



Believe, Achieve, Succeed!

2017-2018 Program

OUR MISSION

The Aquatica Synchro Club provides members with the opportunity to achieve their personal best through a holistic approach.

OUR VALUES

Respect
Pursuit of Excellence
Teamwork
Healthy Living

The Aquatica Program includes:

- Great training programs from certified national, provincial and recreational level coaches;
- Watershows and other special events; and
- Opportunities to compete at provincial, interprovincial, national, and international events.

2017 – 2018 Synchro Year

Important Dates

Start of the Synchro Year	Saturday, September 9 th , 2017
Competitive Program start	Saturday, September 9 th , 2017
Rec Program Session 1 start	Saturday, September 16 th , 2017
Competitive Choreography Camp	Friday, October 20, 2017 (9:00 a.m. – 4:00 p.m. – more information to follow)
Winnipeg Winter Show	Saturday, December 9 th , 2017
Steinbach Winter Show	Sunday, December 10 th , 2017
Rec Program Session 2 start	Saturday, January 13 th , 2018
Last Day & Watershow	Saturday, May 26 th , 2018

Formal breaks and Statutory Holidays – NO SWIMMING

Thanksgiving	Monday, October 9 th , 2017
Remembrance Day	Saturday, November 11 th , 2017
Christmas Break	Saturday, December 23 rd , 2017 to Friday, January 5 th , 2018 (Classes and training resume Saturday, January 6 th)
Louis Riel Day	Monday, February 19 th , 2018
Spring Break	Sunday, March 25 th – Saturday, March 31 st , 2018 (Classes and training resume Tuesday, April 3 rd after Easter)
Easter Monday	Monday, April 2 nd , 2018
Victoria Day	Monday, May 21 st , 2018

Pool and Facility Locations:

Pan Pam Pool

25 Poseidon Bay

- Just off Grant west of Grant Park Shopping Center and East of Waverley St.
- Meet on the pool deck by the number '8' on female change room side of pool
- Meet on the mats at the top of the stairs for land times or as directed

Elmwood Kildonans Pool

909 Concordia Avenue

- West of Concordia hospital and east of Gateway/Raleigh
- Meet on the pool deck by deep end

Steinbach Aquatic Centre

330 Park Rd E, Steinbach, MB

- Hwy #1 east of Winnipeg then south on Hwy #12
- Meet on pool deck at far right corner under the Aquatica Synchro banner

Regular Pool Locations will be*:

Monday: Elmwood Kildonans

Tuesday: Elmwood Kildonans & Steinbach Aquatic Centre

Wednesday: Pan Am

Thursday: Elmwood Kildonans

Friday: Steinbach Aquatic Centre

Saturday: Pan Am

*All pool space is tentative until end of August 2017

Sport for Life Centre

145 Pacific Ave

- High Performance land training will take place at the Sport for Life Centre and field house

Questions?

Visit our website at aquaticasynchro.com.

Email info@aquaticasynchro.com

Early Bird Registration

Competitive Athletes – All competitive athletes registered before **July 1, 2017** will be entered in a draw to win a \$250 credit.

Recreation Athletes – All recreation athletes registered before **August 25, 2017** will be entered in a draw to win a \$50 credit.

RECREATIONAL PROGRAMS:

Recreational programs begin on September 16th, 2017 and run through until the watershow on May 26th, 2018. These programs provide athletes with time to learn the basics of synchro in a fun and relaxed environment.

Athletes can register for the full year (both sessions), just Session #1 or join in for Session #2.

All athletes who register receive an Aquatica t-shirt, latex swim cap and a nose clip (one per year regardless of the number of sessions). Additional latex caps (\$5), silicone caps (\$10), nose clips (\$6) and shirts (\$15) can be purchased from the club.

Email info@aquaticasynchro.com

Session Dates

Session #1: 12 Weeks

Saturday, September 16th – Friday, December 8th, 2017

Winnipeg athletes participate in Winter Show in Winnipeg on December 9th

Steinbach athletes participate in Winter Show in Steinbach on December 10th

Session #2: 18 Weeks

Saturday, January 13th – Friday, May 25th, 2018

Note: No classes during Spring Break.

