

SASKATOON AQUALENES

ARTISTIC SWIMMING CLUB

REGISTRATION MANUAL

2025-2026



SAQ

Version July 2025

www.saskatoonaqualenes.com

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GENERAL INFORMATION

WHAT IS ARTISTIC SWIMMING?

Sometimes described as “water ballet,” artistic swimming, formerly called synchronized swimming, combines the athletic endurance of a speed athlete, the flexibility of a gymnast and the grace of a dancer. It is one of the world’s most beautiful, disciplined, and demanding sports. Artistic swimming develops self-confidence, interpretive and performance skills, teamwork, strength, endurance, and aerobic fitness. Artistic swimming began as a competitive sport in Montreal, Canada. In 1923, a group of athletes qualifying for their Royal Lifesaving Society Diploma had to execute figures to demonstrate their aquatic ability. After the examination, they decided to organize figure competitions among themselves as a fun challenge. The first Provincial Championship was held in Quebec on February 24, 1924. Rules for the Synchronized Swimming National Championships were accepted the next year in 1925 by the Canadian Amateur Swimming Association, the national governing body for swimming. Artistic swimming is now popular around the world and made its Olympic debut in the 1984 Summer Olympics in Los Angeles. Canada has been a leader in the sport, winning two gold medals at the 1988 Olympics, gold, and silver in 1992, and then silver in 1996 and bronze in 2000. Artistic swimming is also an event at the World Aquatic Championships, and the Pan American Games. Canada won the gold medal at the 2019 Pan Am Games in Lima, Peru and more recently, Canada has been working to get back to the top in world competitions. In 2017, World Aquatics (the world governing body for aquatic sports) voted to change the name of the sport from synchronized swimming to artistic swimming.

Artistic swimming has the potential to enhance our lives; it has a positive effect on our physical and mental well-being, and it brings us together. Artistic swimming develops champions for life. Long Term Athlete Development (LTAD) is the foundation of all Canadian Sport programs – from grassroots to national team. Through LTAD, athletes learn invaluable life skills as they progress through its seven stages. From a young age, children learn to respect and nurture individual differences, embrace challenges, and value benefits that result from being part of a team effort. LTAD supports life-long participation in artistic swimming (or other physical activities) and excellence at the High-Performance Level. Both participation and excellence are built on the common foundation of fundamental movement and sports skills developed during the early stages – Active Start, Fundamentals, and Learning to Train. Athletes may make the transition into life-long sport participation for fun and fitness at a later stage in Long Term Athlete Development.

CANADA ARTISTIC SWIMMING

The national sport governing body is Canada Artistic Swimming. There are three artistic swimming divisions in Canada: Atlantic (clubs from Newfoundland, Prince Edward Island, New Brunswick and Nova Scotia), Eastern (clubs from Quebec and Ontario), and Western (clubs from Manitoba, Saskatchewan, Alberta, British Columbia, Yukon). All competitive athletes are registered with Canada Artistic Swimming at the beginning of each season. Canada Artistic Swimming’s website at <https://artisticswimming.ca/> includes the following resources of interest to athletes and parents: 1) CASSA Official Rules Book, 2) World Aquatics Rules (International Aquatic Sport’s governing body), and 3) Programming.

SASKATCHEWAN ARTISTIC SWIMMING

Saskatchewan Artistic Swimming (SAS) is the provincial association for artistic swimming. SAS sponsors meets, training camps and training of coaches and officials. All Saskatchewan athletes must be registered yearly with SAS and CAS to compete.

The contact information for Saskatchewan Artistic Swimming is:

300 - 1734 Elphinstone Street

Regina, SK S4T 1K1

Phone: (306) 780-9227

E-mail: ED@saskartisticswimming.ca

Web Site: <https://www.saskartisticswimming.ca>

Executive Director: Lenore Lindquist

SASKATOON AQUALENES ARTISTIC SWIMMING CLUB

The Saskatoon Aqualenes Artistic Swimming Club (SAQ) was founded in 1973 by coach Karen (Clark) Dumas as the Aqualenes Synchronized Swimming Club. The Club was then sponsored by the Saskatoon Optimist Club and was known as the Optimist Aqualenes until 1983. Sponsorship from the Bridge City Cosmopolitan Club was accepted and in 1983, our name changed to the Bridge City Cosmo Aqualenes. Finally, in 1996 we became the Saskatoon Aqualenes Synchronized Swimming Club (SAQ), and as of 2017 Synchronized was changed to Artistic. SAQ colors are red, silver, and black. These colors are displayed in the club uniforms worn by athletes and coaches at club events.

Saskatchewan has produced many outstanding artistic swimming athletes. In 2006, the Aqualene's Senior Team captured a national title and in 2008 captured silver in the Combo Event at Open Nationals. In 2007, Aqualene's athlete Jessica Guenther won a bronze medal at the Canada Winter Games as a member of Team Saskatchewan. Jessica was a member of the National Team for five years and studied at Stanford University with artistic swimming scholarship. Another former Aqualene's athlete, Lesley Wright, performed in the famous Vegas Cirque de Soleil water show "O". Dedicated athletes, parents, coaches, and sponsors have all contributed to our proud tradition of excellence. In recent years, SAQ athletes have been remarkably successful at both the Provincial and National levels. In 2017, several national stream athletes were selected to take part in the national team trials, with Alana Hargreaves qualifying for the Junior National Team Pool and our second Aqualene's athlete to sign a contract to perform in Vegas Cirque de Soleil Water show "O". In 2018, athletes again qualified for national team trials, and Bailey Hargreaves was selected to be part of the Youth age group National team. At the 2018 Saskatchewan Winter Games, Team Saskatoon won gold in figures, duet, and team events, and bronze in solo. At the 2019 Canada Games, Sydney Carroll placed fourth in solos and Sydney Carroll and Ainsley Bristol placed fourth in their duet. At the 2023 Saskatchewan winter games, Team Saskatoon won gold in solo and silver in team and duet. In 2020 Sydney Carroll was named to the Canadian Senior National Team and currently trains at the National Training Center in Montreal. Sydney competed for Team Canada at 2022 Worlds in Budapest, and more recently competed in the 2024 Olympics in Paris!

SAQ is committed to providing a positive sport experience for each athlete in a safe, structured, and co-operative environment. We foster the development of responsibility, commitment, and good sportsmanship in all our athletes. Our coaches emphasize the social, emotional, physical, and educational development of each athlete. SAQ offers both recreational and competitive artistic swimming programs.

Our Club is affiliated with Saskatchewan Artistic Swimming, Canada Artistic Swimming, and the international sport organization [World Aquatics](#) (formerly known as the Fédération Internationale de Natation (FINA)). These national ruling bodies set standards to support excellence in the sport of artistic swimming. The club is also a member of the Saskatoon Zone #6 Sports Council to ensure greater communication between sports groups in Saskatoon and Saskatchewan.

