

# sports 2011 2012

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## schoolage basketball

### Basketball Camps Spring

#### Break

Learn or perfect your basketball dribbling, shooting and passing skills as well as play games in this action packed day camp.

#### 6-8yrs

Neighbourhood House, Gym

272909 M-Th Mar 12-15 1:15-3:00pm  
272911 M-Th Mar 19-22 1:15-3:00pm

#### 9-12yrs

272910 M-Th Mar 12-15 3:15-5:00pm  
272912 M-Th Mar 19-22 3:15-5:00pm  
\$45

#### Basketball

Learn the basics of ball handling, shooting, passing and other basketball skills. Drills will be reinforced with plenty of game play and scrimmaging. All levels welcome.

#### 5-7yrs

Delbrook, Gym

266004 Th Sep 22 3:25-4:25pm  
Free-must register

266008 Th Sep 29-Dec 1 3:25-4:25pm  
266310 Th Jan 12-Mar 15 3:25-4:25pm  
\$65

#### 5-8yrs

JBCC, Gym

274080 Su Sep 25-Dec 11 10:30-11:15am  
\$58.80

274085 Su Jan 15-Mar 4 10:30-11:15am  
\$39.20

#### 5-9yrs

Parkgate, Gym

271898 Tu Sep 20-Oct 25 3:45-4:45pm  
\$41.40

271901 Tu Nov 1-Dec 13 3:45-4:45pm  
\$48.30

272364 Tu Jan 17-Mar 6 3:45-4:45pm  
\$55.20

#### 6-8yrs

Neighbourhood House, Gym

272885 Sa Sep 10-Oct 1 9:30-11:00am

272886 Sa Oct 15-Nov 5 9:30-11:00am

272884 Sa Nov 12-Dec 3 9:30-11:00am  
\$40

272903 Sa Jan 7-28 9:30-11:00am

272904 Sa Feb 4-25 9:30-11:00am  
\$42

#### 8-10yrs

McDougall, Gym

274953 Tu Sep 20-Dec 6 3:30-4:30pm  
\$78

274954 Tu Jan 10-Mar 6 3:45-4:45pm  
\$58.50

#### 8-12yrs

Delbrook, Gym

266005 Tu Sep 20 4:30-5:30pm

Free-must register

266010 Tu Sep 27-Nov 29 4:30-5:30pm

266312 Tu Jan 10-Mar 13 4:30-5:30pm  
\$65

#### 9-12yrs

JBCC, Gym

274079 Su Sep 25-Dec 11 11:30-12:30pm  
\$78

274086 Su Jan 15-Mar 4 11:30-12:30pm  
\$52

#### 10-12yrs

McDougall, Gym

274950 Tu Sep 20-Dec 6 4:30-5:30pm  
\$78

274957 Tu Jan 10-Mar 6 4:50-5:50pm  
\$58.50

#### 12-15yrs

McDougall, Gym

274951 Sa Sep 24-Dec 10 10:30-12:00pm  
\$107.25

274955 Sa Jan 14-Mar 3 10:30-12:00pm  
\$52



pick up your Playcard key tag

see p.4-5 for details

### Girls Only Basketball 8-12yrs

A class for girls that focuses on developing basic basketball skills, building confidence, and having fun with peers. Drills will be reinforced with plenty of game play and scrimmaging. All levels welcome!

Delbrook, Gym

266007 Th Sep 22 4:25-5:25pm

Free-must register

266009 Th Sep 29-Dec 1 4:25-5:25pm

266311 Th Jan 12-Mar 15 4:25-5:25pm  
\$65

IT'S YOUR TURN TO COME PLAY!



'The ABC's of Soccer'  
'The Scrimmage League'  
'The Training Academy'

UNIQUE PROGRAMS TO LEARN  
SOCCER SKILLS!

Great programs designed for Soccer Moms & Women of all ages who want to learn a team sport, to gain the confidence to join community programs or leagues or to complement an existing fitness program.

LOADS OF FUN  
SUPPORTIVE ENVIRONMENT  
ENTHUSIASTIC COACH!

UPCOMING PROGRAMS & INFO:

CALL (604) 926 - 1060

Or log onto:

[www.womenonlysocceramps.com](http://www.womenonlysocceramps.com)

EASY ONLINE REGISTRATION!

