



COMPETITIVE PROGRAM INFORMATION SESSION

ATLANTIS ARTISTIC SWIMMING CLUB

2026/2027 SEASON

WELCOME TO ATLANTIS!

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ARTISTIC SWIMMING ORGANIZATIONS

CANADA ARTISTIC SWIMMING

“CAS IS THE NATIONAL SPORT ORGANIZATION (NSO) AND GOVERNING BODY FOR ARTISTIC SWIMMING IN CANADA, AND SERVES AS THE UNIFIED VOICE OF THE 10 PROVINCIAL AND 1 TERRITORIAL ARTISTIC SWIMMING ASSOCIATIONS, AND 150 CLUBS WORKING TOGETHER TO FURTHER THE DEVELOPMENT OF THE SPORT ACROSS CANADA.”

[HTTPS://ARTISTICSWIMMING.CA/](https://artisticswimming.ca/)



NOVA SCOTIA ARTISTIC SWIMMING

NSAS IS THE PROVINCIAL SPORT ORGANIZATION (PSO).

“NSAS IS AN INCORPORATED, NOT FOR PROFIT, SPORTS ORGANIZATION. IT IS A BRANCH OF THE NATIONAL BODY, CAS, AND SUBSCRIBES TO AND SUPPORTS THEIR OBJECTIVES.”

NSAS RUNS SEPARATE PROGRAMS FROM ATLANTIS AND ARE RESPONSIBLE FOR ALL COMPETITIONS HELD WITHIN NOVA SCOTIA.

[HTTPS://ARTISTICSWIMMINGNS.WORDPRESS.COM/](https://artisticswimmingns.wordpress.com/)



ATLANTIS ARTISTIC SWIMMING CLUB

“ATLANTIS IS AN INDEPENDENT ARTISTIC SWIMMING CLUB BASED IN HALIFAX, NS. WE OFFER BOTH PRE-COMPETITIVE AND COMPETITIVE PROGRAMS.”

WE ARE GOVERNED BY THE POLICIES SET FORTH BY CANADA ARTISTIC SWIMMING (CAS) AND NOVA SCOTIA ARTISTIC SWIMMING (NSAS).

WE ARE CURRENTLY THE ONLY ARTISTIC SWIMMING CLUB IN NS.

[HTTPS://ATLANTISARTISTICSWIMMING.COM/](https://atlantisartisticswimming.com/)



POLICIES & GUIDELINES

OUR POLICIES AND GUIDELINES CAN BE FOUND ON THE ATLANTIS WEBSITE UNDER MEMBER RESOURCES.

[HTTPS://WWW.ATLANTISARTISTICSWIMMING.COM/POLICIES-GUIDELINES/](https://www.atlantisartisticswimming.com/policies-guidelines/)

IT IS IMPERATIVE THAT YOU TAKE A FEW MINUTES TO READ THROUGH ALL POLICIES AND GUIDELINES BEFORE COMMITTING TO COMPETITIVE LEVEL TRAINING.

ONE OF THE MOST IMPORTANT POLICIES IS REGARDING ATHLETE ATTENDANCE.

ARTISTIC SWIMMING IS A TEAM SPORT UNLIKE OTHER TEAM SPORTS — FULL-TEAM ATTENDANCE IS ESSENTIAL FOR PRACTICES TO BE USEFUL FOR TRAINING ROUTINES. THIS INCLUDES LATENESS AND INATTENTIVENESS. ATHLETE ABSENCES DURING THE COMPETITION SEASON REQUIRE COACH APPROVAL.

ATHLETES SHOULD NOT MISS PRACTICE FOR ANY REASON WITHIN ONE WEEK OF A COMPETITION.





COMPETITIVE LEVELS FOR THE 2026- 2027 SEASON

10U PS - athletes born 2017 to 2019

11-12 PS - athletes born 2015 & 2016

Youth PS & NS - athletes born 2012 to 2014

Junior PS & NS – 15-19 years of age

Senior – 15+ years of age

Masters – 20+ years of age

An athlete's artistic swimming age is determined by how old they will be on December 31st of 2027.

