



Island Swimming Club 2024/25 Practice Schedule

INTRO COMP SCP			
Day	Activation	Pool	Dryland
Monday	3:45 PM	4:00 - 5:00pm	5:15 – 5:45pm
Wednesday	3:45pm	4:00 – 5:30pm	
Friday	3:45pm	4:00 - 5:00pm	5:00 - 5:30 on pool deck
Saturday	6:45am	7:00 – 8:30am	

INTRO COMP JDF			
Day	Activation	Pool	Dryland
Monday	4:15pm	4:30 – 6:00pm	To Be Confirmed: weather dependant
Wednesday	4:15pm	4:30 – 6:00pm	
Friday	4:15pm	4:30 – 6:00pm	
Saturday At SCP pool	6:45am	7:00 – 8:30am	

REGIONAL		
Day	Activation / Dryland	Pool
Monday	3:40pm	4:00 – 5:30pm
Tuesday	3:40pm	4:00 – 6:00pm
Wednesday	3:40pm	4:15 – 6:00pm
Thursday	3:40pm	4:00 – 5:30pm
Friday	3:40pm	4:00 – 5:30pm
Saturday	6:00 – 6:30am	6:30 – 8:00am

PROVINCIAL JUNIOR			
Day	Activation	Pool	Dryland
Monday	3:45pm	4:00 – 6:00pm	
Tuesday	5:15am	5:30 – 7:30am	
	3:45pm	4:00 – 5:30pm	5:30 – 6:15
Thursday	5:15am	5:30 – 7:30am	
	3:45pm	4:00 – 5:30pm	5:30 – 6:15
Friday	3:45pm	4:00 – 6:00pm	
Saturday	5:45am	6:00 – 8:30am	

PROVINCIAL SENIOR

Day	Activation	Pool	Dryland
Monday	3:45pm	4:00 – 6:00pm	
Tuesday	5:15am	5:30 – 7:30am	
	3:45pm	4:00 – 5:30pm	5:30 – 6:15
Thursday	5:15am	5:30 – 7:30am	
Friday	3:45pm	4:00 – 6:00pm	
Saturday	5:45am	6:00 – 8:30am	

CSI (Claremont Sports Academy)

Swimmers will have 7 – 9 practices per week based on individual swimmer requirements

All afternoons are required school course work. Morning schedule to be discussed with coaches

Day	Activation	Pool	Dryland
Monday	5:15am	5:30 – 7:30am	15 minutes personal care
	2:00pm	2:15 – 4:15pm	15 minutes personal care
Tuesday	2:00pm	2:15 – 4:00pm	4:30 – 5:30 at Claremont
Wednesday	5:15am	5:30 – 7:30am	15 minutes personal care
	2:00pm	2:15 – 4:15pm	15 minutes personal care
Thursday	2:00pm	2:15 – 4:00pm	4:30 – 5:30 at Claremont
Friday	5:15am	5:30 – 7:30am	15 minutes personal care
	2:00pm	2:15 – 4:15pm	15 minutes personal care
Saturday	5:45am	6:00 - 8:30am	15 minutes personal care

National Performance & Development

Swimmers will have 7 – 9 practices per week based on individual swimmer requirements

All afternoons are required. Morning schedule to be discussed with coaches

Day	Activation	Pool	Dryland
Monday	5:15am	5:30 – 7:30am	15 minutes personal care
	4:00pm	4:15 – 6:00pm	6:15 – 7:15pm
Tuesday	3:45pm	4:00 – 6:00pm	15 minutes personal care
Wednesday	5:15am	5:30 – 7:30am	15 minutes personal care
	4:00pm	4:15 – 6:00pm	6:15 – 7:15pm
Thursday	3:45pm	4:00 – 6:00pm	15 minutes personal care
Friday	5:15am	5:30 – 7:30am	15 minutes personal care
	4:00pm	4:15 – 6:00pm	15 minutes personal care
Saturday	5:45am	6:00 - 8:30am	8:45 - 9:45am