 4:45pm–5:45pm
U13 | 6:00pm–7:00pm
U15/U18 | 7:15pm–8:15pm
Small Ice | \$250



COOKIE MONSTERS

4–5 yrs

A fun program that introduces the new players to the skills involved with playing hockey. Fundamentals of skating and stick control are developed and reinforced through fun movements and small area games.

Aug 22–Aug 26

10:00am–11:00am

Small Ice | \$160

GOALIE DEVELOPMENT

This program is offered to the goalies born 2013-2009. 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.

Aug 22–Aug 26

2013–2009 | 2:15pm–3:15pm

Small Ice | \$200

DEFENSE SKILLS

These 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.

Aug 22–Aug 26

2012–2009 | 5:00pm–6:00pm

2008–2005 | 6:15pm–7:15pm

Large Ice | \$225

U6/U7 SKILLS

A fun program intended for Hollyburn Minor Hockey players who will be playing at the U6 and U7 levels in 2022/23 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.

Aug 22–Aug 26

2017–2016 | 11:00am–12:00pm

Small Ice | \$160

U8/U9 CAMP

Aug 22–Aug 26

2014–2015 | 11:15am–3:30pm

\$460

U11 CAMP

Aug 22–Aug 26

2012–2013 | 9:00am–2:30pm

\$460

U13 CAMP

Aug 22–Aug 26

2011–2010 | 2:15pm–7:00pm

\$460

REP PREP BOOT CAMP DESCRIPTION

All Boot Camps for U11, U13, U15, and U18 divisions will run from August 29 – September 2 in preparation for the 2022/2023 Hollyburn Minor Hockey rep hockey tryouts. Each day, this camp will include over 2 hours of on-ice instruction with Hollyburn's coaching staff (skill development, drills, small area compete drills, and scrimmage time) and a dryland session run by Hollyburn's High Performance training staff.

U11 BOOT CAMP

Aug 29–Sep 2

2012–2013 | 9:00am–12:45pm

Large Ice | \$499

U13 BOOT CAMP

Aug 29–Sep 2

2011–2010 | 11:45am–3:30pm

Large Ice | \$499

U15 BOOT CAMP

Aug 29–Sep 2

2008–2009 | 1:00pm–5:00pm

Large Ice | \$499

U18 BOOT CAMP

Aug 29–Sep 2

2007–2005 | 3:30pm–7:45pm

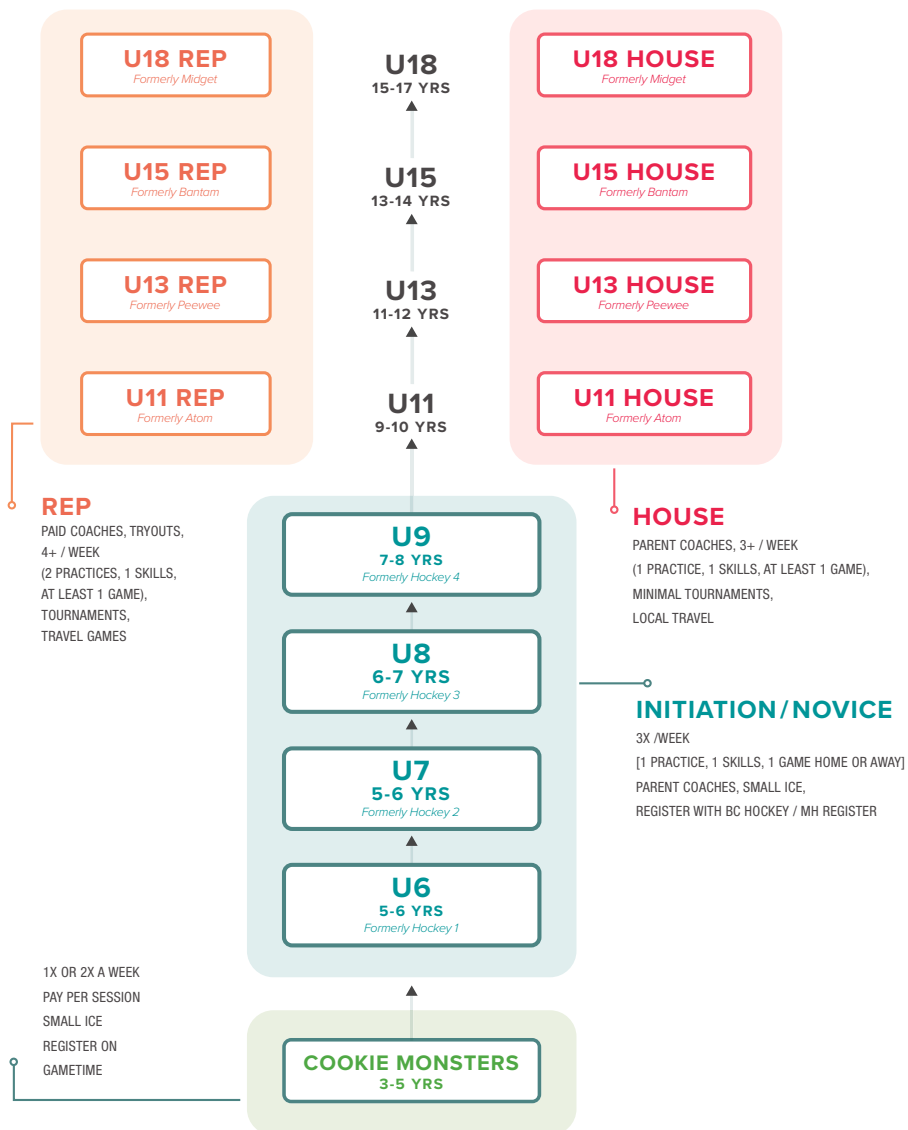
Large Ice | \$499



HOLLYBURN PATHWAYS

HOCKEY

SEASON SEPTEMBER - MARCH



KARATE



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

SUMMER KARATE IN THE DOJO

LITTLE NINJAS KARATE

4–6 yrs

Our Summer Little Ninjas program focuses on improving preschool age children’s basic motor and listening skills. Creative, fun team and individual games that develop eye hand coordination, reaction and timing are important elements in the program and it’s a great way to get them ready for the real thing. Skills testing on the last day to achieve Certification of Achievement!

