



DAVIS

Let's Dive In!

Including Photos by © Jim Rokop

What is Synchronized Swimming?

Synchronized Swimming (also known as Artistic Swimming) is an aquatic sport that combines swimming, dance and gymnastics skills into one breathtaking sport.





Who are the AquaStarz?

The Davis AquaStarz is a non-profit recreational swim team whose mission is to produce high caliber, goal-oriented young people through a curriculum that emphasizes the development of technical, physical and mental ability, creative movement to music, and cooperative functioning as a team member.



Membership Options

Swimmers may be enrolled in one of the following options (subject to change):

- **Full Season:** 3-5 days/week*, March 3-July 19
- **Juniors:** 2 days/week (tentatively Mon/Wed) June 8-July 8, plus participation in our Annual Show & rehearsal on July 9-11
- **Juniors Plus:** 4 Saturday mornings (May 16, 23, 30 and June 6), in addition to the Juniors schedule above

**Starts at 3 days/week for all swimmers and increases in late April depending on swimmer level and number of assigned routines*

Juniors & Juniors PLUS Programs

- The Juniors program is designed for swimmers ages 5-10 (although we will accept older swimmers) who want to try the sport of synchronized swimming.
- The program begins the first week of summer vacation and ends after the AquaStarz Show in July.
- Participants attend 2 practices per week (tentatively Mon/Wed) in order to learn some basic Synchronized Swimming skills and a routine to perform at the dress rehearsal and show.
- We've also added a Juniors PLUS program that will extend the Juniors experience into May with 4 Saturday morning practices leading up to the start of traditional Juniors.

Juniors Schedule Overview

Juniors: June 8 – July 11

Evenings 2 days/week

July 9 – Dress Rehearsal (time TBA)

July 10 & 11 – Show (times TBA)

Juniors PLUS: May 16 – July 11

May 16 – June 6

Saturday mornings only

PLUS, the Juniors schedule above for
June 8 – July 11

Full Season Program

A Full Season with the AquaStarz is made up of the following:

- Practices 3-5 days/week (depending on level) in March-July
- 4 Dual Meets in May/June
- 2-Night Show in July
- 2-Day Championship Competition in July

SPRING Schedule Overview*

March 3 – June 13

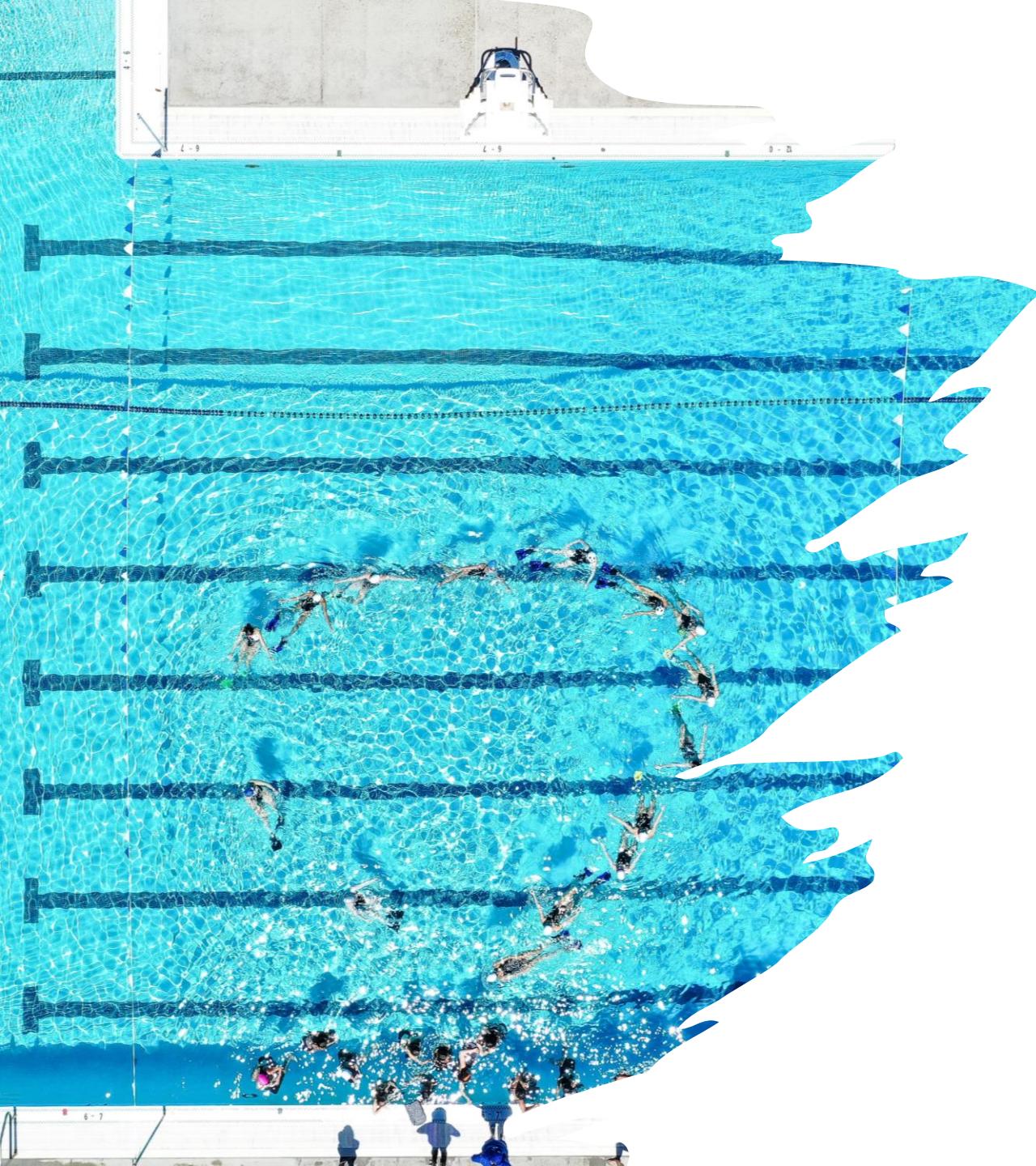
Tuesday/Thursday evenings
Saturday mornings