All athletes (Winnipeg and Steinbach) participate in year–end Watershow tentatively scheduled for Saturday, May 26th, 2018

Note: Aquatica Synchrono reserves the right to withdraw programming if there is insufficient registration. Exact location, days and times of all programs are subject to pool confirmation in August of 2017.

AquaSquirts (Ages 5-8)

The AquaSquirts Program: AquaSquirts is a play based, water orientation program that helps develop swimming skills with instructors in the water. Typically, participants are 5-8 years old and the *coach will be in the water with the swimmers*. AquaSquirts involves fun in the water - jumping, rolling, spinning, twisting, and turning upside down. The program is based on the belief that swimmers learn best through PLAY. Learning through play creates an atmosphere that fosters confidence and relaxation, allowing swimmers to participate in an enjoyable, successful swim.

AquaSquirt Events: A Winter Water Show will be held at the end of Session 1 and a Year-End Water Show will be held at the end of May for parents and friends to come out and see the swimmers demonstrate the skills they have learned.

Entry Guidelines: Children should be 5 years of age by December 31st, 2017 and comfortable in chest deep water, be able to swim 2 meters or more and be able to float on their front and back (note: less experienced swimmers can use flotation devices for assistance if needed). Athletes do NOT need to be able to swim in the deep end for this class.

Preschoolers who have successfully completed the Sunfish program by Red Cross would also benefit from AquaSquirts. These classes are capped at 4 swimmers so register early!

AquaSquirts has been declared suitable for children with special needs and/or children with disabilities. The lesson plans are flexible and allow for modification based on the individual skill level. The use of flotation devices (such as pool noodles, kick boards and PFDs) can be incorporated into the lessons in order to provide swimmers with a certain comfort level in the water. Water acts as a natural cushion for our bodies providing less strain on limbs and joints. It is well documented that children who participate in water activities can expect to see improved flexibility, coordination, cardiovascular and circulation benefits and more!

Class Times (Pick 1)

Day	Time	Location
Saturday	11:00 to 12:00 noon	Pan Am
Tuesday	5:00 to 6:00 p.m.	Elmwood Kildonans
Tuesday	5:00 to 6:00 p.m.	Steinbach
Wednesday	5:00 to 6:00 p.m.	Pan Am
Friday	5:00 to 6:00 p.m.	Steinbach
All classes are ½ hour land followed by ½ hour water		

By the Session

Training Fee Session 1 (12 weeks)	\$ 180
Training Fee Session 2 (18 weeks)	\$ 270

For the Year – both sessions

Training Fee:	\$ 390
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Learn to Synch

The Learn to Synch Program: Learn to Synch (L2S) is designed for children and teens to learn the basics of synchronized swimming. They learn the skills and techniques of the sport, put together routines, and learn how to use the water to create unique movement. Learn to Synch is designed for both the swimmer who wants to have some fun, and the pre-competitive swimmer who is preparing for the competitive programs. A perfect opportunity for those who are comfortable in the water to try the sport!

Learn to Synch Events: A Winter Water Show will be held at the end of Session 1 and a Year-End Water Show will be held at the end of May for parents and friends to come out and see the swimmers demonstrate the skills they have learned. Swimmers in Session 2 session will have the opportunity to swim in a recreational showcase at the Crocus Challenge held in April.

Entry Requirements: Participants need to be comfortable in deep water and be able to swim 50 meters comfortably on their front or back.

