



2024-2025 Island Swim Skills Team Information

For swimmers from 6 - 11

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
Wednesday September 25 – Parent Meeting – online at 7:30pm
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
Spring Break schedules will be posted in the new year

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.

ISLAND SWIM SKILLS TEAM (ISST)

The Island Swim Skills Team (ISST) program offers open registration so you can choose the days and times that work best for your family. At each practice, swimmers are divided into groups (bronze, silver, gold) based on age and ability. When they are ready to progress, swimmers will just move to the next lane. This open format is easier for family scheduling and allows swimmers to progress at a faster rate and to learn from different coaches.

HOW DOES IT WORK?

We have 16 scheduled ISST practices per week at Commonwealth and JDF pools. Choose the combination of practice times and location that best fits your schedule. Fees are charged on a monthly basis to your swimmer account and are due on the 15th of each month.

WHY TWICE OR MORE PER WEEK?

Swimmers become more confident in the pool and progress at a much quicker rate when they practice at least twice per week. A significant amount of time is spent reviewing skills when only practiced once per week.

- Swimmers in bronze & silver level (approx 6 – 8 years old) choose 2 practices per week
- Swimmers in gold level (approx 9 and older) choose 3 practices per week
- Swimmers who are hoping to move into the competitive program are encouraged to come at least 3 times per week



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NEW SWIMMER REQUIREMENT & ASSESSMENT:

Swimmers in ISST must be able to complete 25 metres unassisted and be comfortable in deep water.

If this is your first time registering with ISST, your swimmer will need to be assessed by our coaching staff before completing registration. Swimmers who are returning to the ISST, or who attend Summer Skills sessions will not need to be assessed.

Assessments during the summer will take place at Commonwealth Pool and can be booked on the front page of our [website](#).

PRACTICE OPTIONS: Practices are :45 minutes in the water, but on-deck activation starts 15 minutes before the scheduled start time so we can maximize time spent in the pool.

ISST	Monday		Tuesday		Wednesday		Friday		Saturday	
	Activation	Pool	Activation	Pool	Activation	Pool	Activation	Pool	Activation	Pool
SCP Pool	3:45	4:00–4:45pm	3:45	4:00–4:45pm	3:45	4:00–4:45pm	3:45	4:00–4:45pm	7:45	8:00–9:00am
SCP Pool	4:30	4:45–5:30pm	4:30	4:45–5:30pm	4:30	4:45–5:30pm	4:30	4:45–5:30pm		
JDF Pool	4:15	4:30–5:15pm			4:15	4:30–5:15pm	4:15	4:30–5:15pm	7:45	8:00–9:00am
JDF Pool	5:00	5:15–6:00pm			5:00	5:15–6:00pm	5:00	5:15–6:00pm		

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 (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.

Monthly fees are based on the annual cost to run our program. Fees will not be reduced for cancelled practices, scheduled breaks or family holidays.

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.



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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

Island Swim Skills Team	
Practices/ week	Cost/ month
2	\$105.00
3	\$130.00
*Second and third family members receive a 20% discount on monthly training fees.	

iRace meet fees are now included in your monthly training fees. There will be no extra charge to attend these fun introductory meets. Please see the schedule below.

CHANGES OR WITHDRAWALS:

Swimmers can change groups (space permitting) or withdraw from the program by providing notice to the Island Swimming office (adminoffice@islandswimming.com) before the end of the month in which they will be finishing.

HEAT SHEET: monthly newsletter

A comprehensive newsletter is emailed out monthly. This is the best place to find current information including upcoming iRace meets or practice cancellations. Be sure to check the front page and the ISST section for updates.

USING THE WEBSITE: iRaces & equipment purchases

iRace INTRODUCTORY SWIM MEETS:

5 iRaces are planned for this season. These are fun, low key meets that usually take place at Commonwealth Pool on a Sunday morning. These meets are optional, but are a great introduction to the basics of competitive swimming. **To attend a meet, please Declare your swimmer's attendance with our online system.** Details and a link to declare will be in the newsletter and emailed directly closer to each iRace and can also be found on our website under Meets & Events. There is no additional fee to attend the iRace.

Tentative iRace Schedule for 2024/25	
Sunday October 20	9:00 – 11:00 am
Sunday December 1	9:00 – 11:00 am
Sunday February 2	9:00 – 11:00 am
Sunday April 13	9:00 – 11:00 am
iRace #5 date TBC	9:00 – 11:00 am

ISLAND SWIMMING CLUB GEAR:

The club has a supply of silicone swim caps, youth goggles, club t-shirts, hoodies and trackpants. 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.