

2025 - 2026 Waves Schedule

Two 15 Week Sessions: Fall 2025 (Sept - Jan) and Spring 2026 (Feb - May)

2 Day Groups (30 Practices) Fees: \$600 per session

	MON	TUE	WED	THU	FRI	SAT	SUN
Waves 1	Glendon 6:00 - 7:00 pm		Glendon 6:00 - 7:00 pm				
Waves 2	AY Jackson 4:30 - 5:30 pm		AY Jackson 4:30 - 5:30 pm				
Waves 3		AY Jackson 6:30 - 7:30 pm		AY Jackson 6:30 - 7:30 pm			
Waves 4		AY Jackson 5:30 - 6:30 pm		AY Jackson 5:30 - 6:30 pm			
Waves 5			AY Jackson 5:30 - 6:30 pm		AY Jackson 4:30 - 5:30 pm		
Waves 6		AY Jackson 4:30 - 5:30 pm		AY Jackson 4:30 - 5:30 pm			
Waves 7					Holland Bloorview 4:30 - 5:30 pm		Holland Bloorview 3:15 - 4:15 pm
Junior Waves 8 10 & Under					Holland Bloorview 5:30 - 6:30 pm		Holland Bloorview 4:15 - 5:15 pm
Waves 9					Holland Bloorview 6:30 - 7:30 pm		Holland Bloorview 5:15 - 6:15
Waves 10		Downsview 6:30 - 7:30 pm		Downsview 6:30 - 7:30 pm			
Teen Waves 11 13 & Over		Downsview 6:30 - 7:30 pm		Downsview 6:30 - 7:30 pm			
Waves 12		Forest Hill 5:15 - 6:15 pm		Forest Hill 5:15 - 6:15 pm			
Waves 13		Forest Hill 6:15 - 7:15 pm		Forest Hill 6:15 - 7:15 pm			
Waves 14		Forest Hill 7:15 - 8:15 pm		Forest Hill 7:15 - 8:15 pm			
JR Waves 15 10 & Under		York Mills 6:45 - 7:45 pm		York Mills 6:45 - 7:45 pm			
Waves 16			York Mills 5:00 - 6:00 pm		York Mills 5:00 - 6:00 pm		

1 Day Groups (15 Practices) Fees: \$390 per session

	MON	TUE	WED	THU	FRI	SAT	SUN
Waves 20					Glendon 6:30 - 7:30 pm		
Teen Waves 21 13 and Over					Glendon 7:30 - 8:30 pm		
Waves 22				Cummer 6:30 - 7:30 pm			
Waves 23				Cummer 7:30 - 8:30 pm			
Junior Waves 24 10 & Under			AY Jackson 6:30 - 7:30 pm				
Waves 25					Glenview 5:00 - 6:00 pm		
Waves 26	Forest Hill 5:15 - 6:15 pm						
Waves 27	Forest Hill 6:15 - 7:15 pm						
Waves 28	Forest Hill 7:15 - 8:15 pm						
Waves 29	York Mills 7:00 - 8:00 pm						