Jul 4–7 Jul 11-14

Jul 18-21 Jul 25-28

Mon–Thu | 9:30am–10:15am (45min)

Dojo | \$80

COLOUR, BROWN & BLACK BELT KARATE

7+ yrs

Summer 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. Skills testing on the last day of program to achieve Certification of Achievement!

Jul 4–7 Jul 11-14

Jul 18-21 Jul 25-28

Mon–Thu | 10:30am–11:30am (1 hr)

Dojo | \$82

CANCELLATION POLICY

Karate programs require 72 hour’s notice for cancellation of summer programs. Cancellations can be sent to Sensei at Karate@hollyburn.org.

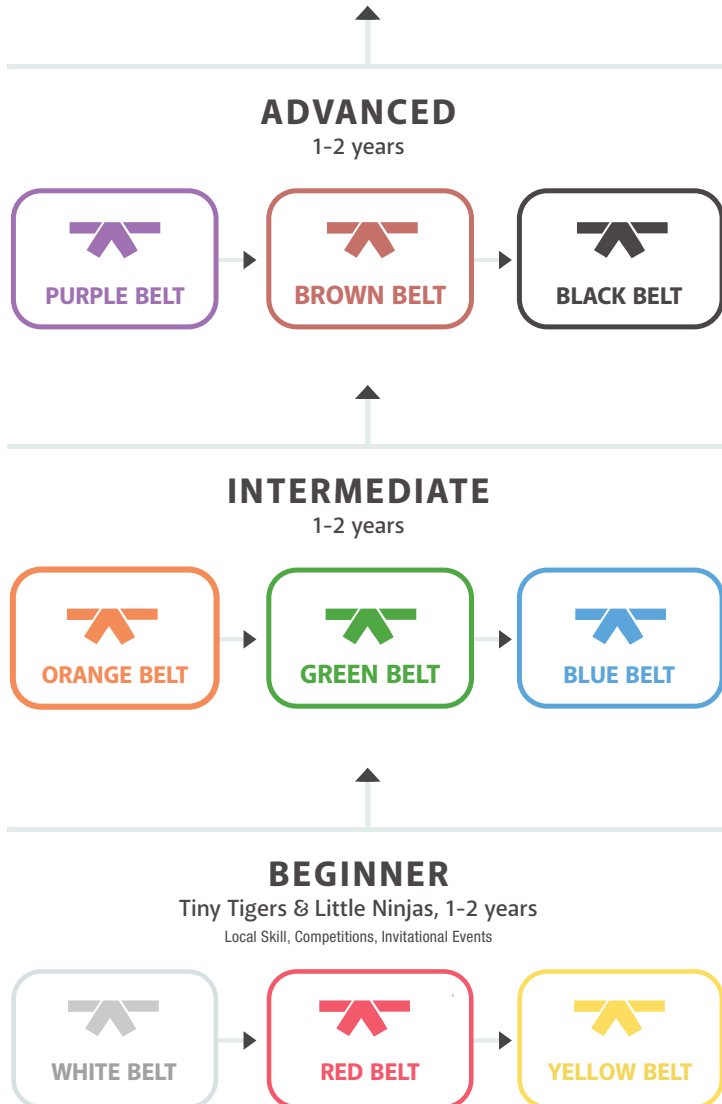


HOLLYBURN PATHWAYS

KARATE

COMPETITIONS

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



MUSIC



Vlada Mars
Fine Arts Professional
music@hollyburn.org

DRUMS SUMMER CAMP

THE RINGO BEATS

Level: Beginner

Great opportunity to learn beginners drums skills in fun environment. Students will work in a small group and be introduced to basic drums beats of Ringo Star and the Beatles.

Jul 25–29

11:00am–12:30pm

Creekside | \$150 p/w

Instructor: Goran Mars

SMELLS LIKE DAVE GROHL SPIRIT

Level: Intermediate

More experienced students will be introduced to magnificent world of music of the biggest superstar Dave Grohl and his bands Nirvana and Foo Foo Fighters.

Jul 25–29

1:00pm–2:30 pm

Creekside | \$150 p/w

Instructor: Goran Mars

SUMMER MUSIC PRIVATE LESSONS

Summer is great time for a more relaxed approach to music lessons on ‘pay-as-you-go’ basis. This summer we offer guitar, ukulele, bass guitar, drums and piano private lessons, for both children and adults.



PICKLEBALL



Jeff Boag
Pickleball Coordinator
IPTPA Level 1 Coach
Pickleball@hollyburn.org
604.913.4525

SUMMER 2022 PICKLEBALL

BEGINNER 101 'LEARN TO PLAY' CLINIC (INDOOR)

This one time clinic is all you need to be ready to confidently play games with friends. During the clinic you will learn everything from the grip to ball striking techniques, serving, return of serve, net play and court movement. Time permitting 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.

Jul 3 | Aug 7 | Sun | 9:30am–11:00am
\$35/player

WOMEN'S BEGINNER 101/201 LEARN TO PLAY CLINIC + GAME PLAY

(Outdoors)

Combining the popular 101 Clinic with the added bonus of game play to ensure you learn to play with correct habits and strategies and will fully understand the scoring and serving rotation.

Jun 24 | Fri | 11:30am–2:00pm
\$45/player

BEGINNER 201 SKILL DEVELOPMENT CLINIC

(Indoor)

A 3 session follow up to the Beginner 101 Clinic that will help you become more confident with game play and reinforce the basics of serving, return of serve, net play and positioning. Recommended for players who have completed the Beginner 101 clinic or have at least 1 month of game play experience.

Jul 17–31 | Aug 14–28
Sun | 9:30am–11:00am
\$75/player

SOCIAL AND COMPETITIVE LEAGUES

(Outdoors)

Test your skills each week with plenty of organized game play. Both Social and competitive formats will include rotating partners on ladder courts or in mini tourneys. A coach will be on hand to assist and organize players plus to offer strategy tips and advice on improving your skills. A maximum of 16 players on 4 courts. Location: Outdoors with balls provided. Weekly online registration is required and available 7 days in advance.

