

YSC Program Schedule 2021-22 - Subject to Change - as of 14 Oct 2021

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Intro to Competitive	Swansea		6:30-7:30 pm		6:30-7:30 pm				
			7:30-8:30 pm		7:30-8:30 pm				
Intro to Competitive	Weston						1:30-2:30 pm		
							2:30-3:30 pm		
				7:30-8:30 pm		7:30-8:30 pm	3:30-4:30 pm		
Competitive	Novice (Swansea)		6:30-8:30 pm Swansea		6:30-8:30 pm Swansea		1:30-3:30 pm Weston		
	Novice (Weston)	6:00-8:00 pm Weston		6:30-8:30 pm Weston			1:30-3:30 pm Weston		
	Age Grp 2	5:50-6:50 am - YRC							6:15-8:15 am - YRC 8:15-8:45 am - Dry
			4:30-5:00 pm - Dry 5:00-6:30 pm - YRC	6:00-8:00 pm Weston	4:30-5:00 pm - Dry 5:00-6:30 pm - YRC				
	Age Grp 1	5:50-6:50 am - YRC							6:15-8:15 am - YRC 8:15-8:45 am - Dry
			4:30-5:00 pm - Dry 5:00-6:30 pm - YRC	6:00-8:00 pm Weston	4:30-5:00 pm - Dry 5:00-6:30 pm - YRC	7-8:30 pm Weston			
	Junior		5:50-6:50 am - YRC 7-7:45 am - Dry Indoor	5:50-6:50 am - YRC 7-7:45 am - Dry Indoor	5:50-6:50 am - YRC 7-7:45 am - Dry Indoor			6:15-8:15 am - YRC 8:15-9:15 am - Dry	
		5:45-8:00 pm Weston	4:15-6:30 pm - YRC		4:15-6:30 pm - YRC				
	Senior		5:50-6:50 am - YRC 7-7:45 am - Dry Indoor	5:50-6:50 am - YRC 7-7:45 am - Dry Indoor	5:50-6:50 am - YRC 7-7:45 am - Dry Indoor			6:15-8:15 am - YRC 8:15-9:15 am - Dry	
		5:45-8:00 pm Weston	4:15-6:30 pm - YRC		4:15-6:30 pm - YRC	5:45-7:30 pm Weston			

Weston	Weston - 100 Pine Street - starts 4 October	https://goo.gl/maps/pnwAW6moMNF2
Swansea	Swansea Recreation Centre - 15 Waller Ave - forecast to starts 5 October	https://goo.gl/maps/mbP5yL92MQr
YRC (pool)	York Recreation Centre - 115 Black Creek Dr. (September schedule different)	https://goo.gl/maps/ybdKv2GrQUt
Dry Indoor	Dryland exercises indoors - York Recreation Centre - 115 Black Creek Dr.	https://goo.gl/maps/ybdKv2GrQUt
Dry	Dryland exercises outdoors - York Recreation Centre - 115 Black Creek Dr.	https://goo.gl/maps/ybdKv2GrQUt

Note -- Start times shown above are actual pool times. Plan to arrive 10 minutes before to enter building go through screening/signin and get to pool deck. Example for the early morning practices the YRC doors will open at 5:40 am for a practice start at 5:50 am (outside doors will be locked at 5:55 am)