COACHING STAFF

The Aqualenes provides top level, fully certified National Coaching Certification Program ([NCCP](#)) artistic swimming coaches to provide athletes with the safest, most rewarding artistic swimming experience.

Laurie Wachs is the head coach of the SAQ and has 40+ years coaching experience. She has coached many athletes to medal performances at both provincial and national levels and placed numerous Saskatchewan athletes onto National Teams. In November of 2000, the Coaching Association of Canada selected Laurie as the recipient of the 3M Coaching Canada Award in the Development Sport – Female category. In November 2004, she was inducted into the Saskatoon Sports Hall of Fame as a "Sport Builder". In 2009 Laurie was awarded Sask Sport's Female Coach Dedication Award, and in 2010, Laurie received Canada Artistic Swimming's Distinguished Member Award, recognizing a member of Canada Artistic Swimming who has made an exceptional contribution to the "art as well as the sport" of artistic swimming.

TESTIMONIALS

ALANA HARGREAVES

I was an athlete of the Saskatoon Aqualenes for the first thirteen years of my swimming career. Laurie Wachs, Head Coach has been my coach since starting in aqua giggles at age five, all the way up to Junior National Stream. Training with the club, I was able to land a spot on the Canadian Junior National Athlete pool in 2017. After which, I moved to Toronto to continue swimming, where my team and I won a national championship and had the opportunity to compete in Paris at the French Open. In 2019, I was hired by Cirque du Soleil as a synchronized swimmer to perform in the “O” show in Las Vegas. SAQ has not only taught me the technical skills to be successful as a swimmer, but countless life skills that are far more valuable than a first-place finish. I hope that my experience may inspire younger athletes of the club, or those who want to try synchro, that your goals are achievable with hard work and dedication. The Saskatoon Aqualenes will always be home to me as an athlete.

SYDNEY CARROLL

The Saskatoon Aqualenes has not only helped me succeed as an artistic swimming athlete, but in life as well. Working alongside such dedicated coaches and athletes has shaped me to be who I am today. The SAQ community is one big family who unconditionally loves and supports one another. Being given the unique opportunity to be part of such a close-knit group of people is something that I will forever cherish.

JORDYN FRIEDT

I’ve had the pleasure to be a part of the SAQ family for 10 years. I’ve learned so many life skills and gained some amazing experiences over the last decade. This club has taught me the meaning of hard work and dedication while also being able to have fun and learn what it means to be a team player.

REGISTRATION & TRAINING SCHEDULE

RETURNING MEMBERS:

Online registration will run from July 28 - August 22, 2025.

NEW MEMBERS

Online registration will run from August 9 - 22, 2025.

PAYMENT

Payment for registration and any other payments going forward will be by credit card only. All late registrations are subject to a \$50 late registration fee up to September 30, after which registration for the 2025-26 season will not be accepted.

PROGRAM REGISTRATION

Canada Artistic Swimming (and SAQ) follows the World Aquatics definitions in determining which age category the swimmer falls under. **The swimmer's age is calculated as of December 31, 2026, so when registering, use the date that your child will be on December 31, 2026, to determine which program to register them in.**

The Wardrobe Coordinator will be on hand at the first practices for those requiring wardrobe items including goggles, caps, and nose clips. Fitting for SAQ suits for competitive athletes will be held in the first two weeks of **September**. Exact dates and times will be communicated to those registered.

Athletes can be registered in Aqua Giggles and Recreation programs by their parents.

Athletes are selected to Competitive Teams by the Head Coach only. If an athlete wants to enter the Competitive program directly, please contact Laurie Wachs, the Head Coach, at 306-281-5071 or lwachs@sasktel.net to discuss your athlete's suitability for the program.

Other registration questions may be directed to sagregistrar@gmail.com.

PARENT MEETINGS

PARENT ORIENTATION MEETINGS

These meetings will give an overview of the year to come and answer questions that parents may have concerning Board and coaching decisions made during the year. As you have a child swimming with the club, **attendance is required** - one parent per family **must attend** the Parent Orientation Meeting.

- Saturday September 13, 2025, for Competitive Families, 12:15pm, Shaw Centre
- Saturday October 18, 2025, for Recreational Families, 3:30 pm YMCA

For competitive swimmer's families, team meetings will be held at the beginning of the season and as organized by Team Parent(s) and Coach.

ANNUAL GENERAL MEETING – ALL CLUB MEMBERS

Saturday September 27, 2025, from 12:30 to 2:00 PM: Location: Shaw Centre Meeting room

SCHEDULE AT A GLANCE

PROGRAM	MON	TUES	WED	THURS	FRI	SAT	SUN
AQUA GIGGLES					6:30 to 8PM at Shaw Leisure Pool		
RECREATION 8 TO 10 YEARS						3:30 to 5PM YMCA	
RECREATION 11/12 YEARS						5 to 6:30PM at YMCA	
RECREATIONAL 13 AND OLDER						5 to 6:30pm at YMCA	
LIMITED COMPETITIVE 10 AND UNDER				Pool 4:45-6:15PM Dryland 6:15 to 7PM at Shaw			Dryland 12:30 – 1PM Pool 1 to 2:30PM at Shaw
LIMITED COMPETITIVE 14 AND UNDER		Dryland 5:30-6:30PM Shaw Pool 6:30-8:30PM	Dryland 5:30-6:30PM Shaw Pool 6:30-8:30PM				
10U PROVINCIAL STREAM	Dryland 5:30–6:30PM Shaw Pool 6:30-8:30PM			Pool 4:15–6:15PM Shaw Dryland 6:15–7:15PM			Dryland 11:30-12:30PM Pool 12:30-2:30PM at Shaw
PROVINCIAL STREAMS – 12U, YOUTH & JUNIOR	Dryland 5 – 6PM (Craven) Pool 6:30–8:30PM at Shaw		Dryland 5:15– 6:15PM with Laurie Pool 6:30-8:30PM at Shaw			Pool 12 – 4PM Shaw Dryland 4 PM-4:30PM	
SK Winter Games Team (YOUTH and JUNIOR PS)	Dryland 5 - 6PM (Craven) Pool 6:30–8:30PM at Shaw			Pool 5:15-7:15PM at Shaw Dryland 7:15–8:15PM		Pool 12 – 4PM Shaw Dryland 4 PM-4:30PM At Shaw	
12U NATIONAL STREAM	Dryland 5:45 – 6:30PM Pool 6:30- 8:30PM at Shaw	Pool 6:30-8:30pm <i>2 weeks prior to major competitions</i>	Dryland 5:30– 6:30PM Pool 6:30-8:30pm At Shaw	Pool 4:00- 7:15PM at Shaw	Strength (Ignite) 5:30- 6:30PM	Pool 12 – 4PM Dryland 11:30 to Noon at Shaw	
YOUTH NATIONAL STREAM	Dryland 5.45–6:30PM Pool 6:30- 8:30PM at Shaw	Strength (Ignite) 5-6PM Pool 6:30- 8:30PM 8:30-9PM (1/2 team) at Shaw	Dryland 5:30-6:30PM Pool 6:30-8:30pm 8:30-9:00PM (1/2 team) at Shaw	Pool 4:00-7:15PM at Shaw	Strength (Ignite) 5:30- 6:30PM	Pool 12 - 4PM Dryland 11:30 to Noon at Shaw	
JUNIOR NATIONAL STREAM	Dryland 5.45–6:30PM Pool 6:30-9PM at Shaw	Strength (Ignite) 5-6 PM Pool 6:30 – 9PM at Shaw	Dryland 5:30–6:30PM Pool 6:30 – 9PM at Shaw	Pool 4:00- 7:15PM at Shaw	Strength (Ignite) TBA	Pool 12 – 4PM Dryland 12 to Noon at Shaw	

SCHEDULE NOTES

SAQ reserves the right to cancel any classes offered with insufficient enrollment numbers.