Three Learn to Synch (L2S) Programs

- **Learn to Synch Level 1 – Getting started, ages 7-11 years**
- **Learn to Synch Teen – Getting started, ages 12-16 years**
- **Learn to Synch Level 2 – Some synchro or advanced swimming experience**

Learn to Synch Level 1: Class Times (Pick 1)

Day	Time	Location
Saturday	11:00 to 12:00 noon	Pan Am
Tuesday	6:00 to 7:00 p.m.	Elmwood Kildonans
Tuesday	5:00 to 6:00 p.m.	Steinbach
Wednesday	6:00 to 7:00 p.m.	Pan Am
Friday	5:00 to 6:00 p.m.	Steinbach
All classes are ½ hour land followed by ½ hour water		

By the Session

Training Fee Session 1 (12 weeks)	\$ 200
Training Fee Session 2 (18 weeks)	\$ 305

For the Year – Both Sessions

Training Fee:	\$ 440
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Learn to Synch Teen: Class Times (Pick 1)

Day	Time	Location
Thursday	6:00 to 7:30 p.m.	Elmwood Kildonans
Friday	6:00 to 7:30 p.m.	Steinbach
All classes are ½ hour land followed by 1 hour water		

By the Session

Training Fee Session 1 (12 weeks)	\$ 240
Training Fee Session 2 (18 weeks)	\$ 365

For the Year – Both Sessions

Training Fee:	\$ 545
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Learn to Synch Level 2: Class Times (2 times/week – Pick Location)

Day	Time	Location
Tuesday	6:00 to 7:00 p.m.	Elmwood Kildonans
Thursday	6:00 to 7:00 p.m.	Elmwood Kildonans
All classes are ½ hour land followed by ½ hour of water		

OR

Saturday	10:00 to 11:00 p.m.	Pan Am
Wednesday	7:00 – 8:00 p.m.	Pan Am
All classes are ½ hour land followed by ½ hour of water		

OR

Tuesday	6:00 to 7:00 p.m.	Steinbach
Friday	6:00 to 7:00 p.m.	Steinbach
All classes are ½ hour land followed by ½ hour of water		

For the Year

Training Fee:	\$ 675
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Recreation Masters – Just for Fun!

The Masters Programs: Swimmers of all levels are welcome to participate in a fun and positive atmosphere once a week through physical fitness. Participants will enjoy the opportunity to develop skills to incorporate into a routine for training or for performances within the club. This is an energetic, fun-packed hour of fitness to music!

Entry Requirements: The Master program is designed for adults 18 and over. All participants should be comfortable in deep water but synchro experience is not necessary!

Masters Events: There are a few opportunities for our recreational masters athletes to show off what they have learned, however the coach and athletes get to determine which opportunities their group would like to participate in. A Winter Water Show will be held at the end of Session 1 and a Year-End Water Show will be held at the end of May. There is also the opportunity to swim in a recreational showcase at the Crocus Challenge held in April.

Class Times (Pick 1)

Day	Time	Location
Wednesday	7:00 to 8:00 p.m.	Pan Am
Thursday	6:30 to 7:30 p.m.	Elmwood Kildonans
Friday	5:00 to 6:00 p.m.	Steinbach

For the Year

Training Fee:	\$ 440
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COMPETITIVE PROGRAMS:

Competitive programs begin on September 9th and run through until the May 26th. All athletes who register receive an Aquatica t-shirt and latex swim cap and a nose clip. Additional latex caps (\$5), silicone caps (\$10), nose clips (\$6) and shirts (\$15) can be purchased from the club. Email info@aquaticasynchro.com

Apparel: Athletes in the competitive streams will require:

1. A black swimsuit, white cap and plain goggles for figure competitions. These can be purchased locally. Swimming Matters provides a discount for competitive aquatic athletes.
2. A club suit for competition warm-up and special events. Further details will be provided in the fall once the suit is selected. These are selected and ordered by the club and the cost is added to your invoice at time of registration.
3. A custom Aquatica Synchro track jacket and full length black pants or leggings for competitions. The track jacket purchase will be facilitated by the Wardrobe Coordinator and costs added to your invoice.
4. Routine suits and head pieces to be determined as the routines take shape in the fall. The coach will, in consultation with the parents, will choose the suit. The final decision rests with the coach. These are ordered by the club and costs added to your invoice.

Competition Fees: There are competition fees for each meet in which an athlete participates. These fees range from \$15 to \$75 per event at each meet. "Events" include figures, team, solo, duet or combo at a given meet.