MEN'S COMPETITIVE LEAGUE 4.0+

Jul 3–Aug 28 | Sun | 1:00pm–3:00pm
\$10/week



MEN'S SOCIAL LEAGUE 3.0+

Jul 4–Aug 29 | Mon | 5:00pm–7:00pm

\$10/week

WOMEN'S 2.5+ SOCIAL LEAGUE

Jul 6–Aug 31 | Wed | 9:30am–11:00am

\$10/week

WOMEN'S COMPETITIVE LEAGUE 3.5+

Jul 1–Aug 26 | Wed | 5:00pm–7:00pm

\$10/week

MIXED 2.5+ SOCIAL LEAGUE

Jul 1–Aug 26 | Thu | 9:30am–11:00am

\$10/week

YOUTH SOCIAL PLAY

(Outdoors)

9-16yrs

Join in for a fun session of game play and test your skills. Paddles and balls are provided and no experience is required.

Jul 4–Aug 29 | Mon | 3:30-5:00pm

Free | Drop In

LESSONS

A range of private and group lessons are available. Pricing is as follows;

1 player - 60 min \$70, 90 min/\$90

2 player - 60 min \$80, 90 min/\$100

3 player - 60 min/\$90, 90 min/\$135

4 player - 60 min/\$100, 90min/\$160

5-6 players - 90 min/\$140

7-8 players - 90 min/\$160

SOCIAL PLAY

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

SOCIAL PLAY POLICIES

Registration is Required

Registration opens one week in advance of all sessions. Registration is completed online using GameTime. Space is Limited. Once capacity is reached anyone who is NOT registered is required to leave.

ON COURT

Please follow these guidelines to ensure registered participants receive fair and equal court time;

1. players must mix
2. play one game, then rotate
3. after each game, winners "stay & split"
4. after each game losers leave and join another court

SOCIAL PLAY SCHEDULE:

OUTDOOR

Mon 9:30am–11:00am

Wed 9:30am–11:00am

Fri 9:30am–11:00am

INDOOR

Mon 6:00pm–8:00pm

Wed 6:00pm–8:00pm

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. You can also add a court-side or patio F&B component to your booking.

Reserve your summer event now;

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.

BALL MACHINE SKILLS & DRILLS

(Indoor)

Repetition builds consistency and confidence while perfecting new and existing skills.

Take part in 1-4 person drills to improve your skills. Register for one of our set times or schedule your own group session.

Jul 5–26 | Aug 2–23

Tue | 5:30pm–7:00pm

\$75/player

BALL MACHINE RENTAL - INTRO SESSION

A complimentary intro session must be attended prior to booking for personal use. Intro sessions are available by attending one of the “Ball Machine Skills & Drills” clinics. Please contact the pickleball office to register and to ensure sessions are running as scheduled.

BALL MACHINE RENTAL

Once you have completed a ‘Ball Machine Rental - Intro Session’ you are now able to rent the Lobster, for personal use. The Lobster is available for Members to reserve with an annual membership. Ball Machine Annual Family Membership - \$150. One time rental fee of \$15.

YOUTH SUMMER CAMPS

Pickleball camps will take place outdoors and are focused on being active and having fun. Participants will get to enjoy target practice, use of the ball machine and plenty of game play with a mini tourney to wrap up each camp and a trick shot competition mixed in. Camps include use of paddles and balls. Pickleball camps are half day with an option to add the morning squash youth camp to make it a full day camp. Lunch is not provided but will be supervised for full day camp participants (1/2 day squash, 1/2 day Pickleball)

Ages 9-12

Jun 27–30 | Jun 18–21

Mon–Thu | 12:30pm–3:30pm

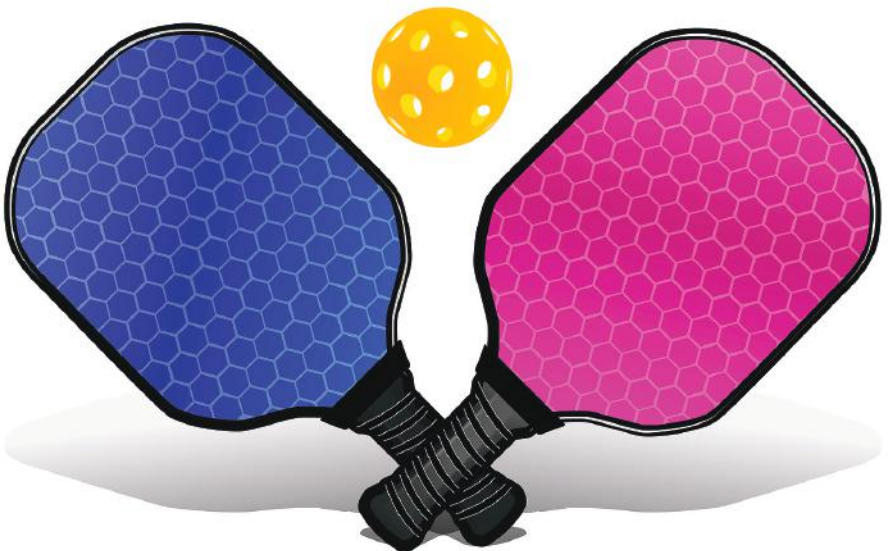
\$200/wk

Ages 13–16

Jul 11–14 | Aug 22–25

Mon–Thu | 12:30pm–3:30pm

\$200/wk





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

YOUTH SUMMER CAMPS

Squash camps will focus on being active and having fun. Participants will get to enjoy target practice, use of the ball machine and plenty of game play with a mini tourney to wrap up each camp and a trick shot competition mixed in. Camps include use of racquets and balls as needed. Eye-guards are required. Squash camps are half day with an option to add the afternoon pickleball youth camp to make it a full day camp. Lunch is not provided but will be supervised for full day camp participants (1/2 day Squash + 1/2 day Pickleball)

Ages 9–12

Jun 27–30 | Jun 18–21

Mon–Thu | 9:00am–12:30pm
\$200/wk

Ages 13–16

Jul 11–14 | Aug 22 –25

Mon–Thu | 9:00am–12:30pm
\$200/wk

PAY-YOUR-AGE SUMMER LESSON PROMOTION

During the months of June, July and August you can Pay-Your-Age for lessons. To qualify: you must be 19–39 years of age. Sign up is for a minimum package of 5 lessons. Only 10 packages are available. Lessons are 45 minutes each. Contact the squash office to secure your summer lesson package before they are all gone.

SUMMER LADDER

Just because the weather is nice doesn't mean its time to hang up the racquet. Summer is the best time to improve your game while enjoying the AC of the Squash Centre! If you are a regular player or are back from school for the summer and want to find opponents then the ladder is what you need. Registration can be completed online or old school pen and paper at the courts. New players will be asked to rate themselves and provide contact info. There is no cost for the summer ladder while participants will have to contact opponents and schedule their own matches. Join anytime!



