



# 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.

**FEES**                      **One session \$400.00**      **Two sessions**                      **\$780.00**  
 Fees include registration with Swim Ontario and swim cap

## LOCATIONS AND TIMES

### Fall Session                      October 4, 2010 – January 27, 2011

Group	Pool location	Day	Time	Start Date
Waves 1	Forest Hill CI <i>730 Eglinton Ave West (west of Avenue Rd)</i>	Tue & Thu	5:00-6:00	Tue Oct.5
Waves 2	Havergal College <i>1451 Avenue Road (south of Lawrence)</i>	Tue & Thu	7:15-8:15	Tue Oct.5
Waves 3	No Fall Session			
Waves 4	Northern Secondary School <i>851 Mt. Pleasant Ave.(north of Eglinton)</i>	Mon & Wed	5:00-6:00	Mon Oct.4
Waves 5	AY Jackson Secondary School <i>50 Francine Dr (Leslie/Steeles)</i>	Wed & Fri	6:30-7:30	Wed. Oct.6
Waves 6	No Fall Session			
Waves 7	Northern Secondary School <i>851 Mt.Pleasant Ave. (north of Eglinton)</i>	Tue	5:00-6:00	Tue Oct.5
Waves 8	Northern Secondary School <i>851 Mt.Pleasant Ave. (north of Eglinton)</i>	Tue	6:00-7:00	Tue Oct.5

\*\*\*End of session Swim Meet:      Thursday January 27, 2011 at DSAC

### Spring Session:                      January 31, 2011 – May 19, 2011

Group	Pool location	Day	Time	Start Date
Waves 1	Forest Hill CI <i>730 Eglinton Ave West (west of Avenue Rd)</i>	Tue & Thu	5:00-6:00	Tue Feb.1
Waves 2	Havergal College <i>1451 Avenue Road (south of Lawrence)</i>	Tue & Thu	7:15-8:15	Tue Feb.1
Waves 3	Downsview Secondary School <i>7 Hawkside Rd.(Keele&amp;Wilson)</i>	Tue & Fri	7:00-8:00	Tue Feb1
Waves 4	Northern Secondary School <i>851 Mt. Pleasant Ave.(north of Eglinton)</i>	Mon & Wed	5:00-6:00	Mon Jan.31
Waves 5	AY Jackson Secondary School <i>50 Francine Dr (Leslie/Steeles)</i>	Wed & Fri	6:30-7:30	Wed. Feb.2
Waves 6	Downsview Secondary School <i>7 Hawkside Rd.(Keele&amp;Wilson)</i>	Thu	7:00-8:00	Thu Feb.3
Waves 7	Northern Secondary School <i>851 Mt.Pleasant Ave. (north of Eglinton)</i>	Tue	5:00-6:00	Tue Feb.1
Waves 8	Northern Secondary School <i>851 Mt.Pleasant Ave. (north of Eglinton)</i>	Tue	6:00-7:00	Tue Feb.1

\*\*\*End of session Swim meet:      Thursday May 19, 2011 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.