UNDERSTANDING TEAM PLACEMENT

Atlantis recognizes that athletes develop in different ways and bring different experiences to the sport. An athletes team placement reflects the club's assessment and team formation process at a particular point in time and should not be viewed as a ranking of athlete's or a measure of an athlete's overall experience, potential, or value to the club.

Team placement is based on a combination of factors, including athlete age, skill development, club testing results, competition experience, training commitment, and overall team composition. Placement on a particular team is not intended to define an athlete's ability, experience, or potential. Athletes may have a wide range of backgrounds and experience within each team.

Our goal is to provide every athlete with a challenging, supportive, and positive competitive environment in which they can continue to grow.



2026/2027



REGISTRATION OPEN!



UNDERSTANDING TEAM PLACEMENT CONT...

WE DO NOT PICK TEAMS BASED SOLELY ON BIRTHDATE/CHRONOLOGICAL AGE. THIS YEAR WE HAVE MULTIPLE TEAMS IN EACH AGE GROUP, GIVING US THE ABILITY TO PLACE ATHLETES ON A TEAM BASED ON MORE FACTORS THAN SIMPLY THEIR AGE.

THE FACTORS WE TAKE INTO CONSIDERATION FOR TEAM PLACEMENTS ARE:

- CHRONOLOGICAL AGE
- DEVELOPMENTAL AGE (MATURITY LEVELS)
- HOW LONG THEY'VE BEEN IN THE SPORT
- SKILL LEVEL (THE SPORT ISN'T FUN IF IT'S TOO HARD AND IT'S NOT FUN IF IT'S NOT CHALLENGING ENOUGH)
- ABILITY TO COUNT MUSIC AND LEARN CHOREOGRAPHY
- EXISTING RELATIONSHIPS ON THE TEAM
- RULES OF THE SPORT – EX: PROVINCIAL STREAM CAN HAVE A MINIMUM OF 5 AND A MAXIMUM OF 10 ON THE TEAM.
- RESOURCES (SPECIFICALLY COACHES) – EX: DO WE HAVE ENOUGH COACHES FOR 2 TEAMS OF 5 OR 1 TEAM OF 10?

***ATLANTIS WILL TRY TO KEEP FRIENDS AND CARPOOLS IN MIND WHEN ORGANIZING TEAMS. HOWEVER, THE FACTORS MENTIONED ABOVE WILL BE CONSIDERED FIRST AND FOREMOST.

UNDERSTANDING TEAM PLACEMENT CONT...

- ❑ ATHLETES CAN ONLY SWIM AT THE NOVICE LEVEL FOR 1 YEAR. THEY MUST MOVE TO COMPETITIVE THE FOLLOWING YEAR.

- OUR PROVINCIAL STREAM PROGRAM IS MORE FLUID, AND WE HAVE GREATER FLEXIBILITY TO PLACE ATHLETES ON TEAMS BASED ON THEIR SKILL LEVEL.
- THE PROVINCIAL STREAM TEAMS ARE DETERMINED BY THE AVERAGE AGE OF THE TEAM. EX: IF THE AVERAGE AGE OF THE TEAM WORKS OUT TO BE 12.3 THEN THE TEAM WILL SWIM 11-12 PS, IF THE TEAM AVERAGE IS 12.55 THEN THEY WILL BE CONSIDERED 13-15 PS.
- ALL ATHLETES SWIM FIGURES IN THEIR AGE CATEGORY REGARDLESS OF WHAT TEAM THEY ARE ON.

