

2009-2010 WAC Training Programs and Practice Times

Pool Times are tentative. Coaches may increase or reduce pool time as necessary.

Pool	Level	# of Practices	Hours per week	Length of Program	Days and Times of Practices (Choices)	Cost	Registration Type	Registration Fee
Adie Knox Herman Pool	Intro	2 Practices	1 Hr	11 Weeks	5:00PM - 5:30PM Tues 5:00PM - 5:30PM Thurs	\$150 Per 11 Weeks	Non-Competitive	Plus Non-competitive Registration Fee of \$15.00 Per Session
	White (1 Session)	2 Practices	2 Hrs	11 Weeks	5:30PM - 6:30PM Tues 5:30PM - 6:30PM Thurs	\$230 Per 11 Weeks	Non-Competitive	Plus Non-competitive Registration Fee of \$15.00 Per Session
	White (Season)	2 Practices	2 Hrs	35 Weeks	5:30PM - 6:30PM Tues 5:30PM - 6:30PM Thurs	\$630 For Year	Competitive	Plus Registration Fee by Age @ Dec 31
	Orange	3 Practices	3.5 Hrs	35 Weeks	5:15PM - 6:30PM Tues 5:15PM - 6:30PM Thurs 8:00AM - 9:00AM Sat	\$790 For Year	Competitive	Plus Registration Fee by Age @ Dec 31
	Blue	4 Practices	5.5 Hrs	35 Weeks Plus 4 optional Weeks in June (extra fee)	5:00PM - 6:30PM Tues 5:00PM - 6:30PM Thurs 5:00PM - 6:30PM Fri 8:00AM-9:00AM Sat	\$980 For Year	Competitive	Plus Registration Fee by Age @ Dec 31
St Denis Centre U of Windsor	Gold	4 Practices	8 Hrs	39 Weeks Plus Optional Swim Camp at Christmas Brk.	4:00PM - 6:00PM Mon 4:00PM - 6:00PM Tues 4:00PM - 6:00PM Thurs 4:30PM - 6:30PM Fri (AKH)	\$1290 For Year	Competitive	Plus Registration Fee by Age @ Dec 31
	Senior	Upto 9 Practices	16.5 Hrs	43 Weeks Plus Mandatory Swim Camp at Christmas Brk	5:30AM - 7:00AM Mon (AKH) 4:00PM - 6:00PM Mon 4:00PM - 6:00PM Tues 5:30AM - 7:00AM Wed (AKH) 6:00PM - 8:00PM Wed 4:00PM - 6:00PM Thurs 5:30AM - 7:00AM Fri (AKH) 4:30PM - 6:30PM (AKH) 7:00AM - 9:00AM Sat	\$1890 For Year	Competitive	Plus Registration Fee by Age @ Dec 31

Registration Fees: Non-Competitive (Sessional) \$16.00 per session
Non-Competitive (Seasonal) \$42.50
Competitive (10 and Under) \$95.00
Competitive (11-15 yrs old) \$115.00
Competitive (16 and over) \$135.00

Swim Season	First Date	Last Date
White Session 1	Sept. 15, 09	Nov. 26, 09
White Session 2	Dec. 8, 2009	Mar. 4, 2010
White Session 3	Mar. 23, 2010	Jun. 3, 2010
White Season	Sept. 15, 09	Jun. 3, 2010
Orange	Sept. 15, 09	Jun. 5, 2010
Blue	Sept. 15, 09	Jun. 5, 2010
Gold	Sept. 14, 09	Jul. 3, 2010
Senior	Sept. 14, 09	Jul. 31, 2010
Christmas Brk	Dec. 21, 2009	Jan. 3, 2010
March Brk	Mar. 14, 2010	Mar. 21, 2010

Scheduled Tryout Dates	Location
Tue, Sept. 8, 2009 - 5:15 PM to 6:30 PM	AKH
Thurs. Sept. 10, 2009 - 5:15 PM to 6:30 PM	AKH
Sat. Sept. 12, 2009 - 8:00 AM to 9:00 AM	AKH
Tue. Dec. 1, 2009 - 5:15 PM to 6:30 PM	AKH
Thurs. Dec. 3, 2009 - 5:15 PM to 6:30 PM	AKH
Sat. Dec 5, 2009 - 8:00 AM to 9:00 AM	AKH
Tue. Mar. 9, 2010 - 5:15 PM to 6:30 PM	AKH
Thurs. Mar. 11, 2010 - 5:15 PM to 6:30 PM	AKH
Sat. Mar. 13, 2010 - 8:00 AM to 9:00 AM	AKH