



# Provincial Stream Program Classes

Programs run from September 9/2017 to May 26/2018

## 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

## **8 & Under – Provincial Stream**

Athletes born 2010 or later

### **Winnipeg Athletes**

<b>Day</b>	<b>Time</b>	<b>Location</b>
Saturday	10:30 to 12:00 noon	Pan Am
<b>AND ONE OF THE FOLLOWING:</b>		
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
Saturday	10:00 to 12:00 noon	Pan Am
<b>AND ONE OF THE FOLLOWING:</b>		
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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**

<b>Day</b>	<b>Time</b>	<b>Location</b>
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