

# Dollard Artistic Swimming

## Club Programs 2023-2024

| Team / Group                          | Ages                | Requirements  | Practice Times  | Season   | Important Dates   | Clothing  |
|---------------------------------------|---------------------|---|---|--|---|---|
| <b>AquaGo! Synchro Lessons</b>        | Born 2013-2018      | <ul style="list-style-type: none"> <li>- Minimum 5 years old as of October 1, 2023</li> <li>- 25 metres with rhythmic breathing (blows bubbles with face in water - does not hold breath)</li> <li>- Front crawl (12 metres)</li> <li>- Flutter kick on back (12 metres)</li> <li>- Tread in deep water (30 seconds)</li> </ul> <p>*Please note that instructors are <i>not</i> in the water with participants.</p> | <ul style="list-style-type: none"> <li>- Saturday 10-11 am (born 2016-2018)</li> <li>- Saturday 11-12 pm (born 2013-2015)</li> </ul>  | <ul style="list-style-type: none"> <li>- Fall Session: September 30-December 16 (No lessons November 4 &amp; 18)</li> <li>- Winter Session: February-May 2024 (10 lessons) Dates to be confirmed.</li> </ul> | <ul style="list-style-type: none"> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Club End of Season Show: May 14 (DDO)</li> </ul>  | No Club clothing or routine suit to purchase.   |
| <b>Intro to Competition</b>           | Born 2014-2017      | <ul style="list-style-type: none"> <li>- 50 metres with rhythmic breathing (blows bubbles with face in water - does not hold breath)</li> <li>- Front crawl (25 metres)</li> <li>- Backstroke (25 metres)</li> <li>- Tread in deep water (2 minutes)</li> </ul> <p>*No synchro experience required.</p>   | <ul style="list-style-type: none"> <li>- Thursday 5:00-6:30 pm</li> <li>- Saturday 12:00-1:30 pm</li> </ul>   | <ul style="list-style-type: none"> <li>- October 5-December 21</li> <li>- January 18-April 4</li> <li>- May 9 &amp; 11</li> </ul>  | <ul style="list-style-type: none"> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Jeux de Montreal: April 6 or 7 (Mtl)</li> <li>- Club End of Season Show: May 14 (DDO)</li> </ul>  | Team bathing suit, Club bathing cap (black), Club t-shirt & Black leggings  |
| <b>Recreational Team</b>              | Born 2009-2013      | <ul style="list-style-type: none"> <li>- 50 metres with rhythmic breathing (blows bubbles with face in water - does not hold breath)</li> <li>- Front crawl (25 metres)</li> <li>- Backstroke (25 metres)</li> <li>- Tread in deep water (2 minutes)</li> </ul> <p>*No synchro experience required.</p>   | <ul style="list-style-type: none"> <li>- Wednesday 5:00-6:30 pm</li> <li>- Sunday 10:00-11:30 am</li> </ul>   | <ul style="list-style-type: none"> <li>- October 4-December 20</li> <li>- January 17-April 3</li> <li>- May 8 &amp; 12</li> </ul>  | <ul style="list-style-type: none"> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Club End of Season Show: May 14 (DDO)</li> </ul>  | No Club clothing or routine suit to purchase.   |
| <b>Provincial U10</b>                 | Born 2014-2015      | <ul style="list-style-type: none"> <li>- Front crawl (50 metres)</li> <li>- Backstroke (50 metres)</li> <li>- Tread in deep water (2 minutes)</li> </ul> <p>*Minimum summer synchro experience required.</p>  | <ul style="list-style-type: none"> <li>- Tuesday 5:15-7:15 pm</li> <li>- Thursday 6:30-8:00 pm</li> <li>- Saturdays 10:00 am-12:30 pm</li> </ul>  | <ul style="list-style-type: none"> <li>- September 26-December 21</li> <li>- January 16-May 23</li> </ul>  | <ul style="list-style-type: none"> <li>- Development Camp: Nov 18-19 (St. Laurent)</li> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Division Qualifier: Mar 15-17 (local)</li> <li>- Montreal Invitational: April 6 or 13 (only solos &amp; duets that do not qualify for Provincials)</li> <li>- Club End of Season Show: May 14 (DDO)</li> <li>- Provincials: May 25-26 (Blainville)</li> </ul>  | Team bathing suit, Club bathing cap (black), Club t-shirt, Black bathing suit, & Black leggings                   |