Volunteer Levy: Families that have swimmers registered in a competitive program are required to make a commitment to support the Club through volunteering.

Families back up their commitment to volunteer by agreeing to pay an amount pro-rated to the amount of time that they DO NOT complete- up to the full levy amount if no volunteering is completed.

Families can choose, at registration to 'buy out' their entire volunteer obligation if they have no intention of volunteering. Please refer to the Aquatica Family Commitment Plan for detailed information about volunteer requirements.

Travel Costs: Travel amounts have been estimated for the year and monthly installments are paid in seven (7) equal amounts to cover these costs. The first installment is due at registration. The remaining six (6) installments are paid monthly October through March. These amounts will be reconciled at the end of May 2018 following completion of club travel.

Note: Aquatica Synchro reserves the right to withdraw programming if there is insufficient registration. Exact location, days and times of all programs are subject to pool confirmation in August of 2017.

Synchro Age

In the 2017-2018 competition year, please register for the appropriate program as outlined:

8 & Under	born in 2010 or later
10 & Under	born in 2008 or 2009
11- 12	born in 2006, 2007
13-15	born in 2003, 2004, 2005
16-18 or Juniors	born in 2000, 2001, 2002
18 and over or Seniors	born in 1999 or earlier
Novice	First year competitive, born in 2000-2007

Provincial Stream

Aquatica Synchro’s Provincial Stream is for athletes that have learned basic synchronized swimming skills. Athletes compete in local, provincial, and inter-provincial competitions. Athletes are placed into teams by the coaches according to their age and skill level. Swimmers learn synchro-specific skills including flexibility, strength, and speed development. Typically, swimmers are 8 to 15 years old. Training hours increase as age levels increase.

Athletes in the provincial stream will compete in Synchro Swim Manitoba **Competitions** in the 2017 – 2018 year. Please note these dates have not yet been set by Synchro Swim Manitoba. Generally, there is 1 competition in November, January, February, March and April.

Athletes have the opportunity to compete inter-provincially at Canadian Prairie Championship in Saskatoon: Early May 2018 (dates TBD).

8 & Under – Provincial Stream

Athletes born 2010 or later

Winnipeg Athletes

Day	Time	Location
Saturday	10:30 to 12:00 noon	Pan Am
AND ONE OF THE FOLLOWING:		
Tuesday	5:30 to 7:00 p.m.	Elmwood Kildonans
OR		
Wednesday	5:30 to 7:00 p.m.	Pan Am
Total time commitment – 3 hours per week including 1 hour land and 2 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	10:30 to 12:00 noon	Pan Am
Tuesday	5:30 to 7:00 p.m.	Steinbach *
*On Tuesdays practices the week leading up to competitions, practices will be held at Elmwood Kildonans Pool		
Total time commitment – 3 hours per week including 1 hour land and 2 hours water.		

Training Fee:	\$ 750
Volunteer Points:	140
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

10 & Under - Provincial Stream

Athletes born in 2008 or 2009

Winnipeg Athletes

Day	Time	Location
Saturday	10:00 to 12:00 noon	Pan Am
AND ONE OF THE FOLLOWING:		
Tuesday	5:00 to 7:00 p.m.	Elmwood Kildonans
OR		
Wednesday	5:00 to 7:00 p.m.	Pan Am
Total time commitment – 4 hours per week including 1 hour land and 3 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	10:00 to 12:00 noon	Pan Am
Tuesday	5:00 to 7:00 p.m.	Steinbach*
*On Tuesdays practices the week leading up to competitions, practices will be held at Elmwood Kildonans Pool		
Total time commitment – 4 hours per week including 1 hour land and 3 hours water.		

Training Fee:	\$ 900
Volunteer Points:	150
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

Novice - Provincial Stream
(First year of competitive program, 11-15 years)

Winnipeg Athletes

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
Thursday	5:00 to 8:00 p.m.	Elmwood Kildonans
Total time commitment – 6 hours per week including 2 hour land and 4 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
Tuesday	5:00 to 8:00 p.m.	Steinbach*
*On Tuesdays practices the week leading up to competitions, practices will be held at on Thursday instead at Elmwood Kildonans Pool		
Total time commitment – 6 hours per week including 2 hour land and 4 hours water.		

