



# AQUA GO



## WHAT IS AQUAGO?

AquaGO is the grassroots program by Canada Artistic Swimming for recreational programming. There are 4 pillars that are developed during sessions: swimming fundamentals, athletic abilities, artistic swimming skills, and flexibility. The program has 6 levels and is designed to provide a strong foundation of physical literacy, aquatic literacy, and artistic swimming fundamentals.

## HOW DOES NASC USE AQUAGO?

At NASC, each class offered has AquaGO levels assigned that they work on throughout the year. Full-season classes will work on 2 levels while 12 week sessions will work on one level. Swimmers are evaluated based on the passing standards set by Canada Artistic Swimming for each skill.

## WHAT LEVEL WILL I WORK ON?

**Red:** Level 1 or 2

**Orange:** Levels 2/3

**Yellow:** Levels 4/5

**Teen:** Level 6

**Precomp:** Levels 3/4

**12-Week:** dependant on age and ability of class, decided at 1st session

## WHEN ARE SWIMMERS TESTED?

12-Week swimmers are tested on the second-last day of their session and full-season swimmers are tested twice during the season; once in December and once in April. Swimmers are tested on the second-last day to give them a chance to repeat a skill the following week if they do not meet the evaluation standard.



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## **Common Questions**

### **WHY DON'T ALL THE CLASSES START AT LEVEL 1?**

AquaGO is designed to start from swimming basics, and the first couple of levels cover skills that swimmers joining our recreational programs will already have. Coaches will still cover most of these skills during class, but the levels assigned to each class represent what a swimmer at that age and level should know by the end of the session.

### **MY CHILD DIDN'T PASS THE LEVEL, BUT STILL GOT STICKERS?**

The AquaGO program rewards swimmers for what they are able to do, even if they do not pass the full level. For example, a level 3 swimmer may pass all of the swimming fundamentals skills in a level but still need to develop some of their flexibility skills. In this case, the swimmer will still get the level 3 swimming fundamentals sticker, but not the level 3 flexibility sticker.

### **MY CHILD DIDN'T PASS THEIR LEVEL, WHY ARE THEY RECOMMENDED FOR COMPETITIVE OR NOVICE?**

When assessing swimmers for our competitive and novice programs, strong basic skills are important but not the only thing our coaching staff is looking for. We also value enthusiasm, respect, improvement, and take into consideration age of the swimmer and how long they have been in the recreational program. Therefore, a swimmer who may not have passed every skill in their level may still be recommended for competitive or novice assessments if the coaching staff feels that they show potential for one of these programs .

### **MY CHILD PASSED THEIR AQUAGO LEVEL BUT THEY WANT TO DO THE SAME PROGRAM NEXT SEASON- WILL THEY BE BORED?**

Probably not! Even if your child has passed the AquaGO levels related to a specific program, each instructor teaches the skills in a unique way, each season brings a new set of teammates and routine, and while the passing standards indicate what is a good performance of a skill, it does not demand a perfect performance of the skill. If your child would like to stay in the same program next season, they will still be able to work on improving their skills and learn something new!