IMPORTANT UPDATE

Harry Bailey Aquatic Centre has been closed since April 2023, for facility renovations. While best efforts have been made to limit late practices, particularly for younger athletes, we are currently limited by pool space and coach availability. All practices this season will be at the Shaw Centre, YMCA, or University of Saskatchewan PAC Pools.

COMPETITIVE PROGRAMMING

Shaw is the designated competition pool for all Competitive Aquatic sports (artistic swimming, water polo, speed swimming, diving), so our club will be cancelled out every time there is an event for another user group (most likely once per month).

Our club has secured time at the University PAC pool for some of those weekends, and when needed, the tentative schedule will be:

- Saturday Practices – Land 5-6pm and Pool 6-9pm – PAC Pool at University
- Sunday Practices - Pool 9:30 to 11:30am - Land 11:30 to 12:30 – Pac Pool at University

Whenever the U of S PAC pool cannot accommodate us on a cancelled weekends at Shaw, a normal practice schedule will happen on land vs the water where practice plans will include flex, strength, aerobic workouts, figure trainer, land drill etc. Location TBA.

RECREATIONAL PROGRAMMING

Recreational Programming will be held at the YMCA, except for Aquagiggles which is held in the leisure pool at Shaw Centre.

RECREATION PROGRAM INFORMATION

ALL RECREATION MEMBERS – MUST READ

COMPETITIONS

- Aqualenes Fun Meet – Saturday March 14, 2026 at Shaw, Time TBA
- SAQ Water show – Tentatively Sunday March 29, 2026 at Shaw, Time TBA

CLUB SOCIAL ACTIVITIES

- Halloween Party: Tentatively Saturday Nov 1, 2025(not included in fees), Time TBA
- Year-end Banquet: Sunday May 31, 2026 (not included in fees)

VOLUNTEER REQUIREMENTS

Parents will be required to volunteer to organize both the Fun Meet and SAQ Water Show. Volunteering at our locally held competitions is also graciously appreciated.

ADDITIONAL COSTS NOT INCLUDED IN REGULAR FEES

There are potential additional costs that could be incurred throughout the season such as: club social activities, team-organized events, and team swimsuits for water show.

NOTICE OF WITHDRAW

If your athlete is not continuing for the second half of the year (January through April), a notice of withdrawal from program **must be given by Dec 1, 2025**. If notice not received, it is assumed that the athlete will be continuing in January and will be charged accordingly.

HOLIDAY SCHEDULE

The following schedule outlines when there are no practices:

- National Day for Truth and Reconciliation: Tuesday September 30, 2025 (Note: not considered a long weekend, so only Tuesday practices are off)
- Thanksgiving weekend: Friday October 10 – Monday October 13, 2025
- Remembrance Day: Tuesday November 11, 2025 (Note: not considered a long weekend, only Tuesday practices are cancelled)
- Christmas break (for Rec): December 19/20, 2025 through Thursday January 8, 2026, inclusive
- February break: Friday February 13 through Thursday February 19, 2026, inclusive
- Easter break: Friday April 3 through Thurs April 9, 2026, inclusive

EQUIPMENT NEEDED

All recreational athletes will require a swim cap, goggles, nose clips, swimsuit, towel, yoga mat (optional) and water bottle at all practices.

RECREATION PROGRAMS BY BIRTH YEAR

AQUAGIGGLES PROGRAM (BORN IN 2019 – 2020)

The Aqua Giggles program is for the five to seven-year-old. At the FUNdamentals stage, children learn the basics of artistic swimming and have fun in the process. They learn that water is an ideal place for creative play – a world where they can float, fly, flip, twist, and dream. We will provide a safe and stimulating environment where your child is introduced to all fundamental movement skills and begin to build overall motor skills. Once per week, children will spend ½ hour on land working on stamina, speed, and suppleness (flexibility), followed by one hour of skill-based programming in the water. ***This program is intended for children who are comfortable in shallow water “without” a life jacket and are not afraid to put their face in the water or go upside down. Swimmers will be assessed the first 2 weeks in the program, and if not a good fit, will be refunded fees, with suggestion to swim lessons before trying again.***

GENERAL OBJECTIVES

- Aim to have fun at every aspect of learning and swimming
- Introduce creative play in the water (with and without music)
- Focus on the development of basic movement skills and motor skills (the ABCs of Agility, Balance, Coordination, and Speed) prior to introducing artistic swimming specific skills
- Provide the opportunity for your child to participate in skill-based fun water shows

PRACTICE SCHEDULE

Program runs from October 17, 2025 – May 1, 2026.

Fridays: 6:30 to 8:00PM at Shaw Leisure Pool

6:30-7:00 PM Dryland in Classroom and 7:00 to 8:00PM in Shaw Leisure Pool

COMPETITIONS

Note: Coaches will select Aquagiggles athletes with appropriate skill level to attend the Recreational Fun Meet.

- Aqualenes Fun Meet – Saturday March 14, 2026 at Shaw, Time TBA (Selected Aquagiggles will attend only)
- SAQ Water show - Tentatively March 29, 2026 at Shaw, Time TBA
-

FEES

Membership Fees	\$25 (SAS) and \$10.50 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$1,100	
Payment Options	Annually	\$1,100 due at time of registration
	Bi-Annually	\$580 due at time of registration and \$520 on January 1
	Monthly	\$190 due at time of registration and then \$130 monthly October 1 - April 1

**Note: If your athlete wishes to discontinue in any program, one (1) months' notice must be given to the registrar, sagregistrar@gmail.com, otherwise your account will be charged.*

RECREATION PROGRAM (8 TO 12 YEARS, BORN 2014 TO 2018)

For athletes new to the sport of artistic swimming, we offer the opportunity to learn with Canada Artistic Swimming's Aqua Go Program, which consists of skill starting with the basics and progressing through to complex figures. SAQ groups athletes according to their age and swimming ability into "Recreational" teams. They will learn a relaxed progression of artistic swimming skills without the high intensity of competition. As the year progresses, athletes will also learn to perform a team routine. Since artistic swimming programs involve mainly deep-water swimming athletes must be comfortable swimming in the deep end of the pool. If the program does not meet the participant's swimming ability, the Head Coach will contact the parents to make a suitable plan. Athletes have one lesson per week, lasting 1 ½ hours. They attend one fun-based competition and the SAQ Water Show. The recreational programming starts October and runs until the end of April.

