

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 (pools permitting).

	Youth Silver	Youth Pink	Senior	Junior
Born in Years	2011-2013	2011-2013	2007-2010	2007-2010
Training Hours - The hours below are tentative until pool contracts are finalized. All teams are off on Saturdays.				
Team Hours	16.5	16.5	18	18
Team Training Times (Tentative)	Mon 6PM-9PM (MRU) Tuesday Off Wed 6PM-9PM (Seton) Thurs 6PM-9PM (U of C) Fri 5-9PM (Seton/MRU) ¹ Sunday 8AM-11:30AM (Seton/U of C)	Mon 6PM-9PM (MRU) Tuesday Off Wed 6PM-9PM (Seton) Thurs 6PM-9PM (U of C) Fri 5-9PM (Seton/MRU) Sunday 8AM-11:30AM (Seton/U of C)	Mon 6PM-9:15PM (U of C) Tues 6-9PM (U of C) Wed 5:30PM-9PM (U of C) Thurs 6PM-9:30PM (Seton) Friday Off ² Sunday 8:30AM-1:00PM (Seton/U of C)	Monday 6PM-9PM (U of C) Tuesday Off Wed 6PM-9PM (U of C) Thurs 6PM-9:30PM (Seton) Friday 3PM-7PM (Seton) or 5PM-9PM (MRU) ³ Sunday 8:30AM-1:00PM (Seton/U of C)
Optional Routine Hours⁴	Duets - 3 hours per week Solos - 2 hours per week		Duets (Tech and Free) - 4-5 hours per week Solos (Tech and Free) - 3-4 hours per week Acro Team - 3.5 hours per week (2 x daytime, Friday afternoons and Sunday 8AM-8:45AM)	

¹ Due to the limited Fridays from January to May, we may have to move Youth Silver to Tuesday night training starting January

² Senior Team schedule is missing 0.25 hours per week. We will have the team train on some random Fridays throughout the year to account for this. This is already updated on the Team Snap calendar for September to December

³ Due to the limited Fridays from January to May, we may have to move the Junior Team to Tuesday night training starting January or MNP on Fridays or Saturdays, we are waiting to hear about MNPs renovation schedule in the fall before we decide.

⁴ For Junior solo/duet routines - number of hours per week will be discussed by the coaches and parents. The number of hours recommended will depend on whether both tech and free are swum and the goals of the athletes.

Competition/Events Schedule - Dates/locations below are estimates and not official until posted by AAS/CAS		
September Choreo Camp	September 27, 2025 - Seton Brookfield YMCA 2PM-8PM (detailed schedule TBC)	
<u>Elevate 2025</u>	October 3-5, 2025 Optional CAS/AAS Development Camp in Edmonton - Separate Registration Required	
October Choreo Camp	October 18, 2025 - Seton Brookfield YMCA 4PM-8PM (detailed schedule TBC)	
Club Halloween Event	Sunday, October 26, 2025 Location: Seton Brookfield YMCA	
City of Calgary Figures Meet	TBD	
AB Winter Games Trials	November 29, 2025 Location: Sherwood Park ⁵	Not applicable
Winter Watershow	Sunday, December 14, 2025 Location: Seton Brookfield YMCA	
Northern Lights	January 23-25, 2026 Location: Edmonton (Kinsmen)	
Alberta Winter Games	February 13-16, 2026 Location: Cold Lake, Alberta ⁶	Not applicable

⁵ One day event - no club travel provided, athletes will travel there and back on their own.

⁶ Teams/Duets must qualify for this event. Aside from an \$80 registration fee, the cost of this competition is covered by the government, no additional travel or meals costs apply. The \$80 fee is not included in competition fees and is paid directly by each family.

Rocky Mountain Qualifier	February 20-22, 2026 Location: Calgary (Seton)		
National Qualifiers	Week of March 15-21, 2026 Location TBD (East)		
Training Camp or Competition Opportunity	Local training camp	Out of town training camp TBD April 8-12, 2026	US Nationals April 8-12, 2026 Buffalo, New York
Wildrose Classic⁷	April 24-26, 2026 Location: Edmonton (Kinsmen)		
Nationals Send Off Show	April 30, 2026 Location: University of Calgary		
Canadian Championships	Week of May 3-10, 2026 Location TBD (West)		
Year End Event	June 2026		

Important Training Dates

- First Day of Pre Season training - August 25, 2025
- Thanksgiving Weekend - Sunday and Monday, October 12-13, 2025 - No Training
- Winter Break - No Training December 19, 2025 through January 1, 2026. Training to resume January 2, 2026
- Family Day Long Weekend/Easter Weekend - National Stream will train due to upcoming competitions, hours may differ and we will try to give some time off.