# sports



## climbing

### Winter Break Climbing Camp

**Parkgate, Climbing Wall**  
275045 M-F Dec 19-23 1:30-3:30pm  
\$62.50

### Spring Break Climbing Camp

**Parkgate, Climbing Wall**  
275039 M-F Mar 12-16 1:30-3:30pm  
275040 M-F Mar 19-23 1:30-3:30pm  
\$62.50

### Kids Climbing 7-11yrs

A fun introduction to indoor climbing. Learn basic climbing techniques from our experienced staff. All equipment provided.

**Parkgate, Climbing Wall**  
267735 Th Sep 15-Oct 20 4:00-5:15pm  
267736 Th Oct 27-Dec 1 4:00-5:15pm  
275037 Th Jan 12- Feb 16 4:00-5:15pm  
275038 Th Feb 23-Mar 29 4:00-5:15pm  
\$82.50

### Young One's Climbing 4-6yrs

**Parkgate, Climbing Wall**  
267732 W Sep 14-Oct 5 3:30-4:30pm  
267733 W Oct 12-Nov 2 3:30-4:30pm  
267734 W Nov 9-30 3:30-4:30pm  
275034 W Jan 11-Feb 1 3:30-4:30pm  
275035 W Feb 8-29 3:30-4:30pm  
275036 W Mar 7-28 3:30-4:30pm  
\$43

*let's be friends!*



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northvanrec  
on facebook and  
stay up-to-date!



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## floorball

### Floorball 9-12yrs

A skill-focused and safe evolution of floor hockey, Floorball is fast-paced, high scoring and played with highly advanced carbon fibre sticks. Rules limit both aggressive physical play and stick contact. Floorball action is intense, features constant end-to-end rushes, allows for few stoppages in play and can be played by almost anyone, regardless of age, size or gender. (Greg B.)

**Delbrook, Gym**  
276448 Th Sep 15-Dec 1 5:25-6:25pm  
276531 Th Jan 12-Mar 29 5:25-6:25pm  
\$120

## floor hockey

### Floor Hockey

Floor hockey in a fun, fast paced and non-competitive program. Emphasis on participation, skill development and game play. All equipment provided.

**5-7yrs**  
**Lynn Valley, Cardinal Hall**  
271977 Sa Sep 24-Oct 29 2:00-3:00pm  
271978 Sa Nov 12-Dec 17 2:00-3:00pm  
\$32.50  
273488 Sa Jan 14-Mar 3 2:00-3:00pm  
\$52

### Floor Hockey cont.

**Memorial, Gym**  
275015 Sa Sep 24-Dec 10 1:45-2:45pm  
\$71.50  
275020 Sa Jan 14-Mar 3 1:45-2:45pm  
\$52  
**5-9yrs**  
**Parkgate, Gym**  
271903 Tu Sep 20-Oct 25 4:45-5:45pm  
\$41.40  
271973 Tu Nov 1-Dec 13 4:45-5:45pm  
\$48.30  
272366 Tu Jan 17-Mar 6 4:45-5:45pm  
\$55.20  
**6-8yrs**  
**Lynn Valley, Cardinal Hall**  
271959 M Sep 19-Oct 31 3:30-4:30pm  
\$39  
271961 Th Sep 22-Nov 3 3:30-4:30pm  
\$45.50  
271962 M Nov 7-Dec 12 3:30-4:30pm  
\$39  
271960 Th Nov 10-Dec 8 3:30-4:30pm  
\$32.50  
273484 M Jan 9-Feb 6 3:30-4:30pm  
273486 Th Jan 12-Feb 9 3:30-4:30pm  
\$32.50  
273485 M Feb 13-Mar 5 3:30-4:30pm  
273487 Th Feb 16-Mar 8 3:30-4:30pm  
\$26

**Have fun and learn to race! Join the Cypress Ski Club!**

Ski programs for all ages 6 and up!  
12 week programs starting Jan. 8, 2012  
Register at [www.cypressskiclub.com](http://www.cypressskiclub.com)

for further information contact Paul Hothersall, Program Director  
[program.director@cypressskiclub.com](mailto:program.director@cypressskiclub.com)

## Floor Hockey cont. 8-12yrs

### Delbrook, Gym

266012 Tu Sep 27-Nov 29 3:30-4:30pm  
266314 Tu Mar 13-May 15 3:30-4:30pm  
\$65

### Memorial, Gym

275016 Sa Sep 24-Dec 10 2:50-3:50pm  
\$71.50  
275019 Sa Jan 14-Mar 3 2:50-3:50pm  
\$52

## gymnastics

### Club Adagio Rhythmic

#### Gymnastics 7-12yrs

Learn rhythmic gymnastic body & apparatus skills with ribbons, balls, hoops and ropes, including acrobatic techniques. Learn to put the skills together in choreographic routines with music for a final performance. No experience necessary.