PRACTICE SCHEDULE

Program starts October 18, 2025 – May 2, 2026.

Note: Classes are split by age of swimmer:

Saturday's 3:30PM – 5PM at YMCA, for swimmers born in 2016, 2017, 2018

Saturday's 5:00PM- 6:30PM at YMCA, for swimmers born in 2014 and 2015

FEES

Membership Fees	\$25 (SAS) and \$10.50 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$1,180	
Payment Options	Annually	\$1,180 due at time of registration
	Bi-Annually	\$620 due at time of registration and \$560 on January 1
	Monthly	\$200 due at time of registration and then \$140 monthly October 1 - April 1

RECREATIONAL YOUTH (13 AND OLDER, BORN 2013 OR EARLIER)

This program is intended for retired competitive swimmers, Rec swimmers with experience, or new to artistic swimming with a strong swimming background. We want our athletes to lead all-around active and healthy lives. The Active for Life Stage (long term athlete development) focuses on enabling athletes to make a smooth transition from their competitive careers to life-long physical activity and participation in sport. Whether athletes choose to continue artistic swimming as Rec, master's swimmers, or as a coach or judge, the skills they learn in artistic swimming will help them succeed in whatever they choose. This once-a-week training program focuses on maintenance of basic stamina, strength, speed, flexibility, and artistic swimming skills.

PRACTICE SCHEDULE

Program starts October 18, 2025 – May 2, 2026. Saturdays 5:00 – 6:30 PM at YMCA

FEES

Membership Fees	\$25 (SAS) and \$10.50 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$1,180	
Payment Options	Annually	\$1,180 due at time of registration
	Bi-Annually	\$620 due at time of registration and \$560 on January 1
	Monthly	\$20 due at time of registration and then \$140 monthly October 1 - April 1

COMPETITIVE PROGRAM INFORMATION

ALL COMPETITIVE MEMBERS – MUST READ

The competitive program is for competent artistic swimmers who want a challenging competitive environment. Athletes will train to perform at local to national levels of competition. The competitive swimming program starts the first week of September and continues until the end of June. Athletes are grouped by age and separated into two streams with varying commitment to team training. Athletes are selected to competitive teams by the Head Coach only. Duet and solo routines may be approved by the Head Coach, in addition to team routine, and at an additional cost to the athlete. All provincial stream athletes may opt into Saskatchewan Artistic Swimming's High-Performance trials if invited by Saskatchewan Artistic Swimming (trials are typically scheduled for end of May). **All returning national stream athletes are expected to attend Saskatchewan Artistic Swimming's High-Performance trials**; the cost is included in their training fees. Saskatchewan Artistic Swimming communicates High Performance trials criteria on their website at www.saskartisticswimming.ca and the Aqualenes High Performance Program Club Rep –TBA.

CLUB RECORD CHECK POLICIES

Volunteers and coaches of the club are required to have a criminal record check completed at the start of the swim season. Application forms for those living within the city must be picked up at the parent meeting or AGM. For those living in rural areas, a separate form for the RCMP must be used. Policies are available on club website, www.saskatoonaqualenes.com

JUNE TRAINING

June training will be mandatory for returning National Stream athletes and Provincial Stream athletes participating on Provincial Teams. Focus will be on provincial team training expectations.

Note: Athletes that are not returning next season, may opt out after attending Canadian Artistic Swimming Championships or Canadian Prairie Championships but must inform of desire to do so at time of registration.

VOLUNTEER COMMITMENTS

All SAQ parents are required to volunteer throughout the season to ensure our competitions run smoothly. SAQ does not have staff, and the success of the club is determined by the volunteer involvement. Everyone is busy with other commitments outside of SAQ, and that's why it's so important for everyone to be involved. This ensures the volunteer commitments don't always fall on to the same people. As parents, we are here for our athlete's love of the sport and to ensure they have a great season.

Signup sheets will be provided for each competition. If shifts remain, names will be placed to ensure all shifts are filled. If you are unable to work the shift your name has been assigned to, it is your responsibility to find someone who can. If you are unable to fulfill your volunteer hours at a competition, you will be required to be involved in other social events or fundraisers.

If you're unable to volunteer for the specified number of hours indicated in this manual, **your account will be charged** on June 1. There are many opportunities throughout the year to facilitate completing your volunteer hours. Please direct any questions to the SAQ Volunteer Coordinator.

- Limited competitive families - \$300 payment will be charged if the following is not completed:
 - 6 hours per swimmer
- Competitive families - \$500 payment will be charged if the following is not completed:
 - 10 hours per swimmer

Note: For those volunteers on the board, executive and/or officials, your volunteer commitment is covered, as these positions require a higher time commitment throughout the year.

TEAM MEMBER COMMITMENT

Coach appreciation gifts and event raffle baskets are put together from each team 2-3 times/season. The team parent(s) arrange(s) and each member will contribute based on what the team decides (e.g. usually \$10 each).

RAFFLE COMMITMENT

As part of our efforts to minimize club costs, each athlete (limited competitive and competitive) is asked to sell \$300 worth of raffle tickets. A \$300 payment will be charged to swimmer accounts on March 30 to cover the raffle ticket costs (you in turn keep the cash you receive to cover this cost). The raffle tickets will be handed out in early fall with the raffle draw taking place in spring to allow time to sell.

Note: Selling raffle tickets is not mandatory, however it is intended to help families offset the cost of registration. Should you prefer to not sell raffle tickets, please inform the volunteer treasurer at SAQTreasurer@gmail.com before September 30 so that tickets will not be issued to your family. For families choosing this option, **your account will be charged \$300 on March 30.**

MEET REGISTRATION, WARDROBE FEES & EQUIPMENT

For a first-year competitive swimmer the mandatory wardrobe will include a SAQ jacket, SAQ club suit, black figure suit, SAQ and white swim caps. See travel policy; approximately \$100 – \$500 per meet (invoiced & charged before each meet).

All competitive athletes will require a swim cap, goggles, nose clips, swimsuit, towel, yoga mat, 2 yoga blocks, pull buoy, hand paddles, and water bottle at all practices. Many of these items can be purchased from the SAQ Wardrobe coordinator or Al Anderson's Sports. Additional items may include red tubing and green ankle tubing band (can purchase from Craven Sports), and a skipping rope however check with your coach before purchasing.

COMPETITIVE PARENT EXPECTATIONS

PROVINCIAL COMPETITIONS

For all competitions that are not hosted in Saskatoon, parents are required to share the costs of the coaches travel and accommodations for the event. The team parent will incur the initial costs and split via [Splitwise](#) (an app that can be downloaded on google play or at the App store) with the other parents at the end of the event.