Training Fee:	\$ 1,250
Volunteer Points:	170
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

11 - 12 Provincial Stream
Athletes born in 2006 and 2007

Winnipeg Athletes

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
Thursday	5:00 to 8:00 p.m.	Elmwood Kildonans
Total time commitment – 6 hours per week including 2 hour land and 4 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
Tuesday	5:00 to 8:00 p.m.	Steinbach*
*On Tuesdays practices the week leading up to competitions, practices will be held at on Thursdays instead at Elmwood Kildonans Pool		
Total time commitment – 6 hours per week including 2 hour land and 4 hours water.		

Training Fee:	\$ 1250
Volunteer Points:	170
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

13 – 15 Provincial Stream
Athletes born in 2003, 2004, 2005

Winnipeg

Day	Time	Location
Saturday	9:00 to 12:30 p.m.	Pan Am
Monday	5:00 to 8:00 p.m.	Elmwood Kildonans
Wednesday	5:30 to 8:00 p.m.	Pan Am
Total time commitment – 9 hours per week including 2.5 hours land and 6.5 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	9:00 to 12:30 p.m.	Pan Am
Tuesday	5:00 to 8:00 p.m.	Steinbach
Wednesday	5:30 to 8:00 p.m.	Pan Am
Total time commitment – 9 hours per week including 2.5 hours land and 6.5 hours water.		

Training Fee:	\$ 1,900
Volunteer Points:	200
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

16 – 18 Provincial Stream
Athletes born in 2000, 2001, 2002

Winnipeg Athletes

Day	Time	Location
Saturday	9:00 to 12:30 p.m.	Pan Am
Monday	5:00 to 8:00 p.m.	Elmwood Kildonans
Wednesday	5:30 to 8:00 p.m.	Pan Am
Total time commitment – 9 hours per week including 2.5 hours land and 6.5 hours water.		

Steinbach Athletes

Day	Time	Location
Saturday	9:00 to 12:30 p.m.	Pan Am
Tuesday	5:00 to 8:00 p.m.	Steinbach
Wednesday	5:30 to 8:00 p.m.	Pan Am
Total time commitment – 9 hours per week including 2.5 hours land and 6.5 hours water.		

Training Fee:	\$ 1,900
Volunteer Points:	200
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

Competitive Masters

For those who were previously skilled in synchronized swimming and who are looking for an opportunity to stay active at the competitive level. This program offers both land and water training from a competitive level coach where the focus is on routine and figure development for specific competitions. This group competes in provincial meets and has the opportunity to travel. Travel plans will be determined by the end of December with a down payment due January 15, 2018.

Day	Time	Location	Routine
Saturday	8:30 to 9:30 a.m.	Pan Am	Tech
Wednesday	8:00 to 9:00 p.m.	Pan Am	Free
Total time commitment – 2 hours per week water plus 1 hour per week land on own time with program provided.			
Athletes can register for 1 routine or both.			

Training Fee for 1 routine	\$ 425
Training Fee for both routines	\$ 600
Volunteer Points:	40
Travel Costs:	~ \$ 875
Wardrobe Costs:	~ \$ 350

High Performance

Aquatica Synchro's high performance program is for those athletes who want to compete at a national level and specialize in the sport of synchronized swimming. They have competed previously at the provincial/interprovincial level. Athletes are placed by the coaches according to their age and skill level.

High performance athletes participate at local, provincial, national, and sometimes international competitions or camps. Athletes at this level have opportunities to try out for Synchro Swim Manitoba Provincial Teams as well as Synchro Canada National Teams. Training hours increase as age levels increase.

Travel

Athletes at the 13-15, Junior and Senior level are required to travel to the **National Qualifier** event (or another if deemed appropriate by the coach), and their designated age group nationals if they qualify.

