



## What is AquaGo?

The new physical and aquatic literacy program developed by Canada Artistic Swimming, a nation-wide grassroots foundation program for artistic swimming in Canada. This new 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.

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



### **Session 2**

**Fridays 5:30-6:30 pm**

**FIRST CLASS: Friday Feb 21, 2025**

**LAST CLASS: Friday May 23, 2025**

**WATERSHOW: Sunday May 25, 2025**

- 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





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.

This pillar card has a green background with a red and purple splash at the top left and bottom right. The AquaGO! logo is in the top right corner.

**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.

This pillar card has a red background with a blue and yellow splash at the top left and bottom right. The AquaGO! logo is in the top right corner.

**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.

This pillar card has a teal background with a yellow and red splash at the top left and bottom right. The AquaGO! logo is in the top right corner.

**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.

This pillar card has a purple background with an orange and teal splash at the top left and bottom right. The AquaGO! logo is in the top right corner.

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





## COSTS:

**Annual club registration fee: \$50** covers registration with BC Artistic Swimming & Canada Artistic Swimming (If you paid this for a session 1 class this season then you do not have to pay again)

### SESSION 2 fee:

⇒ \$175 for full session of classes



## Payments:

### Payment Summary for Registration:

$\$175 + \$50 = \$225$  (IF this is your swimmer's first set of classes for the 2024/25 season)

**OR** \$175 (IF your swimmer was registered for classes in Session 1 and club registration fee was already paid )

**PAYMENTS Due** before first class

(session fee + club registration fee if not already paid).

Payment by ETransfer, you will be mailed instructions when you register.

## CONTACT INFORMATION:

**Website:** <https://www.victoriasynchro.com/>

**Registrar Email:** [jennifervicsynchro@gmail.com](mailto:jennifervicsynchro@gmail.com)

**Bookkeeper Email:** [victoriaasbookkeeper@gmail.com](mailto:victoriaasbookkeeper@gmail.com)





## 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](mailto:jennifervicsynchro@gmail.com)) and bookkeeper ([victoriaasbookkeeper@gmail.com](mailto:victoriaasbookkeeper@gmail.com)) of the club. The initial Club Registration Fee is 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.

### HOW TO REGISTER :

1

GO to our website: <https://www.victoriasynchro.com/>

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:

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

Explore or Register

 Register

You will receive a confirmation email after you have registered, this will include any forms required and Etransfer instructions.