

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 number of training hours outlined below (pools permitting).

	U10 Silver	U10 Pink	Novice	U12	Youth	Junior/Youth
Born in Years	2016-2018	2016-2018 (2015 with PrgMgr permission)	2014-2015	2014-2015	2012-2013	2008-2012
Training Hours (Includes both pool and dryland hours) - SUNDAY TIMES TBC						
Hours per week	3h-5h	6h	8h	10h	10h	10h
Training Days	Tues/Thurs 4:30-6PM Max two Sundays per month ¹ 1:30PM-3:30PM	Tues/Thurs 4:30-6PM Sunday 10:30PM-1:30PM	Tues/Thurs 6PM-8:30PM Sunday 12:30PM-3:30PM	Tues 6PM-9PM Thurs 5:30-8:30PM Sunday 11:00AM-3:00PM	PINK Tues 5:30PM-8:30PM Thurs 6PM-9PM Sunday 12PM-4PM SILVER Mon 5:30PM-8:30PM Wed 6PM-9PM Friday 5PM-8PM Plus occasional Sunday practices 11:30AM-3:30PM	Mon 6PM-9PM Wed 6PM-9PM Sunday 11:30AM-3:30PM (U of C), 12PM-4PM (Seton)
Training Pool	Killarney Pool (Weekdays) Seton or U of C (Sundays)	Killarney Pool (Weekdays) Seton or U of C (Sundays)	MRU (Weekdays) Seton or U of C (Sundays)	MRU (Weekdays) Seton or U of C (Sundays)	MRU (Weekdays) Seton or U of C (Sundays)	U of C (Mon) MRU (Wed) Seton or U of C (Sundays)

¹ Not including competition weekends

	U10 Silver	U10 Pink	Novice	U12	Youth	Junior/Youth
Competitions/Events Schedule - All dates below are tentative until made official						
CAS Development Camp - Elevate 2025	October 3-5 in Edmonton (Optional) - separate registration required					
Club Halloween Event	Sunday October 26, 2025 Location: Seton Brookfield YMCA					
City of Calgary Figures Meet	TBD					
AB Winter Games Trials	Not applicable				November 29, 2025 Location: Sherwood Park ²	Not applicable
Winter Watershow	Sunday December 14, 2025 Location: Seton Brookfield YMCA					
Northern Lights	January 23-25, 2026 Location: Edmonton (Kinsmen)					
Alberta Winter Games	Not applicable				February 13-16, 2026 Location: Cold Lake ³	Not applicable
Rocky Mountain Qualifier	February 20-22, 2026 Location: Calgary (Seton)					
Wildrose Classic	April 24-26, 2026 Location: Edmonton (Kinsmen)					
Spring Watershow & Fun Event	TBC					

² One day event - no club travel provided, athletes will travel there and back on their own.

³ Teams/Duets must qualify for this event. Cost of this competition is covered by the government. 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.

Out of Province Competition	Not applicable	To be determined at Team meetings in the fall
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Important Notes/Dates:

- MRU will be closed for maintenance for most of the month of December. We will communicate in the fall where practices will be moved to. Likely Mondays and Tuesdays will be moved to U of C. Likely Wednesdays, Thursdays and Fridays will be moved to Seton.
- Expect one training day off following most 3 day competitions. Vacations are best planned before or over the winter break or directly following the RMQ competition. Please let your coach know well ahead of time if you plan to miss practice. Athletes that have extended absences leading up to competitions may not be able to participate in the team events.
- Pre-Season (Summer Camp) training at MRU is a mandatory part of the program for all athletes level U12 and up. U10 and Novice athletes are welcome to register for an additional fee, but it is optional. Registration is open on TeamSnap. The cost of pre-season training is included in our program fees for U12, Youth and Junior.
- First Day of Training - September 2 or 3, 2025
- Winter Break - No Training December 19, 2025 through January 2, 2026. Training to resume January 4, 2026.
- Family Day Weekend 2026 - we will train over Family Day weekend but practice days/times may be modified due to pool availability.
- Easter Friday/Sunday - No Training
- Last Day of Training - April 30, 2026 unless attending an additional out of province competition in May.
- Provincial Team 2026 - The SYNC competition is planned to be in Ontario in July 2026. More details to come. This program is for Novice (must be U12 age), U12, Youth and Junior. You do not need to be a national stream athlete to participate.

Program Information

- Team selections will be in September. Athletes will be evaluated for both water and land skills. Teams will be selected 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 that athletes can try out for. Not all athletes that request a duet/solo will receive one. Athletes can also choose to participate in extra figures practices at an additional cost. Duet/Solo practices will run on a weeknight when swimmers do not have team practice. Solos are not an option at the U10 level.
- Programs will include pool and dryland sessions. Dryland sessions may include (but not limited to) flexibility training, strength, ballet, gymnastics, team landrill, sport psychology, etc.
- As Artistic Swimming is a team 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 CKASC's 2025-2026 season. 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.

	U10 Silver	U10 Pink	Novice	U12	Youth	Junior/Youth
Tentative Fees						
Registration Fees ⁴	\$500 Team Deposit					
Team Fees ⁵	\$2160	\$3240	\$3600	\$3975	\$3975	\$3975
Travel Expenses ⁶	\$700					
Included Clothing (Two club caps, grey t-shirt, black tank top & team competition suit with gems)	\$210		\$240	\$275		
Competition Fees ⁷	\$450					
Pre Season Training	Optional summer camp, separate registration			\$350		
Total Program Cost ⁸	\$3520	\$4600	\$4990	\$5750	\$5750	\$5750
Optional Solo/Duet	Cost of Duet and Solos for the 2025-2026 season has not yet been determined. Information will be communicated to registered families					

⁴ \$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

⁵ Facility space and coaching

⁶ Includes bus transportation and 4 nights of shared hotel accommodation for 2 Alberta competitions. Optional out of province competitions are an additional cost TBD.

⁷ Includes entry fees, spacing fees and athlete fees. Any banquets offered will be invoiced separately.

⁸ Billed in 10 instalments monthly September 5 through June 5.

	and posted on our website when available.					
Uniforms						
Club Suit (new design)	~\$125	~\$125	~\$125	~\$125	~\$125	~\$125
Uniform ⁹ (plus black leggings/pants)	Jacket: ~\$125 Pink Club Shirt: \$30 Black Suit and White Cap: ~\$95 Club Backpack: ~\$120					
Optional Team Items	Club parka, shorts, tanktop, hoodie, towel etc.					
Other Equipment	Will be specified by the team coach but may include: Yoga blocks/mat, theraband, large bottles, tubing, weight belts (older athletes only)					
Volunteering and Fundraising - Financial penalties apply if these requirements are not met.						
Volunteer Commitment	Volunteer the hours listed below. Please review Volunteer and Fundraising Policy.					
	Minimum 30 hours					
CKASC Hosted Meets	The equivalent of 1 shift per meet day as determined by the meet committee					
Casino ¹⁰	1 shift: \$1000 invoice if Casino shift requirement is not fulfilled					
Fundraising Commitment ¹¹	\$350					
	OR option to buyout fundraising commitment at registration: \$500 paid over ten team instalments. Please review Volunteer and Fundraising Policy.					

⁹ Athletes require a full piece swimsuit, goggles, cap and a noseclip to wear at each practice. The club cap, pink club shirt and club jacket will be the same as the 2024-2025 season. The club suit will be updated for the 2025-2026 season.

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

¹¹ Any outstanding fundraising will be collected from Team Deposit, or invoiced if the team deposit is insufficient to cover the shortfall.