



# Olympium Synchronized Swimming Club

## 2016-2017 Projected Programming



### Intro to Synchro Programs

A program to introduce swimmers to Synchronized Swimming. There are three 8-11 week sessions a season (fall, winter, spring) Fall and spring sessions perform at club water shows.

#### Aqua Squirts

SK-Grade 2

1 hour a week

Recommend experience

Ultra level 3, confident in deep end.

#### Aqua Stars

Grades 3-4

1.5 hours a week.

Recommend experience

Ultra level 3, confident in deep end.

#### Aqua Squad

Grades 5-6

2 hours a week

Recommend experience

Ultra level 5, confident in deep end.

### Novice Competitive Programs

A program for swimmers that have been through our Intro program (or are strong, confident deep end swimmers) and are ready to get a team training experience. The team attends 4 local competitions.

#### Novice 8 & Under

Two 1.5 hour sessions a week

Wed 6:00-7:30 Olympium &

Sat 10:30-12:00 George Harvey

#### Novice 10 & Under

Two 1.75 hour sessions a week

Wed 6:00-7:45 Olympium &

Sat 10:30-12:15 George Harvey

OR Mon 6:00-7:45 Olympium

Wed 6:00-7:45 Olympium

#### Novice 11-12

Two 2 hour sessions a week

Tues/Thurs 7-9 Olympium

### Pre-Provincial Programs

A program for swimmers that have been identified as athletes with potential to progress in the sport at a provincial or national level. This enhanced training program attends four local novice competitions and one provincial level competition.

#### Pre-provincial 10&U

Two 2.5 hours practices a week.

One weekend practice a month.

Mon 6-8:30 Olympium

Thurs 6-8:30 Bishop Marrocco

#### Pre-provincial 11-12

Two 3 hour practices a week.

One weekend practice a month.

Mon 6-9 Olympium

Thurs 6-9 Bishop Marrocco

### Provincial Competitive Programs

A program for swimmers that have been identified as athletes with the mental and physical skills for competing at a provincial level. This program includes ballet, diving, speed swimming, strength and flexibility training. The program attends five to six meets located within the province.

#### Provincial 10& Under

Three 2.5-3.5 hour practices a week

5-6 Competitions a season

Mon/Wed 6-8:30 Olympium

Sat 9-12:30 George Harvey

#### Provincial 11-12

Three 3-4 hour practices a week

Tues/Thurs 6-9pm Olympium

Sat 9-1:00 George Harvey

#### Provincial 13-15

Four 3-5 hour practices a week

Mon/Thurs 6-9 Olympium

Sat 9-2 George Harvey

### National Competitive Programs High Performance

A program for swimmers that have been identified as athletes with the mental and physical skills for competing at a national level. This program includes ballet, diving, speed swimming, strength and flexibility training. Athletes in grades 5-8 attend a High Performance school, Hollvcrest. Athletes in High School attend Silverthorn or make arrangements with their home school. The program attends six to seven meets located within the province with the potential of one or two being located across Canada.

#### National 11-12

Five/Six 4-6 hour practices a week

#### National 13-15

Five/Six 4.5-6 hour practices a week

#### National Junior

Five/Six 5-6 hour practices a week

Notes: It is not always necessary to progress through each program. Each athlete pathway is individualized to their strengths. The scheduling and programming is based on this year. Scheduling might be modified pending pool schedule for 2016-2017 season.

More details about our programs can be found at [olympiумыnsynchro.com](http://olympiумыnsynchro.com)