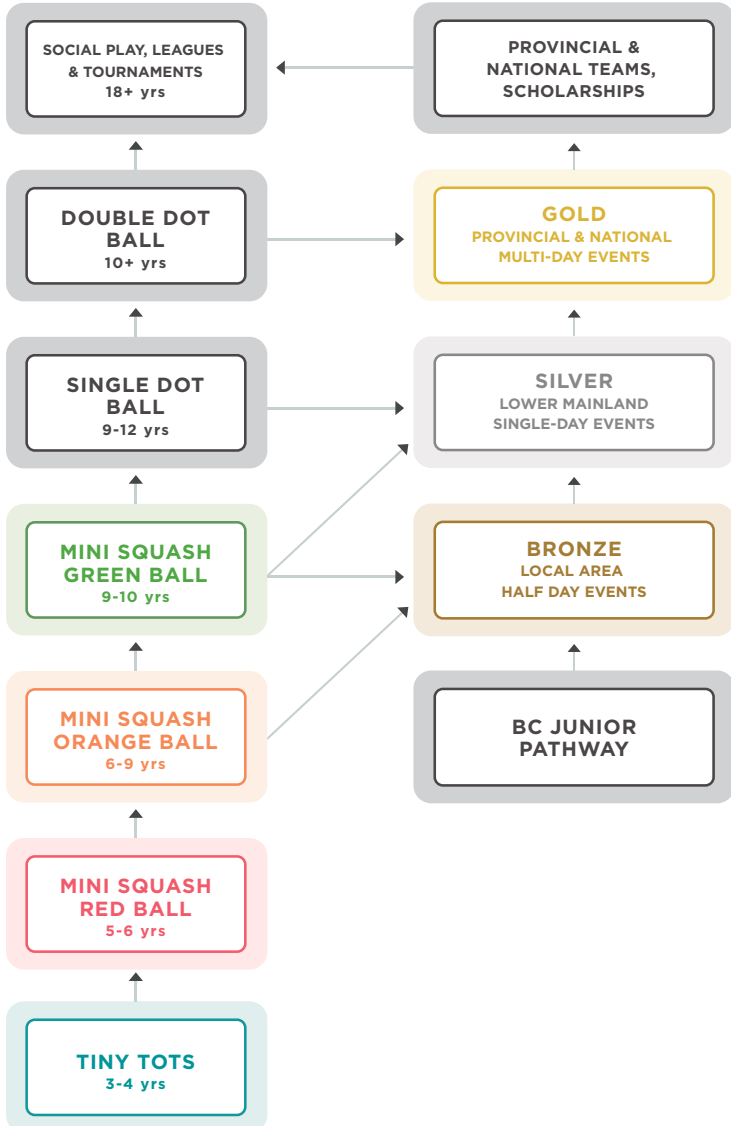
HOLLYBURN PATHWAYS

SQUASH

JUNIOR TO ADULT

SQUASH FOR LIFE DEVELOPMENT STREAM

COMPETITIVE STREAM



TENNIS



Alex Korch
Tennis Director
AKorch@hollyburn.org

PROGRAM REGISTRATION

Fri, May 6 (Online Only)

6:30am: Playball

6:40am: Red Ball

6:50am: Orange Ball

7:00am: Green Ball

7:10am: Regular Ball & Teen Tennis

7:20am: Adult Tennis

7:30am: In-Person & By Phone

TENNIS CAMP WEEKS

1. Jul 4–8
2. Jul 11–15
3. Jul 18–22
4. Jul 25–29
5. Aug 2–5 (4 days)
6. Aug 8–12
7. Aug 15–19*
8. Aug 22–26

**No Junior Afternoon Camps or Adult Drills due to Odlum Brown Tournament*

HOLIDAYS

Jul 1 Canada Day

Aug 1 BC Day

Sep 5 Labor Day

PLEASE NOTE

Protect your kids from the sun in the best possible way. Mark personal items, ensure your kids have been handed over to their respective pros. Acknowledge with the pro that you have picked up your kids. Provide snacks for your kids and bring a water bottle. Please register your child in the appropriate age group. See guide below:

Playball: (Born 2017–2018)
Red Ball: (Born 2014–2016)
Orange Ball: (Born 2012–2013)
Green Ball: (Born 2010–2011)
Regular Ball: (Born 2008–2009)
Teen Squads: (Born 2004–2007)

JUNIORS

PLAYBALL TENNIS CAMP

Playball: (Born 2017–2018)

9:00am–9:45am

Mon–Fri (Tue–Fri week 5)

\$71.50 (\$57.20 week 5)

RED BALL TENNIS CAMP

(Born 2014–2016)

9:00am–10:30am

Mon–Fri (Tue–Fri week 5)

\$142.00 (\$113.60 week 5)

ORANGE BALL TENNIS CAMP

(Born 2012–2013)

10:30am–12:00pm

Mon–Fri (Tue–Fri week 5)

\$142.00 (\$113.60 week 5)

GREEN BALL TENNIS CAMP

(Born 2010 to 2011)

12:00pm–1:30pm

Mon–Fri (Tue–Fri week 5)

\$142.00 (\$113.60 week 5)

REGULAR BALL AFTERNOON TENNIS CAMP- 4 DAYS

(Born 2008–2009)

1:30pm–3:30pm

Mon–Thu (Tue–Fri week 5)

\$185

**No Camp Week 7*

TEEN SQUAD AFTERNOON TENNIS CAMP- 4 DAYS

(Born 2004–2007)

1:30pm–3:30pm

Mon–Thu (Tue–Fri week 5)

\$185

**No Camp Week 7*

HIGH PERFORMANCE TENNIS CAMPS

Summer is the best time to commit to development as an athlete and tennis player. With our world class facilities, and the best coaching staff, you are guaranteed a cutting-edge camp experience. Technical, tactical, mental and physical areas of the game will be covered during these camps. Players eligible for these camps will be contacted in advance by High Performance Director Neil Scantlebury. If you have any questions please contact Neil at PerformanceTennis@hollyburn.org for more information.

ADULTS

GAME SET MATCH TENNIS CAMP

Min Level 2.0 (Rally)

Variety of fun, energetic drills and match play.