### McDougall, Gym

275125 Th Sep 22-Dec 15 3:50-5:20pm  
\$195  
275127 Th Jan 12-Mar 8 3:50-5:20pm  
\$135

### Club Adagio Rhythmic

#### Gymnastics Intercomp. 8-13yrs

Intercomp is a recreational level competitive program and is the next step for children who have been inspired to reach further and higher. They will develop rhythmic body and apparatus technique, learn group and/or individual routines and be introduced to an advanced training system set up by our professional coaches.

### McDougall, Gym

275124 Sa Sep 24-Dec 10 2:00-4:00pm  
\$204.50  
275126 Sa Jan 14-Mar 3 2:30-4:30pm  
\$137.50



## skill development Run Jump Throw

The skills of running, jumping, and throwing form the basis of all land based sport so RJT is a foundation program from which all children and youth can benefit. RJT stresses the skills in age appropriate sequential progressions, in a safe, fun and active learning environment.

### Andrews, Windsor Rm

275916 Sa Sep 24-Oct 22 1:50-2:50pm  
275926 Sa Oct 29-Dec 3 1:50-2:50pm  
\$39  
275929 Sa Jan 14-Feb 4 1:50-2:50pm  
\$26  
275930 Sa Feb 11-Mar 10 1:50-2:50pm  
\$32.50

### McDougall, Gym

275920 W Sep 21-Oct 26 3:45-4:45pm  
275921 W Nov 2-Dec 7 4:15-5:15pm  
275922 W Jan 18-Feb 22 3:45-4:45pm  
\$39



visit  
[northvanrec.com](http://northvanrec.com)  
for more details!



# girls...go play *inside!*



All age groups  
train in the  
**NEW**  
indoor soccer  
bubble!

Pro Coaches • Year Round Academy • Turf field • Behind Windsor Secondary • Teams 4 years old to adult



# www.nsgsc.ca

# sports



## soccer

### Indoor Soccer

Learn all the basics of ball handling, shooting, passing, and other soccer skills. Drills will be reinforced with plenty of game play and scrimmaging.

#### 5-7yrs

**Delbrook, Gym**

267310 Th Sep 22 3:25-4:25pm

Free-must register

266019 Th Sep 29-Dec 1 3:25-4:25pm

266321 Th Jan 12-Mar 15 3:25-4:25pm  
\$65

**Memorial, Gym**

275117 Sa Sep 24-Dec 3 12:40-1:40pm

\$71.50

275121 Sa Jan 14-Mar 3 12:40-1:40pm

\$52

#### 6-8yrs

**JBCC, Gym**

274071 Sa Sep 24-Dec 10 11:30-12:30pm

\$78

274073 Sa Jan 14-Mar 10 11:30-12:30pm

\$52

**Lynn Valley, Cardinal Hall**

271987 Sa Sep 24-Oct 29 1:00-1:55pm

271988 Sa Nov 12-Dec 17 1:00-1:55pm

\$32.50

273492 Sa Jan 14-Mar 3 1:00-1:55pm

\$52

#### 8-10yrs

**McDougall, Gym**

275119 M Sep 19-Nov 28 4:00-5:00pm

\$71.50

275122 M Ja 9-Mar 5 4:00-5:00pm

\$58.50

#### 8-12yrs

**Delbrook, Gym**

267309 Th Sep 22 4:30-5:30pm

266020 Th Sep 29-Dec 1 4:30-5:30pm

266322 Th Jan 12-Mar 15 4:30-5:30pm

\$65

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centre  
**604-983-6388**



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### Indoor Soccer cont.

#### 10-12yrs

**McDougall, Gym**

275118 F Sep 23-Dec 9 4:00-5:00pm

\$71.50

275120 F Jan 13-Mar 9 4:00-5:00pm

\$58.50

## youth

## fencing

### Fencing Beginner 10-16yrs

Looking for something a little different? Fencing provides physical and mental challenge and develops coordination, speed, agility and self-assurance.

