VICTORIA ARTISTIC SWIMMING

AquaGo!

What is AquaGo? Ages 6-9

Developed by Canada Artistic Swimming, 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.

CLASS OPTIONS to choose from:

LEVEL 1:

TUE	4:30 to 5:30 pm
TUE	5:30 to 6:30 pm

LEVEL 2:

FRI	4:30 to 5:30 pm
FRI	5:30 to 6:30 pm

SESSION 2:

TUES classes:	Mar 3 to Jun 2
FRI classes:	Mar 6 to Jun 5

REQUIREMENTS:

- Swimmers should be comfortable in the water and jumping into the water without the assistance of a life jacket
- Swimmers should have previous beginner swimming lesson experience

Aquatic Fundamentals, with a focus on the FUN part!

VICTORIA ARTISTIC SWIMMING

AquaGO!

The program is based on the four pillars of artistic swimming skills:

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.

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.

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.

PAYMENTS DUE before first class:

Payments to CLUB: CLASS FEE + Season Club registration fee

1. **Season Club Registration Fee:** $30 paid to club with class payment once for 2025/26 season

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

1. **Class Fee (this is the total cost for one class for one session):**

SESSION 2: class fee	
TUES classes:	$222
FRI classes:	$204

SUMMARY of payments to CLUB:

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

EXAMPLE: Session 2 Fri class $204+ club registration fee $30 = $234to club

Payment by ETransfer or Cheque only

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)

- **2025/26 BC Artistic Swimming fee: $30**

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

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://www.victoriasynchro.com/
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/

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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

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REGISTER with Victoria Artistic Swimming Club:

1 Look under 'Programs' tab at top

2 Scroll down to the 'Development Programs - AQUAGO ' and click on: Explore or Register

3 Under the class you want click on: Register

4 Follow registration instructions

You will receive a confirmation email

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ONLY for swimmers new to the club, those from Session 1 do not have to do this again:

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.

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CLUB PAYMENT via Etransfer or Cheque:

CLUB payment instructions emailed to you in confirmation of club registration