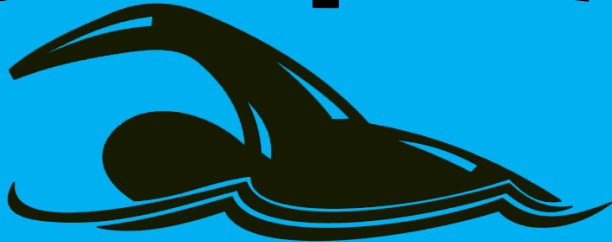


Vaughan Aquatic Club



Development Squad - Lifelong Swimming & Fitness

Woodbridge Pool & Memorial Arena

PREREQUISITES:

Completed Red Cross Level 9 or Life Saving Rookie

Ages 11-16

AFFILIATED TO SWIM ONTARIO AND SWIM CANADA

PROFESSIONALLY COACHED BY:

Steven Jacobson
Registered Kinesiologist

SWIMMING EXCELLENCE THROUGH FUN, & FITNESS

Swim Team Style Environment

Continued stroke development & refinement · Competitive Swimming equitable to a High School level · Learning how exercise affects the body through practical applications · Building confidence through fitness · Nutritional education · Pace clock management · Introduction to race strategies
Pacing · Developing coordination · Building strength · Flexibility · Endurance

Full Year Option: September 17th - June 10th

\$1115.00 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 17th - Dec 10th - \$495 (Inc. HST & Reg. Swim Can. & Ont.)

Winter Option: Jan 7th - Mar 4th - \$380 (Inc. HST & Reg. Swim Can. & Ont.)

Spring Option: Mar 18th - Jun 10th - \$450 (Inc. HST & Reg. Swim Can. & Ont.)

Monday: 7:30 P.M. - 8:30 P.M.

jacobsonswimming@gmail.com

(416) 319 - 8507