



2023-2024 Conditioning & Technique (C & T) Information

For swimmers from 11 - 17

Welcome to the 2023- 2024 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.

110th

We are celebrating our 110th anniversary this year and hope you can join us!

Date: Saturday September 23

Where: Saanich Commonwealth Place gymnasium & pool

When: 4:00 – 7:30pm

What: 4:00 – 5:30 celebration, awards, cake in the gym.

5:30 – 7:30 fun swim, races & games in the pool. Siblings and family members welcome

IMPORTANT DATES TO NOTE

Monday September 18 – first day of regular programs

Friday September 30 – all practices cancelled

Monday October 9 – all practices cancelled

Saturday November 11 - all practices cancelled

Friday December 22 – last day of practice for winter break

Saturday January 6 – practices resume

Saturday March 23 – last day of practice before spring break

Wednesday April 3 – practices resume until June 28

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 5 scheduled C & T practices per week at Commonwealth pool. Choose the number and times to practice that best fit your schedule.

Swimmers may make up missed practices by contacting the Island Swimming office or lead C & T coach.

PRACTICE OPTIONS:

C & T	Monday	Wednesday	Friday	Saturday	Sunday
Choose 1 - 5	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	1:00-2:00 pm	10:00-11:30 am

FEES, DISCOUNTS & PAYMENT



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Fees are charged to your swimmer account on the 1st of each month. Training fees, and any other expenses on your swimmer account (meet fees, equipment purchases etc) are **due on the 15th of the month**.

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

All account information now runs through our website. To view your account status at any time, login to the Island Swimming website. Select **My Account** from the dropdown in the blue bar, select **Billing**.

PAYMENT OPTIONS:

Credit card payments are now 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 from October until the end of June 2024.

- \$20.00 annual Club Society membership fee (one per family only) – due with first fees payment

Conditioning & Technique	
Practices/ week	Cost/ month
1	\$46.00
2	\$85.00
3	\$123.00
4	\$165.00
5	\$200.00

The previous SwimBC Insurance & Registration fee no longer applies to this program. A sessional insurance fee is worked into the monthly cost of the program. If swimmers wish to compete in a sanctioned swim meet, they will be required to purchase annual insurance

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 they will be finishing.

The office can be reached at adminoffice@islandswimming.com

NEWSLETTER & EQUIPMENT PURCHASES

A brief newsletter is emailed out weekly and is the best place for current information including any practice cancellations. Be sure to check the front page and the C & T section for any weekly updates.

ISLAND SWIMMING CLUB GEAR:

The club has a supply of silicone swim caps, youth goggles, club t-shirts, hoodies and track jackets. Equipment can be purchased online at the club ProShop: www.islandswimming.com/pro-shop. Items ordered online will be delivered to your swimmer at practice and billed to your swimmer account.