



2026-2027 Island Swim Skills Team Information

For swimmers from 6 - 10

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.

SCP Coach Contact: ISST.SCP@islandswimming.com JDF Coach Contact: ISST.JDF@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 25:	iRace #1, 9am
October 26:	AGM 5pm @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.
JDF pool is usually closed early April for annual maintenance.
Regular practices will run March 15 - 28 at both pools during Spring Break.

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 charged to your card on file on the 15th of each month.

WHY TWICE OR MORE PER WEEK?

Swimmers learn skills and gain confidence at a much quicker rate when they practice at least two to three times per week. A significant amount of skill review and introduction to new skills is missed when only attending once a week.

- Swimmers in bronze level (approx 6 – 8 years old) choose 2 practices per week
- Swimmers in silver level (approx 6 – 8 years old) choose 2-3 practices per week
- Swimmers in gold level (approx 9 and 10) choose 3-4 practices per week
- ***Swimmers who are hoping to move into the competitive program should try to attend a minimum of 3 times per week for accelerated skill acquisition***

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, do not need to be assessed again.

Summer assessments are held at SCP pool in August and can be booked from the front page of our [website](#). Lead coaches for both the SCP and JDF programs will be running assessments this summer.

PRACTICE OPTIONS: Practices are 45 minutes in the water, but on-deck activation starts 15 minutes before the scheduled start time to 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 (equipment purchases etc) will **be charged to your card or account on file on the 15th of the month.** You will be sent an invoice a few days prior to the 15th 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**

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

The ISST program runs for 36 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.

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. 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	\$111.00
3	\$138.00
4	\$156.00

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 schedules (space permitting) or withdraw from the program by providing **written notice** to the Island Swimming office (adminoffice@islandswimming.com) **before the end of the month in which they will be finishing.**

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 we strongly encourage swimmers to attend. They are an important learning piece in the ISST program and are a great introduction to the basics of competitive swimming. In order to move into the competitive program, swimmers in Gold must have attended multiple iRaces.

Tentative iRace Schedule for 2026/27	
Sunday October 25	9:00 - 11:00 am
Nov/ Dec iRace TBC	
Sunday January 31	9:00 - 11:00 am
Sunday March 7	9:00 – 11:00 am
Sunday June 13	9:00 – 11:00 am

To attend a meet, please Declare your swimmer's attendance in our online system.

Details and a link to declare will be in the newsletter and emailed directly closer to each iRace. It can also be found on our website under Meets & Events. There is no additional fee to attend the iRace.

iRace #5

Saanich Commonwealth Place

iRace is FREE to attend! Sign up deadline is Sunday May 31!

Jobs: Closed

Accept / Decline

Modify

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. Declaration for these meets is the same as an iRace.

- Meet entry fees and coaching costs will be billed to your swimmer account after the meet.

HEAT SHEET: Monthly newsletter

A comprehensive newsletter is emailed out at the beginning of each month. 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.

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). We also have a small supply of junior sized goggles and clearance priced items. 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