| <b>Provincial 11-12</b>               | Born 2012-2013      | <ul style="list-style-type: none"> <li>- Front crawl non-stop (100 metres)</li> <li>- Backstroke non-stop (100 metres)</li> <li>- Eggbeater in deep water (5 minutes)</li> <li>- Can swim all 4 strokes (front &amp; back crawl, breaststroke, butterfly)</li> </ul> <p>*Minimum summer synchro experience required.</p>  | <ul style="list-style-type: none"> <li>- Monday 5:00-7:30 pm</li> <li>- Tuesday 5:15-7:15 pm</li> <li>- Thursday 5:00-7:30 pm</li> <li>- Saturday 9:00 am-1:00 pm</li> </ul>  | <ul style="list-style-type: none"> <li>- September 25-December 21</li> <li>- January 15-May 23</li> </ul>  | <ul style="list-style-type: none"> <li>- Development Camp: Nov 18-19 (St. Laurent)</li> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Division Qualifier: Mar 15-17 (local)</li> <li>- Montreal Invitational: April 6 or 13 (only solos &amp; duets that do not qualify for Provincials)</li> <li>- Club End of Season Show: May 14 (DDO)</li> <li>- Provincials: May 25-26 (Blainville)</li> </ul>  | Team bathing suit, Club bathing cap (black), Club t-shirt, Black bathing suit, & Black leggings                   |
| <b>Provincial 13-15</b>               | Born 2009-2011      | <ul style="list-style-type: none"> <li>- Front crawl non-stop (100 metres)</li> <li>- Backstroke non-stop (100 metres)</li> <li>- Eggbeater in deep water (5 minutes)</li> <li>- Can swim all 4 strokes (front &amp; back crawl, breaststroke, butterfly)</li> </ul> <p>*Minimum summer synchro experience required.</p>  | <ul style="list-style-type: none"> <li>- Monday 5:00-7:30 pm</li> <li>- Wednesday 5:00-8:00 pm</li> <li>- Thursday 5:00-7:30 pm</li> <li>- Sunday 10:00 am-1:00 pm</li> </ul>   | <ul style="list-style-type: none"> <li>- September 25-December 21</li> <li>- January 15-May 16</li> </ul>  | <ul style="list-style-type: none"> <li>- Development Camp: Nov 18-19 (St. Laurent)</li> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Division Qualifier: Mar 15-17 (local)</li> <li>- Montreal Invitational: April 6 or 13 (only solos &amp; duets that do not qualify for Provincials)</li> <li>- Club End of Season Show: May 14 (DDO)</li> <li>- Provincials: May 18-20 (Terrebonne)</li> </ul>  | Team bathing suit, Club bathing cap (black), Club t-shirt, Black bathing suit, & Black leggings                   |
| <b>Intro to National Stream 11-12</b> | Born 2011-2012-2013 | <ul style="list-style-type: none"> <li>- Winter synchro experience required.</li> </ul>   | <ul style="list-style-type: none"> <li>- Monday 4:30-7:00 pm</li> <li>- Tuesday 4:30-7:15 pm</li> <li>- Wednesday 5:45-6:30 pm (Online)</li> <li>- Thursday 4:30-7:30 pm</li> <li>- Saturday 9:00 am-2:00 pm</li> </ul> | <ul style="list-style-type: none"> <li>- September 11-December 21</li> <li>- January 8-May 23</li> </ul>   | <ul style="list-style-type: none"> <li>- NAQ Development Camp: Oct 11-12 (Mtl) *By invitation only</li> <li>- Development Camp: Nov 18-19 (St. Laurent)</li> <li>- Club Holiday Show: Dec 21 (DDO)</li> <li>- Division Qualifier: Mar 15-17 (local)</li> <li>- Montreal Invitational: April 6 or 13 (only solos &amp; duets that do not qualify for Provincials)</li> <li>- Club End of Season Show: May 14 (DDO)</li> <li>- Provincials: May 25-26 (Blainville)</li> </ul> | Team bathing suit, Club bathing cap (black), Club t-shirt, Club track jacket, Black bathing suit & Black leggings |