⁷ Duets and Solos that do not qualify to National Qualifiers will compete at the Wildrose Classic.

- Athletes will have time off following both Qualifiers and Canadian Championships. Typically we are off Monday through Friday after Qualifiers. Following Canadian Championships we are off from the date of return to Calgary until the end of the May long weekend when spring training begins.
- Last Day of Training - The final day of "training" will be the final day the athletes attend Canadian Championships.
- Provincial Team 2026 - The SYNC competition is planned to be in Ontario in July 2026, no further details are available at this time, more info to come in Fall 2025.

Program Information

- Team selections will be in September/October. Team selection will be based on a testing protocol communicated at the start of the season. Judges and coaches will 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 a provincial stream team.
- Attendance is mandatory at all practices. As of January (main competitive season), **no absences will be allowed** unless there is injury, illness or bereavement. Please do not plan vacations outside of designated time off.
- 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.
- Typically all teams have alternates in our national stream programs. Athletes and parents should be aware that alternate selection can take place up to 1 hour before the start of an event, and the coach has the right to change the alternate based on the selection criteria at their discretion. The alternate selection process will be communicated at the first team meeting of the year and reiterated throughout the season. Alternate criteria varies by team. Team coaches have the final say in alternate selection. Alternates are essential to a strong National Stream program.

The table below outlines the tentative Fees and Expenses for the Calgary Killarney Artistic Swim Club's 2025-2026 season. Tentative Fees are based on projections from our 2024-2025 season; Fees will be finalized by the Board of Directors. Projected Expenses are based on historical amounts. In addition to the Fees and Expenses, there are other commitments related to volunteering and fundraising, as outlined in the **Volunteering & Fundraising Policy** found at www.yyckillarney.com.

	Youth Silver	Youth Pink	Senior	Junior
Tentative Fees				
Registration Fees	\$750 Team Deposit (\$250 of the Team Deposit is non-refundable. Refunds for withdrawals are as per the Fees & Financial Commitment Policy .)			
Team Training Fees	\$6960	\$6960	\$7695	\$7695
Included Clothing	\$320 (Two club caps, grey t-shirt, black tank top & and team competition suit with gems)		\$310 (Two club caps, grey t-shirt, black tank top & \$250 deposit towards a team competition suit)	
Competition Fees⁸	\$650	\$800	\$825	\$825
Pre Season Training⁹	\$500	\$500	\$500	\$500
Total Program Cost¹⁰	\$8430	\$8580	\$9330	\$9330
Optional: Solo / Duet Fees	Cost of Duet and Solos for the 2025-2026 season has not yet been determined. Information will be communicated to registered families and posted on our website when available.			
Travel Fees	\$4000	\$6000	\$6000	\$6000

⁸ Includes entry fees, spacing fees, athlete fees, photo fees, and team protest fees. Any banquets will be invoiced separately.

⁹ Athletes who elect to miss pre season training will not be offered a credit (exception if school starts early or competitions conflict).

¹⁰ Billed in 10 instalments September through June.

Uniforms				
Club Suit	~\$125	~\$125	~\$125	~\$125
Uniform ¹¹ (plus black leggings/pants of your choosing)	Jacket: ~\$125 Club Backpack: ~\$120 Black Suit and White Cap: ~\$90	Jacket: ~\$125 Club Backpack: ~\$120 Black Suit and White Cap: ~\$90	Jacket: ~\$125 Club Backpack: ~\$120	Jacket: ~\$125 Club Backpack: ~\$120
Optional Team Wear	Club parka, butterfly shorts, hoodie, towel etc.			
Other Equipment	Blue Theraband, 2 x yoga blocks, weight belts, tubing, indoor running shoes (check with team coaches)			
Volunteering - Financial penalties apply if these requirements are not met.				
Volunteer Commitment	Volunteer at least 30 hours. Please review Volunteer and Fundraising Policy.			
CKASC Hosted Meets	The equivalent of 1 shift per meet day as determined by the meet committee			
Casino ¹²	1 shift: \$1000 invoice if Casino shift requirement is not fulfilled			
Fundraising - Financial penalties apply if these requirements are not met.				
Fundraising Commitment ¹³	\$400 OR option to buyout fundraising commitment at registration: \$500 paid over ten team instalments. Please review Volunteer and Fundraising Policy.			

¹¹ Club jacket, pink club t-shirt and club cap will continue for this season. There will be a new club suit this season.

¹² Our casino will be on November 9 & 10, 2025 at Cowboys Casino. Once the commitment has been met, no invoice will be issued.

¹³ Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.