



Summit Artistic Swimming

Program Overview

AquaGo

What it is

Aquatic Fundamentals, with a focus on the FUN part!

Just as children learn to read by progressing through a series of fundamental skills, AquaGO! develops 'literacy' in the water. It's been specially designed for swimmers to first feel comfortable and enjoy movement in water, and then to build the skills to take part in aquatic-based activities throughout their lives.

This program is for swimmers up to the age of 11 (For new swimmers 12&over please see our Show Recreational program).

Program details

This program runs for 4 semesters during our regular season + a summer season if we can.

Cost

Based on the number of weeks in the semester and the age groups. From \$160-\$250/semester.

Equipment required

No club level equipment is needed, but they will have the option to purchase club swimsuits, jackets, and/or swim bags. Swimmers may want a nose plug and goggles.

Events

Swimmers in our AquaGo program are invited to participate in the following club events when they're registered for the associated semester:

- Planned Parenthood Plunge – a fundraising event supporting athletes and Planned Parenthood. Athletes collect money, half of which goes to their account, half goes to Planned Parenthood. This event is held on Saturday, October 18th and is a full evening event with different stations that swimmers can participate in during the night including but not limited to dancing, crafts, games, in water games and in water free play.
- Christmas Watershow Dec. 18th or 20th
- Christmas Pancake Breakfast – Dec 20th
- Year End Watershow – Date TBD
- TBD – Winter club event
- All events are included in club fees

Fundraising

Swimmers in this program have no required club fundraising but will be able to participate in select individual fundraisers throughout the year.

Show Recreational

What it is

Our Show Recreational Program is designed for swimmers who want to continue developing their artistic swimming skills and perform in watershows without the time commitment of our competitive program. This program is a great fit for:

- New to Artistic Swimming swimmers who are 10 years old or older and can swim two lengths of the pool unassisted
- Swimmers 9 years or older (born 2015 or earlier) who have completed AquaGo Level 3 or higher
- Swimmers who have recently finished the pre-competitive program but aren't moving into our competitive program
- Swimmers returning to the Show Rec program

Program Details

Swimmers can choose from 1, 2 or 3 classes a week. Each class will develop their own routines throughout the season. Classes are 30 minutes on land, and 1 hour in water.

After registration is finalized, we may create multiple teams for each time slot based on the number of registered swimmers, their age, and skill level. Even with multiple teams, groups may work together on skills, but they will perform separate team routines.

Cost

A \$75 registration fee is due at sign up, and another \$75 registration fee is charged in January. This fee only applies once, no matter how many classes per week a swimmer signs up for.

Monthly fees are: \$90 for 1 day/week, \$165 for 2days/week, \$235 for 3 days/week

Equipment required

Swimmers in this program will receive a custom team swimsuit at no additional cost.

No other club equipment is required, but they will have the option to purchase club swimsuits, jackets, and/or swim bags.

Events

Swimmers in our Show Rec program are invited to participate in the following club events:

- Planned Parenthood Plunge – a fundraising event supporting athletes and Planned Parenthood. Saturday, October 18th (more info in the AquaGo section above)
- Christmas Watershow Dec. 18th and 20th
- Christmas Pancake Breakfast – Dec 20th
- Year End Watershow – Date TBD
- TBD – Winter club event
- All events are included in club fees

Fundraising

- Swimmers in this program will have some required club fundraising and will be able to participate in select individual fundraisers throughout the year. More information on fundraising will be available at the season start parent meeting and communicated via email throughout the season.

Intro to Competitive

What it is

A new program in our competitive stream, created to be a 1-year steppingstone from recreational to travel competitive., This program has lower time commitments and no travel for swimmers in their first year of competitive.

Program details

Swimmers in this program will swim 2 days a week; Thursdays 5:15-7:45pm, and Sundays 3:00-6:30pm (part dryland, part water each day), and get to experience the excitement of competitive at local competitions without the commitment of travel.

