

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).

	Aqua Go or Private/Semi Private Lessons	Competitive (Team based)
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 strong swimmers. Able to swim 50m unsupported.
Training Hours (Includes both pool and dryland hours)		
Total Hours per week	45 minutes - 1 hours	1.5 hours
Training Days	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 We would like to add 1-2 other practices per month, to be discussed at the meeting
Training Pool	Killarney or MRU	MRU
Duets and Solos (Optional) - Regular or Mixed Ability	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
Competitions/Events Schedule		
City of Calgary Figures Meet	Not applicable	Saturday, November 16, 2024 Location: MNP
Synchro Sister Halloween Event	Not applicable	Sunday, October 27th, 2024 Location: Seton Brookfield YMCA
Winter Watershow	Afternoon of December 8, 2024 Location: Seton Brookfield Y	
Northern Lights	Not Applicable	January 24-26, 2025 (TBC) Location: TBD
Rocky Mountain Qualifier	Not Applicable	February 20-23, 2025 Location: TBD
Wildrose Classic	Not Applicable	April 25-27 Location: University of Lethbridge, Lethbridge
Spring Watershow and Synchro Sister Event	Sunday, May 4th, 2025 (TBC) ¹ Location: Seton Brookfield YMCA	
Red Deer Rec Event	Late April 2025 Location: Red Deer	Not Applicable

Important Training Dates

¹ 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/Easter Weekend 2025 - We will schedule a practice both of these weekends for our competitive team as they will have a competition the following weekend.
- 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 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. **Note:** Fees and expenses do not include those costs related to extra routines or extra figures.

	Aqua Go	Competitive
Tentative Fees		
Registration Fees²	\$25	\$250 Team Deposit
Team Fees	Based on length of the AquaGo Session. Private coaching fees TBD with program manager.	\$1160.00 (now includes the cost of one routine suit and gems)
Optional Solo/Duet Fees (includes coaching & competition entry fees)	TBD during set up of the routine with the Program Manager, will depend on type of routine and number of training hours requested	
Travel Expenses	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	
Competition Entry Fees	\$80 invoiced separately if athletes choose to attend the Red Deer Event	\$250
Total Program Cost³	TBD	\$1410

² \$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.

³ Billed in 10 instalments monthly September to June

Uniforms		
Club suit	Not Required	~\$75 - Optional
Uniform⁴	Not Required	Shirt: ~\$30, Club Cap: ~\$12 Black Suit and White Cap: ~\$85 Black leggings/pants of your choosing
Optional Team Wear	Not Required	Club Swim Bag: ~\$120 Club Parka: ~\$150
Routine suit	Not Required unless deciding to participate in a competitive duet or solo	Not applicable, now included in program fees

	Aqua Go	Pre Competitive	Competitive
Volunteering			
Volunteer Commitment⁵	None Required	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	

⁴ Athletes require a full piece bathing suit, goggles, cap and a noseclip to wear at each practice

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.