Coaches receive a per diem cost for daily meals from the club. If parents purchase meals for the coaches during these events, they are to be charged back to the coach.

Estimated Cost per competition \$500-1500

NATIONAL COMPETITIONS

For both Qualifiers and Nationals (any competitions not hosted in Saskatoon), parents are required to share the costs of the coaches' travel (mileage/flight) and accommodations for the duration of the event. The team parent will incur the initial costs and split via [Splitwise](#) (an app that can be downloaded on google play or at the App store) with the other parents at the end of the event.

Coaches receive a per diem cost for daily meals from the club. If parents purchase meals for the coaches during these events, they are to be charged back to the coach.

Estimated Cost per competition \$2000 – \$5000

CHAPERONE DUTIES

Parents are expected to volunteer at one or more competitions as a team chaperone to help with driving, meal prep, pool snacks and team activity coordination.

ALTERNATES

In Artistic swimming, free team routines are comprised of eight swimmers. If more than eight swimmers register in an age category, the team routine will have designated team alternates. Alternates are a part of our sport at all levels and some clubs have alternates in every age group. Coaches, in consultation with the head coach, consider the following factors when making decisions on alternate positions: technical ability and skill level, team/club success as we strive to achieve our goals and excel in the few competitions per season, coachability, attitude, leadership, team player, pattern awareness, presence in the water, sharp tight, extension, stunt abilities, picking up skills, practice attendance and level of commitment, and what's best for all athletes and ultimately the success

they deserve.

Training at daily practice is our majority metric and decisions are based on this. Aqualenes coaching staff are always open and available to discuss with any athlete or parent wishing to know what needs to be done to improve skill or role in the team. Alternates will be named two to three weeks before every routine competition. We understand it is hard for athletes to be thrown into situations, such as a competitive environment, they may not understand, but coaches will do their very best to navigate the season in the most positive manner possible. The coaches will ensure that all swimmers receive a chance to swim in pattern at a competition or water show during the season. They will trade swimmers in and out of patterns at practices to ensure every swimmer receives team skills training and development.

Positive aspects to having team alternates include skill development as the team trains together, providing healthy competition which encourages athletes to rise and put in their best effort at every practice, and teams can train un-interrupted both in practice and competition! A pro of our sport is that alternates still get to compete in the figure event at every competition. The coaching staff does not single out any athlete nor find any joy in parents attending competitions and not seeing their athletes compete. This is the nature of our sport.

If you feel the potential possibility of being a team alternate is going to be detrimental to your child's mental health or well-being, we suggest this sport is not the correct fit. An individual sport such as gymnastics, aerial silks, or track may provide the sport experience you are seeking.

PROVINCIAL STREAM

Provincial Stream includes teams in age groups 10 years and under, 12 years and under, 15 and under, 18 and under, and limited competitive. This program not only improves general fitness, strength, and swimming skills, but also provides athletes with knowledge about nutrition and develops goal setting and teamwork skills throughout the season. Teams practice between 4 and 10 hours per week depending on age and number of routines competed.

SOLOS/ DUETS FOR PROVINCIAL STREAM

Extra routines must be approved by the head coach prior to registering and dependent on coach availability. Selection is based on athletes who require an extra challenge or to those who may benefit from extra routine skill development. All swimmers asking for an extra routine must be part of a team in the current season and have had close to 100% attendance at team practices in the previous season. Practices can be scheduled for any Aqualenes pool time your swimmer does not practice with their team. Competitions to attend are the same as team for age level.

Solo/Duet Fees: TBA at beginning of season, based on hours and number of athletes/coaches. Rate will be charged monthly in October-April. Training and practice for Solos/Duets will be finished after CPC.

SCHEDULE

Provincial stream schedule runs from September 3, 2025 – May 30, 2026

HOLIDAY SCHEDULE

To accommodate family holidays, SAQ sets athlete holiday schedules

- National Day for Truth and Reconciliation: Tuesday September 30, 2025 (Note: not considered a long weekend, so only Tuesday practices are off)
- Thanksgiving weekend: Saturday October 11, 2025 through Monday October 13, 2025 inclusive.
- Remembrance Day: Tuesday November 11, 2025 (Note: not considered a long weekend, so only Tuesday practices are off)
- Christmas break: Sunday December 21, 2025, through Friday, January 2, 2026, inclusive (last practice Dec 20 and first practice back Jan 3rd)
- February break: Saturday February 14 through Friday February 20, 2026, inclusive. (Note: This will differ for Sask Winter Games Team)
- Easter break: Friday April 3 through Tuesday, April 7, 2026, inclusive. (All PS are expected to return for Wed/Thurs Apr 8/9 as Provincials are that weekend)

- May long weekend: Saturday May 16 through Monday May 18, 2026 inclusive.

Note: Please try not to take family holidays during other times, as artistic swimming is a team sport and presence of all team members is needed to practice routines prior to competitions. Please note, if an athlete is planning on being away on holidays, they are responsible for informing their coach of their absence as well as the costs for practices missed – no refunds will be issued. For safety reasons, if your athlete is away the week before any competition, they may not be able to compete in the team routine but will still be allowed to compete figures.

ADDITIONAL PRACTICE FEES OUTSIDE OF SET SCHEDULE

The holiday schedule is set for both Provincial Stream and National Stream athletes and additional practices are not included in the Regular Fees for each team. If it is decided extra practices are necessary, the cost of those practices (both pool time and coaching costs) will be charged to the athletes.

Athletes on Team Sask, Team Sask Development, or Canada Games Team will have additional training sessions with additional costs incurred during the swim season to cover coaching that is not included in the above listed team fees. Additional training may include dates after June 26, 2026.

COMPETITIONS FOR PROVINCIAL STREAM ATHLETES MAY INCLUDE

- Aqualenes Fun Meet - Saturday, March 14, 2026 during regular practice time at Shaw (for Limited Competitive Athletes only)
- Marnie Eistetter Element Meet – November 22-23, 2025, Prince Albert, SK
- Sandra Roberts National Age Group Provincials – January 24-25, 2026, Saskatoon, SK
- Sask Winter Games – Feb 15 to 21, 2026, Meadow Lake, SK
- Diane Lemon Invitational – March 7-8, 2026, Regina, SK
- Sadie Caulder Knight Age Group Provincials – April 11-12, 2026, Regina, SK
- Canadian Prairie Championship – Apr 30 – May 3, 2026, Saskatoon, SK
- SAQ Water show – Tentatively Mar 29, 2026 at Shaw – time TBA

CLUB SOCIAL ACTIVITIES

- Halloween Party: Tentatively Sunday Nov 1, 2025 (not included in fees)
- Yearend Banquet: May 31, 2026 (not included in fees)

HIGH PERFORMANCE PROGRAM DATES

HP Camps: October 24-26, 2025 in Regina, and Jan 9-11, 2026 in Saskatoon (tentative)

HP Trials: May 23, 2026, Saskatoon – Note: parents of swimmers in HP are responsible for their own travel and must book their own accommodation.

