



Calgary Aquabelles National Stream Program trains exclusively out of MNP Community & Sport Centre
 ❖ these hours include pool time, flex training and strength training

	Youth National	Junior/Senior National
Birth Year	2010, 2011, 2012	2006, 2007, 2008, 2009
Team Hours	16.5 h/wk	21.5 h/wk
Schedule	Mon – 4PM – 6:30PM Tues – 4PM – 6 :30PM Wed – 4PM – 6 :30PM Thurs – 4PM – 6 :30PM Fri – 5 :30AM – 8AM Sun – 9AM – 1PM	Mon – 3:45PM – 6:45PM Tues – 5:30 AM – 8AM 3:45PM – 6 :30PM Wed – 3:45PM – 6 :45PM Thurs – 3:45PM – 6 :30PM Fri – 5:30AM – 8AM Sun – 8AM – 1PM
Extra (Duet/Solo) (optional – if offered)	Duet – 2 h/wk Solo – 2 h/wk	Duet – 2 or 3 h/wk Solo – 2 h/wk

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

	Youth National	Junior/Senior National
Intent to Register Deposit/ Expression of Interest Deposit	\$738.89 <i>registration deposit applied against May 2025 team fees</i>	\$836.11 <i>registration deposit applied against May 2025 team fees</i>
Total Team Fees	\$6650 <i>\$738.89 monthly from Sept - May</i>	\$7525 <i>\$836.11 monthly from Sept - May</i>
Duet/Solo Fees	\$1500 a year for 1 hour a week <i>duet/solo costs are charged from Oct – Apr</i> <i>ie – a 2 h/week duet = \$3000 – cost is divided between two swimmers and divided by 7 months = \$214.29 per month per swimmer</i>	
Prepaid Fundraising <i>charged on Oct 1, 2024</i>	\$525 <i>all optional fundraising proceeds go directly into swimmer accounts to offset fees</i>	
Travel/Competition Costs <i>* vary from year to year and depend on location and length of competition</i>	Estimated travel costs – includes flights, buses, hotel, food, transportation <ul style="list-style-type: none"> • ~\$600 for a 3 day meet in province • ~\$3500 for a 7 day meet out of province • in city meets only include registration fees <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>	

Additional Costs

- ❖ AAS Competitive Athlete Registration ~\$100
- ❖ Clothing
 - black suit for figures – Jolyn brand
 - club suit ~\$100
 - team suit - ~\$175 - \$250
 - gems - ~\$30 - \$60
 - club fleece hoodie
 - track jacket
 - white figures cap - \$20
 - club cap - \$15
 - club t-shirt x 3 colours - \$25 x 3
 - black leggings
 - black shorts
 - 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
 - shifts are typically 3 – 4 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.