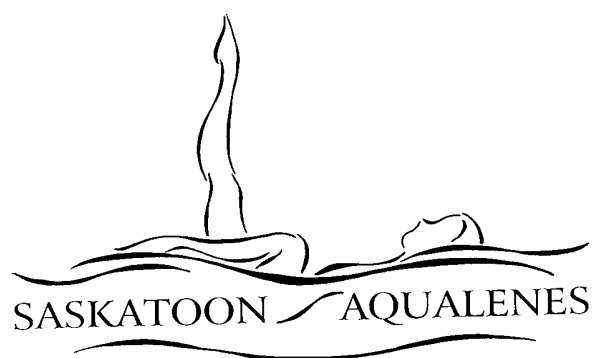


Saskatoon Aqualenes

Synchronized Swimming Club



*“Developing the whole athlete through
teamwork, excellence, fitness and enjoyment”*

REGISTRATION 2010-2011

**Recreational Program
Registration Package**

REGISTRATION 2010-2011

Where: Shaw Centre, 122 Bowlt Crescent

When: Monday, August 30, 6:30 – 8 p.m.

OR

Tuesday, August 31, 6:30 – 8 p.m.

Bring:

- 1) Sufficient cheques (up to 10) for full payment of fees by post-dated cheques payable to the ***Saskatoon Aqualenes or SAQ***. Swimmers can only begin program after registration is complete and full payment received.
- 2) Medical information & Saskatchewan Health Services card for your swimmer.

Veteran parents will be present to answer any questions you may have. For more information, call club phone (651-2500) OR Cindy Yelland (249-6284 or nc.yelland@shaw.ca).

NOTE: Current members may register by mail by sending complete registration package to:

Cindy Yelland, 131 Martin Crescent, Saskatoon, SK S7T 0A7 by August 31, 2010.

CHECKLIST FOR REGISTRATION

- **Application Form**
- **Assumption of Risk Agreement**
- **Cheques - Payment in Full**
 - **Affiliation Fee**
 - **Club Fees**
 - **Steak Night Tickets**

About the Saskatoon Aqualenes

The Aqualenes provides top level, fully certified NCCP Level I, II and III synchronized swimming coaches to provide swimmers with the safest, most rewarding synchronized swimming experience.

Our Head Coach, Laurie Wachs has twenty five years coaching experience. Laurie has coached many swimmers to medal performances at a provincial and national level. In November 2004 Laurie Wachs was inducted into the Saskatoon Sports Hall of Fame as a “Sport Builder”. In November of 2000 the Coaching Association of Canada selected Laurie Wachs as the recipient of the 3M Coaching Canada Award in the Development Sport – Female Category.

For participants new to the sport of Synchronized Swimming we offer the opportunity to “Learn To Synchro” with the Synchro Canada STAR Program. Our recreation program was developed for children aged 5 and up. It consists of 12 skill levels starting with the basics and progressing through to complex figures.

Synchronized Swimming

–challenging and fun!

Sometimes described as “water ballet,” synchronized swimming combines the athletic endurance of a speed swimmer, the flexibility of a gymnast and the grace of a dancer. It is one of the world’s most beautiful, disciplined and demanding sports. Synchro develops:

- Self-confidence
- Interpretive & performance skills
- Friendships & teamwork
- Strength & endurance
- Aerobic & anaerobic fitness

Because of synchro’s training benefits, swimmers often go on to excel at other sports. Saskatchewan has produced many outstanding Synchro athletes. In 2007, Aqualenes Swimmer Jessica Guenther won Saskatchewan a bronze medal at the Canada Winter Games. Jessica has been a member of the Junior National Team for the past two years. A former Aqualenes swimmer, Lesley Wright, performed in the famous Vegas Cirque de Soleil Water Show “0”. In

2006 the Aqualenes Senior Team captured a National Title and in 2008 captured silver in the Combo Event at Open Nationals.