All 13-15, Junior and Senior teams competing at the national stream level, as well as the top 2 solos/duets in the province, travel to Qualifiers held in Quebec in March. Teams automatically qualify to go Nationals. Junior and Senior age group travel to **Canadian Opens (COSSC)** in May (Location TBD). 11-12 and 13 – 15 age group will compete at **Espoir** in June (Location TBD).

Athletes in the national stream will compete in Synchro Swim Manitoba **Competitions** in the 2017 – 2018 year. Please note these dates have not yet been set by Synchro Swim Manitoba. Generally, there is one competition in November, January, February, March and April.

11 – 12 High Performance

Athletes born in 2006 and 2007

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
Monday	5:00 to 8:00 p.m.	Elmwood Kildonans*
Thursday	5:00 to 8:00 p.m.	Elmwood Kildonans
Plus 1 hour of semi-private figure training to be arranged with the coach based on individual availability.		
Total time commitment –10 hours per week including 4 hours land and 6 hours water.		

*Steinbach Athletes can train 5-8pm on Tuesdays at Steinbach Aquatic Centre instead of Monday practices at Elmwood Kildonans.

Competitions:

- All Local competitions
- Espoir in June 2018 (Location TBD)

Training Fee:	\$ 2100
Volunteer Points:	220
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

13 – 15 High Performance

Athletes born in 2003, 2004, 2005

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
	1:45 to 2:45 p.m.	Sport for Life Centre
Monday	4:30 to 8:00 p.m.	Elmwood Kildonans*
Wednesday	5:00 to 8:00 p.m.	Pan Am
Thursday	4:30 to 8:00 p.m.	Elmwood Kildonans
Plus 1 hour of semi-private figure training to be arranged with the coach based on individual availability.		
Total time commitment –15 hours per week including 3 hours land and 12 hours water.		

*Steinbach Athletes can train 5-8pm on Tuesdays at Steinbach Aquatic Centre instead of Monday practices at Elmwood Kildonans

Competitions:

- All Local Competitions
- Canadian National Qualifier in March 2018 (Location TBD)
- Espoir in June 2018 (Location TBD)

Training Fee:	\$ 2600
Volunteer Points:	260
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

Junior High Performance (16 – 18) & Senior High Performance (18+)

Day	Time	Location
Saturday	9:30 to 1:00 p.m.	Pan Am
	1:45 to 2:45 p.m.	Sport for Life
Monday	4:30 to 8:00 p.m.	Elmwood Kildonans*
Tuesday	5:00 to 7:00 p.m.	Elmwood Kildonans
Wednesday	4:30 to 8:00 p.m.	Pan Am
Thursday	4:30 to 8:00 p.m.	Elmwood Kildonans
Total time commitment – 17 hours per week including 3 hours land and 14 hours water.		

* *Steinbach Junior Athletes can train on Tuesdays at Steinbach Aquatic Centre instead of at EK pool.

Competitions:

- All Local Competitions
- Canadian National Qualifier in March 2018 (Location TBD)
- Canadian Open Synchronized Swimming Championships at end of April 2018 (Location TBD)

Training Fee:	\$ 3,000
Volunteer Points:	280
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

Note: A more flexible training schedule can be discussed with the head coach on an athlete by athlete basis.

Solos, Duets & Other Additional Training for all Competitive Athletes

Swimmers request solo and duet routines as early as possible in the season. **Final decisions regarding who swims solos and duets, as well as duet partnerships will be made by coaches on or before October 15th, 2017.**

Additional training for figures or other athlete needs may be arranged and will follow the same fee schedule.

These training sessions begin in October once solo and duet decisions have been made, or in mid-late January.

Training Fee for October start date:	\$300/hour/athlete
Training Fee for January start date:	\$250/hour/athlete

Note: Training fees will not be adjusted or refunded for training time missed due to pool foulings, pool closures, holidays, and weekend competitions.

At Aquatica we do our best to accommodate the needs of the individual. Athletes wanting to train outside the hours offered should discuss options with their coach.

Note: Athletes swimming solos or duets will require additional competition suits and headpieces, and will be invoiced for the additional competition fees.