NATIONAL STREAM

National Stream includes athletes aged 12 and under, 15 and under, 18 and under and Senior World Aquatics categories. Athletes in this program are high performance athletes in artistic swimming. These athletes are dedicated to train 14 – 20 hours per week. Training includes skill development, land drill, weight training and various other forms of cross training. These athletes compete provincial, nationally, and occasionally internationally.

SCHEDULE

National Stream athletes schedule runs from September 3, 2025 – June 27, 2026 (no weekends and no dryland training in June). Trials run on September 27.

HOLIDAY SCHEDULE

To accommodate family holidays, SAQ sets athlete holiday schedules:

- National Day for Truth and Reconciliation: Tuesday September 30, 2025 (Note: not considered a long weekend, so only Tuesday practices are off)
- Thanksgiving weekend: Saturday October 11, 2025, through Monday October 13, 2025, inclusive.

- Remembrance Day: Tuesday November 11, 2025 (Note: not considered a long weekend, so only Tuesday practices are off)
- Christmas break: Sunday December 21, 2025, through Friday, January 2, 2026, inclusive (last practice Dec 20 and first practice back Jan 3rd).
- February break: Saturday February 15 through Tuesday February 17, 2026, inclusive (TBD by coaches).
- Easter break: Friday April 3 through Tuesday April 7, 2026, inclusive.
- May long weekend: Saturday May 16 through Monday May 18, 2026, inclusive.

Note: Please try not to take family holidays during other times, as artistic swimming is a team sport and presence of all team members is needed to practice routines prior to competitions. Please note, if an athlete is planning on being away on holidays, they are responsible for informing their coach of their absence as well as the costs for practices missed – no refunds will be issued. For safety reasons if your athlete is away the week before any competition, they may not be able to compete in the team routine but will still be allowed to compete figures.

ADDITIONAL PRACTICE FEES OUTSIDE OF SET SCHEDULE

The holiday schedule is set for both Provincial Stream and National Stream athletes and additional practices are not included in the Regular Fees for each team. If it is decided extra practices are necessary, the cost of those practices (both pool time and coaching costs) will be charged to the athletes.

COMPETITIONS FOR NATIONAL STREAM ATHLETES MAY INCLUDE

- Marnie Eistetter Element Meet – November 22-23, 2025, Prince Albert, SK
- Sandra Roberts National Age Group Provincials – January 24-25, 2026, Saskatoon, SK
- Diane Lemon Invitational – March 7-8, 2026, Regina, SK
- Canadian Nationals Qualifier – March 15 – 21, 2026, Quebec City, QC
- SAQ Water show – Tentatively March 29, 2026, at Shaw – time TBA
- Canadian Artistic Swimming Championships – Tentatively May 3-9, 2026, Saskatoon, SK

HIGH PERFORMANCE PROGRAM DATES:

Note: HP Camps are mandatory for NS athletes

HP Camps: October 24-26, 2025, in Regina, and Jan 9-11, 2026 in Saskatoon (tentative)

HP Trials: May 23, 2026, Saskatoon – Note: parents of swimmers in HP are responsible for their own travel and must book their own accommodation.

HP CONSULTANT VISITS

2025/2026 (dates TBA): Occur approximately every second month (3-5 per competitive season), during regular Saturday pool time plus added extra practice on Sunday; dependent on SAS budgeting.

Note: During years of Canada Summer Games, there will only be one HP Consultant visit for the NS Program (in the fall).

NATIONAL STREAM TRIAL PROCESS:

The Head Coach, consulting with Provincial Stream (PS) and National Stream (NS) coaching staff, will recommend PS athletes they feel are ready mentally, physically, and technically for the NS Stream. Selection to the NS program will take place the first three weeks in September, and those athletes invited by the Head Coach as well as those new to the NS Program will participate in this assessment.

Components of the assessment will include HP Trials results, National Stream Staff coach assessments, and routine/figure basics evaluation. Required mark standard, based upon age of the athlete, must be achieved to be selected to participate in the National Stream Program.

COMPETITIVE PROGRAMS BY BIRTH YEAR

LIMITED COMPETITIVE 10 AND UNDER (BORN 2017, 2018, 2019) PROVINCIAL STREAM

This group is intended for swimmers who have been in the Recreational Program for more than one season (or if evaluated by head coach) and want to advance their skills, for competitive swimmers who do not want to commit quite so many hours, or a swimmer new to competitive swimming. Athletes are selected to Competitive Teams by the Head Coach only. **Ltd Competitive athletes train 2 X per week pool training and 2X per week dryland.**

PRACTICE SCHEDULE

Program starts September 3, 2025 - May 30, 2026

Thursday: pool 4:45 to 6:15 pm; dryland 6:15 to 7 pm at Shaw Centre

Sunday: dryland 12:30 to 1 pm; Pool 1 to 2:30 pm at Shaw Centre

Note: There are no practices on long weekend Saturday or Sunday's

COMPETITIONS THESE ATHLETES ARE EXPECTED TO ATTEND

- Aqualenes Fun Meet Saturday March 14, 2026 at Shaw
- SAQ Water show – Tentatively Saturday Mar 29, 2026 at Shaw - time TBA
- May be asked to pre-swim at Sandra Roberts Provincials - January 24-25, 2026, Saskatoon, SK

FEES

Membership Fees	\$30 (SAS) and \$36 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$2,805	
Payment Options	Annually	\$2,805 due at time of registration
	Bi-Annually	\$1,460 due at time of registration and \$1,345 on January 1
	Monthly	\$451.25 due at time of registration and then \$336.25 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$300 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc....Fees will be itemized in your RAMP invoice)

LIMITED COMPETITIVE 14 AND UNDER (BORN 2012 – 2016) PROVINCIAL STREAM

This group is intended for swimmers who have been in the Recreational Program for more than one season (or if evaluated by head coach) and want to advance their skills, for competitive swimmers who do not want to commit quite so many hours, or a swimmer new to competitive swimming. Athletes are selected to Competitive Teams by the Head Coach only. **Ltd Competitive athletes train 2 X per week pool training and 2X per week dryland.**

PRACTICE SCHEDULE

Program starts September 3, 2025 – May 30, 2026.

