

# VAUGHAN MASTERS AQUATIC CLUB

c/o 98 Westbury Court, Richmond Hill, Ontario, L4S 2L3

[jacobsongreg4@gmail.com](mailto:jacobsongreg4@gmail.com) - (647) 801-8507

[jacobsonswimming@gmail.com](mailto:jacobsonswimming@gmail.com) - (416) 319-8507

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



## **MASTERS PROGRAM 2017/2018**

FANTASTIC NEWS!!

WE WILL BE EXPANDING OUR MASTERS TEAM BY  
OPENING ANOTHER BRANCH IN WOODBRIDGE

We are excited and looking forward to the upcoming swimming season. Our continued goal is to ensure that all Masters Swimmers reap the benefits of participation through fitness, stroke and skill improvement. We will be catering to adults (18 years of age and older), including novices (who can swim a few laps of the pool), advanced swimmers, competitive masters swimmers and triathletes.

FINA World Masters Champs is approaching. This will be held in Budapest, Hungary in August. Congratulations to Steven Jacobson on his amazing swims at Canadian Masters Nationals in Quebec. Good luck at World Champs!

Our coaches for our Masters Program are Greg and Steven Jacobson.

Greg Jacobson is the Head Coach for the Woodbridge branch of Vaughan Aquatic Club. Greg swam for Vaughan Aquatic Club from 1996-2010. Greg completed his Bachelor of Arts at York University. Following his undergraduate degree, he obtained his Bachelors of Education (B.Ed) and Masters of Education (M.Ed) at the University of Toronto (OISE). He has competed in 10 Team Championships making finals numerous times throughout his swimming career. Additionally, he competed at the provincial level in freestyle, butterfly, and breaststroke, as well as, represented Canada Internationally at 3 Junior Maccabi Games. He provides a fun and engaging environment for all of his swimmers, enabling them to reach their maximum potential. Greg's experiences as a teacher, coach and swimmer, allows him to understand the specific needs of all athletes.

Steven Jacobson is Head Coach of the Thornhill branch of Vaughan Aquatic Club. He was a member of the Vaughan Aquatic Club from 1988-1999 and held numerous club records. Steven qualified for Junior Nationals and competed in 11 Ontario Team Championships. He was a member of the McMaster Maurader Varsity swim team from 1999 - 2003. This team won Ontario University Champs in both 2000 and 2003. Steven completed an Honors Kinesiology degree at McMaster University and now operates as a Registered Kinesiologist/Coach. He qualified for Canadian University National Championships in 2001. He also represented Canada at the 2001 Maccabi Games in Israel where he won a Bronze medal. At present Steven is still actively competing in Masters swimming. In May 2017, Steven got 2 golds, 1 silver and 1 bronze at the Canadian Masters Nationals in Quebec

## **SWIM TIMES**

Dufferin Clark Pool (Cnr. Dufferin & Clark, Thornhill)

Tues 6:30 - 7:45 a.m.

Thurs 6:30 - 7:45 a.m.

Woodbridge Memorial Arena Pool (Cnr. Hwy. 7 & Islington Ave.)

Wed 6:30 - 7:45 a.m.

Fri 6:30 - 7:45 a.m.

## **PROGRAM OPTIONS, DATES AND FEES**

---

### **OPTION 1:                      October 03 – June 21**

**Swim 2 x per week**      \$780.00 + \$101.40 (HST) + \$58.90 (MSC Fee) = Total \$940.30  
(Either Dufferin or Woodbridge)

---

### **OPTION 2:                      October 03 – June 21**

**Swim 3 x per week**      \$930.00 + \$120.90 (HST) + \$58.90 (MSC Fee) = Total \$1109.80

---

### **OPTION 3:                      October 03 – June 21**

**Swim 4 x per week**      \$980.00 + \$127.40 (HST) + \$58.90 (MSC Fee) = Total \$1166.30

---

M.S.C = Masters Swimming Canada

Included in your registration fee is a free t-shirt and swim cap. Please indicate size of t-shirt on order form.