- ❖ THE NATIONAL STREAM PROGRAM IS MORE RIGID, AND THE SKILL LEVEL IS EXTREMELY IMPORTANT DUE TO THE SCORING SYSTEM AND HIGH LEVEL OF COMPETITION.
- ❖ **ATHLETES MUST BE INVITED INTO THE NATIONAL STREAM PROGRAM.** THIS HAPPENS VIA TRY-OUTS IN SEPTEMBER. ALL ATHLETES WHO ARE 13&O WILL DO THE SAME CLUB TESTING. THIS IS USED FOR TEAM PLACEMENT, AS WELL AS TO MONITOR/TRACK PROGRESS THROUGHOUT THE SEASON. ATHLETES ENTERING THE NATIONAL STREAM PROGRAM **MUST BE READY FOR THE COMMITMENT** THAT COMES WITH SWIMMING AT THAT LEVEL. NATIONAL STREAM CONSISTS OF THE FOLLOWING CATEGORIES: YOUTH (13-15), JUNIOR (15-19), SENIOR (15&O). TEAMS ARE MADE UP OF 5-8 ATHLETES IN NATIONAL STREAM - LESS FLEXIBILITY THAN THE PROVINCIAL STREAM PROGRAM.

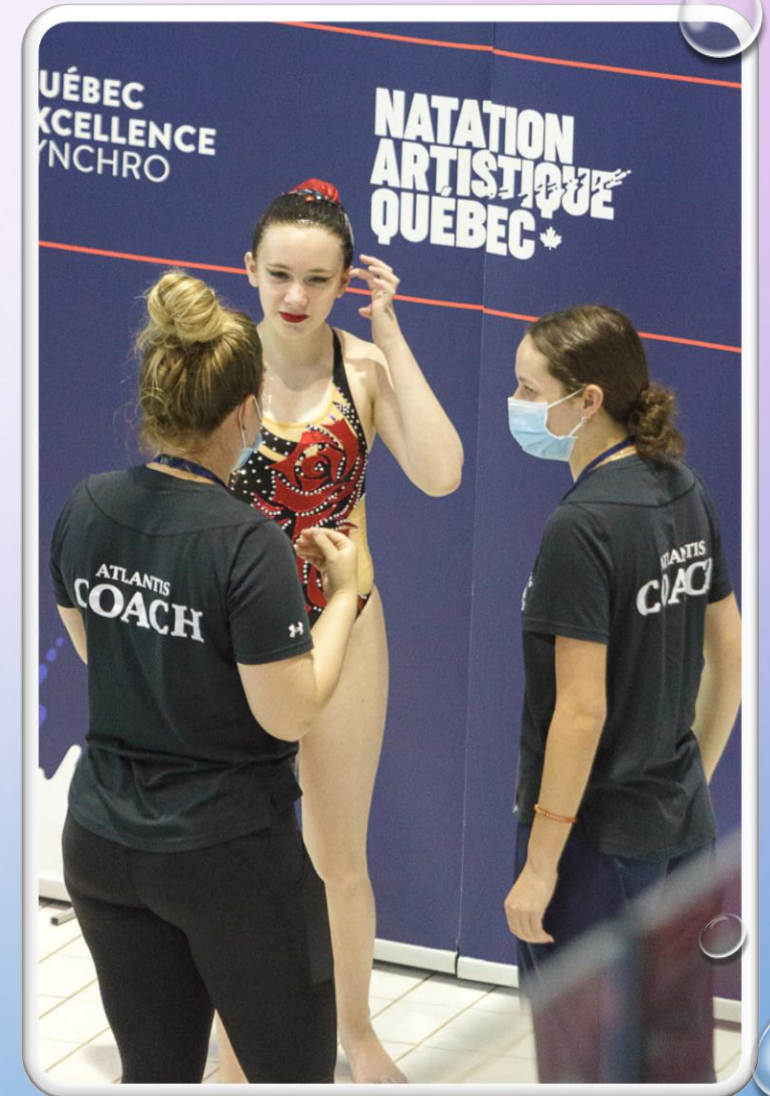
COACHES

ALL COMPETITIVE LEVEL COACHES ARE REQUIRED BY CANADA ARTISTIC SWIMMING TO HAVE THE FOLLOWING:

- CRIMINAL RECORD CHECK WITH VULNERABLE SECTOR CHECK
- COMP INTRO CERTIFIED TO COACH PS AND COMP DEV CERTIFIED TO COACH NS
- RESPECT IN SPORT
- MAKING HEADWAY
- SAFE SPORT