Mon–Thu (Tue–Fri week 5)

9:00am–10:30am or 10:30am–12:00pm

\$192.50

**No camp week 7*

**All players will be waitlisted to ensure they are placed in the appropriate level. Players may be moved to the earlier or later class based on level of players.*

ADULT DRILLS

These popular classes have been sold out during the indoor season. Drills are designed in a singles and doubles format where players will be able to practice strokes in various situations. They run every week during the summer. Online sign up on GameTime one week prior to each class.

Mon & Tue | 6:30pm–8:00pm

\$30 per class

(minimum sign up of 3 students for it to run)

**No Drills Week 7*

**No Monday Drills Week 5*

Fri | 9:00am–10:30am | Level 3.0–4.5

Fri | 10:30am–12:00pm | Level 2.0–3.0

\$30 per class

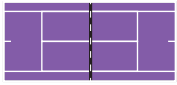
(minimum sign up of 3 students for it to run)

**No Friday drills weeks 5 and 7*



HOLLYBURN PATHWAYS

TENNIS



TEEN TENNIS
18 & UNDER



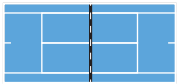
2.0 SQUAD C



2.5 SQUAD B



3.0 SQUAD A



FULL COURT
14 & UNDER



DEVELOPMENT



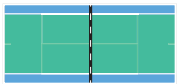
COMPETITIVE



PRO
11 & UNDER



**SUPER
ACHIEVERS**



GREEN BALL
12 & UNDER



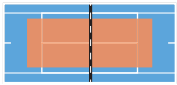
DEVELOPMENT



COMPETITIVE



PRO
10 & UNDER



ORANGE BALL
10 & UNDER



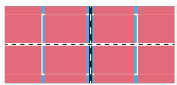
DEVELOPMENT



COMPETITIVE



PRO
9 & UNDER



RED BALL
8 & UNDER



DEVELOPMENT



COMPETITIVE



PRO
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 Jul 1 Canada Day
Mon Aug 1 BC Day
Mon Sep 5 Labour Day

MINI SCHOLARS CAMP

2–5 yrs

Join us this summer for a jam-packed week of activities including arts and crafts, outside time, athletics, sensory activities and games on the turf! Each week of camp, we will have a fun theme that ties together our activities. Registration in both sessions is permitted. Single day camp option may be available. Inquiries to STajbakhsh@hollyburn.org.

Jul 4–8 Princesses & Superheroes
Jul 11–15 Mini Scientists
Jul 18–22 Mini Pirates
Jul 25–29 Mini Explorers
Aug 2–5* Mini Magic
Aug 8–12 Sports Galore
Aug 15–19 Mini Artists
Aug 22–26 Mini Archeologists

Mon–Fri | Studio

9:00am–11:00am | 11:00am–1:00pm

\$140 per session (5 day camp)

\$112 per session (4 day camp)*

Camps do not count towards Hollyville 2 hour max for daily childcare. When booked into Hollyville, a parent or guardian **MUST** be on-site and available.

DROP-IN PROGRAMS

HOLLYVILLE CHILDCARE REGISTERED DROP-IN

3 mos–7 yrs

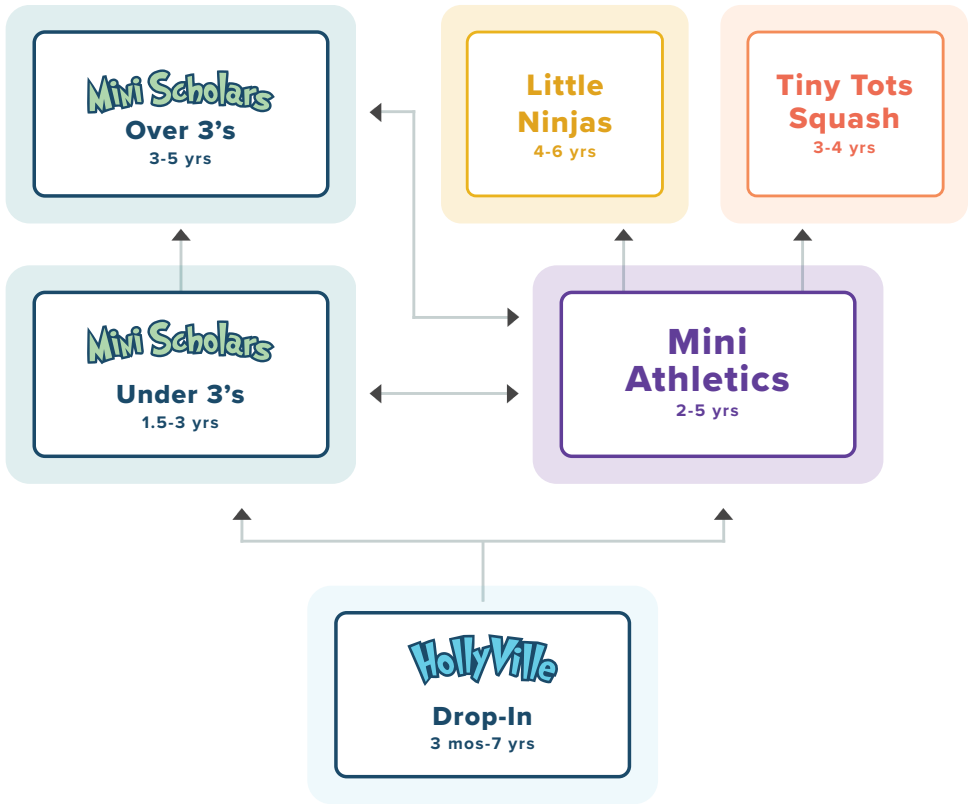
Book your spot in GameTime for Hollyville Childcare Centre. Please visit GameTime for the most up-to-date operating hours.

Bookings are a minimum of 15 minutes, and a maximum of 2 hours a day. *Dates and times subject to change.



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 Jul 1 Canada Day
Mon Aug 1 BC Day
Mon Sep 5 Labour Day

JUNIOR COMBO CAMP

6–8 yrs

In this combo camp, participants will experience a wide variety of sports and activities with Hollyburn's youth leaders in an enthusiastic, high energy environment! We will use many of the Clubs facilities including the badminton gym, turf, golf, pool, dojo and more. Other activities include crafts, collaborative games, athletics, team building activities, outside contractors, and scavenger hunts. We encourage cooperation and participation in all activities while building new friendships! Single day camp option may be available. Inquiries to

Youth@hollyburn.org.

