

Aquasonics Artistic Swim Club

Recreational Programs



Beginner recreational

Dive into the exciting world of artistic swimming! This one-hour weekly class introduces young swimmers to artistic swimming through fun activities, music, and creativity. Participants will practice basic swimming skills and artistic swimming techniques, build coordination, confidence, and teamwork in the water. Swimmers will work on routines and have the chance to perform at the winter and spring showcases. Perfect for children who are new to artistic swimming and eager to try something new!

Requirements:

Age: 5-7

Practices duration: 1h, once a week (possible to join multiple beginner Rec classes)

Swimming level: comfortable being in deep waters but don't have to swim independently, swimming level preschool 5 and up

Session offered: winter (October to December) and spring (January to April)

Performances: 1 performance per session (either winter or spring water show)

Participation in club events: winter and spring water show, Halloween fun day, winter party, movie night, Easter funday, club BBQ, athlete of the month

Intermediate recreational

Looking to build on your swimming skills while trying something new? Athletes will develop swimming skills, flexibility, coordination and strength while learning the fundamentals of artistic swimming. Explore basic sculls, figures, body positions, and routines in a fun and supportive environment. Swimmers will also have the opportunity to learn choreography and perform for family and friends. Along the way, participants will build friendships, gain confidence in the water, challenge themselves, and create lasting memories through fun team and club activities throughout the season. This program is open to new swimmers and swimmers who have completed beginner recreational.

Requirements:

Age: 8-11

Practices duration: 1h30m, 2x a week

Swimming level: able to swim alone in deep water, swimming level 2 and up

Session offered: winter (October to December) and spring (January to April)

Performances: 1 performance per session (either winter or spring water show)

Participation in club events: winter and spring water show, Halloween fun day, winter party, movie night, easter funday, learn how to gel your hair day, club BBQ, athlete of the month

Advanced recreational

This program is designed to help older swimmers stay involved in the sport in a fun, welcoming, and supportive environment. Athletes will continue developing artistic swimming skills, building confidence, friendships, and teamwork while enjoying club activities throughout the season. The focus is on participation, personal growth, and long-term enjoyment of the sport, giving swimmers a pathway to continue without the pressure of moving into a competitive program.

Requirements:

Age: 10+

Practices duration: 2h, 2x a week

Swimming level: need to be able to swim alone in deep water, swimming level 2 and up

Session offered: winter (October to April)

Performances: 2 performances (winter and spring water show)

Participation in club events: winter and spring water show, Halloween fun day, winter party, movie night, easter funday, club BBQ, athlete of the month, learn how to gel your hair day, team bondings

Expectation for recreational programs:

Skills athlete will learn:

- Flexibility
- Team work
- Strengthening
- Basic artist swimming positions and skills
- Acrobatics
- Swimming skills
- Goal setting (depending on level)

Average practice:

- Arrive and meet coach on pool deck
- Land warm up and strengthening (depending on program)
- In water warm up (swimming lengths)
- Learning artistic swimming positions
- Learning and practicing their routine

Important to note: 30%-50% of training is done out of the water with strengthening and flexibility.