Cost

A \$135 registration fee is due at sign up, and another \$135 registration fee is charged in January, and a monthly fee of \$170. All competition fees and events fees are included in these costs.

Equipment required

- Swimmers in this program will receive a custom team swimsuit at no additional cost.
- Swimmers will be required to purchase a club jacket (estimated \$140) and a club swimsuit (estimated \$90) through our clothing order if they don't already have one.
- Swimmers will also need a white swim cap and a plain black swimsuit which are purchased outside of the club, they will also need nose plugs, swims caps for practice (1 Summit swim cap provided), and goggles.
- Swim bags are not required to be purchased, but they can be bought through the club order.

Events

Swimmers in our Intro to Competitive program are invited to participate in the following club events:

- Planned Parenthood Plunge – a fundraising event supporting athletes and Planned Parenthood. Saturday, October 18th (more info in the AquaGo section above)
- November LTAD (Long Term Athlete Development) Skills Meet
- Christmas Watershow Dec. 18th and 20th
- Christmas Pancake Breakfast – Dec 20th
- Winterfest – January 31st & February 1st
- Provincial Championships March 27th-29th
- Year End Watershow – Date TBD
- TBD – Winter club event
- Competitive Club Sleepover – date TBD – end of season
- All events are included in club fees

Fundraising

- Swimmers in this program will have required club fundraising and will be able to participate in individual fundraisers throughout the year. More information on fundraising will be available at the season start parent meeting and communicated via email throughout the season.

Volunteering

- In our competitive program there is a requirement that parents and/or family members put in volunteer time throughout the season. This can range from attending fundraisers, helping organize events, being on the board, and helping out during competitions. More information on volunteering will be provided at our season start meeting on September 7th, and provided via email.

Travel Competitive

What it is

Our main competitive swim program, which swimmers move into after Intro to Competitive. Swimmers in this stream are committed to travel to 1 competition per season and train at a higher volume based on their age group.

Program details

Swimmers in this program will swim 3 days a week; Thursday, Saturday, and Sunday evening (part dryland, part water each day), exact times vary based on their team. The main competition for these athletes is selected at the start of the season, usually Ontario Championships in May. Athletes in this category may also apply for a solo or duet extra routine.

Cost

A \$205 registration fee is due at sign up, and another \$205 registration fee is charged in January, monthly fees vary by team. All competition fees and events fees are included in these costs.

Equipment required

- Swimmers in this program will receive a custom team swimsuit at no additional cost.
- Swimmers will be required to have a club jacket (estimated \$140) and a club swimsuit (estimated \$90), and club swim bag.
- Swimmers will also need a white swim cap and a plain black swimsuit which are purchased outside of the club, they will also need nose plugs, swim caps for practice (1 Summit swim cap provided), and goggles.

Events

Swimmers in our Intro to Competitive program are invited to participate in the following club events:

- Planned Parenthood Plunge – a fundraising event supporting athletes and Planned Parenthood. Saturday, October 18th (more info in the AquaGo section above)
- November LTAD (Long Term Athlete Development) Skills Meet
- Christmas Watershow Dec. 18th and 20th
- Christmas Pancake Breakfast – Dec 20th
- Winterfest – January 31st & February 1st
- Provincial Championships March 27th-29th
- Ontario Championships May 20-24th
- Year End Watershow – Date TBD
- TBD – Winter club event
- Competitive Club Sleepover – date TBD – end of season
- All events are included in club fees

Fundraising

- Swimmers in this program will have required club fundraising and will be able to participate in individual fundraisers throughout the year. More information on fundraising will be available at the season start parent meeting and communicated via email throughout the season.

Volunteering

- In our competitive program there is a requirement that parents and/or family members put in volunteer time throughout the season. This can range from attending fundraisers, helping organize events, being on the board, and helping out during competitions. More information on volunteering will be provided at our season start meeting on September 7th, and provided via email.