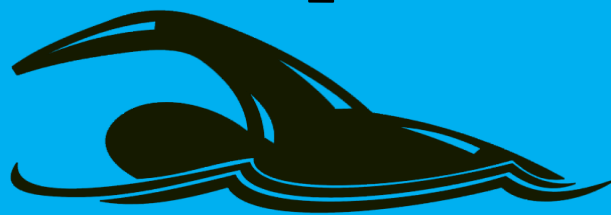


Vaughan Aquatic Club



Development Squad - Lifelong Swimming & Fitness

Woodbridge Pool & Memorial Arena

PREREQUISITES:

Completed Red Cross Level 9 or Lifesaving Society Ranger

Ages 11-16

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 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 19th - June 12th

\$1230.00 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 19th - Dec 12th- \$540 (Inc. HST & Reg. Swim Can. & Ont.)

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

Spring Option: Mar 20th - Jun 12th - \$540 (Inc. HST & Reg. Swim Can. & Ont.)

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

vaughanaquaticclub@gmail.com