

YSC Program Schedule 2020-21 - Subject to Change - as of 9 Sep 2020

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

Weston	Weston - 100 Pine Street	https://goo.gl/maps/pnwAW6moMNF2
Swansea	Swansea Recreation Centre - 15 Waller Ave - forecast to start October 2020	https://goo.gl/maps/mbP5yL92MQr
YRC (pool)	York Recreation Centre - 115 Black Creek Dr. to start 14 Sep 2020	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)