



Introduction to Competitive Artistic Swimming – 1 year program

	<p>Competitive Intro Program – 2 day/wk from Sept 9 – June 5 (~35 week program)</p> <ul style="list-style-type: none"> • may only stay in this program for 1 year
Birth Year	2015 - 2017
Schedule	<p><u>Option 1</u> Mon/Wed 4:30PM – 6:30PM Location – Inglewood Pool</p> <p><u>Option 2</u> Tues/Thurs 4:30PM – 6:30 PM Location – Inglewood Pool</p>
Fee Structure	<p>Total Team Fees - \$1550 *charged in installments of \$172.22 monthly from Sept to May</p> <p><i>* \$250 deposit charged at the time of registration – will be credited back to swimmer account on May 1, 2025</i></p> <p>Prepaid fundraising \$150 charged on Oct 1, 2024</p> <p><i>*optional fundraiser proceeds will be deposited into swimmer account to offset fees</i></p>
Competitions	will only attend meets held in Calgary – competition fees for the season ~\$180
Volunteer Commitment	<ul style="list-style-type: none"> • 1 shift at an AQB hosted meet in Calgary • 2 bingo shifts for the season • 1 yellow operational volunteer role – 1 point commitment (approx. 1-2 hours)
Additional Costs	<p>AAS H₂O registration - ~\$100</p> <ul style="list-style-type: none"> ❖ black suit for figures – to be purchased before first meet ❖ team suit - ~\$75 ❖ white figures cap - \$20 ❖ club cap - \$15 ❖ club t-shirt - \$25 ❖ black leggings of any kind



Calgary Aquabelles Classic (Provincial Stream) Program trains weekdays out of Inglewood Pool and Fridays & Sundays out of MNP Community & Sport Centre
 ❖ hours include pool time and dryland hours

	10 & Under 3 day/wk program	Novice	11/12	Youth (13/15)	Junior Classic
Birth Year	2015 – 2017	2012 – 2014 *are new to artistic swimming	2013 – 2014	2010 – 2012	2009 or earlier
Team Hours	7.5 h/wk	7.5 h/wk	9.5 – 12h/wk	9.5 – 12 h/wk	9.5 – 12h/wk
Schedule	Mon – 4PM – 6:30PM Wed – 4PM – 6:30PM Fri – 4pm – 6:30PM	Mon – 4PM – 6:30PM Wed – 4PM – 6:30PM Fri – 4pm – 6:30PM	Tues – 4PM – 6:30PM Wed – 5:30AM – 7:30AM Thurs – 4PM – 6:30PM (starting Jan) Fri – 4pm – 6:30PM Sun – 10AM – 12:30PM	Tues – 4PM – 6:30PM Wed – 5:30AM – 7:30AM Thurs – 4PM – 6:30PM (starting Jan) Fri – 4pm – 6:30PM Sun – 10AM – 12:30PM	Tues – 4PM – 6:30PM Wed – 5:30AM – 7:30AM Thurs – 4PM – 6:30PM (starting Jan) Fri – 4pm – 6:30PM Sun – 10AM – 12:30PM
Extra (Duet/Solo) (optional – if offered)	Duet – 1h/wk Solo – 1h/wk	Duet – 1 h/wk Solo – 1 h/wk	Duet 1h/wk Solo 1h/wk	Duet 2h/wk Solo 2h/wk	Duet 2 or 3h/wk Solo 2h/wk

Fee Structure – accounts must be paid in full by the 25th of each month

	10 & Under 3 day/wk program	Novice	11/12	Youth (13/15)	Junior Classic (16/18)
Intent to Register Deposit/ Expression of Interest Deposit	\$326.67	\$326.67	\$511.11	\$511.11	\$511.11
	<i>registration deposit applied against May team fees</i>				
Total Team Fees	\$2940	\$2940	\$4600	\$4600	\$4600
	<i>\$326.67 monthly from Sept - May</i>	<i>\$326.67 monthly from Sept - May</i>	<i>\$511.11 monthly from Sept - May</i>	<i>\$511.11 monthly from Sept - May</i>	<i>\$511.11 monthly from Sept - May</i>
Duet/Solo Fees	<p>\$1500 a year for 1 hour a week <i>duet/solo costs are charged from Oct – Apr</i></p> <p><i>ie – a 1 h/week duet = \$1500 – cost is divided between two swimmers and divided by 7 months = \$107.14 per month per swimmer</i></p>				
Prepaid Fundraising <i>charged on Oct 1 and then all optional fundraising proceeds go directly into swimmer accounts to offset fees</i>	\$275	\$275	\$425	\$425	\$425
Travel/Competition Costs <i>* vary from year to year and depend on location and length of competition</i>	<p>Estimated travel costs – includes flights, buses, hotel, food, transportation</p> <ul style="list-style-type: none"> • ~\$40 for a 1 day figures meet • ~\$100 for a 3 day meet in Calgary • ~\$600 for a 3 day meet in province • ~\$2000 for a 4 day meet out of province <p><i>Travel deposits are collected from Oct – Mar and are held in a travel account. Competition and travel expenses are applied to the travel account and at the end of the season the balance or credit is transferred to the swimmer account.</i></p>				

Additional Costs

- ❖ AAS Competitive Athlete Registration ~\$100
- ❖ Clothing
 - black suit for figures – to be purchased before first meet
 - club suit ~\$
 - team suit - ~\$75 - \$180
 - gems ~\$30
 - club fleece hoodie
 - white figures cap - \$20
 - club cap - \$15
 - club t-shirt x 3 colours - \$25 x 3
 - black leggings
 - backpack – optional???
 - parka - optional

Volunteer Commitments

- 1) Bingo shifts – approx. 5 (number varies from year to year)
 - 41 bingos per year with 5 volunteers per bingo
 - shifts are 5 hours long (day bingo 10:30 – 3:30 evening bingo 4:30 – 9:30)
 - you may pay someone to work bingos for you
- 2) AQB hosted swim meets
 - families are required to work
 - typically 3 – 9 hours depending on number and length of meet (generally 1 shift per day)
- 3) Casino (casino scheduled for Quarter 1 – 2025)
 - 1 shift at a casino
 - families who do not wish to volunteer at a casino may buy-out the commitment for a fee of \$2000
- 4) Operational Volunteer role
 - operational roles are colour coded and assigned a point value based on time commitment
 - National families are required to earn __TBD__ points and Classic families are required to earn __TBD__ points
 - operational volunteer roles include anything from hanging banners, volunteering at Try Synchro's, counting laps at swim-a-thon to a larger time commitment such as a Board Member or chaperone at a meet

For more information about the registration process please contact the registrar at Registrar@Aquabelles.com. For general inquiries send your questions to Office@Aquabelles.com.