



## 2025-2026 Conditioning & Technique (C & T) Information For swimmers from 11 - 17

Welcome to the 2025 - 2026 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.

*Important note: Commonwealth Pool is undergoing extended maintenance starting Monday August 25<sup>th</sup>. The expected reopening date for the competition pool is Monday Sept 15<sup>th</sup> if all goes as planned.*

**Coach contact:** [CandT@islandswimming.com](mailto:CandT@islandswimming.com)

**Office contact:** [adminoffice@islandswimming.com](mailto:adminoffice@islandswimming.com)

### IMPORTANT DATES TO NOTE

Monday September 15: First day of regular practice for all groups. \*\*See note above

Monday October 13<sup>th</sup>: all practices cancelled

Tuesday September 30 – all practices cancelled at SCP

Friday December 19 – last day of practice for winter break

Sunday January 4 – practices resume

Spring Break schedules will be posted in the new year

### 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. The Tuesday morning practice is only for those who have declared they wish to compete this season. Choose the number and times to practice that best fit your schedule. If space permits, swimmers may make up missed practices by contacting the lead C & T coach at [CandT@islandswimming.com](mailto:CandT@islandswimming.com).

**C & T COMPETITIVE:** Swimmers who wish, may compete at local meets including Bennett Cup (November), Wavemaker (April) & Medley Challenge (May). A new Tuesday morning practice has been added to the C & T schedule. This practice is only for swimmers who plan to compete - it will be a smaller group that trains alongside the Provincial group.

**C & T Competitive swimmers must choose at least 2 practices per week and must be registered as competitive with Swimming Canada (\$164.50 annual fee).**

**PRACTICE OPTIONS:** Choose 1 – 4 practices per week. C & T Competitive choose at least twice weekly

Monday PM		Tuesday AM *C & T Competitive only		Wednesday PM		Friday PM		Saturday AM	
Activation	Pool	Activation	Pool	Activation	Pool	Activation	Pool	Activation	Pool
7:15	7:30– 8:30pm	6:15am	6:30– 7:30am	7:15pm	7:30– 8:30pm	7:15	7:30– 8:30pm	9:45	10:00– 11:30am

## FEES, DISCOUNTS & PAYMENT

Fees are charged to your swimmer account each month. Training fees, and any other expenses on your swimmer account (meet fees, equipment purchases etc) are **due on the 15<sup>th</sup> of the month**. You will be sent an invoice a few days prior to the 15<sup>th</sup>. This is for information only and to ensure there aren't any mistakes. The balance owing will be charged to your bank account or credit card on file on the 15<sup>th</sup>.

You can view your account standings at any time on the club website under **My Account/ Billing**

### PAYMENT OPTIONS:

***Credit card payments are 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.

### 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.

- \$30.00 annual Club Society membership fee (one per family only) – due with first fees payment
- \$164.50 annual Swimming Canada fee only for swimmer who wish to compete

Conditioning & Technique	
Practices/ week	Cost/ month
1	\$49.50
2	\$91.50
3	\$133.00
4	\$175.00

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

### 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 your swimmer will be finishing.

The office can be reached at [adminoffice@islandswimming.com](mailto:adminoffice@islandswimming.com)

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.

## CLOTHING & EQUIPMENT

### SPEEDO PORTAL:

NEW THIS SEASON: ISC branded Speedo training suits can be ordered from the Island Swimming Team Portal. The portal will also have fins, trackpants, backpacks and other training gear.

The portal will be open 3- 4 times in the season for about a week each time and the collective order will be sent to the club to save shipping costs. More details, sizing days and links to the portal will be sent in September.

**ISC PRO SHOP:** [www.islandswimming.com/pro-shop](http://www.islandswimming.com/pro-shop)

This is the place for team gear (caps, t-shirts, hoodies etc) as well as equipment like goggles, mesh bags, kickboards and paddles. Items ordered online will be delivered to your swimmer at practice and billed to your swimmer account.