Jul 4–8 Jul 11–15
Jul 18–22 Jul 25–29
Aug 2–5* Aug 8–12
Aug 22–26

Mon–Fri | 9:00am–3:00pm | Turf
\$355 (5 day camp)
\$284 (4 day camp)*

ODLUM BROWN WEEK COMBO CAMP

6–10 yrs

In this combo camp, we will use alternate facility spaces around the Club to have fun participating in sports and activities as a group! We will join together our Junior and Youth Camps age groups for this one week camp and spend it getting to know each other through collaborative games, crafts, team building activities, and scavenger hunts. We encourage

cooperation and participation in all activities while building new friendships! Single day camp option may be available. Inquiries to Youth@hollyburn.org.

Aug 15–19
Mon–Fri | 9:00am–1:00pm
Youth Lounge | \$245

The poster features a central graphic with 'HCC YOUTH WEEK' in a stylized font inside a circular gradient. To the right, it says 'Free Events All Week'. Below the main title, the dates 'MAY 2-6' are listed. The schedule includes: Soccer World Cup 3v3 Tournament (Monday, May 2, 4:00pm-8:00pm, 6-8 yrs and 9-11 yrs); Esports Tournament (Tuesday, May 3, 4:00pm-8:00pm, 8-11 yrs and 12-16 yrs, Registration Required); Movie Night (Wednesday, May 4, 6:00pm-8:00pm, 6-10 yrs); Basketball 3v3 Tournament (Thursday, May 5, 6:00pm-8:00pm, 9-11 yrs); and Youth Swim (Friday, May 6, 8:00pm-10:00pm, 10-15 yrs). The contact information is 'Contact: ALea@hollyburn.org'. At the bottom, there are logos for 'HOLLYBURN CLUB' and 'HCC Youth', along with icons for various sports and activities.

YOUTH COMBO CAMP

8–10 yrs

In this combo camp, participants will experience a wide variety of sports and activities with Hollyburn's youth leaders in an enthusiastic, high energy environment! We will use many of the Clubs facilities including the badminton gym, turf, golf, pool, dojo and more. Other activities include crafts, collaborative games, athletics, team building activities, outside contractors, and scavenger hunts. We encourage cooperation and participation in all activities while building new friendships! Single day camp option may be available. Inquiries to youth@hollyburn.org.

Jul 4–8

Jul 11–15

Jul 18–22

Jul 25–29

Aug 2–5*

Aug 8–12

Aug 22–26

Mon–Fri | 9:00am–3:00pm

Youth Lounge

\$355 (5 day camp)

\$284 (4 day camp)*

HIP HOP DANCE CAMP

6–8 yrs

Do you enjoy dancing and making up routines on your own? Do you want to learn more skills and techniques for dance? Then this program is for you! Throughout this week program, dancers will learn new moves and techniques for multiple styles of dance. Get the chance to learn routines and choreograph your own dance. This camp will be a great way to get some exercise and let your inner dancer shine! Single day camp option may be available. Inquiries to youth@hollyburn.org.

Jul 11–15

Mon–Fri | 1:30pm–3:30pm

Youth Lounge | \$205

Aug 8–12

Mon–Fri | 1:30pm–3:30pm

Youth Lounge | \$205

CULINARY COOKING CAMP

9–11 yrs

Do you enjoy baking and cooking? Are you constantly catching yourself admiring food online and you just want to know how it's made? If so, this is the youth program for you. Let's spice up this summer by cooking with our friends. We will be learning the basics of cooking and baking, everything you need to know from safety to how you make those tasty treats seen online. Can't wait for you to join us this summer! Single day camp option may be available. Inquiries to youth@hollyburn.org.

Jul 18–22

Mon–Fri | 1:30pm–3:30pm

Studio | \$225

Aug 22–26

Mon–Fri | 1:30pm–3:30pm

Studio | \$225

PRIVATE COACHING CO: MULTI SPORT CAMP

8–10 yrs

Designed around fun and fitness, this Multi Sport Camp will boast experienced provincial, national, semi-professional and collegiate level athletes teaching your youth soccer, rugby, and basketball – three of the most popular sports in BC! Various skills, techniques, and game play will be taught with cooperative games, mini competitions, and more. Think about these experienced coaches being your personal athletic trainers for all things Club athletics and beyond! Single day camp option may be available. Inquiries to youth@hollyburn.org.

Jul 5–8

Tue–Fri | 1:30pm–3:30pm

Turf | \$195

Aug 2–5

Tue–Fri | 1:30pm–3:30pm

Turf | \$195

WELLNESS



Julie Flynn
Wellness Coordinator
JFlynn@hollyburn.org

What is Shiatsu Therapy?

Shiatsu, Japanese for “finger pressure”, is a non-invasive form of complimentary therapy designed to stimulate the body’s own healing ability. Shiatsu therapy improves the flow of your vital life force and energy – known as Ki in Japanese or Qi (chee) in Chinese. A healthy flow of Qi is an indicator for good physical, emotional and mental health.

Shiatsu can loosely be described as “Fusion of Acupuncture and Massage”.

Modern Shiatsu practice shares much of its background theory with acupuncture and incorporates western medicine principles of anatomy, physiology and pathology. While Shiatsu is based on the same principles as acupuncture, no needles are used. Instead of needles, pressure is applied to the body on specific points and along the body’s energetic meridians or pathways. The pressure is applied by the therapist’s thumb, palm, and fingers and may include some gentle stretches and manipulations. Treatments generally feel wonderfully releasing and relaxing. This is probably the reason that some refer to Shiatsu as “massage”.

In shiatsu no oils are used. The recipient remains fully clothed during the session and usually just wears something comfortable such as sweat pants and a t-shirt. The treatments are received laying on a massage table.

While each treatment is specifically designed for your needs, Shiatsu therapy always includes pressure application alongside your back/spine to balance nervous system functions and to benefit the internal organs. Often full-body treatments are indicated to re-establish balance within the body-mind.

Shiatsu therapy is known to reduce stress, boost the immune system, and enhance physical vitality and emotional well being. These are some of the conditions that Shiatsu can help with:

- back pain
- neck and shoulder pain/tension
- headaches
- carpal tunnel syndrome
- circulatory issues
- insomnia
- digestive issues
- constipation
- hormonal imbalances
- chronic fatigue syndrome
- fibromyalgia
- anxiety and depression
- post traumatic stress



Who can benefit from Shiatsu Therapy?

