YSC Program Schedule 2023-24 - Subject to Change - as of 3 October

		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	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	6:00-8:00 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	4:30-7:00 pm Dryland - YRC	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	4:30-6:00 pm Dryland - YRC	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 - Swansea Pool is closed for maintenance will not re-open until Jan 2024 -- Novice & Intro will not practise at Swansea for FALL 2023

   Novice (Swansea) for FALL 2023 can follow Novice (Weston) or practice at YRC 4:30-6:30 pm on Tuesday/Thursdays

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