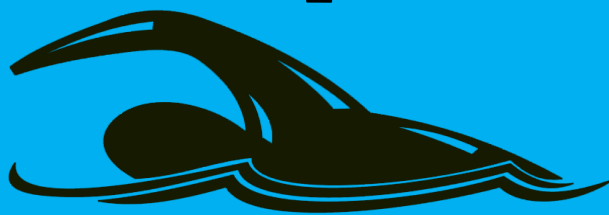


Vaughan Aquatic Club



Development Squad - Lifelong Swimming & Fitness

Woodbridge Pool & Memorial Arena

PREREQUISITES:

Lifesaving Society Ranger (Level 8)

Ages 11-17

AFFILIATED TO SWIM ONTARIO AND SWIM CANADA

PROFESSIONALLY COACHED BY:

Steven Jacobson

Registered Kinesiologist (Head coach of our Thornhill branch)

SWIMMING EXCELLENCE THROUGH FUN, & FITNESS

Swim Team Style Environment

Continued stroke development & refinement · Competitive Swimming suited for High School swimmers · 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 22nd - June 8th

\$1373.00 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 22nd - Dec 15th- \$625.00(Inc. HST & Reg. Swim Can. & Ont.)

Winter Option: Jan 5th - Mar 9th - \$470.00(Inc. HST & Reg. Swim Can. & Ont.)

Spring Option: Mar 23rd - Jun 8th - \$520.00(Inc. HST & Reg. Swim Can. & Ont.)

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

vaughanaquaticclub@gmail.com