

YSC Program Schedule 2024-25 - Subject to Change - as of 10 August

		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			
	Weston	6-7:00 pm		6-7:00 pm				
		7-8:00 pm		7-8:00 pm				
		8-9:00 pm		8-9:00 pm				
	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						6:15-8:15 am YRC	
		7:00-9:00 pm Weston	4:30-6:30 pm YRC		4:30-6:30 pm YRC	6:00-8:00 pm Weston		
	Age Grp 1						6:15-8:15 am YRC	
		7:00-9:00 pm Weston	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					6:00-9:00 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		
	Senior	5:50-7:40 am YRC		5:45-7:40 am YRC			6:00-9:00 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/pnAW6moMNF2
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 -- 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