

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

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

for further information contact Paul Hothersall, Program Director
program.director@cypressskiclub.com

Logos: CYPRESS SKI CLUB, CYPRESS, BOLUM BROWN, amec



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
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



northvanrec

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



NORTH SHORE
WINTER CLUB



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:

Ladies	M&Th	9:30am
Norwesters (men)	Tu&Th	1pm
Senior Men	F	1pm
High School Juniors	W	4pm
Elementary School Juveniles (8-12yrs old)	F	4pm

Evenings:

Ladies	W	7pm
Men	M	6:45pm (2 draws)
Mixed and Open	Tu & F	7pm
	Th	6:45pm

Weekends:

Engineers	Sa	8:30am
Party Night for newbies & olbies	Sa	7pm
Youth/University League	Su	6pm
Family drop-in	Su	3pm

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 for more information

NORTH SHORE
FASTPITCH

Register in January!
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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northvanrec

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



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 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

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

273854	Mon	5-6:30pm	2004-2007
273849	Thurs	5-6:30pm	2003
273844	Thurs	5-6:30pm	2002
273845	Wed	5-6:30pm	2001
273843	Wed	5-6:30pm	2000
273850	Wed	6:30-8pm	1999&Older

Girls

273848	Mon	5-6:30pm
273853	Tues	5-6:30pm
273851	Tues	5-6:30pm
273852	Tues	5-6:30pm
273846	Tues	5-6:30pm
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



BC SOCCER



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