



What is AquaGO?

A physical and aquatic literacy program developed by Canada Artistic Swimming, for artistic swimming in Canada. This program reflects the current science behind long-term athlete development (LTAD) in the sport of artistic swimming, focusing on developing aquatic literacy as well as providing an introduction to the sport.

Led by trained instructors, the program is designed to meet the needs of children who will find the content fun to learn while participating in a safe and welcoming environment that incorporates a variety of basic physical and athletic skills in and out of the water. Swimmers may use their new acquired skills to advance further in the sport of artistic swimming or may transfer them to other aquatic and land-based activities.

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**Aquatic Fundamentals,
with a focus on the FUN part!**

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AquaGO! PROGRAM INFORMATION

AquaGO! benefits participants by:

- Introducing new ways to move in and out of the water •
- Developing physical and aquatic literacy
- Being accessible and inclusive – AquaGO! welcomes all abilities, skill levels and participants
- Providing fitness and health benefits and the opportunity to participate for life
- Developing teamwork skills

Program at a glance:

The AquaGO! program is based on four program pillars. Each level of the AquaGO! program includes selected skills from each of the 4 program pillars that are aligned with Canada Artistic Swimming's athlete development framework. (see next page for the pillars).

- To earn an AquaGO! Level, participants must complete the Swimming Skills, Artistic Swimming Fundamentals, Athletic Abilities and Flexibility required skills in the AquaGO! level they are challenging.
- Participants are evaluated over the course their session by their instructor and will receive a mid-session feed back form after lesson 5 or 6 and a progress report at the end of the session.

Four Pillars:



Artistic Swimming Skills

Participants will be introduced to fundamental artistic swimming skills which will be developed and acquired throughout the AquaGO! program.

Swimming Fundamentals

Acquiring fundamental swimming skills is an essential component to developing the artistic swimmer. Participants will develop and strengthen their aquatic literacy at every level of the program.

Athletic Abilities

The development of fundamental movement skills (both on land and in the water), speed, strength and stamina are important for all children and for the development of the artistic swimmer. These athletic abilities are included at all levels of the AquaGO! program to ensure the balanced development of the participant.

Flexibility

Flexibility is a priority skill to the development of the artistic swimmer, and essential suppleness skills are included at all levels of the program to ensure the participant gains important flexibility skills for success in and out of the water.

AquaGO! CLASS INFORMATION

AquaGO level 1-2 Class length: 1 hour

Approximate ages: 4-6

Prerequisite:

No prior artistic swimming experience is required. Athletes should be comfortable participating in a group lesson, and in deep water. Be water safe and willing to submerge their face in the water and demonstrate an eagerness to learn in a positive and supportive environment. Swimmers should have previous beginner swimming lesson experience.

Building Swimming Skills:

Athletes will develop fundamental water confidence and swimming skills, including opening their eyes underwater, blowing bubbles, front flutter kick, front crawl fundamentals, air transfer, and becoming safe and comfortable in deep water. Athletes will also begin developing an understanding of the mechanics of basic swimming strokes.

Building Artistic Swimming Skills:

Athletes will be introduced to the fundamentals of artistic swimming, including front and back layout positions, tub position, body awareness and control, and an understanding of how muscles work together to create movement in the water. Athletes will also begin exploring musicality and rhythm while learning the basics of simple artistic swimming routines.

AquaGO level 3-4 Class length: 1.5 hours

Approximate ages: 7-9

Prerequisite:

Athletes should have successfully completed AquaGO Levels 1/2 (or demonstrate equivalent skills, evaluations arranged on request). Swimmers should be comfortable in deep water, able to swim independently using basic front crawl and flutter kick, and demonstrate a readiness to begin learning foundational artistic swimming skills.

Building Swimming Skills:

Athletes will continue developing swimming fundamentals while building confidence in front crawl, back crawl, whip kick on both front and back, and basic diving skills.

Building Artistic Swimming Skills:

Athletes will learn eggbeater, develop foundational sculling skills, begin exploring basic upside-down positions and transitions, and develop a basic understanding of routine choreography and routine comprehension.

AquaGO! CLASS INFORMATION continued

AquaGO level 5-6 Class length: 1.5 hours

Approximate ages: 10-12

Prerequisite:

Athletes should have successfully completed AquaGO Levels 3/4 (or demonstrate equivalent skills, evaluations arranged on request). Swimmers should be confident in deep water, have a solid understanding of basic artistic swimming skills including eggbeater and foundational sculling techniques, and be ready to progress to more advanced figures, transitions, and routine development.

