

YSC Program Schedule 2022-23 - Subject to Change - as of 29 Aug 2022

		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	6-7:00 pm		6-7:00 pm		6-7:00 pm			
		7-8:00pm		7-8:00pm		7-8:00pm			
Intro to Competitive	York Rec Centre						6-7:00 pm		
							7-8:00pm		
Competitive									
Competitive	Novice (Swansea)		6:30-8:30 pm Swansea		6:30-8:30 pm Swansea		6-8:00 pm YRC		
	Novice (Weston)	6-8:00 pm Weston		6-8:00 pm Weston			6-8:00 pm YRC		
	Age Grp 2	5:50-7:40 am YRC						6:15-8:15 am YRC	
			4:30-6:30 pm YRC	6:00-8:00 pm Weston	4:30-6:30 pm YRC				
	Age Grp 1	5:50-7:40 am YRC						6:15-8:15 am YRC	
			4:30-6:30 pm YRC	6:00-8:00 pm Weston	4:30-6:30 pm YRC	6:30-8:30 pm Weston			
	Junior		5:50-7:40 am YRC	5:50-7:40 am YRC				6:15-8:15 am YRC	
		5:30-7:30 pm Weston	4:30-6:30 pm YRC	Dryland in Afternoon TBD	4:30-6:30 pm YRC				
	Senior		5:50-7:40 am YRC	5:45-7:40 am YRC				6:15-9:15 am YRC	
		5:30-7:30 pm Weston	4:30-6:30 pm YRC	Dryland in Afternoon TBD	4:30-6:30 pm YRC	5:30-7:30 pm Weston			

Weston	Weston Collegiate Institute - 100 Pine Street	https://goo.gl/maps/pnwAW6moMNF2
Swansea	Swansea Recreation Centre - 15 Waller Ave	https://goo.gl/maps/mbP5yL92MQR
YRC	York Recreation Centre - 115 Black Creek Dr.	https://goo.gl/maps/ybdKv2GrQUt

**** - NOTE - Novice Swansea will follow Novice Weston schedule until 4 October (start in Swansea on 4 October)**

Note -- Start times shown above are START times (not arrival times). Plan to arrive 10 minutes before to enter building get ready and on pool deck. Example for the early morning practices the YRC doors will open at 5:40 am to allow time to get in ready, and lane ropes in. All practices will include dryland exercise please speak with coach as to what dryland equipment/clothing you should have