## **PAYMENT PLAN OPTIONS**

1. Full amount paid on Oct. 03/04 by cheque/cash - 5% discount.
2. Full amount paid on Oct. 03/04 by Visa/MC - 2.5% discount.
3. Instalment plan (4 cheques) - Oct.3/4, Nov. 1, Dec. 1, Jan. 1.
4. Late registrations will be pro-rated accordingly.

- Make cheques payable to Vaughan Masters Aquatic Club and include with your registration form.
- If paying by Visa/MC, please provide your Visa/MC number on your registration form.
- Please complete registration form and mail to address above or bring to first practice.
- Late registrations will be accepted on deck.
- Please note there will be no practices over the Christmas/New Year period.

For more information please contact Steven Jacobson: [jacobsonswimming@gmail.com](mailto:jacobsonswimming@gmail.com)

Greg Jacobson: [jacobsongreg4@gmail.com](mailto:jacobsongreg4@gmail.com)

**VAUGHAN MASTERS AQUATIC CLUB – REGISTRATION 2017/18**

**Name of Swimmer:** \_\_\_\_\_

**Address :** \_\_\_\_\_

\_\_\_\_\_

**Postal Code :** \_\_\_\_\_

**Telephone (Home) :** \_\_\_\_\_ **Office:** \_\_\_\_\_

**Date of Birth :** \_\_\_\_\_

**Health card no. :** \_\_\_\_\_

**E-Mail address :** \_\_\_\_\_

(Please make sure email is legible)

**Visa/MC No. :** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_

The coaches of the Vaughan Masters Aquatic Club are at all times concerned with your well-being. If you have any medical condition, which you think the coaching staff should be aware of, please specify below. This information will be available only to the coaching staff.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Liability and Release Waiver:** I, intending to be legally bound by this statement, hereby waive and release all rights and claims for damages or injury which may be accrued against Vaughan Masters Aquatic Club, their official representatives, or employees, for any injury suffered, occurring as a result of participating in activities of the Club.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**CLUB UNIFORM - ORDER FORM 2017/2018**

ORDERS FOR ALL ITEMS WILL BE PLACED ON A ONE-TIME BASIS. NO LATE ORDERS WILL BE ACCEPTED. PAYMENT MUST BE RECEIVED ON OCT 3/4TH AT REGISTRATION.

NAME: \_\_\_\_\_

All swimmers will receive one V.A.C. caps (\*) and one T-Shirt, which are included in the fees. Additional caps and shirts may be ordered below.

**SWIM SUITS - Black suits with V.A.C. logo on the back.**

**Womens Suits**

Training Suits -TYR Polyester: Women's (30-40) \$73.00 Inc. tax  
(Max Back)

Racing Suits - Speedo SPB: Sizes Women's (28-40) \$78.00 Inc. tax  
(Super Pro Back)

Please circle desired size and fill in the quantity

<b>Women</b>	28W	30W	32W	34W	36W	38W	40W
Training Suits	-----						
Racing Suits							

**Mens Suits**

Training Jammers- TYR Polyester Sizes Men's (size 30-40) \$50.00 incl. tax

Racing Jammers - Speedo Sizes Men's (size 28-40) \$59.00 incl. tax

Please circle desired size and fill in the quantity

<b>Mens</b>	28M	30M	32M	34M	36M	38M	40M
Training Jammers							
Racing Jammers							

**SWIM BAGS - Black Speedo Backpack with VAC logo - \$90.00 incl. tax**

Swim Bags	
-----------	--

**BLACK HOODIE – With Zipper with VAC Logo - \$49.00 incl. tax**

Youth Large	Youth X-Large	Adult Small	Adult Med.	Adult Large	Adult X-large

**T-SHIRTS**

Adult Small	Adult Med.	Adult Large	Adult X-large

**ADDITIONAL T-SHIRTS:** (T- shirts with club logo front and back) - \$20.00 incl. tax.

**ADDITIONAL CAPS:** Yellow VAC caps. Club logo printed on both sides. \$8.00 Incl. tax.

**SILICONE CAPS :** Yellow Silicone VAC caps. Club logo printed on both sides. \$14.00 Incl. tax.

(\*) The regular Caps included in your fees can be replaced by Silicone at an additional cost of \$6.00