#### Beginner

**Seylynn, Gym**

272461 Sa Sep 24-Nov 5 10:00-12:00pm

\$61.50

272462 Sa Nov 19-Dec 17 10:00-12:00pm

272465 Sa Jan 7-Feb 4 10:00-12:00pm

272466 Sa Feb 11-Mar 10 10:00-12:00pm

\$51.25

### Fencing cont.

#### Advanced

272463 Sa Sep 24-Oct 29 12:30-2:30pm

\$61.50

272464 Sa Nov 19-Dec 17 12:30-2:30pm

\$51.25

272467 Sa Jan 7-Feb 4 12:30-2:30pm

\$61.50

272468 Sa Feb 11-Mar 10 12:30-2:30pm

\$51.25

## volleyball

### Volleyball

Learn and improve your basic skills. Lots of time for game activity.

#### 10-14yrs

**McDougall, Gym**

274934 Sa Sep 24-Dec 17 12:15-1:45pm

\$117

274941 Sa Jan 14-Mar 3 12:15-1:45pm

\$78

274942 M-F Mar 12-16 9:30-11:30am

274943 M-F Mar 19-23 9:30-11:30am

\$65



## 2011/2012 curling



A partnership between Northvanrec and the NSWC provides a full program for the public with learn to curl, junior and juvenile programs and adult leagues for all levels of curling.



open house: september 27, 28, 29

Learn to Curl Sessions during our Open House:

Juniors (8 to 18) 4-5:30 pm  
Adults (over 18) 7-8:30 pm

Additional Learn to Curl Sessions (3 lessons) will be held in October, November, January and February  
**Season Starts Monday, October 3 / On-line registration begins August 1**



Daytime:		Evenings:		Weekends:	
Ladies	M&Th 9:30am	Ladies	W 7pm	Engineers	Sa 8:30am
Norwesters (men)	Tu&Th 1pm	Men	M 6:45pm (2 draws)	Party Night for newbies & olbies	Sa 7pm
Senior Men	F 1pm	Mixed and Open	Tu & F 7pm	Youth/University League	Su 6pm
High School Juniors	W 4pm		Th 6:45pm	Family drop-in	Su 3pm
Elementary School Juveniles (8-12yrs old)	F 4pm				

NORTH SHORE WINTER CLUB

1325 E Keith Road, North Vancouver

www.nswc.ca

Contact:  
Liz Goldenberg  
Director of Curling  
604.985.4135 Ext 270  
lizg@nswc.ca



## adult fencing

### Fencing 16yrs&up

Looking for something a little different? Fencing provides physical and mental challenge, and develops coordination, speed, agility and self-assurance.

#### Seylynn, Gym

272459	Sa	Sep 24-Nov 5	12:30-2:30pm	\$61.50
272460	Sa	Nov 19-Dec 17	12:30-2:30pm	
275566	Sa	Jan 7-Feb 4	12:30-2:30pm	
275567	Sa	Feb 11-Mar 10	12:30-2:30pm	\$51.25

## floor hockey

### Men's Floor Hockey

A night of floor hockey with the guys.

#### JBCC, Gym

274049	Tu	Sep 13-Oct 25	8:00-10:00pm	
274048	Tu	Nov 1-Dec 13	8:00-10:00pm	\$42.70
274051	Tu	Jan 10-Feb 14	8:00-10:00pm	
274052	Tu	Feb 21-Mar 27	8:00-10:00pm	\$36.60

#### Neighbourhood House, Gym

273115	Sa	Sep 10-Dec 3	1:30-3:30pm	
275905	Sa	Jan 14-Mar 31	1:30-3:30pm	\$45/\$5 drop in

#### Intermediate

#### Parkgate, Gym

271974	M	Sep 12-Oct 24	8:00-10:00pm	\$37.50
271982	M	Oct 31-Dec 12	8:00-10:00pm	\$43.75
272368	M	Jan 9-Mar 26	8:00-10:00pm	\$75

## netball

### Netball

Netball is a sport for women, similar to basketball but with freestanding hoops and smaller baskets. Very popular in the UK, South Africa, Australia and New Zealand. It's a great opportunity to play a team sport and stay fit.

#### JBCC, Gym

272305	Th	Sep 8	7:45-9:15pm	
272321	Th	Jan 5	7:45-9:15pm	\$2
272304	Th	Sep 15-Dec 8	7:45-9:15pm	\$70.85
272322	Th	Jan 12-Mar 29	7:45-9:15pm	\$65.40

## soccer

### Competitive

### Co-Ed Indoor

### Soccer 16yrs&up

Ideal for those on a league waitlist or who don't have time to commit to a team. Drop-in spots are not guaranteed.

