

BRONZE INTRO PROGRAM

Welcome to our BRONZE INTRO Winter Session!

BRONZE INTRO is the perfect starting point for swimmers preparing to join the **TSC Academy Bronze Program**. This small-group, pre-Academy course works on building the essential skills and confidence needed to advance into the Academy.

What to Expect:

Our curriculum focuses on:

- ✓ Proper kicking technique
- ✓ Side breathing fundamentals
- ✓ Basic freestyle & backstroke skills
- ✓ Introduction to breaststroke kick and dives
- ✓ Endurance, strength & water confidence

Each swimmer will receive a personalized progress report at the end of the session, along with a recommendation to either continue in Bronze Intro or advance into the Academy Bronze Program.

BRONZE INTRO WINTER 2026 Sessions

Option 1: Monday Evenings @ Branksome Hall (6 Elm Ave)

🕒 7:00–7:45 PM | 📅 Jan 5 – Mar 23 **no practice on Feb 16, Mar 16*

Dates: Jan 5, Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 23, Mar 2, Mar 9, Mar 23

Option 2: Sunday Mornings @ University of Toronto (55 Harbord St)

🕒 8:15–9:00 AM | 📅 Jan 11 – Mar 29 **no practice on Feb 15, Mar 17*

Dates: Jan 11, Jan 18, Jan 25, Feb 1, Feb 8, Feb 22, Mar 1, Mar 8, Mar 22, Mar 29

Program Fee: \$400 per 10-week session

Includes all fees and taxes.

What to Bring:

Just goggles and a swim cap (for medium-long hair), no other equipment required!