Shiatsu therapy is acknowledged to be an important part of both preventative and rehabilitative health care programs. People of all ages including children, pregnant women and the elderly experience lasting beneficial results from Shiatsu. Before commencing treatment, your Shiatsu therapist will ask questions then evaluate your condition through observation, listening and touch. Your Shiatsu therapy session is not just about treating your symptoms but about identifying the root cause of your symptoms.

The primary objective of your Shiatsu therapy session is to bring your entire body-mind back into balance resulting in a stronger healthier you.

After treatment most, people experience relief from their discomfort including relief from pain increased flexibility a calmer

mood and clearer mind. Many find that deep restful sleep comes more easily after repeated Shiatsu treatments. Normally you will feel relief from your complaint with one treatment but a series of treatments is usually recommended so that the root of your problem can be addressed. Routine Shiatsu treatments will also benefit you by keeping your immune system healthy and preventing the development of future health issues. Your therapist might also recommend self-care routines for you, so you can be empowered to take an active role in your healing.

To learn more watch this short video:

[Watch Shiatsu Video](#)



Anika Wildeis offers Shiatsu therapy on Tuesdays. Booking directly through GameTime or by calling 604-913-4563



What is Fascial Stretch Therapy?

What are the Benefits?

Read this only if you want to improve the health, quality & performance of your life.

DID YOU KNOW...

- 47% of your flexibility is locked up in your joints.
- 42% of your flexibility potential is in your fascia.
- Isolated static muscle stretching doesn't work.
- Dynamic fascial stretching does work:
 - reduces tightness in muscles.
 - reduces stiffness in joints.
 - makes you feel and look younger.
 - makes you stronger.
 - makes you taller.
 - can reduce pain.

EFFECTS OF UNTREATED FASCIA:

- Decreased joint space can lead to degenerative joint disease, osteoarthritis.
- Increased muscle tone can lead to trigger points, strain, tendonitis, tears.
- Increased nervous tissue tone can lead to headaches, trigger points, muscle tightness.
- Increased scar tissue formation.
- Decreased blood flow, decreased energy, increased fatigue & more.

FEATURES OF FASCIAL STRETCH THERAPY (FST)

- Manipulates, lengthens, re-aligns and re-organizes your fascia.
- Pain-free.
- Increases joint space.
- Eliminates trigger points
- Improves muscle activation & relaxation.
- Improves flexibility on the first session & becomes cumulative with multiple sessions.
- Teach you how to maintain optimal fascial flexibility after identifying & eliminate the problems.

BENEFITS OF FST

- Improved posture & functional ability to do what you couldn't do before.
- No pain allows you to finally enjoy a life of quality.
- Restoration of normal joint space is anti-aging at its best – youthful movement without pain!
- Will make all the difference in sports performance.
- Reduces injuries so you can get on with your goals in fitness, recreation & sports.

"Your fascia reacts to all stress – physical, mental and emotional – by tightening & stiffening. Since fascia covers everything from all of your organs to the circulatory system to the brain & nervous system to the musculoskeletal system and more, your whole body is at risk to react to stress by tightening & stiffening."

Aging of the body, mind & spirit accelerates as function decreases & quality of life deteriorates when the fascia of the body is left unattended. When your fascia is left unattended to, aging of the body, mind & spirit accelerates, function decreases & quality of life deteriorates"

~Ann & Chris Frederick: Creators of FST



GET RESULTS

Brad Kahn is a level 3 and sport specific fascial stretch specialist. Brad has more than 20 years of experience coaching athletes and helping them improve their performance and overcoming injuries.

Brad is here at the Club on Mondays and Thursdays

Book directly through GameTime or the Fitness Centre 604-913-4563

WEST of 50



Julie Flynn
West of 50 Organizer
JFlynn@hollyburn.org

FIT, FUN & FUNCTIONAL (CHAIR FIT)

Whether you are fit as a fiddle, or are just recovering from surgery, a fall or an illness, this class will accommodate all your fitness needs by including exercise modifications for a wide range of abilities. Class includes a warm-up and cardio component, but the main focus will be on balance, coordination, muscle strengthening and flexibility. You will also enjoy fun games that will help keep both your body and your brain in shape! Get ready for a variety of activities to get you moving and feeling great!

10:30am–11:15am | Tue

Studio 94

Drop in \$18 | Instructor Julie Flynn

**Contact Julie for more information
JFlynn@hollyburn.org**

GUIDED AUTOBIOGRAPHY WORKSHOP

Guided Autobiography (GAB) is a process used for remembering, writing, and organizing your life stories. Is there a story in your life waiting to be told? Relive the moments, events and relationships that have been meaningful to you. Telling your life stories will be one of the most rewarding things you will ever do.

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

HOW IT WORKS

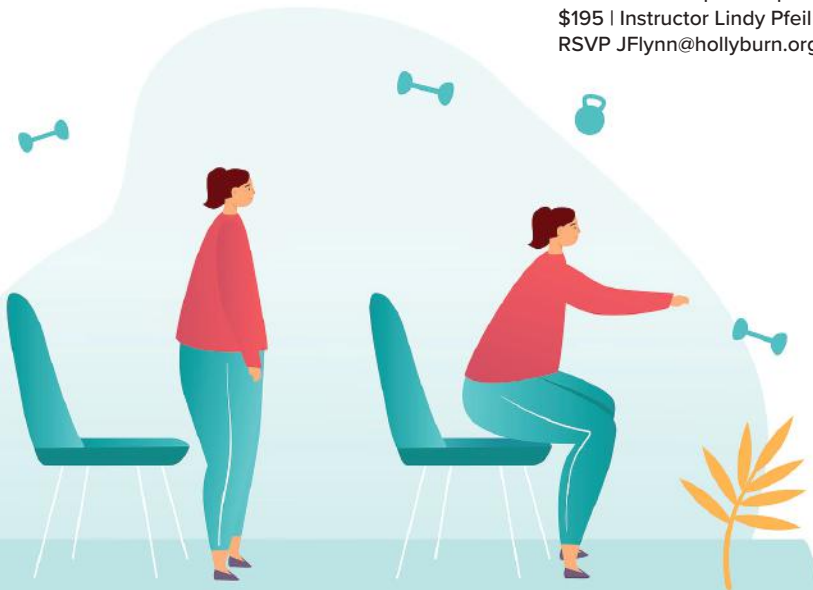
- In a small group we will meet for five-two-hour sessions to explore a variety of life themes meant to trigger memories.
- You will be given activities to spark creativity and perspectives to inspire your writing.
- You will write your life stories using the week's theme to read and share with the group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

