



Island Swimming Club 2025/26 Practice Schedule

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

INTRO COMP JDF		
Day	Activation	Pool
Monday	4:15pm	4:30 – 6:00pm
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	3:40 - 4:10pm	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	5:45 - 6:30pm
Thursday	5:15am	5:30 – 7:30am	
	3:45pm	4:00 – 5:30pm	5:45 - 6:30pm
Friday	3:45pm	4:00 – 6:00pm	
Saturday	5:45am	6:00 – 8:30am	& 15 mins stretch/ recovery

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	5:45 – 6:30pm
Thursday	5:15am	5:30 – 7:30am	
Friday	3:45pm	4:00 – 6:00pm	
Saturday	5:45am	6:00 – 8:30am	& 15 mins stretch/ recovery

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 mins stretch/ recovery
	2:00pm	2:15 – 4:15pm	& 15 mins stretch/ recovery
Tuesday	2:00pm	2:15 – 4:00pm	4:30 – 5:30 at Claremont
Wednesday	5:15am	5:30 – 7:30am	& 15 mins stretch/ recovery
	2:00pm	2:15 – 4:15pm	& 15 mins stretch/ recovery
Thursday	2:00pm	2:15 – 4:00pm	4:30 – 5:30 at Claremont
		5:30 – 7:30am	& 15 mins stretch/ recovery
Friday	5:15am	5:30 – 7:30am	& 15 mins stretch/ recovery
	2:00pm	2:15 – 4:15pm	& 15 mins stretch/ recovery
Saturday	5:45am	6:00 - 8:30am	& 15 mins stretch/ recovery

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 mins stretch/ recovery
	4:00pm	4:15 – 6:00pm	6:15 – 7:15pm
Tuesday	3:45pm	4:00 – 6:00pm	& 15 mins stretch/ recovery
Wednesday	5:15am	5:30 – 7:30am	& 15 mins stretch/ recovery
	4:00pm	4:15 – 6:00pm	6:15 – 7:15pm
Thursday	3:45pm	4:00 – 6:00pm	& 15 mins stretch/ recovery
Friday	5:15am	5:30 – 7:30am	& 15 mins stretch/ recovery
	4:00pm	4:15 – 6:00pm	& 15 mins stretch/ recovery
Saturday	5:45am	6:00 - 8:30am	8:45 - 9:45am