Note: There are no practices on long weekend Saturday or Sunday's

Tuesday: dryland 5:30 to 6:30 pm; Pool 6:30 to 8:30 pm at Shaw

Wednesday: dryland 5:30 to 6:30 pm; Pool 6:30 to 8:30 pm at Shaw

COMPETITIONS THESE ATHLETES ARE EXPECTED TO ATTEND:

- Marnie Meet and SAS Camp, Nov 22-23, Prince Albert, SK
- May be asked to pre-swim at Sandra Roberts National Age Group Provincials (January 24-25, 2026, Saskatoon, SK)
- Aqualenes Fun Meet - Saturday March 14, 2026 at Shaw
- SAQ Water show – Tentatively Sunday March 29, 2026 at Shaw - time TBA
- Sadie Caulder Knight Age Group Provincials - April 11-12 , 2026, Regina, SK

FEES

Membership Fees	\$30 (SAS) and \$36 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$3,355	
Payment Options	Annually	\$3,355 due at time of registration
	Bi-Annually	\$1,735 due at time of registration and \$1,620 on January 1
	Monthly	\$520 due at time of registration and then \$405 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$300 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

10U PROVINCIAL STREAM (BORN 2016, 2017)

Learning to Train: Building skills for Artistic Swimming and for Life

Athletes at the Learning to Train stage discover what artistic swimming is all about and how fun it can be. Coaches establish a culture of challenge and fun as they address the windows of trainability for suppleness, stamina, and skill. While the athlete becomes acquainted with artistic swimming-specific skills and techniques, they continue to develop fundamental movement and motor skills, build a strong fitness base, and fall in love with the sport. Talent identification occurs at the end of this stage and is based on several factors, including suppleness, skill, and genetic predisposition to the sport. Athletes are selected to Competitive Teams by the Head Coach only. All second year Provincial Stream athletes may opt into Saskatchewan Artistic Swimming High Performance trials if they qualify (typically scheduled at the end of May, at an additional cost - To be decided). **These athletes train 3 X per week pool training, 3X per week dry land training.**

PRACTICE SCHEDULE

Program runs from September 3, 2025 - May 30, 2026.

Monday - Dryland 5:30 – 6:30PM; Pool 6:30 – 8:30PM at Shaw

Thursday Pool 4:15 – 6:15PM; Dryland 6:15 – 7:15PM at Shaw

Sunday - Dryland 11:30-12:30PM; Pool 12:30 to 2:30PM at Shaw

Note: Team building once per month after practice on a Sunday (Dates TBA by coach) – One parent responsible to bring snack for team

FEES

Membership Fees	\$50 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$3,545	
Payment Options	Annually	\$3,545 due at time of registration
	Bi-Annually	\$1,830 due at time of registration and \$1,715 on January 1
	Monthly	\$543.75 due at time of registration and then \$428.75 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

12U PROVINCIAL STREAM (BORN IN 2014, 2015)

Train to Train: Loving Challenges, building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaptation to aerobic, speed, and strength training to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating artistic swimming- specific skills as opposed to competing. Athletes are selected for Competitive Teams by the Head Coach only. All Provincial Stream athletes may opt into Saskatchewan Artistic Swimming High Performance trials if they qualify (typically scheduled end of May, at an additional cost - To be decided). **These athletes train 3 X per week pool training and 3 X per week dry land training/land drill.**

Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

PRACTICE SCHEDULE

Program runs from September 3, 2025 - May 30, 2026.

Monday – Craven Training Centre Dryland 5 – 6PM; Pool 6:30 – 8:30PM at Shaw

Wednesday – Flex/Dryland 5:15 – 6:15PM; Pool 6:30-8:30PM at Shaw

Saturday - Pool 12 to 4PM; land drill 4 – 4:30PM at Shaw

Note: Team building after practice on Saturdays once per month (dates TBA by coach) - One parent responsible to bring snack for team.

FEES

Membership Fees	\$50 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$4,045	
Payment Options	Annually	\$4,045 due at time of registration
	Bi-Annually	\$2,080 due at time of registration and \$1,965 on January 1
	Monthly	\$606.25 due at time of registration and then \$491.25 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

YOUTH (BORN 2011-2013) AND JUNIOR PROVINCIAL STREAM (BORN 2007-2009)

Training to Train: Loving Challenges: Building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaption to aerobic, speed, and strength training to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating artistic swimming-specific skills as opposed to competing. Athletes are selected for Competitive Teams by the Head Coach only. All Provincial Stream athletes may opt into Saskatchewan Artistic Swimming High Performance trials if they qualify, (typically scheduled end of May at an additional cost - To be decided). **These athletes train 3 times per week pool training, 2 times per week dry land/cross training.**

Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

PS YOUTH AND JUNIOR - PRACTICE SCHEDULE

Program runs from September 3, 2025 - May 30, 2026

Monday – Craven Training Centre Dryland 5 – 6PM; Pool 6:30 – 8:30PM at Shaw

Wednesday – Flex/Dryland 5:15 – 6:15PM; Pool 6:30-8:30PM at Shaw

Saturday – Pool 12 to 4PM; land drill 4 – 4:30 PM at Shaw

Note: An extra routine or a weekly private lesson is highly recommended for this age group. Team building after practice on Saturdays once per month (dates TBA by coach) - One parent responsible for bringing snack for team.

SK WINTER GAMES TEAM - PRACTICE SCHEDULE

Program runs from September 3, 2025 - May 30, 2026

Monday – Craven Training Centre Dryland 5 – 6PM; Pool 6:30 – 8:30PM at Shaw

Thursday – Pool 5:15 – 7:15PM; Dryland 7:15 – 8:15PM at Shaw

Saturday – Pool 12 to 4PM; land drill 4 – 4:30 PM at Shaw

FEES

Membership Fees	\$50 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$4,065	
Payment Options	Annually	\$4,065 due at time of registration
	Bi-Annually	\$2,090 due at time of registration and \$1,975 on January 1
	Monthly	\$608.27 due at time of registration and then \$493.82 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

SASKATCHEWAN WINTER GAMES TEAM - YOUTH AND JUNIOR PROVINCIAL STREAM (BORN 2008-2014)

- The Saskatchewan Winter Games will be held in Meadow Lake, SK from February 15 - 21, 2026

Training to Train: Loving Challenges: Building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaption to aerobic, speed, and strength training to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus of training is on building an aerobic base and consolidating artistic swimming-specific skills as opposed to competing. Athletes are selected for Competitive Teams by the Head Coach only. All Provincial Stream athletes may opt into Saskatchewan Artistic Swimming High Performance trials if they qualify, (typically scheduled end of May at an additional cost - To be decided). **These athletes train 3 times per week pool training, 2 times per week dry land/cross training, and one (1) Sunday per month from September to February.**

Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

SK WINTER GAMES TEAM - PRACTICE SCHEDULE

Program runs from September 3, 2025 - May 30, 2026

Monday – Craven Training Centre Dryland 5 – 6PM; Pool 6:30 – 8:30PM at Shaw

Thursday – Pool 5:15 – 7:15PM; Dryland 7:15 – 8:15PM at Shaw

Saturday – Pool 12 to 4PM; land drill 4 – 4:30 PM at Shaw

Sunday - One extra Sunday practice per month from Sept to Feb

FEES

Membership Fees	\$50 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$4,065	
Payment Options	Annually	\$4,065 due at time of registration
	Bi-Annually	\$2,090 due at time of registration and \$1,975 on January 1
	Monthly	\$608.27 due at time of registration and then \$493.82 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

12U NATIONAL STREAM (BORN 2014, 2015)

Athletes are selected to this program by the head coach. **These athletes train 4 X per week pool training and 3 X per week dry land/cross training.**

PRACTICE SCHEDULE

Program runs from September 3, 2025 – June 25, 2026.

