

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club’s 2023-2024 season. This schedule is based on the information we have today, and the pools we hope to secure over the coming months. Until pool contracts are finalized, these schedules are subject to change, however we will still target the training hours outlined below (pools permitting).

	Aqua Go or Private/Semi Private Lessons	Pre Competitive	Competitive
Swimmer Level	Comfortable in water, can put face in. Can wear a floaty belt or life jacket if not able to swim in deep water.	For athletes that can participate without a support person. Should be comfortable jumping into deep water and swimming back to the wall. Able to swim 15m unsupported.	For strong swimmers. Able to swim 50m unsupported.
Training Hours (Includes both pool and dryland hours)			
Total Hours per week	45 minutes - 1.5 hours	1.5 hours	1.5 hours
Training Days	Aqua Go Classes Monday, Tuesday, Wednesday, Friday Private/Semi Private Contact for Availability	Friday 6PM-7:30PM	Friday 7:30PM-9PM Or private lessons available for athletes interested in the mixed ability program
Training Pool	Aqua Go Killarney Pool Dive Tank Private/Semi Private MRU or Seton YMCA	MRU	MRU

Duets and Solos (Optional)	Not applicable	Contact the Program Manager if you would like to add a solo or duet to your team training. Will require an additional training day.
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	Aqua Go or Private/Semi Private Lessons	Pre Competitive	Competitive
Competitions/Events Schedule			
City of Calgary Figures Meet	Not applicable	Saturday, November 18, 2023 Location: MNP	
Winter Watershow	Afternoon of December 10, 2023 Location: Seton Brookfield Y		
Northern Lights	Not Applicable	January 26-28, 2024 Location: Calgary	
Rocky Mountain Qualifier	Not Applicable	February 23-25, 2024 Location: Edmonton(Kinsmen)	
Spring Watershow	TBD Location: Seton Brookfield Y		
Wildrose Classic	Not Applicable	April 26-28, 2024 Location: Calgary	
Red Deer Rec Event	Late April 2024 Location: Red Deer	Not Applicable	

Important Training Dates

- Athletes can expect one training day off following most 3 day competitions. Family vacations are best planned before the return to swimming in January (September-January 3) or directly following the February competition.
- First Day of Training - September 8, 2023 for Competitive and Pre Competitive, Aqua Go will start the week of September 11
- Thanksgiving Weekend - Sunday and Monday, October 8 & 9, 2023 - No Training
- Winter Break - No Training December 22, 2023 through January 4, 2024. Training to resume January 5, 2024
- Family Day Long Weekend - No training for Aqua Go and Pre Competitive, Competitive practice time may be adjusted
- Easter Weekend - March 29 & 31, 2024 - No Training
- Last Day of Training - To be determined by team once the competition schedule is set, but will likely be the last week of April

Program Information

- Team selections will be in September. Athletes will be evaluated for both water and land skills. Teams will be split according to testing results, coachability and work ethic during the team selection process.
- Duet and solo practices are additional to team practices. A separate solo and duet try out will be held in September. This is an optional program. Athletes can also choose to participate in extra figures practices at an additional cost. Duet/Solo practices will run on a weeknight when athletes do not have team practice.
- Programs will include pool and dryland sessions. Dryland sessions may include (but not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sports psychology etc.
- As Artistic Swimming is a team based sport we expect athletes to be at all practices except in cases of injury, illness or bereavement.

The table below outlines the tentative Fees, Expenses and other commitments for the Calgary Killarney Artistic Swim Club's 2023-2024 season. Tentative Fees and Expenses are based on projections from our 2022-2023 season. In addition to the Fees and Expenses, there are other commitments related to volunteering for the competitive adaptive team, as outlined in the **Volunteering & Fundraising Policy** found at www.yycKillarney.com. **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

	Aqua Go	Pre Competitive	Competitive
Tentative Fees			
Registration Fees¹	\$25 - CKASC [\$99.20 - AAS]	\$250 Team Deposit - CKASC [\$99.20 - AAS]	\$250 Team Deposit - CKASC [\$99.20 - AAS]
Team Fees	Based on length of the AquaGo Session. Private coaching fees TBD with program manager.	\$800.00	\$1000.00
Optional Solo/Duet Fees (includes coaching & competition entry fees)	Not Applicable		TBD
Travel Expenses	Not Applicable - Travel to the one day Red Deer event would be a family responsibility.		Not Applicable - Athletes will travel with their families to Edmonton
Competition Entry Fees	\$60 invoiced separately if athletes choose to attend the Red Deer Event		\$250.00
Total Program Cost²	TBD	\$800.00	\$1250
Uniforms			
Club suit	Not Required		~\$90 - Optional

¹ \$100 of the Team Deposit, is non-refundable if the athlete withdraws before September 30, 2023. Refunds after September 30, 2023 are as per the [Fees & Financial Commitment Policy](#). AAS Registration is a separate fee paid directly to AAS, and not included in the total below. You will be provided a link to complete AAS registration in August 2023.

² Billed in 8 instalments monthly October 5 through May 5

Uniform³	Not Required	Shirt: ~\$40, Club Cap: ~\$9 Black Suit and White Cap: ~\$70 Black leggings/pants of your choosing
Optional Team Wear	Not Required	Club Swim Bag: ~\$95 Club Parka: ~\$150
Routine suit	Not Required ⁴	Routine Suit and Cap ~ \$180
Other Equipment	None Required	Large Bottles

	Aqua Go	Pre Competitive	Competitive
Volunteering			
Volunteer Commitment⁵	None Required	1) Join a Volunteer Committee at registration. 2) Volunteer at least 10 hours. Financial penalties apply if these requirements are not met. Please review Volunteer and Fundraising Policy.	
Killarney Hosted Meets⁶	None Required	1 shift	

³ Athletes require a full piece bathing suit, goggles, cap and a noseclip to wear at each practice

⁴ Pre Competitive Teams may choose to organize and purchase their own team suits for the performances in Red Deer and at the Watershows if they want to. AquaGo Classes do not do this unless they go to the Red Deer Event.

⁵ Any financial penalties will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the penalty.

⁶ The length of the single shift will be determined by the Meet organizing committee based on the number of hours that will need to be filled.