

# 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

**Fall Program Starts September 18nd - Dec 11th**

**Monday: 7:30 P.M. — 8:30 P.M.**

**Cost: \$450.00 (Inc. HST + Reg. Swim Canada & Ont.)**

**(Winter & Spring Dates TBA)**

**(905) 770-9506**

**[www.vaughanaquaticclub.com](http://www.vaughanaquaticclub.com)**