Monday – Dryland 5:45 – 6:30PM / Land drill 6:00 – 6:30PM; Pool 6:30 – 8:30PM at Shaw

Tuesday – **2 weeks prior to competitions only** Pool 6:30 – 8:30 PM Shaw

Wednesday – Dryland/Land Drill 5:30 – 6:30PM; and 6:30–8:30PM at Shaw

Thursday – Pool 4 – 4:15 Activation; 4:15 – 7:15PM at Shaw

Saturday – Land drill 11:30 to Noon – 12PM ; Pool 12PM to 4PM;

FEES

Membership Fees	\$75 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$5,925	
Payment Options	Annually	\$5,925 due at time of registration
	Bi-Annually	\$3,040 due at time of registration and \$2,885 on January 1
	Monthly	\$876.25 due at time of registration and then \$721.25 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)

YOUTH NATIONAL STREAM (BORN 2011-2013)

Training to Train: Loving Challenges: Building Pride

At the Training to Train stage, athletes learn that hard work can be rewarding and fun. They enjoy the sense of pride and satisfaction that comes when meeting a challenge head on. During this stage, trained coaches address the window of accelerated adaptation to aerobic, speed, and strength training to maximize the athlete's development. During competitions, athletes compete to achieve their best, but the major focus is on building an aerobic base and consolidating artistic swimming-specific skills as opposed to competing. Athletes are selected for Competitive Teams by the Head Coach only. All National Stream athletes are expected to attend Saskatchewan Artistic Swimming High Performance trials; the cost is included in their training fees. **These athletes train 5 X per week pool training and 3 X per week dry land/cross training.**

Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas.

PRACTICE SCHEDULE

Program runs from September 3, 2025 – June 25, 2026.

Monday – 5:45 – 6:00PM Activation; Land drill 6:00 – 6:30PM; Pool 6:30 -- 8:30 PM at Shaw

Tuesday – Ignite 5:00 – 6:00PM; Pool 6:30 - 8:30 PM; 8:30 - 9PM (1/2 team) at Shaw

Wednesday – Dryland/Land Drill 5:30 – 6:30PM; and 6:30–8:30PM; 8:30 – 9 PM (1/2 team) at Shaw

Thursday – 4:00 – 4:15PM Activation; 4:15 – 7:15PM Pool at Shaw

Friday – Strength (Ignite Training) TBA

Saturday – Land drill 11:30AM – 12PM ; Pool 12PM to 4PM;

FEES

Membership Fees	\$75 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$7,115	
Payment Options	Annually	\$7,115 due at time of registration
	Bi-Annually	\$3,635 due at time of registration and \$3,480 on January 1
	Monthly	\$1025 due at time of registration and then \$870 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc....Fees will be itemized in your RAMP invoice)

JUNIOR NATIONAL STREAM (BORN 2008-2010)

Training to Compete/Canada Games Bound: We know greatness will result from our passion.

At the Training to Compete stage, athletes learn that their passion for artistic swimming shines through in competition. Their demanding sport specific physical, tactical, and technical training programs are preparing them for the challenges of performance. They set individual and team goals and enjoy the satisfaction of reaching them. At this stage, talent identification and an athlete's ambitions will largely determine whether she pursues a national or international stream of training and competition. Athletes are selected to Competitive Teams by the Head Coach only. All National Stream athletes are expected to attend Saskatchewan Artistic Swimming High Performance trials; the cost is included in their training fees. Mentorship service is an expectation of these athletes: each athlete provides two mentorship practices – one will be scheduled before Christmas and one after Christmas. **These athletes train 5-6 times per week pool training and 3 times per week dry land training.**

PRACTICE SCHEDULE

Program runs from September 3, 2025 - June 25, 2026.

Monday – 5:45 – 6:00PM Activation; Land drill 6:00 – 6:30PM; Pool 6:30 -- 9:00 PM at Shaw

Tuesday – Ignite 5:00 to 6:00PM; Pool 6:30 to 9:00PM at Shaw

Wednesday – Dryland/Land Drill 5:30 – 6:30PM; and 6:30-9:00PM at Shaw

Thursday – 4:00 – 4:15PM Activation; 4:15 – 7:15PM Pool at Shaw

Friday – Strength (Ignite Training) 5:30 – 6:30PM

Saturday – Land Drill 11:30 to – 12PM ; Pool 12PM to 4PM;

FEES

Membership Fees	\$75 (SAS) and \$59 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	\$7,335	
Payment Options	Annually	\$7,335 due at time of registration
	Bi-Annually	\$3,745 due at time of registration and \$3,590 January 1
	Monthly	\$1052.50 due at time of registration and then \$897.50 monthly October 1 - April 1
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc....Fees will be itemized in your RAMP invoice)

SENIOR / MASTERS (BORN 2007 OR EARLIER)

In artistic swimming, what we learn in the pool we take with us for life.

Our athletes lead all-around active and healthy lives. The Active for Life Stage focuses on enabling athletes to make a smooth transition from competitive careers to lifelong physical activity and participation in sport. Whether athletes choose to continue in artistic swimming as volunteers, coaches, officials, university level competitors, Masters or Senior level athletes, change to a different sport, transition to a career at Cirque du Soleil or another professional field, or participate in new recreational activities, the skills they learn in artistic swimming will help them succeed in whatever path they choose. A schedule that fits their life situation will be determined upon registration as these athletes hold down jobs or are enrolled in post-secondary schooling/courses. Athletes are selected to competitive teams by the Head Coach only.

Senior Program athletes may train 3-4 times per week pool training (8-12 hours). *Master's Program* athletes may train 2 to 3 times per week (4-6 hours). Athletes will consult with our Head Coach to design a schedule, and then fees will be determined prior to full registration based on the program.

COMPETITIONS THAT ATHLETES ARE ENCOURAGED TO ATTEND:

- Sandy Roberts National Age Group Provincials – January 24-25, 2026, Saskatoon
- National Qualifier Event – March 15-21, 2026, Quebec City, Quebec
- Nationals, Masters Nationals or Canadian Artistic Swimming Championships – May, 3-9, 2026 (tentatively), Saskatoon, SK
- Canadian Prairie Championship – May 3-9, 2026, Saskatoon, SK
- SAQ Water show – Tentatively Saturday March 29, 2026, Shaw - Time TBA

FEES

Membership Fees	\$37 (SAS) and \$36 (CAS) Due at time of registration (in addition to Regular fees)	
Regular Fees	Fees will be based on the number of hours the athletes are in the water and will be determined prior to registration.	
Additional Fees	March 30	Raffle tickets \$300 fee/swimmer
	June 1	Volunteer \$500 fee (only if requirements have not been met) and/or miscellaneous fees captured from the season (e.g. swim caps, banquet tickets, coach expenses, etc...Fees will be itemized in your RAMP invoice)