

# Aquasonics Artistic Swimming Club

## 2023/24 Season Information

### Welcome athletes and families!

The Aquasonics Artistic Swim Club is a not-for-profit sports club, serving Vancouver's Lower Mainland, Tri-cities, Surrey and the Fraser Valley. Our club offers a full range of programs to meet the needs of swimmers with varying interests, goals and abilities levels. We offer a variety of participation levels to support your/your child's lifestyle. Whether you choose artistic swimming to stay fit and build lifelong friendships through sport or you aspire to be a high performing artistic swimmer on a Senior National Team and everything in between, we have a program for you!



To support you in finding the best fit program for your athlete, our club structure and programming has been outlined throughout this information package. We are hopeful that by using this program structure you are able to see all the options available to you/your athlete for the upcoming season. We offer 3 main streams of programming:

1	<b>Recreational, including AquaGo &amp; Limited Competitive</b> Age Categories: 10 & under, 11 & Over, Teens and Masters <ul style="list-style-type: none"> <li>• An excellent introduction to learning new skills and swimming in teams!</li> <li>• Swimmers will find fun ways to develop skills on land and water while participating in a safe and welcoming environment. Content incorporates a variety of basic physical and athletic skills in and out of the water. Children may use the new acquired skills to advance further in the sport of artistic swimming or may transfer them to other aquatic and land-based activities.</li> <li>• Training is one to two times per week.</li> </ul>
2	<b>Competitive Provincial Stream Programs</b> Age categories: 10under, 11-12, 13-15, 16-18 <ul style="list-style-type: none"> <li>• Designed for swimmers who want to compete in the sport of artistic swimming, athletes participate in training meets and 2-3 competitions throughout the season.</li> <li>• Depending on the age category, training takes place two or three times per week.</li> <li>• This level requires a seasonal commitment (Sept-June).</li> </ul>
3	<b>Competitive National Stream Programs &amp; High Performance Stream</b> Age Categories: 11-12, 13-15 and Junior, Senior <ul style="list-style-type: none"> <li>• National stream programs are developed for athletes who have competed at the provincial level and want to further train in high performance programs</li> <li>• Swimmers in these programs train at least 4 times per week and will compete across Canada. Athletes may also have the opportunity to train and compete internationally.</li> <li>• This level requires a seasonal commitment (Sept-June).</li> </ul>

Our Leadership and Management Team along with the Coaching Staff would be more than happy to discuss options with you as well. We are so excited for our Aquasonics Club to grow in the 2023-2024 season and we can't wait for you to be a part of it!

**On behalf of the Leadership Team and Board of Directors, welcome to the Aquasonics!**

# Aquasonics Artistic Swimming Club



## 2023/24 Season Information

### Contact Information

If you have any questions regarding the 2023-2024 Season or information included in this package, please contact us at [registrar@bcaquasonics.com](mailto:registrar@bcaquasonics.com)

### Program Locations

Please note that as we continue to plan for the 2023/24 season we are actively seeking additional program locations that will allow us to grow our program offerings. We may be adding/changing locations as well during pool maintenance closures as advised by municipalities.

Location Name	Address
City Center Aquatic Complex (CCAC)	1210 Pinetree Way, Coquitlam BC V3B7T8
Surrey Sports & Leisure Complex (SSLC)	16555 Fraser Highway #100, Surrey BC V4N0E9

### Program Descriptions

Aquasonics Artistic Swimming Club offers a wide range of programs, from basic lessons for those new to the sport to national level training and competitions. As a club we are built around a model of helping athletes and their families progress through the different levels of training with the goal of helping every athlete find their home.

### RECREATIONAL STREAM PROGRAMS

Teaching swimmers to love the water!

Recreational swimming is a great way to improve swimmers strength, self-confidence, and coordination. Our talented coaches are dedicated to helping athletes grow in strength, self-confidence and coordination through recreational swimming. They are eager to share their knowledge and experience with others and are committed to helping each individual reach their full potential.

Classes are offered in multi-week sessions in fall, winter and spring sessions at community pools at the Coquitlam City Center Pool (CCAC) and Surrey Sports and Leisure Complex (SSLC). Athletes of all genders, ages 6 and up who are comfortable in the water and have some basic swimming skills are welcome. Athletes will learn basic routine skills and positions in

# Aquasonics Artistic Swimming Club



## 2023/24 Season Information

artistic swimming as a foundation for understanding the sport. Our coaches will work with swimmers to develop skill progressions according to Canada Artistic Swimming. Athletes in recreational and Aqua GO are not expected to attend competitions. Beginner athletes who want more experience are encouraged to register for more than one AquaGO session per week (if offered).

