

The table below outlines the tentative training schedule for Calgary Killarney Artistic Swim Club’s 2024-2025 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).

	<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 hours	1.5 hours
<b>Training Days</b>	Aqua Go Classes as offered for the Fall and Winter sessions  Private/Semi Private Contact for Available times and locations. Registration Sept to Dec and Jan to April	Friday 7:30PM-9PM
<b>Training Pool</b>	Killarney or MRU	MRU
<b>Duets and Solos (Optional) - Regular or Mixed Ability</b>	This can be set up as part of a private program	Contact the Program Manager if you would like to add a solo or duet to your team training. Will require an additional training day.

	Aqua Go or Private/Semi Private Lessons	Competitive
<b>Competitions/Events Schedule</b>		
<b>City of Calgary Figures Meet</b>	Not applicable	Saturday, November 23, 2024 (TBC) Location: MNP
<b>Synchro Sister Halloween Event</b>	Not applicable	Sunday, October 27th, 2024 Location: Seton Brookfield YMCA
<b>Winter Watershow</b>	Afternoon of December 8, 2024 Location: Seton Brookfield Y	
<b>Northern Lights</b>	Not Applicable	January 24-26, 2025 (TBC) Location: TBD
<b>Rocky Mountain Qualifier</b>	Not Applicable	February 20-23, 2025 Location: TBD
<b>Wildrose Classic</b>	Not Applicable	April 25-27 or May 2-4, 2025 (TBC) Location: Calgary (TBC)
<b>Spring Watershow and Synchro Sister Event</b>	Sunday, May 4th, 2025 (TBC) <sup>1</sup> Location: Seton Brookfield YMCA	
<b>Red Deer Rec Event</b>	Late April 2025 Location: Red Deer	Not Applicable

### Important Training Dates

<sup>1</sup> If WRC falls on the first weekend of May the watershow will be rescheduled to a different date

- 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 6, 2024 for Competitive, Aqua Go will start the week of Sep 9, 2024
- Thanksgiving Weekend - Sunday and Monday, October 13-14, 2024 - No Training
- Winter Break - No Training December 20, 2024 through January 2, 2025. Training to resume January 3, 2025
- Family Day - No training
- Easter Weekend 2025 - No Training, if WRC falls directly after Easter weekend then we will schedule a different practice day to prep for WRC
- Last Day of Training will be the May 4, 2025 Spring show event

### **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
- Duet and solos are an optional program, please contact [programmanager@yyckillarney.com](mailto:programmanager@yyckillarney.com) if you are interested in this program for the 2024-2025 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 2024-2025 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.	\$1000.00 (now includes the cost of one routine suit and gems)
<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 at each out of town event	
<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	\$1410

<sup>2</sup> \$100 of the Team Deposit is non-refundable. Refunds for 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. You will be provided a link to complete AAS registration in August 2024.

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

<b>Uniforms</b>		
<b>Club suit</b>	Not Required	~\$75 - Optional
<b>Uniform<sup>4</sup></b>	Not Required	Shirt: ~\$30, 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: ~\$95 Club Parka: ~\$150
<b>Routine suit</b>	Not Required unless deciding to participate in a competitive duet or solo	Not applicable, now 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>Killarney 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.