



North York Aquatic Club Waves program

Minimum Standards

In order to join North York Aquatic Club Waves program, the swimmer must be able to swim 1 length of the pool (25 meters) front or back crawl and have completed Swimmer level 7.

This program is offered to children from the ages of 6-14 and is designed to suit a variety of ages and abilities. Swimmers are introduced to a series of drills focusing on each stroke with an emphasis on body position, kicking, recovery and pull. We offer two 1 hour practices per week. We teach teamwork within a competitive environment and prepare the swimmer for graduation to the North York Aquatic Club competitive level.

Our ratios are 10 swimmers to 1 certified coach plus some locations have volunteer coaches.

At the end of each session, NYAC offers a swim meet for swimmers in Waves program at Douglas Snow Aquatic Centre to enable family and friends to see all the Waves swimmers in action with their newly developed skills.

LOCATIONS AND TIMES

Fall Session September 28, 2009-January 29, 2010

Group	Pool location	Day	Time	Start Date
Waves 1	Douglas Snow Aquatic Centre <i>5100 Yonge St (north of Sheppard)</i>	Tue & Thu	4:45-5:45	Tue Sep.29
Waves 2	AY Jackson Secondary School <i>50 Francine Dr (Leslie/Steeles)</i>	Tue & Thu	5:00-6:00	Tue Sep.29
Waves 3	Havergal College <i>1451 Avenue Road (Lawrence/Avenue)</i>	Tue & Thu	7:15-8:15	Tue Sep.29
Waves 4	Forest Hill CI <i>730 Eglinton Ave West (west of Avenue Rd)</i>	Tue & Thu	5:00-6:00	Tue Sep.29

***End of session Swim Meet: Tuesday February 2, 2010 at DSAC

Spring Session: February 1, 2010 – May 28, 2010

Group	Pool location	Day	Time	Start Date
Waves 1	Douglas Snow Aquatic Centre <i>5100 Yonge St (north of Sheppard)</i>	Tue & Thu	4:45-5:45	Tue Feb.1
Waves 2	AY Jackson Secondary School <i>50 Francine Dr (Leslie/Steeles)</i>	Tue & Thu	5:00-6:00	Tue Feb.1
Waves 3	Havergal College <i>1451 Avenue Road (Lawrence/Avenue)</i>	Tue & Thu	7:15-8:15	Tue Feb.1
Waves 4	Forest Hill <i>730 Eglinton Ave. West (west of Avenue Rd)</i>	Tue & Thu	5:00-6:00	Tue Feb.1

***End of session Swim meet: Tuesday June 1, 2010 at DSAC

Please note that practice schedule is subject to change based on enrollment, pool availability and statutory holidays. A list of exception dates will be available on NYAC web site in September.

FEES One session \$398.00 Two sessions \$775.00
Fees include registration with Swim Ontario and swim cap

Please return your Registration, Medical form and Photo release/PIPEDA form with your payment to NYAC office at 12 Bannockburn Ave., North York, ON M5M 2M8 in order for your swimmer to be registered with North York Aquatic Club and Swim Ontario