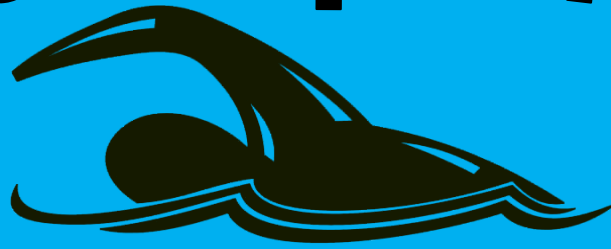


Vaughan Aquatic Club



Development Squad - Lifelong Swimming & Fitness

Woodbridge Pool & Memorial Arena

PREREQUISITES:

**Completed Red Cross Level 9, 10, Rookie, Ranger, Star
& Beyond!**

Ages 11-16

AFFILIATED TO SWIM ONTARIO AND SWIM CANADA

PROFESSIONALLY COACHED BY:

Steven Jacobson
Honours Kinesiology (HBKIN)

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

Session Starts January 8th– March 5th

Monday: 7:30 P.M. — 8:30 P.M.

Cost: \$350.00 (Inc. HST + Reg. Swim Canada & Ont.)

(Spring Dates TBA)

(905) 770-9506

www.vaughanaquaticclub.com