



Island Swimming Club 2023/24 Practice Schedule

| INTRO COMP SCP | | | |
|-----------------------|------------|---------------|---------------|
| Day | Activation | Pool | Dryland |
| Monday | 4:00pm | 4:15-5:15pm | 5:15 – 5:45pm |
| 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 | Dryland |
| Monday | 4:15pm | 4:30 – 6:00pm | To Be Confirmed: weather dependant |
| Wednesday | 4:15pm | 4:30 – 6:00pm | |
| Friday | 4:15pm | 4:30 – 6:00pm | |
| Saturday At SCP pool | 6:45am | 7:00 – 8:30am | |

| REGIONAL | | |
|-----------------|----------------------|---------------|
| Day | Activation / Dryland | Pool |
| Monday | 3:40pm | 4:00 – 5:30pm |
| Tuesday | 3:40pm | 4:00 – 5:30pm |
| Wednesday | 5:15am | 5:30 – 7:00am |
| Thursday | 3:40pm | 4:00 – 5:30pm |
| Friday | 3:40pm | 4:00 – 6:00pm |
| Saturday | 6:00 – 6:30am | 6:30 – 8:00 |
| | 8:00 – 8:30am | |

| PROVINCIAL JUNIOR | | | |
|--------------------------|------------|---------------|-------------|
| Day | Activation | Pool | Dryland |
| Monday | 3:45pm | 4:00 – 6:00pm | |
| Tuesday | 5:15am | 5:30 – 7:30am | |
| | 3:45pm | 4:00 – 5:30pm | 5:45– 6:30 |
| Wednesday | 3:45pm | 4:00 – 6:00pm | |
| Thursday | 5:15am | 5:30 – 7:30am | |
| | 3:45pm | 4:00 – 5:30pm | 5:45 – 6:30 |
| Saturday | 5:45:am | 6:00 – 8:30am | |

| PROVINCIAL SENIOR | | | |
|--------------------------|------------|---------------|-------------|
| Day | Activation | Pool | Dryland |
| Monday | 3:45pm | 4:00 – 6:00pm | |
| Tuesday | 5:15am | 5:30 – 7:30am | |
| Wednesday | 3:45pm | 4:00 – 6:00pm | |
| Thursday | 5:15am | 5:30 – 7:30am | |
| | 3:45pm | 4:00 – 5:30pm | 5:45 – 6:30 |
| Saturday | 5:45am | 6:00 – 8:30am | |

| CSI (Claremont Sports Academy) | | | |
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| Swimmers will have 7 – 9 practices per week based on individual swimmer requirements | | | |
| All afternoons are required school course work. | | | |
| Morning training schedule to be discussed with coaches | | | |
| Day | Activation | Pool | Dryland |
| Monday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 2:00pm | 2:15 – 4:15pm | 15 minutes personal care |
| Tuesday | 2:00pm | 2:15 – 4:00pm | 4:30 – 5:30 at Claremont |
| Wednesday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 2:00pm | 2:15 – 4:15pm | 15 minutes personal care |
| Thursday | 2:00pm | 2:15 – 4:00pm | 4:30 – 5:30 at Claremont |
| Friday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 2:00pm | 2:15 – 4:15pm | 15 minutes personal care |
| Saturday | 5:45am | 6:00 - 8:30am | 15 minutes personal care |

| National Performance & Development | | | |
|--|------------|---------------|--------------------------|
| Swimmers will have 7 – 9 practices per week based on individual swimmer requirements | | | |
| All afternoons are required. Morning training schedule to be discussed with coaches | | | |
| Day | Activation | Pool | Dryland |
| Monday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 4:00pm | 4:15 – 6:00pm | 6:15 – 7:15pm |
| Tuesday | 3:45pm | 4:00 – 6:00pm | 15 minutes personal care |
| Wednesday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 4:00pm | 4:15 – 6:00pm | 6:15 – 7:15pm |
| Thursday | 3:45pm | 4:00 – 6:00pm | 15 minutes personal care |
| Friday | 5:15am | 5:30 – 7:30am | 15 minutes personal care |
| | 4:00pm | 4:15 – 6:00pm | 15 minutes personal care |
| Saturday | 5:45am | 6:00 - 8:30am | 15 minutes personal care |