



2026-2027 Conditioning & Technique (C & T) Information

For swimmers from 11 - 17

Welcome to the 2026 - 2027 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.

Coach contact: candt@islandswimming.com

IMPORTANT DATES TO NOTE

September 21:	First day of regular practice for all groups
September 30:	All practices cancelled
October 12:	All practices cancelled
October 26:	AGM, 5:00pm @ SCP (online option also)
November 11:	All practices cancelled
December 19:	Last practice before Winter Break
January 2:	Regular practices start back

Canadian Swimming Trials are coming back to Saanich Commonwealth Place April 1 - 10, 2027. Regular practices will run March 15 - 28 during Spring Break.

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. 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.

Swimmers who wish, may compete at local meets including Bennett Cup (November), Wavemaker (April) & Medley Challenge (May).

PRACTICE OPTIONS: Choose 1 – 4 practices per week.

Monday PM		Wednesday PM		Friday PM		Sunday AM	
Activation	Pool	Activation	Pool	Activation	Pool	Activation	Pool
7:15	7:30–8:30pm	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 **charged to your card on account on file 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. 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

Conditioning & Technique	
Practices/ week	Cost/ month
1	\$51.00
2	\$94.00
3	\$137.00
4	\$180.00

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

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

TAS PORTAL:

ISC branded Speedo training suits along with fins, trackpants, backpacks and other training gear can be ordered from the TAS Island Swimming team portal.

The portal will be open 2 - 3 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) as well as equipment like goggles, mesh bags, kickboards and paddles. Items will be delivered to your swimmer at practice and billed to your swimmer account.

- **Custom Caps** (with names) are only ordered once per season in the fall. Watch for an email with order dates.

Gently used and new items can be bought and sold directly between club families. See current items available on our **Buy, Sell & Trade** page www.islandswimming.com/menu/gear-swap