



2025-2026 Island Swim Skills Team Information

For swimmers from 6 - 10

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 an extended maintenance shutdown starting Monday August 25th. The expected reopening date for the competition pool is Monday September 15th providing all goes as planned. The teach pool is expected to reopen by October 30. Saturday morning registrants will be contacted in early September with practice options until the teach pool is open.

SCP Coach Contact: ISST.SCP@islandswimming.com JDF Coach Contact: ISST.JDF@islandswimming.com

IMPORTANT DATES TO NOTE

Monday September 15 – first day of regular programs
Wednesday September 24 – Parent Meeting – online at 7:30pm
Tuesday September 30 – all practices cancelled at SCP
Monday October 13 – all practices cancelled at SCP & JDF pools
Tuesday November 11 - all practices cancelled at SCP
Saturday December 20 – last day of practice for winter break
Saturday January 3 – practices resume
Spring Break schedules will be posted in the new year

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 10) choose 3 or 4 practices per week
- ***Swimmers who are hoping to move into the competitive program should attend 3 times per week***

NEW SWIMMER REQUIREMENT & ASSESSMENT:

Swimmers in ISST must be able to complete 25 metres unassisted and be comfortable in deep water. First time registrants will need to be assessed by our coaching staff before completing registration. Swimmers returning to ISST, or who attend Summer Skills sessions, will not need to be assessed.

Summer assessments can be booked on Tuesday or Wednesday afternoons in August 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 each month. Training fees, and any other expenses on your swimmer account (equipment purchases etc) are **due on the 15th of the month**. You will be sent an invoice a few days prior to the 15th. 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 15th. You can view your account standings at any time on the club website under **My Account/ Billing**

The ISST program runs for 38 weeks. Fees are based on the annual cost to run the program and divided into 9 monthly payments (October – June). Fees will not be adjusted for stat holidays, scheduled breaks or missed practices due to family vacations.

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

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 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).

- \$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 | \$108.00 |
| 3 | \$134.00 |
| 4 | \$152.00 |

iRace meet fees are 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 & Level Up meets

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 2025/26 | |
|--------------------------------------|------------------------|
| Sunday October 19 | 9:00 – 11:00 am |
| Sunday November 30 | 9:00 - 11:00 am |
| Sunday February 1 | 8:30 – 10:30 am |
| Sunday April 12 | 9:00 – 11:00 am |
| Sunday June 7 | 9:00 – 11:00 am |

VIR LEVEL UP MEETS:

VIR Level Up Meets are the next step before the competitive program. Swimmers in Gold group will be invited to attend these one day meets in Duncan. Meet entry fees and coaching costs will be billed to your swimmer account after the meet.

CLOTHING & EQUIPMENT

SPEEDO PORTAL:

NEW THIS SEASON: ISC branded Speedo training suits can be ordered from the Island Swimming Team Portal. 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

This is the place for team gear (caps, t-shirts, hoodies etc). We also have a supply of junior sized goggles and clearance priced training suits. Items ordered online will be delivered to your swimmer at practice and billed to your swimmer account.