

Dollard Artistic Swimming

Club Programs 2023-2024

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

Intro to National Stream 11-12	Born 2011-2012-2013	- Winter synchro experience required.	- Monday 4:30-7:00 pm - Tuesday 4:30-7:15 pm - Wednesday 5:45-6:30 pm (Online) - Thursday 4:30-7:30 pm - Saturday 9:00 am-2:00 pm	- September 11 - December 21 - January 8 - May 23	- NAQ Development Camp: Oct 11-12 (Mtl) *By invitation only - Development Camp: Nov 18-19 (St. Laurent) - Club Holiday Show: Dec 21 (DDO) - Division Qualifier: Mar 15-17 (local) - Montreal Invitational: April 6 or 13 (only solos & duets that do not qualify for Provincials) - Club End of Season Show: May 14 (DDO) - Provincials: May 25-26 (Blainville)	Team bathing suit, Club bathing cap (black), Club t-shirt, Club track jacket, Black bathing suit & Black leggings
Mixed Abilities	No age limit	- Front crawl (25 metres) - Flutter kick on back (25 metres) - Tread in deep water (1 minute) *Geared for athletes with Special Needs. No synchro experience required.	- Saturday 12:30-1:15 pm	- October 15 - December 17 - January 21 - May 19	- Club Holiday Show: Dec 21 (DDO) - Nationals: May 6-11 (Mtl) - Provincials: May 25-26 (Blainville) - Club End of Season Show: May 14 (DDO)	Team bathing suit, Club bathing cap (black), Club t-shirt & Black leggings
Masters	Born 2005 and earlier	- Previous winter synchro experience required.	- Tuesday 6:30-8:00 pm - Sunday 11:30 am-2:00 pm	- September 20 - December 20 - January 10 - May 8	- Club Holiday Show: Dec 21 (DDO) - Provincials: April 20-21 (Qc City) - Nationals: May 10-12 (Mtl) - Club End of Season Show: May 14 (DDO)	Team bathing suit, Club bathing cap (black), black cap, white cap, Club t-shirt, Club track jacket, Black bathing suit
National 13-15	Born 2009-2011	- Winter synchro experience required.	- Monday 4:30-7:00 pm - Tuesday 4:30-7:15 pm - Wednesday 5:00-6:30 pm (Online) - Thursday 4:30-6:45 - Sunday 7:45am-2:00pm 3 x 45 min per week figure privates scheduled in small groups before or after practice sessions	- September 5 - June 20 (no practices from December 22 - January 6)	- Club Holiday Show: Dec 21 @ DDO - January Virtual Competition (Online) - Champ de Selection: February 16-18 (DDO) - Training Camp: March 4-8 (TBD) - Canadian Qualifiers: March 12-16 (Winnipeg, MB) - Canadian Championships: May 6-11 (Mtl)	Club Track Suit, Club Bathing Suit, Club Bathing Caps, Routine Bathing Suit (s), Black Figure Suit, Black Bathing Cap, White Bathing Cap, Club T-shirt, Club Tank-Top
Junior National	Born 2005-2008	- Winter synchro experience required.	- Monday 4:30-7:00 pm - Tuesday 4:30-8:00 pm - Wednesday 5:00-6:30 pm (Online) - Thursday 4:30-7:30 - Sunday 7:45am-2:00pm	- September 5 - June 20 (no practices from December 22 - January 6)	- Club Holiday Show: Dec 21 @ DDO - January Virtual Competition (Online) - Champ de Selection: February 16-18 (DDO) - Training Camp: March 4-8 (TBD) - Canadian Qualifiers: March 12-16 (Winnipeg, MB) - Canadian Championships: May 6-11 (Mtl)	Club Track Suit, Club Bathing Suit, Club Bathing Caps, Routine Bathing Suit (s), Black Figure Suit, Black Bathing Cap, White Bathing Cap, Club T-shirt, 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 for any questions re: **Provincial & Recreational programs.***

*Please contact our National Stream Head Coach, Laura Swift at ddo.headcoach@gmail.com for any questions regarding **National Stream.***