#### Delbrook, Gym

266323	M	Sep 12-Oct 31	7:00-8:30pm	
266324	M	Nov 7-Dec 19	7:00-8:30pm	\$46.69
266325	M	Jan 9-Feb 13	7:00-8:30pm	
266326	M	Feb 20-Mar 26	7:00-8:30pm	\$40

### Ladies Outdoor Recreational

### Soccer 16yrs&up

A great cardiovascular workout on the Turf! Child-minding is available at Griffin for an additional charge. All levels welcome!

#### Griffin, Playing Field

269570	W	Sep 14-Dec 7	9:30-11:00am	\$70.20
269786	W	Feb 1-Mar 28	9:30-11:00am	\$37.80

# HAVE A BALL!

FUN & COMPETITIVE FASTPITCH SOFTBALL FOR GIRLS AGE 5 TO 21

- ⊗ Play softball with friends & make new ones
- ⊗ Learn To Play program for young players & new coaches
- ⊗ House & Rep leagues
- ⊗ Rep tryouts in September, season starts in April

Visit [www.nsfastpitch.ca](http://www.nsfastpitch.ca) for more information

**NORTH SHORE**  
FASTPITCH

Register in January!  
[www.nsfastpitch.ca](http://www.nsfastpitch.ca)

# sports

# volleyball



## Men's Indoor Soccer

Non-competitive play. Drop-ins are limited.

### 16yrs&up

Parkgate, Gym

271984	Tu	Sep 6-Oct 25	8:00-10:00pm
\$50			
271989	Tu	Nov 1-Dec 13	8:00-10:00pm
\$43.75			
272372	Tu	Jan 3-Mar 27	8:00-10:00pm
\$81.25			

### 30yrs&up

Delbrook, Gym

266021	W	Sep 7-Oct 26	7:30-9:00pm
\$40			
266022	W	Nov 2-Dec 14	7:30-9:00pm
\$35			
266327	W	Jan 4-Feb 8	7:30-9:00pm
266328	W	Feb 15-Mar 21	7:30-9:00pm
\$40			

Parkgate, Gym

271985	Th	Sep 8-Oct 27	9:15-10:45pm
\$41.14			
272012	Th	Nov 3-Dec 15	9:15-10:45pm
\$36			
272373	Th	Jan 5-Mar 29	9:15-10:45pm
\$66.82			

## volleyball

### Competitive

Must have a good consistent skill level and sound knowledge of 5-1, 6-2, 4-2, 6-0 offensive systems. Instructor approval required. (Peter N.)

McDougall, Gym

274570	Tu	Sep 6-Nov 1	9:00-11:00pm
\$64.89			
274571	Tu	Nov 8-Dec 27	9:00-11:00pm
\$57.68			
274572	Tu	Jan 3-Feb 14	9:00-11:00pm
\$50.47			
274573	Tu	Feb 21-Mar 27	9:00-11:00pm
\$43.26			

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## Competitive Intermediate 16yrs&up

Co-ed volleyball. Players should have a good consistent level of skill with knowledge of 4-2, 6-2, 6-0 offensive systems. Instructor approval required.

McDougall, Gym

274725	Th	Sep 1-Oct 27	8:45-10:45pm
\$64.89			
274726	Su	Sep 11-Oct 30	6:45-8:45pm
\$50.47			
274724	Th	Nov 3-Dec 29	8:45-10:45pm
\$68.89			
274727	Su	Nov 6-Dec 18	6:45-8:45pm
\$50.47			
274730	Th	Jan 12-Feb 16	8:45-10:45pm
274732	Su	Jan 8-Feb 12	6:45-8:45pm
274731	Th	Feb 23-Mar 29	8:45-10:45pm
274733	Su	Feb 19-Mar 25	6:45-8:45pm
\$43.26			

### Intermediate

Co-ed volleyball. Players should have good consistent level of skill with knowledge of 4-2, 6-0 offensive systems. Instructor approval required. (Peter N.)

McDougall, Gym

274588	M	Sep 12-Oct 31	8:45-10:45pm
274589	M	Nov 7-Dec 19	8:45-10:45pm
274590	M	Jan 2-Feb 13	8:45-10:45pm
\$50.47			
274591	M	Feb 20-Mar 26	8:45-10:45pm
\$43.26			

## Noon Hour

Co-ed volleyball. For players with a consistent level of skill wanting a non-competitive environment to have fun and socialize.

