



2023-2024 Island Swim Skills Team Information

For swimmers from 6 - 11

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 at SCP & JDF pools

Monday October 9 – all practices cancelled at SCP & JDF pools

Saturday November 11 - all practices cancelled at SCP & JDF pools

Monday November 13 – JDF pool is closed. No practices at JDF

Friday December 22 – last day of practice for winter break

Saturday January 6 – practices resume for the winter

Saturday March 23 – last day of practice before spring break

Wednesday April 3 – practices resume until June 28

ISLAND SWIM SKILLS TEAM (ISST)

The Island Swim Skills Team (ISST) program will continue to offer open registration so you can choose the days and times that work best for your family.

At each practice, swimmers will be divided into lanes 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 from time to time.

HOW DOES IT WORK?

We have 14 scheduled ISS 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 due on the 15th of each month.

WHY TWICE PER WEEK?

Swimmers become more confident in the pool and progress at a much quicker rate when they practice at least twice per week. A significant amount of time is spent reviewing skills when only practiced once per week.

- Swimmers 6 – 8 years old, choose 2 practices per week
- Swimmers 9 and older, can choose 2 or 3 practices per week



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NEW SWIMMER REQUIREMENT & ASSESSMENT:

Swimmers in ISST must be able to complete 25 metres unassisted and be comfortable in deep water.

If this is your first time registering with ISST, your swimmer will need to be assessed by our coaching staff before completing registration. Swimmers who were registered in ISST for the 22/23 season will not need to be assessed.

Assessments during the summer will take place at Commonwealth Pool and can be booked on the front page of our [website](#).

NEW for
FALL 2023

PRACTICE OPTIONS: Practices are :45 minutes in the water, but on-deck activation starts 15 minutes before the scheduled start time so we can maximize time spent in the pool.

ISST	Monday		Wednesday		Friday		Saturday	
	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	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		
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 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.

Monthly fees are based on the annual cost to run our program. Fees will not be reduced for cancelled practices, scheduled breaks or family holidays.

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



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Island Swim Skills Team	
Practices/ week	Cost/ month
2	\$95.00
3	\$120.00
*Second and third family members receive a 20% discount on monthly training fees.	

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 an event other than an iRace, an insurance upgrade will be required.

CHANGES OR WITHDRAWALS:

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

HEAT SHEET: weekly newsletter

A brief newsletter is emailed out weekly and the best place for current information including upcoming iRace meets or practice cancellations. Be sure to check the front page and the ISST section for any weekly updates.

USING THE WEBSITE: iRaces & equipment purchases

iRace INTRODUCTORY SWIM MEETS:

5 iRaces are scheduled for this season. These are fun, low key meets that usually take place at Commonwealth Pool on a weekend morning. These meets are optional, but are a great way to introduce the basics of competitive swimming. To attend a meet, please Declare your swimmer's attendance with our online system. Details and a link to declare will be in the newsletter and emailed directly closer to each iRace and can also be found on our website under Meets & Events.

Tentative iRace Schedule for 2023/24	
Saturday October 21	9:00 – 11:00 am
Sunday December 3	9:00 – 11:00 am
Sunday February 4	9:00 – 11:00 am
Sunday May 5	11:30 am – 1:30 pm
Sunday June 16	9:00 – 11:00 am

ISLAND SWIMMING CLUB GEAR:

The club has a supply of silicone swim caps, youth goggles, club t-shirts, hoodies and trackpants. 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.