

YSC schedule 19-24 Sep - Subject to Change

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intro to Competitive	Swansea	Intro to Competitive does not start until October						
Intro to Competitive	Weston							
Intro to Competitive	York Rec Centre							
Competitive	Novice (Swansea & Weston))	6-8:00 pm Weston		6-8:00 pm Weston		6-8:00 pm Weston		
	Age Grp 2						6:15-8:15 am YRC	
			4:30-6:30 pm YRC	6:00-8:00 pm Weston	4:30-6:30 pm YRC	6:00-8:00 pm Weston		
	Age Grp 1						6:15-8:15 am YRC	
			4:30-6:30 pm YRC	6:00-8:00 pm Weston	4:30-6:30 pm YRC	6:00-8:00 pm Weston		
	Junior						6:15-9:15 am YRC	
		5:30-7:30 pm Weston	4:30-6:30 pm YRC	5:30-7:30 pm Weston	4:30-6:30 pm YRC	5:30-7:30 pm Weston		
	Senior						6:15-9:15 am YRC	
		5:30-7:30 pm Weston	4:30-6:30 pm YRC	5:30-7:30 pm Weston	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