Synchronized swimming has the potential to enhance our lives; it has a positive effect on our physical and mental well-being and it brings us together. The Aqualenes mission is to develop champions for life. We will fulfill this mandate by positioning Long Term Athlete Development as the foundation of all our programs – from grassroots to national team. Through LTAD, this development will be enhanced and participants will learn invaluable life skills as they progress through its seven stages. From a young age, children learn to respect and nurture individual differences, embrace challenges, and value the benefits that result from being part of a team effort.

Long Term Athlete Development supports life-long participation in Synchro (or other physical activities) and excellence at the High Performance Level. Both participation and excellence are built on the common foundation of fundamental movement and sports skills developed during the early stages – Active Start, FUNdamentals, and Learning to Train. Athletes may make the transition into life-long sport participation for fun and fitness at a later stage in Long Term Athlete Development.

The Saskatoon Aqualenes have a history of great volunteers. Parents operate the club with the help of our excellent coaches. We rely on the time our volunteers give in order to ensure the smooth operation of our club. More help is always needed. Please consider giving your time and agreeing to fill a board position. Without parent volunteers there would be no club.

For more information on the Saskatoon Aqualenes please see our website at <http://saskatoonaqualenes.saskatoon-sk.com>.

Recreational Program - Fundamentals

This program is suggested for children that are new to synchronized swimming and/or want to learn the basic synchronized swimming skills. At the FUNdamental stage, children learn the basics of Synchro and have fun in the process. They learn that the water is an ideal place for creative play – a world where they can float, fly, flip, twist, and dream. Trained instructors provide a safe and stimulating learning environment where children are introduced to all fundamental movement skills and begin to build overall motor skills.

We offer different levels in our recreational program. Aqua Giggles is for 5 – 7 year olds. Recreational is for 8 plus year olds. At the discretion of the coaches swimmers may be grouped by age and/or ability.

The time, location and cost of each program is outlined below. In addition, to the fees outlined below each family is required to purchase four steak night tickets for the cost of \$80.00. The steak night will be held November 7, 2010 at Smiley's from 5 – 9 pm. Fees may be paid on an annual, monthly or semi-annual basis. Please see the chart at the end of this document for more information.

The recreational program starts on Friday, September 17th, 2010 and runs until the end of April, 2011. These fees are for the entire year.

Aqua Giggles - 5 to 7 year olds

YWCA - Fridays: 5 – 6:30 pm starts Friday, September 17th, 2010

Cost: Fees: \$350.00

Affiliation Fee : \$ 45.00

Recreational – 8 plus year olds

YWCA - Saturdays: 3:15 – 5 pm starts Saturday, September 18th, 2010

Cost: Fees: \$500.00

Affiliation Fee: \$ 45.00

Equipment Needed

At the first practice the swimmer will need to have the following equipment: bathing suit, goggles, nose clips, and bathing cap. Nose clips and bathing caps will be available for purchase at registration.

Cancellation Policy

Refund of fees on a prorated basis MAY be granted provided notice has been issued to the club two weeks prior to withdrawal. Affiliation fees are not refundable. If a swimmer withdraws from the program after January 15th, a refund WILL NOT be issued unless a physician's certificate is supplied.

Program	Steak Night	Fees	Affiliation Fee
Aqua Giggles I	\$80.00 – 1 cheque dated October 1 st	Annual – 1 cheque dated September 1 st in the amount of \$350.00	\$45.00 – 1 cheque dated September 1st
		Monthly - 8 cheques dated on the first of each month starting September 1st and ending April 1 st in the amount of \$43.75	
		Semi-annual – 2 cheques dated September 1 st and January 1 st in the amount of \$175.00	
Recreational	\$80.00 – 1 cheque dated October 1st	Annual – 1 cheque dated September 1 st in the amount of \$500.00	\$45.00 – 1 cheque dated September 1st
		Monthly – 8 cheques dated on the first of each month starting September 1 st and ending April 1 st in the	

amount of \$62.50

Semi-annual – 2
cheques dated
September 1st and
January 1st in the
amount of \$250.00