MOST COACHES HAVE ADDITIONAL TRAINING THAT INCLUDES, BUT IS NOT LIMITED TO:

- MIXED ABILITY CERTIFICATIONS
- COACHING ATHLETES WITH DISABILITIES TRAINING
- MENTAL HEALTH
- FIRST AID
- KEEPING GIRLS IN SPORT
- COMMIT TO KIDS
- CCES CLEAN SPORT



TRAINING

A TYPICAL TRAINING SESSION INVOLVES:

- STRETCHING
- ACTIVATION
- LAND DRILLS
- ENDURANCE (LAPS)
- FIGURES/HYBRIDS
- ROUTINE
- COOL DOWN/TEAM MEETING

* ATTENDANCE AND PARTICIPATION (DRY-LAND & WATER) IS MANDATORY. SWIMMERS NEED TO ARRIVE FOR PRACTICE (DRY-LAND & WATER) AT THE SCHEDULED TIME, IN PROPER ATTIRE AND WITH NECESSARY EQUIPMENT.



CLOTHING & GEAR

SWAP & SALE

EACH SEASON, ATLANTIS HOSTS A CLOTHING SWAP & SALE AT THE SWIM-ATHON. THIS IS A GREAT OPPORTUNITY FOR FAMILIES TO BUY & SELL GENTLY USED GEAR.

WE WILL ALSO HAVE SAMPLE CLOTHING FOR ATHLETES TO TRY ON AND ORDER.

MORE DETAILS TO COME!!



REQUIRED

- ATLANTIS T-SHIRT (GREY) \$25-\$30
- ATLANTIS T-SHIRT (BLACK) \$30 (NS ONLY)
- ATLANTIS TANK TOP \$30 (NS ONLY)
- ATLANTIS JACKET \$65
- ATLANTIS BACKPACK \$110
- BLACK FIGURES SUIT – CAN BE PURCHASED INDEPENDENT OF THE CLUB
- COMPETITION SUIT \$150+ PER SUIT
- CLUB SUIT \$120
- 2 CLUB CAPS \$13.50 EACH
- 2 WHITE FIGURES CAPS \$10 EACH OR CAN BE PURCHASED INDEPENDENT OF THE CLUB
- NOSE CLIPS CAN BE PURCHASED INDEPENDENT OF THE CLUB
- YOGA MAT
- 2 YOGA BLOCKS

OPTIONAL

- HOODIES/SWEATERS \$50
- PARKA \$120 (OPTIONAL FOR YOUNGER TEAMS, REQUIRED FOR NS)

* ALL PRICES ARE ESTIMATES AND COULD CHANGE BETWEEN NOW AND THE BEGINNING OF THE SEASON.

COMPETITIVE PROGRAMS



Atlantis competitive teams provide athletes with opportunities to develop their artistic swimming skills, train with teammates, and compete at a level and training commitment that supports their individual and team development. Teams are formed with consideration for both individual athlete development and the success of the team as a whole. As athletes continue to develop, their training needs and team placement may change from season to season.

TEAM BLUEBERRY



A COMPETITIVE PROVINCIAL STREAM PROGRAM FOR ATHLETES WHO WILL BE 8, 9 OR 10 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

THIS PROGRAM PROVIDES ATHLETES WITH OPPORTUNITIES TO DEVELOP THEIR ARTISTIC SWIMMING SKILLS, BUILD COMPETITION EXPERIENCE AND GROW AS MEMBERS OF A COMPETITIVE TEAM. ATHLETES MAY BE NEW TO COMPETITIVE ARTISTIC SWIMMING OR MAY BRING PREVIOUS EXPERIENCE IN ARTISTIC SWIMMING OR OTHER AQUATIC SPORTS.

THE TEAM PARTICIPATES IN 3–4 LOCAL COMPETITIONS AND SHOWCASES THEIR SKILLS FOR FRIENDS AND FAMILY AT CLUBWATER SHOWS.

