

Island Swimming Club 2026/27 Practice Schedule

INTRO COMP SCP			
Day	Activation	Pool	Dryland
Monday		4:30 -6:00pm	3:45 - 4:30pm
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	6:45am	7:00 – 8:30am	

REGIONAL			
Day	Activation	Pool	Dryland
Monday	4:00pm	4:15 – 6:00pm	
Tuesday	3:40pm	4:00 – 5:30pm	
Wednesday		4:15 – 6:00pm	3:45 - 4:15pm
Thursday	3:40pm	4:00 – 5:30pm	
Friday		4:15 – 6:00pm	3:45- 4:15pm
Saturday		6:30 – 8:00am	6:00 - 6:30am

PROVINCIAL			
Day	Activation	Pool	Dryland
Monday	3:45pm	4:00 – 5:30pm	5:45 - 6:30pm
Tuesday	5:35am	6:00 – 7:30am	
	3:45pm	4:00 – 6:00pm	
Thursday	5:35am	6:00 – 7:30am	
	3:45pm	4:00 – 6:00pm	
Friday	3:45pm	4:00 – 5:30pm	5:45 - 6:30pm
Saturday	6:00am	6:15 – 8:30am	15 min stretch

Claremont Sports Academy			
Day	Activation	Pool	Dryland
Monday	5:15am	5:30 – 7:30am*	15 min stretch
	2:00pm	2:15 – 4:15pm	15 min stretch
Tuesday	2:00pm	2:15 – 4:00pm	4:30 – 5:30**
Wednesday	5:15am	5:30 – 7:30am*	15 min stretch
	2:00pm	2:15 – 4:15pm	15 min stretch
Thursday	2:00pm	2:15 – 4:00pm	4:30 – 5:30**
Friday	5:15am	5:30 – 7:30am*	15 min stretch
	2:00pm	2:15 – 4:15pm	15 min stretch
Saturday	6:00am	6:15 - 8:30am	15 min stretch

National			
Day	Activation	Pool	Dryland
Monday	5:15am	5:30 – 7:30am*	15 min stretch
	4:00pm	4:15 – 6:00pm	6:15 – 6:45pm
Tuesday	3:45pm	4:00 – 6:00pm	15 min stretch
Wednesday	5:15am	5:30 – 7:30am*	15 min stretch
	4:00pm	4:15 – 6:00pm	15 min stretch
Thursday	3:45pm	4:00 – 6:00pm	6:15 – 6:45pm
Friday	5:15am	5:30 – 7:30am*	15 min stretch
	4:00pm	4:15 – 6:00pm	15 min stretch
Saturday	6:00am	6:15 - 8:00am	8:15 - 8:45am

* Number of morning practies to be determined by coach. Swimmers will not attend all 3 weekday mornings

** at Claremont School gym