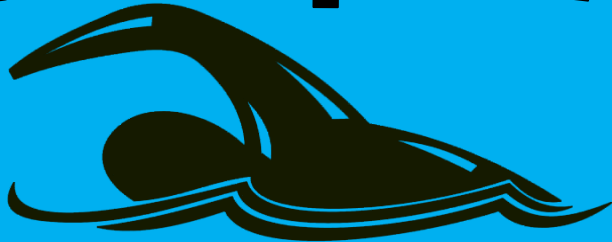


# Vaughan Aquatic Club



**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 16th - June 8th**

**\$1150.00 (Inc. HST & Reg. Swim Canada & Ont.)**

**Fall Option: Sept 16th - Dec 9th - \$510 (Inc. HST & Reg. Swim Can. & Ont.)**

**Winter Option: Jan 6th - Mar 9th - \$425 (Inc. HST & Reg. Swim Can. & Ont.)**

**Spring Option: Mar 23rd - Jun 8th - \$425 (Inc. HST & Reg. Swim Can. & Ont.)**

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

**[jacobsonswimming@gmail.com](mailto:jacobsonswimming@gmail.com)**

**(416) 319 - 8507**