



2024-2025 Conditioning & Technique (C & T) Information For swimmers from 11 - 17

Welcome to the 2024 - 2025 swim season. There is a lot of information in this package. Please be sure to read the following information carefully and keep it for future reference.

2024/25 Season Kick Off Party

Date: Saturday September 21

Where: Saanich Commonwealth Place pool

When: 6:30 – 8:00pm

What: Fun swim, races, games and prizes in the pool.

Siblings and family members welcome

IMPORTANT DATES TO NOTE

Monday September 16 – first day of regular programs
Monday September 30 – all practices cancelled at SCP & JDF pools
Monday October 14 – all practices cancelled at SCP & JDF pools
Monday November 11 - all practices cancelled at SCP & JDF pools
Friday December 20 – last day of practice for winter break
Saturday January 4 – practices resume for the winter
Saturday March 15 – last day of practice before spring break
Monday March 24 – practices resume until June

We are excited to co-host the **Canadian Swimming Trials** from June 3 – 12, 2025. The best swimmers in Canada will be in our pool vying for a spot at the World Championships!
This will mean interruptions to our regular schedule. We will have more details as we get closer to the meet.

PROGRAM DETAILS

Conditioning & Technique group is a non-competitive program, but does offer the opportunity to compete if members wish to do so. This program is designed for anyone who loves to swim - especially former competitive swimmers, athletes who are cross training and anyone who wants to improve their skills and fitness to become a lifeguard or swimming instructor.

HOW DOES IT WORK?

We have 4 scheduled C & T practices per week at Commonwealth pool. Choose the number and times to practice that best fit your schedule.

Swimmers may make up missed practices by contacting the Island Swimming office or lead C & T coach.

PRACTICE OPTIONS:

C & T	Monday	Wednesday	Friday	Sunday
Choose 1 - 4	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	10:00-11:30 am

FEES, DISCOUNTS & PAYMENT

Fees are charged to your swimmer account on the 1st of each month. Training fees, and any other expenses on your swimmer account (meet fees, equipment purchases etc) are **due on the 15th of the month.**

A 20% discount is applied to the second and third swimmers from the same family.



2024-2025 Conditioning & Technique (C & T) Information For swimmers from 11 - 17

All swimmer account information runs through our website. To view your account status at any time, login to the Island Swimming website. Select **My Account** from the dropdown in the blue bar, select **Billing**.

PAYMENT OPTIONS:

Credit card payments are now processed through the Island Swimming website. Credit card details are required at the time of registration.

To make payment by direct debit or e-transfer, please contact the office prior to registering.

Returning members that made payment by direct debit or e-transfer are already set up and do not need to contact the office.

PROGRAM COSTS:

Fees are charged on a monthly basis starting in October (there is no fee for the first weeks in September). Fees are based on the annual cost to run our program and will not be adjusted for the occasional cancelled practice. Fees will be adjusted for extended maintenance closures or events such as Canadian Swimming Trials.

- \$30.00 annual Club Society membership fee (one per family only) – due with first fees payment

Conditioning & Technique	
Practices/ week	Cost/ month
1	\$48.00
2	\$89.00
3	\$129.00
4	\$173.00

Swimmers in C & T are welcome to compete in some sanctioned swim meets if they wish. In order to compete, swimmers must be registered as a competitive swimmer (\$163) with SwimBC/ Swimming Canada.

CHANGES OR WITHDRAWALS:

Swimmers can change the number or days of practice (space permitting) at any time in the season by contacting the office.

To withdraw from the program, you must provide notice to the Island Swimming office before the end of the month in which they will be finishing.

The office can be reached at adminoffice@islandswimming.com

NEWSLETTER & EQUIPMENT PURCHASES

A comprehensive newsletter is emailed out monthly and is the best place for updates including any practice cancellations. Be sure to check the front page and the C & T section for any upcoming changes.

ISLAND SWIMMING CLUB GEAR:

The club has a supply of silicone swim caps, youth goggles, club t-shirts, hoodies and track jackets. Equipment can be purchased online at the club **ProShop**: www.islandswimming.com/pro-shop . Items ordered online will be delivered to your swimmer at practice and billed to your swimmer account.

Gently used and new items can be bought and sold directly between families. See current items available on our **Buy, Sell & Trade** page www.islandswimming.com/menu/gear-swap