May 5–Jun 2 | Thu

10:00am–12:00pm | 6 spots available

\$195 | Instructor Lindy Pfeil

RSVP JFlynn@hollyburn.org



SPANISH LESSONS

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

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

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

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



TRACEY AZLYN

Tracey Azlyn has been teaching Spanish and English to adults for over ten years. She graduated from Western University in London, Ontario with a master's

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

May 2–Jun 13 | Mon

10:30am–12:00pm | 10 spots available

\$160 | Instructor Tracy Azlyn

RSVP JFlynn@hollyburn.org

*Please note: there will be no class on Victoria Day
Monday May 23rd*



WOMEN'S CLUB



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

Personal Trainer and Health Coach with the American Council on Exercise. She works part-time as a trainer at Hollyburn and runs her own online nutrition and fitness coaching company.

STOP FOOD CRAVINGS

Are you able to keep your nutrition on point at mealtimes but find you struggle with cravings and snacking? Learn some easy to implement strategies to help you minimize cravings, and how to choose healthy snacks to keep you full and satisfied.

KRISTIN AMES

Kristin is a lifelong resident of the North Shore, currently living in the Northlands area of North Vancouver and spends much of her time outside hiking and biking the nearby trails. Kristin's long-time interest in sports nutrition motivated her transition to a career in the fitness industry. She is a Precision Nutrition Level 1 Coach, and Certified

May 30 | Mon
6:00pm–7:00pm | Creekside
Free for Members and Members guests
RSVP JFlynn@hollyburn.org





SPEAKERseries



Julie Flynn
Speaker Series Organizer
JFlynn@hollyburn.org

REVIVE MEDICAL: *A Preventative Approach to Your Health*

Join a panel of Doctors and Allied Health Specialists from Revive Medical - a new clinic on the North Shore that's redefining the practice of Medicine & Sport Optimization. The presentation will focus on the utility of preventative health care and new innovations that exist in the realm of anti-aging and longevity.

Dr. Zaakir Jiwa & Dr. Aalim Jiwa will be sharing their vision and experiences through their medical training to give our Members insights into how they can optimize their health and wellness. The talk will shed light on the ways patients and athletes can prioritize their physical and mental health through personalized diet & exercise regimens, mindfulness training and comprehensive medical care.

With a range of new medical technology and genetic based modalities, the doctors will be outlining how individualized data can yield higher performance and consequently create precise and efficient health action plans.



DR. ZAAKIR JIWA
(BScKin, MD, CCFP)
Bachelors of Science
in Kinesiology - McGill
University
Doctor of Medicine
- University of British
Columbia
Family Medicine
Residency - University of
Toronto



DR. AALIM JIWA
(BHSc, MD CCFP)
Bachelors of Health
Sciences - McMaster
University
Doctor of Medicine -
McMaster University
Family Medicine
Residency - University of
Toronto

Wed | May 18
6:00pm–7:00pm | Creekside
Free for Members & Member guests
RSVP Jflynn@hollyburn.org



WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

PROGRAM START DATES

PROGRAM END DATES

HOLIDAYS - NO CLASSES

WAITLISTED CLASSES



HOLLYBURN
COUNTRY CLUB

PROGRAM REGISTRATION

How To Login & Register
for Programs in GameTime

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

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



2 Ensure you have all of your necessary account information.

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

3 Determine where to register for your chosen programs.

Online Registration through gametime:

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

Registering with Individual Department:

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

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

Drop-in Programs (no registration required):

- Aquafit
- Bridge
- Pickleball

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

4 Determine when you can register for programs.

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

- Fall
- Winter
- Spring
- Summer

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

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

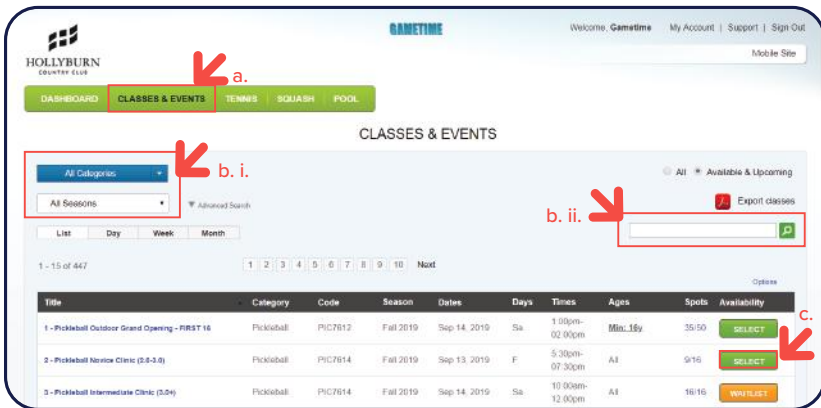
6 Search & register for programs.

Follow these steps to search for programs online.

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



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



7 Review programs in GameTime.

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

The screenshot displays the GameTime website interface. At the top right, the 'My Account' link is highlighted with a red box and arrow labeled 'a.'. Below the navigation bar, the 'My Account' section is visible, with the 'Appointments' tab selected and highlighted with a red box and arrow labeled 'b.'. In the main content area, the 'Gametime Testing' section is shown. The 'My Bookings' and 'Family Bookings' links are highlighted with a red box and arrow labeled 'd.'. The 'Upcoming Appointments' section is visible, with the 'Upcoming' and 'Past' filters highlighted with a red box and arrow labeled 'c.'. The 'Upcoming Appointments' table is shown below, with columns for Date, Time, Class Code, Activity, Status, Detail, and Action. The table contains one row of data for Monday Sep 23, 2019, 7pm, CUR1460Z, Cutting-Early Bird Registration, with Show and Cancel actions. Below the table, the 'Guests' section is visible, with a table for Name, Activity, Date, Time, and Place, and a 'Print Options' link.

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

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

Patrick Rea

PRea@hollyburn.org

604.913.4576

ADULT AQUATICS

John Ryan

SwimMaster@hollyburn.org

604.913.4520

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