***SUMMER Schedule (June 15-July 19)**
*is TBA. In late Spring (end of April)
routine practices will be added to the
above schedule on additional days of
the week.*

A photograph of three swimmers in a pool. One swimmer in the foreground is smiling and holding onto the edge of the pool. Another swimmer is visible on the left, and a third is on the right, making a peace sign. They are all wearing swim caps and goggles.

Levels (Full Season Members)

- All swimmers join the team at the **Novice** level.
- Novice swimmers can move up to the **Intermediate** level by placing at a certain level in the previous season's competitions (pending coach approval).



Locations (Full Season Members)

- The season starts with all practices at **Arroyo Pool**.
- Once school gets out, weeknight practices may move to **Community Pool** and shift to later hours. Location/times for summer practices is TBA.
- Practices prior to Summer break may also move to other pools. Parents will be well informed of practice location changes.
- Meets and Championships take place at various pools in the greater Sacramento area.

Dual Meets (Full Season Members)

- **Dual Meets** are competitions between two teams and generally take place on a weekday evening or Saturday morning.
- These meets focus primarily on individual competition in **Figures**.
- Limited routines will compete at the Dual Meets.
- **Who participates?** All swimmers that can perform the necessary figures for the meet are eligible to participate in meets. Registration for figure competition at each meet is limited to 40 swimmers per team. Coaches make the final decision regarding competition rosters.



AquaStarz Show

(Full Season Members & Juniors)

- The **2026 Annual Show** takes place on the evenings of Fri, July 10 & Sat, July 11, with a mandatory dress rehearsal on Thu, July 9.
- This major event offers our swimmers an opportunity to show their friends, family and community what they have worked so hard to achieve. All Full Season team members and Juniors swimmers participate in the show, showing off the routines that they have learned throughout the season. The Annual Show is for everyone and is the team's biggest fundraiser.





Champs (Full Season Members)

- **Championships 2026** will take place on the evening of Friday, July 17 and all day Sunday, July 19.
- Champs is the culmination of the entire season. All 5 teams in the league come together to compete in both individual Figures and Routines.
- **Who participates?** All swimmers that competed in 2 Dual Meets are eligible to participate in the figure portion. Figure and Routine entries are limited per team. Not all swimmers will compete in routines. Coaches make the final decision regarding figure and routine entries.



What are Figures?

- Figures are **brief combinations of basic compulsory movements** that all swimmers must learn in order to compete in synchronized swimming.
- These movements are performed in front of a **panel of 5 league-trained, volunteer parent judges**. The judges score swimmers on a 1-10 scale on 4 figures. Scores are combined to place swimmers within their age group.

What are Routines?

- **Routines** are set to music and provide swimmers the chance to not only show their technical skill, but to perform. **What types of routines are there?**

Swimmers compete in different groups based on age and level.

Routines types include Solos, Duets, Trios, Team routines (4-8 swimmers), or Combo routines (4-10 swimmers).

- **How are swimmers chosen for routines?**

The coaches decide who will be in routines each season based on swimmer level and availability.





Equipment

Swimmers need to have the following equipment for the season:

- Goggles
- Nose Clip
- Swim Cap (any for practice)
- Yoga Mat (optional)
- White Cap & Black Swimsuit (for figure competition)
- Routine Suits & Head Pieces (routine swimmers only)



2026 Season Overview*

February 1: Full Season Registration Opens (closes Feb 27) ★

March 3: Practice Begins ★

April 27: Begin Routine Learning (practices/week will increase) ★

May 16: Juniors PLUS begins (continues for 4 Saturdays)

May 30: Meet in Rancho Cordova (morning) ★

June 3: Meet in Davis (evening) ★

June 8: Juniors Begins (tentatively Mon/Wed through the Show)

June 16: Practice times change to Summer Schedule ★

June 19: Meet in Auburn (evening) ★

June 24: Meet in Davis (evening) ★

July 9: Show Dress Rehearsal

July 10 & 11: Show

July 17: Championships Figures in Auburn ★

July 18: Mandatory practice for competition routines ★

July 19: Championships Routines in Rancho Cordova ★



**Dates Subject to change ★Applies to Full Season Members Only*

Registration

Registration for the 2026 Full Season will **open on February 1.**

Registration for the 2026 Juniors Program is TBA.

Visit AquaStarz.org to register

Questions?
Email aquastarzweb@gmail.com





See you at the pool!