THE PROGRAM RUNS 6 HOURS PER WEEK.

FEES

- FEES ARE \$2,200 FOR THE SEASON
- \$440 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$220 PER MONTH (OCT-MAY)

TRAINING HOURS

TUESDAYS 5:30-7:30PM | LOCATION TBC (DALPLEX OR CENTENNIAL)

THURSDAYS 5:30-7:30PM | LOCATION TBC (DALPLEX OR CENTENNIAL)

SATURDAYS 1-3PM | DALPLEX



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$250-\$300*
- *PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- **ATHLETES DO NOT TRAVEL OUT OF PROVINCE FOR COMPETITIONS.**
- LOCAL TECHNICAL MEET NOVEMBER 22, 2026
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- PROVINCIALS IN FEBRUARY/MARCH 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027

TEAM CHERRY

A COMPETITIVE PROVINCIAL STREAM PROGRAM FOR ATHLETES WHO WILL BE 11 OR 12 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

ATHLETES ON THIS TEAM HAVE A RANGE OF ARTISTIC SWIMMING BACKGROUNDS AND EXPERIENCE. TRAINING FOCUSES ON CONTINUED TECHNICAL DEVELOPMENT, ROUTINE SKILLS, TEAMWORK, AND PREPARATION FOR COMPETITION.

THE TEAM PARTICIPATES IN 2-3 LOCAL COMPETITIONS AND 1 COMPETITION WITHIN ATLANTIC CANADA, AS WELL AS CLUBWATER SHOWS.

THE PROGRAM RUNS 7.5 HOURS PER WEEK.

FEES

- FEES ARE \$2,600 FOR THE SEASON
- \$520 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$260 PER MONTH (OCT-MAY)

TRAINING HOURS

TUESDAYS 5:30-8PM | TBC (DALPLEX OR CENTENNIAL)

THURSDAYS 5:30-7:30PM | TBC (DALPLEX OR CENTENNIAL)

SUNDAYS 9:15-12:15PM | DALPLEX





ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$400-\$500*
- *ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.
- PARENTS ARE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- LOCAL TECHNICAL MEET NOVEMBER 22, 2026
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- PROVINCIALS IN FEBRUARY/MARCH 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027

TEAM STRAWBERRY



A COMPETITIVE PROVINCIAL STREAM PROGRAM FOR ATHLETES WHO WILL BE 11 OR 12 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

THIS PROGRAM PROVIDES AN INCREASED TRAINING COMMITMENT FOR ATHLETES CONTINUING TO DEVELOP THEIR TECHNICAL, ARTISTIC, AND COMPETITIVE SKILLS. ATHLETES MAY HAVE SEVERAL YEARS OF ARTISTIC SWIMMING AND COMPETITION EXPERIENCE, INCLUDING EXPERIENCE COMPETING WITHIN AND OUTSIDE NOVA SCOTIA.

THE TEAM PARTICIPATES IN 2–3 LOCAL COMPETITIONS AND 1–2 COMPETITIONS WITHIN EASTERN CANADA, AS WELL AS CLUB WATER SHOWS.

THE PROGRAM RUNS 9 HOURS PER WEEK.

FEES

- FEES ARE \$3,000 FOR THE SEASON
- \$600 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$300 PER MONTH (OCT-MAY)

TRAINING HOURS

MONDAYS 5:30-7:30PM | DALPLEX

WEDNESDAYS 5:30-7:30PM | DALPLEX

FRIDAYS 5:30-7:30PM | DALPLEX (JAN-MAY ONLY!)

SUNDAYS 9:15-12:15PM | DALPLEX



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$400-\$500*
- *ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

- COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.
- PARENTS ARE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- LOCAL TECHNICAL MEET NOVEMBER 22, 2026
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- PROVINCIALS IN FEBRUARY/MARCH 2027
- JOLYN INVITATIONAL IN ON, APRIL 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027

TEAM LIME

A COMPETITIVE PROVINCIAL STREAM PROGRAM FOR ATHLETES WHO WILL BE 13, 14 OR 15 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

TEAM LIME PROVIDES ATHLETES WITH A FOCUSED COMPETITIVE TRAINING ENVIRONMENT THAT SUPPORTS CONTINUED DEVELOPMENT OF TECHNICAL SKILLS, ARTISTIC EXPRESSION, ROUTINE PERFORMANCE, AND COMPETITION EXPERIENCE.

