



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 aguatic literacy as well as providing an introduction to the sport.



Aquatic Fundamentals, with a focus on the FUN part!

Session 1 choice of:

Thursdays 4:00-5:00 pm

Oct 24th to Jan 23rd

Fridays 4:30-5:30 pm

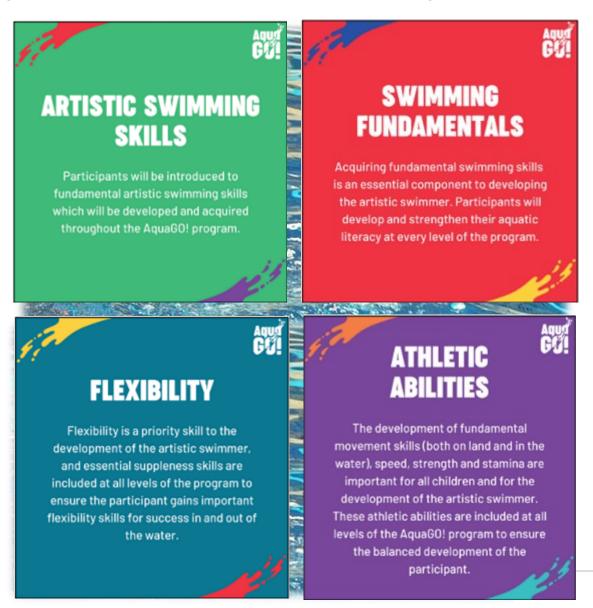
Oct 25th to Jan 24th

- 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:





COSTS:

Annual club registration fee: \$50 covers registration with BC Artistic Swimming &

Canada Artistic Swimming

SESSION 1 fee:

 \Rightarrow Thursday class \$193

 \Rightarrow Friday class \$210

Payments:

Payment Summary for Registration:

Cheque:

Mail one cheque payable to 'Victoria Artistic Swimming' in the amount of the <u>session fee plus the one time \$50</u> registration fee

Mailing address: 100-4636 Elk Lake Dr, Victoria BC, V8Z 5M1

OR

ETransfer:

Instructions given after registration

PAYMENTS Due before first class (session cost + registration fee)









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 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:

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

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

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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

REGISTER:

- 1 Look under 'Programs' tab at top
- 2 Scroll down to the 'Development Programs' AquaGo section and click on:

Explore or Register

- 3 Under 'AquaGo' class you want click on:
- **P** Register

4 Follow registration instructions

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