

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club's 2025-2026 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.

	<b>Aqua Go or Private/Semi Private Lessons</b>	<b>Competitive (Team based)</b>
<b>Swimmer Level</b>	Comfortable in water, can put face in. Can wear a floaty belt or life jacket if not able to swim in deep water.	For strong swimmers. Able to swim 50m unsupported.
<b>Training Hours (Includes both pool and dryland hours)</b>		
<b>Total Hours per week</b>	45 minutes - 1.5 hour	1.5 hours
<b>Training Days</b>	Aqua Go Classes as offered for the Fall and Winter sessions - can attend on their own or with a support person  Private/Semi Private Contact for Available times and locations. Registration Sept to Dec and Jan to April	Friday 7:30PM-9PM <sup>1</sup>
<b>Training Pool</b>	Killarney or MRU	MRU
<b>Duets and Solos (Optional) - Standard or Mixed Ability</b>	This can be set up as part of a private program	Please complete the survey that was sent out if you are interested in this program, the Program Manager will arrange the details with you in September

<sup>1</sup> MRU is closed for maintenance this season for the month of December. The December 12th practice will be rescheduled to Wed or Thurs of that week, TBD. January 2nd practice will be moved to Sunday, January 4th from 1:30PM-3PM.

	<b>Aqua Go or Private/Semi Private Lessons</b>	<b>Competitive</b>
<b>Competitions/Events Schedule - ALL DATES BELOW ARE TBC</b>		
<b>October 3-5</b>	Not applicable	Canada Artistic Swimming Event in Edmonton (Optional) - See their website for details
<b>CKASC Halloween Event</b>	Not applicable	Sunday, October 26th, 2025 Location: Seton Brookfield YMCA
<b>City of Calgary Figures Meet</b>	Not applicable	TBD
<b>Winter Watershow</b>	Sunday, December 14th, 2025 (TBC) Location: Seton Brookfield YMCA	
<b>Northern Lights</b>	Not Applicable	January 23-25, 2026 Location: Edmonton (Kinsmen)
<b>Rocky Mountain Qualifier</b>	Not Applicable	February 20-22, 2026 Location: Calgary (Seton)
<b>Canadian Championships or Wildrose Classic (we will confirm in September 2025)</b>	Not Applicable	Canadian Championships Early May 2026, location TBD or WRC - April 24-26, 2026 Location: Edmonton (Kinsmen)
<b>Spring Watershow and Fun Event</b>	Date and Location TBD	
<b>Red Deer Rec Event (Spring Splash)</b>	May 2, 2026 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 5, 2025 for Competitive Program. Aqua Go will start the week of September 7, 2025.
- Winter Break - No Training December 19, 2025 through January 2, 2026. Training to resume January 4, 2026 as a Sunday practice.
- Family Day Weekend 2026 - Friday practice as usual
- Easter Friday - no training, our competitive team will add a practice on a Sunday leading up to WRC to make up for this training day
- Last Day of Training will be the Friday before WRC, date to be confirmed once competition dates are officially announced

### **Program Information**

- Athletes are assessed by our lead program coach if they have not been in our programs before. There are no team selections for the adaptive program.
- Duets and solos are an optional program, please contact [programmanager@yyckillarney.com](mailto:programmanager@yyckillarney.com) if you are interested in this program for the 2025-2026 season.
- 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 2025-2026 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](http://www.yycKillarney.com). **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

	Aqua Go	Competitive
<b>Tentative Fees</b>		
<b>Registration Fees<sup>2</sup></b>	\$25	\$250 Team Deposit
<b>Team Fees</b>	Based on length of the AquaGo Session. Private coaching fees TBD with program manager.	\$1260.00 (includes the cost of a routine suit and gems)
<b>Included Clothing</b>	Not applicable	Includes club shirt and tank top
<b>Optional Solo/Duet Fees (includes coaching &amp; competition entry fees)</b>	TBD during set up of the routine with the Program Manager, will depend on type of routine and number of training hours requested	
<b>Travel Expenses</b>	Not applicable. With our Adaptive program all travel is family based, there is an option to ride the club bus for an additional per trip cost. Families are encouraged to book their hotel accommodation under our club block booking.	
<b>Competition Entry Fees</b>	\$80 invoiced separately if athletes choose to attend the Red Deer Event	\$250
<b>Total Program Cost<sup>3</sup></b>	TBD	\$1510

<sup>2</sup> \$100 of the Team Deposit is non-refundable. Withdrawals 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.

<sup>3</sup> Billed in 10 instalments monthly September to June.

<b>Uniforms</b>		
<b>Club suit</b>	Not Required	~\$125 - Optional
<b>Uniform<sup>4</sup></b>	Not Required	Club Cap: ~\$12 Black Suit and White Cap: ~\$85 Black leggings/pants of your choosing
<b>Optional Team Wear</b>	Not Required	Club Swim Bag: ~\$120 Club Parka: ~\$150
<b>Routine suit</b>	Not required unless deciding to participate in a competitive duet or solo	Not applicable. Included in program fees

	<b>Aqua Go</b>	<b>Pre Competitive</b>	<b>Competitive</b>
<b>Volunteering</b>			
<b>Volunteer Commitment<sup>5</sup></b>	None Required	Volunteer at least 10 hours. Financial penalties apply if these requirements are not met. <a href="#">Please review Volunteer and Fundraising Policy.</a>	
<b>CKASC Hosted Meets<sup>6</sup></b>	None Required	1 shift	

<sup>4</sup> Athletes require a full piece bathing suit, goggles, cap and a noseclip to wear at each practice.

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

<sup>6</sup> 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.