THE TEAM PARTICIPATES IN 2–3 LOCAL COMPETITIONS AND 1–2 COMPETITIONS WITHIN EASTERN CANADA, AS WELL AS CLUB WATER SHOWS.

THE PROGRAM RUNS 9 HOURS PER WEEK.

FEES

- FEES ARE \$3,000 FOR THE SEASON
- \$600 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$300 PER MONTH (OCT-MAY)

TRAINING HOURS

- TUESDAY 5:45-8:45PM | DALPLEX
- THURSDAYS 5:45-8:45PM | TBC (CENTENNIAL OR DALPLEX)
- SUNDAYS 9:15-12:15 | DALPLEX



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$750-\$1000*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.

DEPENDING ON THE AGE OF THE TEAM, PARENTS MAY BE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS OR CHAPERONES MAY BE NECESSARY.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (OPTIONAL) NOVEMBER 6-8, 2026 (NB)
- LOCAL TECHNICAL MEET NOVEMBER 22, 2026
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- PROVINCIALS IN FEBRUARY/MARCH 2027
- JOLYN INVITATIONAL IN ON, APRIL 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027



TEAM LEMON

A COMPETITIVE PROVINCIAL STREAM PROGRAM FOR ATHLETES WHO WILL BE 13, 14 OR 15 YEARS OLD ON DECEMBER 31 OF THE COMPETITION SEASON YEAR.

TEAM LEMON PROVIDES AN INCREASED TRAINING COMMITMENT FOCUSED ON CONTINUED DEVELOPMENT OF THEIR TECHNICAL, ARTISTIC, STRENGTH, ENDURANCE, AND ROUTINE PERFORMANCE SKILLS.

ATHLETES ON THE TEAM MAY HAVE SIGNIFICANT ARTISTIC SWIMMING AND COMPETITION EXPERIENCE. TEAM PLACEMENT IS DETERMINED THROUGH THE CLUB'S ASSESSMENT AND TEAM FORMATION PROCESS AND CONSIDERS INDIVIDUAL ATHLETE DEVELOPMENT AS WELL AS OVERALL TEAM COMPOSITION.

THE TEAM PARTICIPATES IN 2–3 LOCAL COMPETITIONS AND 1–2 COMPETITIONS WITHIN EASTERN CANADA, AS WELL AS CLUB WATER SHOWS.

THE PROGRAM RUNS 12 HOURS PER WEEK.

FEES

- FEES ARE \$3,500 FOR THE SEASON
- \$700 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$350 PER MONTH (OCT-MAY)

TRAINING HOURS

- MONDAY 5:45-8:30PM | DALPLEX
- WEDNESDAY 5:45-8:30PM | DALPLEX
- FRIDAYS 5:30-8:30PM | DALPLEX
- SATURDAY 12:30-4PM | DALPLEX



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$400*
- COMPETITION COSTS - \$750-\$1000*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.

DEPENDING ON THE AGE OF THE TEAM, PARENTS MAY BE REQUIRED TO TRAVEL WITH THE ATHLETE FOR ALL OUT OF PROVINCE COMPETITIONS OR CHAPERONES MAY BE NECESSARY.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (OPTIONAL) NOVEMBER 6-8, 2026 (NB)
- LOCAL TECHNICAL MEET NOVEMBER 22, 2026
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- PROVINCIALS IN FEBRUARY/MARCH 2027
- JOLYN INVITATIONAL IN ON, APRIL 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027



TEAM PASSIONFRUIT (NS)

A COMPETITIVE NATIONAL STREAM PROGRAM FOR YOUTH (13–15 YEARS), JUNIOR (15–19 YEARS), AND SENIOR (19+YEARS).