Building Swimming Skills:

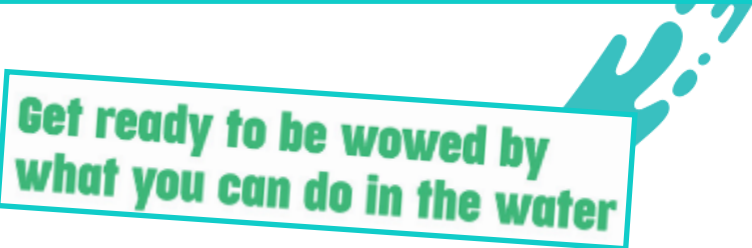
Athletes continue to build strong swimming fundamentals while developing proficiency in front crawl, back crawl, breaststroke, and an introduction to butterfly.

Building Artistic Swimming Skills:

Athletes will develop all foundational sculling techniques and underwater positions, including but not limited to split position, vertical position, and bent knee position. Continued work on eggbeater skill development. They will also begin learning basic transitional figure skills and develop an understanding of the fundamentals of routine choreography.

Our athletes also have the opportunity to participate in:

- Club Watershows
- Fun club 'ISYNC' meets
- Other club activities which may include:
 - Christmas party, Synchro Hair & Makeup Night



**Get ready to be wowed by
what you can do in the water**

PAYMENTS DUE before first class:

Payments to CLUB: CLASS FEE + Season Club registration fee

1. **Season Club Registration Fee:** paid to club with class payment once each season
if your swimmer does both session 1 and 2, this fee is only paid once
1. **Class Fee for one session:**

As listed in the class & fee details for this year

SUMMARY of payments to CLUB:

total class fees for session + season club registration fee if not already paid

EXAMPLE:

Payment by ETransfer

When you have registered through the CLUB WEBSITE, you will be emailed payment instructions.

Payment to BC/Canada Artistic Swimming:

Annual BC/Canada Artistic Swimming registration/insurance fee

if your swimmer does both session 1 and 2, this fee is only paid once

You pay this directly when you register your swimmer online through the RAMP registration system (separate from club class registration)

Payment online with credit card (club not involved with this portion)

- **BC Artistic Swimming fee**
- **Canada Artistic Swimming fee**



Victoria Artistic Swimming AquaGo Program Cancellation Policy:

The family of a swimmer that wishes to withdraw from an Aquago session must notify the registrar (jennifervicsynchro@gmail.com) and bookkeeper (victoriaasbookkeeper@gmail.com) of the club. The initial Season Club Registration Fee and BC/Canada Artistic Swimming Season Registration/Insurance Fee are non-refundable. If notice of withdrawal is received before class number 5 then a pro-rated refund will be given. No refunds issued if withdrawal is after class 5.

CLUB Website: <https://vssc.poolq.net/>

Registrar Email: jennifervicsynchro@gmail.com

Mailing address: 100-4636 Elk Lake Dr, Victoria BC, V8Z 5M1



HOW TO REGISTER :

1 GO to CLUB website <https://vssc.poolq.net/>

2 CREATE YOUR ACCOUNT:

- ♦ click 'sign in' in upper right corner
- ♦ Follow prompts to set up your account
- ♦ Complete your account profile (that is your information) and **add member** (this is your swimmer!) to be able to register
- ♦ you can add multiple contact emails if needed

or

SIGN IN TO YOUR ACCOUNT

- ♦ go to website and click 'sign in' in upper right corner
- ♦ Ensure all information is up to date including emergency contacts

3 REGISTER with Victoria Artistic Swimming Club:

- 1 Look under 'Programs' tab at top
- 2 Scroll down to the 'Development Programs - AQUAGO' and click on:
- 3 Under the class you want click on:
- 4 Follow registration instructions

Explore or Register

Register

You will receive a confirmation email

4 **ONLY required ONCE per season**

REGISTER ON RAMP WEBSITE: for BC/Canada Artistic Swimming Membership <http://victoriasc.rampregistrations.com>

- ♦ Participation in any artistic swimming activity requires this for insurance coverage
- ♦ you will complete the BCAS waivers

At the end you will be asked to pay the BC/Canada Artistic Swimming fees online directly to them.

5 CLUB PAYMENT via Etransfer

CLUB payment instructions emailed to you in confirmation of club registration