



## Aquasonics Program Framework 2024/25

Our vision as an artistic swimming club is to create more opportunities to support athlete goals and needs. We offer a variety of participation levels to support your/your child's lifestyle. Our program is split into four training cohorts that indicate the participation level of the athletes.

Each program level and options may have more than one team per age group (Teal & Red teams).

	Programs	Training Participation Hours	Additional Program Opportunities / Commitments	Options Offered
R E C R E A T I O N A L	<b>Beginner &amp; Advanced Recreational / AquaGo</b>	<ul style="list-style-type: none"> <li>Programs range from 30 minutes to 1.5 hours in length</li> <li>10 week sessions each in the Fall, Winter, Spring &amp; Summer</li> </ul>	<ul style="list-style-type: none"> <li>Training &amp; Showcase (optional)</li> <li>2 Club Watershows (Holiday and end of year)</li> <li>Opportunity to attend club social events (Season Kick Off Event, Halloween Party, End of Year Party, etc.)</li> <li>Club gear is optional</li> </ul>	<ul style="list-style-type: none"> <li>5 years old to 15 years old</li> <li>Surrey Beg Rec</li> <li>Coquitlam Beg Rec</li> <li>Masters</li> <li>Adapted</li> <li>Homeschool</li> <li>Summer</li> </ul>
C O M P E T I T I V E	<b>Introduction to Competition</b>	<ul style="list-style-type: none"> <li>10-12 hours per week depending on age of athletes split over 3-5 training sessions/week</li> <li>Full year program (September to mid May)</li> <li>Summer only (May-August)</li> </ul>	<ul style="list-style-type: none"> <li>1-2 Invitational Competitions in BC</li> <li>2 Club Watershows (Holiday and end of year)</li> <li>Opportunity to attend club social events (Season Kick Off Event, Halloween Party, End of Year Party, etc.)</li> <li>Team &amp; individual fundraising opportunities</li> <li>1 item of club gear is required</li> </ul>	<ul style="list-style-type: none"> <li>10 under</li> <li>12 under</li> <li>13/15 Youth</li> <li>16/18 Junior</li> <li>Adapted</li> <li>Masters</li> <li>Summer</li> </ul>
	<b>Competitive Regional Northwest</b>	<ul style="list-style-type: none"> <li>10-16 hours per week depending on age of athletes split over 3-5 training sessions/week</li> <li>Full year program (September to mid May)</li> <li>Summer only (May-August)</li> </ul>	<ul style="list-style-type: none"> <li>1-2 Invitational Competitions</li> <li>2 Northwest Competitions</li> <li>Travel out of BC required for competitions</li> <li>2 Club Watershows (Holiday and end of year)</li> <li>Opportunity to attend club social events</li> <li>Team &amp; individual fundraising opportunities</li> <li>Club competition gear is required</li> </ul>	<ul style="list-style-type: none"> <li>10 under</li> <li>11/12</li> <li>13/15 Youth</li> <li>16/18 Junior</li> <li>Adapted</li> <li>Masters</li> <li>Summer</li> </ul>
	<b>Competitive High Performance Stream</b>	<ul style="list-style-type: none"> <li>15-22 hours per week</li> <li>3-5 training sessions/week</li> <li>Full year program (September to mid May)</li> <li>Selection by coach placement and invite.</li> <li>High level of athlete work ethic and parental commitment</li> <li>For dedicated athletes who prioritize this sport</li> <li>Summer only (May-August)</li> </ul>	<ul style="list-style-type: none"> <li>4-6 competitions a year in club invitationals, Regional Northwest and International competitions</li> <li>Requires international travel</li> <li>2 Club Watershows (Holiday and end of year)</li> <li>Opportunity to attend club social events</li> <li>Team &amp; individual fundraising opportunities</li> <li>Opportunity to compete at invitationals and participate in training camps</li> <li>Club competition gear is required</li> </ul>	<ul style="list-style-type: none"> <li>12 under</li> <li>11/12</li> <li>13/15 Youth</li> <li>16/18 Junior</li> <li>Adapted</li> <li>Masters</li> <li>Summer</li> </ul>