ATHLETES IN THIS PROGRAM PARTICIPATE IN AN EXTENSIVE COMPETITIVE TRAINING PROGRAM FOCUSED ON CONTINUED TECHNICAL DEVELOPMENT, PERFORMANCE, STRENGTH AND CONDITIONING, TEAMWORK, AND PREPARATION FOR NATIONAL- LEVEL COMPETITION.

TEAM PLACEMENT IS DETERMINED THROUGH THE CLUB’S ASSESSMENT PROCESS. ATHLETES BRING A RANGE OF BACKGROUNDS AND COMPETITIVE EXPERIENCES, AND PLACEMENT CONSIDERS INDIVIDUAL SKILLS, DEVELOPMENT, TRAINING COMMITMENT, AND THE NEEDS OF THE TEAM.

THE TEAM PARTICIPATES IN LOCAL AND NATIONAL COMPETITIONS AND SHOWCASES THEIR SKILLS AT CLUB WATER SHOWS.

THE PROGRAM RUNS 17–19 HOURS PER WEEK.

FEES

- FEES ARE \$4,200 FOR THE SEASON
- \$840 NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$420 PER MONTH (OCT-MAY)

TRAINING HOURS

MONDAYS 6:30-9:30PM | DALPLEX

TUESDAYS 6-7PM | CISA & 7:30-9:30 | DALPLEX

WEDNESDAYS OFF

THURSDAYS 6:30-9:30PM | DALPLEX

FRIDAYS 6-9:30PM | DALPLEX

SATURDAYS 12:30-5:30PM | DALPLEX

SUNDAYS OFF



ADDITIONAL COSTS

- NSAS/CAS REGISTRATION - \$110
- CLOTHING (TEAM GEAR AND SUITS) - \$500*
- COMPETITION COSTS - \$6000-\$7000*

*ALL PRICES ARE ESTIMATES AND COULD CHANGE

COMPETITION COSTS

COMPETITION COSTS COVER REGISTRATION FOR EVENTS, NUMBER OF ROUTINES AND COACH HOURS.

CHAPERONES ARE REQUIRED FOR THIS GROUP.

COMPETITIONS/TRAVEL ALL DATES ARE TENTATIVE

- CAS DEVELOPMENT CAMP (REQUIRED) NOVEMBER 6-8, 2026 (NB)
- NOVA SCOTIA INVITATIONAL JANUARY 22-24, 2027
- QUEBEC INVITATIONAL FEBRUARY 5-7, 2027
- PROVINCIALS FEBRUARY/MARCH 2027
- NATIONAL QUALIFIERS MARCH 2027
- CANADIAN NATIONAL CHAMPIONSHIPS MAY 2027



PAPAYAS, PEACHES & PEARS

PERFECT FOR ANYONE (19+) WITH PREVIOUS ARTISTIC SWIMMING EXPERIENCE (NO MATTER HOW LONG AGO IT WAS!) WANTING TO COMPETE AT LOCAL AND/OR NATIONAL COMPETITIONS.

FEES

- FEES ARE \$1000 OR \$1400 (PAPAYAS) FOR THE SEASON
- \$200 OR \$280 (PAPAYAS) NON-REFUNDABLE DEPOSIT IS DUE AT REGISTRATION
- THE REMAINING CAN BE PAID UP FRONT OR IN MONTHLY INSTALMENTS OF \$100 OR \$140 (PAPAYAS) PER MONTH (OCT-MAY)

TRAINING HOURS

- 3-4 HOURS PER WEEK OR 2 DAYS A WEEK

REQUIRED CLOTHING

- COMPETITION SUITS - \$150-\$200

COMPETITIONS

- NOVA SCOTIA INVITATIONAL/QUALIFIERS, JANUARY 22-24, 2027
- PROVINCIALS FEB/MARCH 2027
- CUASL (UNIVERSITY LEAGUE) MARCH 2027
- CANADIAN NATIONAL CHAMPIONSHIPS MAY 2027
- MARITIME REGIONAL COMPETITION IN MAY 2027

COMPETITION COSTS

- DEPENDS ON EVENTS THEY CHOOSE TO COMPETE AT
- COMPETITION COSTS COVER REGISTRATION FOR EVENTS AND COACH HOURS. ATHLETES AT THIS LEVEL ARRANGE THEIR OWN ACCOMMODATIONS, TRANSPORTATION, FLIGHTS AND MEALS.