|                        |                       |   |  |  |   |   |
|------------------------|-----------------------|---|--|--|---|---|
| <b>Mixed Abilities</b> | No age limit          | - Front crawl (25 metres)<br>- Flutter kick on back (25 metres)<br>- Tread in deep water (1 minute)<br>*Geared for athletes with Special Needs. No synchro experience required. | - Tuesday 7:15-8:00 pm   | - October 17-December 19<br>- January 23-May 21                        | - Club Holiday Show: Dec 21 (DDO)<br>- Nationals: May 6-11 (Mtl)<br>- Provincials: May 25-26 (Blainville)<br>- Club End of Season Show: May 14 (DDO)  | Team bathing suit,<br>Club bathing cap<br>(black), Club t-shirt<br>& Black leggings   |
| <b>Masters</b>         | Born 2005 and earlier | - Previous winter synchro experience required.  | - Wednesday 6:30-8:00 pm<br>- Sunday 11:30 am-2:00 pm  | - September 20-December 20<br>- January 10-May 8                       | - Club Holiday Show: Dec 21 (DDO)<br>- Provincials: April 20-21 (Qc City)<br>- Nationals: May 10-12 (Mtl)<br>- Club End of Season Show: May 14 (DDO)  | Team bathing suit,<br>Club bathing caps<br>(black & white),<br>Club t-shirt, Club<br>track jacket, Black<br>bathing suit  |
| <b>National 13-15</b>  | Born 2009-2011        | - Winter synchro experience required.   | - Monday 4:30-7:00 pm<br>- Tuesday 4:30-7:15 pm<br>- Wednesday 5:00-6:30 pm (Online)<br>- Thursday 4:30-6:45<br>- Sunday 7:45am-2:00pm<br><b>3 x 45 min per week figure privates<br/>scheduled in small groups before or<br/>after practice sessions</b> | - September 5-June 20 (no<br>practices from December 23-<br>January 6) | - Club Holiday Show: Dec 21 @ DDO<br>- January Virtual Competition (Online)<br>- Champ de Selection: February 16-18 (DDO)<br>- Training Camp: March 4-8 (TBD)<br>- Canadian Qualifiers: March 12-16 (Winnipeg,<br>MB)<br>- Canadian Championships: May 6-11 (Mtl) | Club Track Suit,<br>Club Bathing Suit,<br>Club Bathing Caps,<br>Routine Bathing Suit<br>(s), Black Figure<br>Suit, Black Bathing<br>Cap, White Bathing<br>Cap, Club T-shirt,<br>Club Tank-Top |
| <b>Junior National</b> | Born 2005-2008        | - Winter synchro experience required.   | - Monday 4:30-7:00 pm<br>- Tuesday 4:30-8:00 pm<br>- Wednesday 5:00-6:30 pm (Online)<br>- Thursday 4:30-7:30<br>- Sunday 7:45am-2:00pm   | - September 5-June 20 (no<br>practices from December 23-<br>January 6) | - Club Holiday Show: Dec 21 @ DDO<br>- January Virtual Competition (Online)<br>- Champ de Selection: February 16-18 (DDO)<br>- Training Camp: March 4-8 (TBD)<br>- Canadian Qualifiers: March 12-16 (Winnipeg,<br>MB)<br>- Canadian Championships: May 6-11 (Mtl) | Club Track Suit,<br>Club Bathing Suit,<br>Club Bathing Caps,<br>Routine Bathing Suit<br>(s), Black Figure<br>Suit, Black Bathing<br>Cap, White Bathing<br>Cap, Club T-shirt,<br>Club Tank-Top |

**All teams/groups are open to girls and boys.**

**Volunteer Info:** All families with athletes on a competitive Provincial Stream or National Stream Team are required to volunteer at the competition hosted at DDO (February 16-18).

*Please contact our Provincial Stream & Recreational Head Coach, Christiane Callary at [christianecallary@hotmail.com](mailto:christianecallary@hotmail.com) for any questions re: **Provincial & Recreational programs.***

*Please contact our National Stream Head Coach, Laura Swift at [ddo.headcoach@gmail.com](mailto:ddo.headcoach@gmail.com) for any questions regarding **National Stream.***