McDougall, Gym

274525	Th,Tu	Sep 1-Oct 27	12:00-1:30pm
\$91.97			
274526	Tu,Th	Nov 1-Dec 29	12:00-1:30pm
\$97.38			
274527	Tu,Th	Jan 3-Feb 16	12:00-1:30pm
\$75.74			
274528	Tu,Th	Feb 21-Mar 29	12:00-1:30pm
\$64.92			

## Recreational Intermediate

McDougall, Gym

274675	F	Sep 2-Oct 28	8:00-10:00pm
\$57.68			
274676	F	Nov 4-Dec 23	8:00-10:00pm
274766	W	Jan 4-Feb 15	8:45-10:45pm
\$50.47			
274677	F	Jan 6-Feb 10	8:00-10:00pm
274678	F	Feb 17-Mar 23	8:00-10:00pm
274768	W	Feb 22-Mar 28	8:00-10:00pm
\$43.26			
Parkgate, Gym			
272025	W	Sep 7-Dec 14	8:00-10:00pm
\$93.75			
272389	W	Jan 4-Mar 28	8:00-10:00pm
\$81.25			



## TRACK AND FIELD CLUB NORTH & WEST VANCOUVER

- Age appropriate training for athletes from 9 to masters age.
- Training for competition in all running, jumping and throwing events.
- Short term programs for the High School Track Season.
- Post Secondary School Programs.

- Track Rascals Program.  
(6 to 8 year old introduction)

for more information contact  
**Dawn Copping**  
**604-929-3554**

[www.norwesterstandf.com](http://www.norwesterstandf.com)



# Flicka Gymnastics Club



123 East 23rd Street North Vancouver, BC V7L 3E2  
604-985-7918 (Phone) 604-985-7908 (Fax)  
www.flickagymclub.com  
flickaregistrar@gmail.com

## 2011-2012 Register Online!

### Kindergym

**Parent & Tot-White 1-2 yrs Old, 45 Min**  
Sess 1: \$138.60 Sess 2: \$108.90 Sess 3: 128.70  
**Wed & Fri: 9:30am or 10:30am**

**Parent & Tot-Ivory 2-3.5 yrs Old 45 Min**  
Sess 1: \$138.60 Sess 2: \$108.90 Sess 3: 128.70

**Mon:** 9:30 or 10:30am  
**Tues:** 9:30 or 10:30am  
**Wed:** 12:30pm  
**Thurs:** 9:30 or 10:30am  
**Fri:** 12:30pm  
**Sat:** 9:30, 10:30 or 11:30am

**3 yrs Old.-Yellow 45 Min**  
Sess 1: \$138.60 Sess 2: \$108.90 Sess 3: 128.70

*Invitation Only*

**Wed:** 9:30, 10:30 or 12:30pm

**3.5-4 Years- Orange 1 Hour**  
Sess 1: \$184.80 Sess 2: \$145.20 Sess 3: \$171.60

**Mon-Fri:** 9:30, 10:30 or 12:30pm  
**Sat:** 9:30, 10:30 or 12:30pm

**4-5 Years-Green 1 Hour**  
Sess 1: \$184.80 Sess 2: \$145.20 Sess 3: \$171.60

**Mon-Fri:** 9:30, 10:30, 12:30 or 3:30pm  
**Sat:** 9:30, 10:30, 12:00, 1:00 or 2:00pm

Flicka reserves the right to cancel classes. Registrations are accepted **online** at www.flickagymclub.com and in the Flicka office. Accepted payment methods include Cash, Cheque, Debit, Visa or MasterCard.

**Session 1:** Sept 12– Dec 17th, 2011 (14 wks)

**Session 2:** Jan 3rd– Mar 17th, 2012 (11 wks)

**Session 3:** Mar 26– June 23rd, 2012 (13 wks)



### Birthday Parties



Book your birthday party with Flicka Gymnastics!