Extra Routines

An expression of interest email has been sent to all **qualifying athletes at the beginning for the 2026/2027 season. Additional training for solo or duet routines is first come/first serve and is dependent on coach availability and pool time.

There are additional costs associated with extra routines.

- Training fees – Solos \$1000 & Duets \$500
 - Masters Solos & Duets \$200
- Registration for competitions
- Additional competition suit(s)

Extra routines will compete at all the same events as mentioned in their fruit category.

** Qualifying athletes refers to athletes that swam an extra routine in the previous season or are in a specific age group. Novice and 10U athletes do not usually qualify for extra routines in their first year.



ALL ABILITIES, MIXED ABILITIES ROUTINES/TEAMS

- ATLANTIS IS EXCITED TO OFFER A MIXED ABILITIES TEAM THIS SEASON (PROVINCIAL LEVEL).
- ADAS IS OPEN TO ANY INDIVIDUAL WITH A VARYING PHYSICAL OR COGNITIVE ABILITY THAT PREVENTS COMPETITIVE INVOLVEMENT IN OTHER EVENT CATEGORIES.
- THERE ARE TWO (2) CLASSIFICATIONS FOR ATHLETES: PHYSICAL OR INTELLECTUAL
- PLEASE EMAIL ALLY MERRILL FOR MORE INFORMATION @
ALLY_MERRILL@HOTMAIL.COM



CHAPERONING 101

AN INFORMATION SESSION WILL BE HELD
PRIOR TO THE START OF COMPETITION.

THIS SESSION WILL BE **MANDATORY** FOR
ANY PARENT INTERESTED IN CHAPERONING
THIS SEASON.



FUNDRAISING AND FUNDING OPPORTUNITIES

Athletes are required to contribute a portion of their fundraising total to the club, or you may opt out of all fundraising events by paying an upfront fee (yet to be determined for the 2026-2027 season).

The purpose of the club portion is to maintain a reserve fund that can be used towards large, one-time purchases such as equipment, coach/athlete development (courses and clinics) and generally stabilize the clubs operating budget to avoid unexpected fee increases.

A variety of fundraising opportunities are available throughout the training season.

Fundraising helps to offset individual athlete competition account while also directly supporting the club.

2026-2027 fundraising opportunities

Swim-a-thon October 10, 2026 - \$50 to club, remainder to athlete account

Corporate sponsorship due by November 30, 2026 – 50% to club, 50% to athlete account

BINGO February 20, 2027 - \$50 to club, remainder to athlete account

We are always looking for new and exciting fundraising opportunities.

Funding is also available through Canadian Tire Jumpstart program and Support4Sport Athlete Assistance Fund.

Payment plans can also be arranged by contacting the Treasurer, Tomer Cohen at atlantis.synchro.treasurer@gmail.com

VOLUNTEERING



Parents and athletes are encouraged to volunteer throughout the season at local competitions. These local events are organized by NSAS, not Atlantis. A volunteer agreement with NSAS has been finalized and is required as part of your registration for the 2026-2027. The required hours this season will be 8. Volunteering for Atlantis fundraising events is separate from the NSAS volunteer agreement.



You do not need to have an extensive knowledge in artistic swimming to volunteer. Training is EASY and available on site at local meets. It is also a great way to learn more about the sport while watching your athlete from the best seat in the house. An information session will be held in November 2026.



We are always looking to add more parents to our board as members or members-at-large. Atlantis will be looking to add new board members this season:
Chair, Vice Chair, Treasurer, Registration, Fundraising & MORE!!!
Please email for more information.



THANK YOU FOR ATTENDING!

QUESTION PERIOD