Aquasonics is excited to start a Mixed Masters program for the upcoming season! As we are still in the beginning stages of developing this program, we are asking that interested participants complete the Registration form to provide our Leadership Team with your expression of interest. Once we have information from interested athletes, including experience levels and abilities, we will begin to build a program and will be in contact with athletes.

<p><b><u>Recreational Stream Including AquaGo:</u></b></p> <p>Looking for an introduction for Artistic Swimming? Recreational stream is for you! These classes provide a full introduction to the sport of artistic swimming in class sets of approximately 10 classes. Class sets are run throughout our whole season allowing athletes to return for more artistic swimming, new skills, and loads more fun!</p> <p>AquaGO! is a nation-wide program where children learn through games, using music and equipment in a fun, active atmosphere.</p> <p>The recreational program is specific to artistic swimming and is offered once a week. It's a great foundation for athletes that are interested in starting artistic swimming.</p> <p>\$450 each session (fall, winter, spring) OR register for the full year for \$1,250</p> <p>Course options: Mon or Wed @ SSLC from 4-5:30pm or 5:30-7:30pm Tuesday or Thursday @ CCAC from 4-5:30pm or 5:30-7pm</p>	<p><b><u>Limited Competitive:</u></b></p> <p>Excited to give a season of artistic swimming a try? New swimmers, and those moving up from AquaGo or Beginner Rec are welcome to this program. Learn tons of artistic swimming skills, and perform a routine throughout the season! Athletes even get to attend their very first Artistic Swimming meet.</p> <p>\$490 each session (fall, winter, spring) OR register for the full year for \$1,350</p> <p>Course options: 3.5 to 5 hrs/week Monday or Wednesday @ SSLC from 4-5:30pm or 5:30-7:30pm Tuesday or Thursday @ CCAC from 4-5:30pm or 5:30-7pm</p> <p>Limited Competitive 2023-24 events and competitions: Training Meet # 3 TBD – Waiting on BCAS Mable Moran Regional Competition March/April TBD – Waiting on BCAS</p>	<p><b><u>Masters</u></b></p> <p>Looking for a fun and challenging new way to stay active? Come join our Mixed Masters recreational artistic swimming program! We welcome athletes 18+ of all skill levels. Our experienced coaches will provide you with an introduction to the sport and help you develop proper technique and form. Whether you're looking to stay in shape, try something new, or compete at a higher level, our Masters recreational artistic swimming program has something for everyone.</p> <p>Fees: TBC</p> <p>Course Options: Fall 2023, Winter &amp; Spring 2024</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# Aquasonics Artistic Swimming Club



## 2023/24 Season Information

### COMPETITIVE STREAM PROGRAMS

Competitive team placement for the season is determined by coaches at the end of September after the initial athlete assessments. For the month of September, athlete training schedule will mostly be by age group and confirmed upon registration.

#### Provincial Stream

The Aquasonics Provincial Stream program provides athletes the opportunity to continue developing their skills as competitive artistic swimmers. Training schedule for this level supports athletes balancing training with other activities during the week. Focus will be on a team routine for competition, some swimmers may be selected to perform in extra routines or opt into additional technical training to strengthen their skills. The Provincial Stream program is a ten-month season commitment and athletes must attend 8 - 15 hours of practice each week (depending on their competitive levels and age grouping). They compete at three or four regional and provincial meets each year.

<b>Provincial Stream</b> Ages 10 & Under Ages 11/12  10 month program September to June  3-4 training days / week 8-15 hrs per week  Tues & Thur @ CCAC From 4-7:30pm Saturdays or Sundays AM  Full year program fee: PS 10&under: \$2,195 PS11/12: \$3,180 Additional fees/costs for the season (please see below) Solos: \$900 Duet: \$750  Athletes can discuss with the head coach to be considered for solos and/or duets in addition to team training.	<b>Provincial Stream</b> Ages 13-15 Ages 16+  10 month program September to June  3-4 training days / week 10-15 hrs per week  Mon & Wed @SSLC from 4-7:30pm Saturday and/or Sunday AM  Full year program fee: \$4,170 Additional fees/costs for the season (please see below) Solos: \$900 Duet: \$750  Athletes can discuss with the head coach to be considered for solos and/or duets in addition to team training.
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

# Aquasonics Artistic Swimming Club

## 2023/24 Season Information



### NATIONAL STREAM & HIGH PERFORMANCE PROGRAM

Our National program is designed to provide swimmers with the opportunity to train with top notch coaches at a national level while balancing the desires of youth to balance sport with life.

National Stream coaches have a clear set of standards that must be met to swim at this level. Athletes are considered for the Target Athlete Program (TAP). They might train 14 to 20+ hours each week.

Competitions include at least 5 meets each year, national qualifiers and Canadian Championships as well as the opportunity to train and compete internationally.