#### Party Times:

**Saturdays:** 3:00-5:00 pm  
5:30-7:30 pm  
**Sundays:** 2:00-4:00 pm  
4:15-6:15 pm

#### For kids 5 and up:

9-12 Kids: \$225  
13-16 Kids: \$250  
Over 16 Kids: \$12.50 per  
additional child to a maximum  
of 24 guests

#### For Kids age 4

6-12 Kids: \$225  
13-18 Kids: \$345

#### Party Includes:

1 Hour of Gym time  
1 Hour in the party room  
Flicka Party Leaders  
Pizza, Chips and Drinks

**Book your party online today!**



### Open Gym Times:



**\*Pre-school Drop In:** 2-6yrs 45 Minutes  
\$6.00, Weekdays from 11:30-12:15pm

**\*Family Drop In:** 1 Hour (Ages 2-10)  
\$7.00, Saturdays at 4:15

**Pre-Teen Drop In:** 1 Hour (Ages 8-12)  
\$7.00, Saturdays at 5:15pm

**Adult Drop In:** 90 Minutes (18+yrs)  
\$11.00, Mondays and Wednesdays at 9:00pm

*\*Children under the age of 8 must be  
accompanied by a parent or guardian at all times.*

#### **Refund Policy:**

Pro-rated refunds (less GBC fees) will only be provided on written withdrawal notice before the **beginning** of the **second** class. Withdrawals after this point will only be provided with a medical note signed by a qualified health practitioner.

# School Aged Gymnastics Programs



\*Classes are once per week, please choose the class that best suits your schedule.\*

## Beginner Classes— Co-Ed

### Level 1- Burgundy (5-6 Yrs) 1 Hour

Sess 1: \$184.80 Sess 2: \$145.20 Sess 3: \$171.60

**Mon- Fri:** 4:30pm

**Sat:** 1:00pm

### Level 2/3- Red/ Tan (6-8 yrs) 1 Hour

Sess 1: \$184.80 Sess 2: \$145.20 Sess 3: \$171.60

**Mon-Fri:** 3:30 or 4:30pm

**Sat:** 11:30, 1:00 or 2:00pm

### Gymstart (8-12 yrs) 1.5 Hours

Sess 1: \$277.20 Sess 2: \$217.80 Sess 3: \$257.40

**Mon:** 7:00pm

**Tues:** 5:30pm

**Wed:** 7:00pm

**Thurs:** 5:30pm

### Youth (13-16 yrs) 2 Hours

Sess 1: \$369.60 Sess 2: \$290.40 Sess 3: \$343.20

**Mon:** 7:00pm

**Wed:** 7:00pm

**Thurs:** 7:00pm

Flicka Gymnastics is located in the downstairs of the Harry Jerome Rec Centre, near the pool.

### Registration information

Registration is available Online at [www.flickagymclub.com](http://www.flickagymclub.com) or in our Flicka Office. Registration will open for one session at a time, and remain open for 6 weeks prior to the start of the session. Two weeks after the session has started registration will close and remain closed until the next session is available for registration.

## Intermediate & Advanced

### Girls



### Level 4/5- Bronze/Purple (7-10 yrs) 1.5 Hours

Sess 1: \$277.20 Sess 2: \$217.80 Sess 3: \$257.40

**Mon- Fri:** 4:00pm

**Mon-Thurs:** 5:30pm

**Sat:** 10:00am or 2:15pm

### Level 6/7- Blue/Aqua (8-12 yrs) 1.5 Hours

Sess 1: \$277.20 Sess 2: \$217.80 Sess 3: \$257.40

**Mon- Fri:** 4:00pm

**Mon-Thurs:** 5:30pm

**Sat:** 10:00am or 2:15pm

### Level 8+ - Silver + (8-12yrs) 2 Hours

Sess 1: \$369.60 Sess 2: \$290.40 Sess 3: \$343.20

**Mon-Thurs:** 4:00 or 6:00pm

**Sat:** 10:00am or 12:00pm



## Boys Program

### Level 4/5 -Bronze/ Purple (7-9 yrs) 2 Hours

Sess 1: \$369.60 Sess 2: \$290.40 Sess 3: \$343.20

**Tues:** 5:00pm

**Wed:** 5:00pm

**Thurs:** 5:00pm

### Level 6/7- Blue/ Aqua (10-12 yrs) 2 Hours

Sess 1: \$369.60 Sess 2: \$290.40 Sess 3: \$343.20

**Tues:** 7:00pm

**Sat:** 2:00pm

**Session 1:** Sept 12– Dec 17th, 2011 (14 wks)  
**Session 2:** Jan 3rd– Mar 17th, 2012 (11 wks)  
**Session 3:** Mar 26– June 23rd, 2012 (13 wks)



# North Shore Soccer Development Centre



*"To deliver the highest standards of excellence in soccer development to everyone"*

The North Shore Soccer Development Centre (NSSDC) and the North Vancouver Football Club (NVFC) have come together to invite all players to register for our soccer development programs.

