

**YORK SYNCHRO  
INTRODUCES -  
HIGH PERFORMANCE TRAINING PROGRAM**

A comprehensive physical and mental training program that meets the unique needs of athletes competing at the National level OR those athletes wanting a more inclusive training program that will prepare them for the National level.

This program offers a diverse and flexible learning environment that challenges our athletes to build on their strengths and develop new ones while striking a swim-life balance that's right for each individual.

Daytime training hours at the NEW Magna Centre – Dominion Pool starting this September combined with Newmarket High School's High Performance curriculum allows athletes flexible academic timetabling to meet the needs of, their practice and performance schedules.

Full more details please call York Synchro at 905 473-1302 or email [yorksynchro@rogers.com](mailto:yorksynchro@rogers.com)