Youth 11-12 National team	Youth 13-15 National Team	Junior & Senior National Teams (ages 15+)
Training : 4 to 5 times per week 14-18 hrs / week 10 month program September to June  Mon & Wed @SSLC from 4-7:30pm Saturday @SSLC from 8:30-12:30pm Sunday @SSLC from 8:30-12:30pm Full year program fee: \$5,750 Additional fees/costs for the season (please see below) Solos: \$1500 Duet: \$1200	Training : 4 to 5 times per week 14-18 hrs / week 10 month program September to June  Mon & Wed @SSLC from 4-7:30pm Saturday @SSLC from 8:30-12:30pm Sunday @SSLC from 8:30-12:30pm  Full year program fee: \$5,750 Additional fees/costs for the season (please see below) Solos: \$1500 Duet: \$1200	Training : 4 to 5 times per week 14-20 hrs / week 10 month program September to June  Mon & Wed @SSLC from 4-7:30pm Saturday @SSLC from 8:30-12:30pm Sunday @SSLC from 8:30-12:30pm Full year program fee: \$5,750 Additional fees/costs for the season (please see below) Solos: \$1500 Duet: \$1200

### Extra Routines

Extra routines are offered to athletes based on need and are limited based on pool space and coach availability. We invite anyone interested in an extra routine to indicate their preference on their Expression of Interest form with the understanding that this does not mean you/your athlete will be given an extra routine. All expressions of interest will be reviewed by the Leadership Team.

**Note:** An athlete's age when registering for artistic swimming is the age they will be December 31st of the year the season finished. For example for the 2023-2024 season, it is the athlete's age December 31st, 2024.

# Aquasonics Artistic Swimming Club

## 2023/24 Season Information



### Athlete Registration and Placement Process

Registration is completed by filling out the registration form under programs / register on our website. This is a draft programming schedule, the fees and programming schedule are based on the best information we have currently and are subject to change based on final registration numbers and overall pool availability.

#### Additional information for Recreational Stream Programs:

- Please select a class based on location, age group, and difficulty level
- No make-up classes
- Includes participation in our December(January) & June watershows, date TBC
- Classes may be canceled if there are not enough participants
- AquaGo classes have a limitation of 6 swimmers if levels 1/2; 8 swimmers if levels 3/4 and 5/6
- Limited competitive programs have 10 athletes maximum on each team (minimum 4 athletes per team)
- For beginner entry level artistic swimming, participants must be able to float and swim without assistance
- Recreational athlete Registration fee includes an Aquasonics swim cap.

#### Additional Information for Competitive Stream Program Information:

- Team selections will be in September/October. Team selection may be based on a testing protocol communicated at the start of the season. Judges and coaches may be used to evaluate the athletes. It will include, but not be limited to: artistic swimming skills, ability to perform the higher level skills identified in the new difficulty system, flexibility, strength, endurance, speed, coachability, leadership, work ethic, etc. Team cohesiveness also plays an important role at this level.
- Registration for the National Stream program does not guarantee team placement, athletes need to demonstrate the skill and attitude required for this program. Athletes unable to meet the required standard will be offered a position on the Youth/Junior provincial team.
- Attendance is mandatory at all practices. As of January 2024 (main competitive season), no absences will be allowed unless there is injury, illness or bereavement.
- Duet and solo practices are additional to team practices. This is an optional program. The duet/solo selection process will be communicated in September.
- Programs will include pool and dryland sessions. Dryland sessions may include (but are not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sports psychology, etc
- Team travel and commitment is a big part of this program, tentative dates TBC
  - National Qualifier March 10-17, 2024 - Location: Winnipeg, MB
  - Canadian Championships May 5-12, 2024 Location: Montreal, QC

# Aquasonics Artistic Swimming Club

## 2023/24 Season Information

### Payment Plans and Methods

Registration and invoicing for the 2023/24 season will be done through our Square Registration Platform. All invoices will be automatic and **payments must be made by credit card**. We accept the following credit card types: VISA, MasterCard, Discover, AMEX.

Additional estimated fees/costs for the season:

- BC Artistic Swimming Insurance & Registration: \$175/season
- Aquasonics club registration fee: \$150/season
- Family Volunteer deposit: \$300 (returned in June at end of season upon completion of club volunteer contribution hours)
- Competition fees, travel, competition swimsuits and accommodation for 3-4 provincial or national level competitions will be communicated in advance and charged to your family account

As a non-profit sports club, fundraising and grants raised by our volunteers help offset member fees. Yearly fees and program days and times are subject to change due to communicable disease restrictions, facility availability, virtual training, grants received, fundraising, or other unpredicted increase or decrease in expenses.