### Our Programs:

- Appeal to all players wanting to develop their soccer skills.
- Allow all players to compete at a level that challenges them.
- Help all players to develop a passion for the sport of soccer.
- Promote an active lifestyle and healthy living in everyone.

### We offer:

- Highest quality professional coaches and programs.
- Quality turf facilities.
- Convenient locations.
- Written evaluations for all players.



### Academy Program:

All boys and girls in our programs have the opportunity to be identified for the Academy Program which is designed for the dedicated soccer player. This program is by invitation only and players are selected on both ability and attitude. For further information on all our programs, please refer to our website: [www.nssdc.net](http://www.nssdc.net)

### Player Development and High Performance Programs:

Focus on developing all soccer fundamentals including tactical awareness and game understanding.

#### Fall 2011 (Sep 13 to Dec 1, 2011)

**\$264 (12 weeks)**

Boys			Girls			
273854	Mon	5-6:30pm	2004-2007	273848	Mon	5-6:30pm
273849	Thurs	5-6:30pm	2003	273853	Tues	5-6:30pm
273844	Thurs	5-6:30pm	2002	273851	Tues	5-6:30pm
273845	Wed	5-6:30pm	2001	273852	Tues	5-6:30pm
273843	Wed	5-6:30pm	2000	273846	Tues	5-6:30pm
273850	Wed	6:30-8pm	1999&Older	273847	Wed	6:30-8pm

We will be operating in our normal slot until Nov 14 when we will change to 4-7pm time slot



*Our partners in Soccer Development*





# North Shore Soccer Development Centre

## Winter 2012 (Jan 3 to Mar 8, 2012)

**\$230 (10weeks)**

Boys				Girls			
274458	Mon	4-5:30pm	2004-2007	274456	Mon	4-5:30pm	
274457	Thurs	4-5:30pm	2003	274455	Tues	4-5:30pm	
274451	Thurs	4-5:30pm	2002	274453	Tues	4-5:30pm	
274452	Wed	4-5:30pm	2001	274454	Tues	4-5:30pm	
274450	Wed	4-5:30pm	2000	274447	Tues	4-5:30pm	
274449	Wed	5:30-7pm	1999&Older	274448	Wed	5:30-7pm	

## Goalkeeper Programs:

Designed for the dedicated goalkeeper and focused on developing technical aspects of the position.

### Goalkeeping Fall 2011 (Sep 13 to Dec 1, 2011)

**\$264 (12 weeks)**

Boys				Girls			
274501	Tues	5-6pm	2001 - 1999	274507	Tues	5-6pm	
274508	Tues	5-6pm	1998&Older	274509	Tues	5-6pm	

We will be operating in our normal slot until Nov 14 when we will change to 4-6pm time slot

### Goalkeeping Winter 2012 (Jan 3-Mar 8, 2012 )

**\$230 (10 weeks)**

Boys				Girls			
274510	Tues	4-5pm	2001 - 1999	274511	Tues	4-5pm	
274512	Tues	4-5pm	1998&Older	274513	Tues	4-5pm	

## Spring Break Soccer Camp:

A fun based program that uses recreational soccer activities to teach players the fundamentals of the game.

Boys & Girls						
274516	M-F	March 12-16	9:30-11:30 am	Born 2006 & 2007		\$121
274517	M-F	March 19-23	9:30-11:30 am	Born 2006 & 2007		\$121
274518	M-F	March 12-16	9:00am-12:00pm	Born 2005 & Older		\$132
274515	M-F	March 19-23	9:00am-12:00pm	Born 2005 & Older		\$132
William Griffin						

## Street Soccer Programs:

We create a soccer environment where players have the opportunity to play a variety of games in a drop-in format.

Boys & Girls						
274514	M-F	March 12-16	1:00-3:00pm	2002-1998		
274522	M-F	March 19-23	1:00-3:00pm	2002-1998		
\$10/day						
William Griffin						

**To register, call 604-987-Play(7529), and state registration code**

Players are expected to purchase a uniform for \$50.

**Any questions, please contact Steve Hood:**

**604-209-5475 soccerhood@yahoo.com**