

Youth Tuition Schedule  
@ East Bentleigh (GESAC)

ACADEMY  
OF SWIMMING

**START THE JOURNEY**

WITH A FREE 15 MINUTE TRIAL TODAY!

BOOK  
NOW

Come and see our program in action and chat about your child's needs.

## FEEL LIKE YOU BELONG!

We want you to feel like you are part of our family. Therefore, we have created a program to suit your child's needs and ensure a wonderful experience. So, come along for a free 15 minute trial which will provide you an opportunity to see our program, allow us to understand your needs, and place your child in the correct level.

- Step 1** – Simply print off a free 15 minute trial voucher from our website
- Step 2** – Contact your nearest Academy to arrange a suitable time for a trial
- Step 3** – Pack your child's togs and towel
- Step 4** – Please meet Rodney or Judy on pool deck

During the school holiday periods please simply contact us on 0402 853 430 to arrange a suitable time.





## WHAT MAKES US DIFFERENT

The Academy of Swimming is a leading provider of competitive & recreational squad training in Melbourne's south-east suburbs. Based at both the Harold Holt Swim Centre in Glen Iris and GESAC in East Bentleigh, the key difference of the Academy program is that it is a squad-specific program. Unlike our major competitors that have a learn-to-swim focus, our emphasis is purely on each swimmer's development once they have completed their learn-to-swim levels, with both competitive & non-competitive pathways.

As one of Victoria's leading squad training providers, our program caters for all ages & standards, from elite swimmers through to first time squad members. Since 2002, our competitive program has achieved significant success in normal pool racing, open water swimming, triathlons, surf lifesaving and waterpolo. In addition, our non-competitive program has also provided a recreational outlet for swimmers to refine their stroke technique and improve and maintain their fitness & healthy lifestyle, without the demands placed on competitive swimming.

Members in our swimming program are able to get involved in competitive swimming by joining our M1 Swimming Club. The M1 Swimming Club offers a series of competitions designed for swimmers just starting out in competitive swimming, in which the emphasis is on learning and self-improvement in a non-threatening environment. Swimmers are able to progress to interclub competitions and if satisfactory standards are achieved they can then move onto State and National levels of competition. In order to be able to compete in swim meets it is necessary to belong to Swimming Victoria, Swimming Australia and therefore affiliated with a swimming club.

Please feel free to contact us if you have any questions with regards to our programs.

Rodney Skudar

**Head Coach**  
**Glen Eira Academy of Swimming**



## YOUTH PROGRAM

Our program is designed for children aged approx. 13 to 18 years with a focus on technique is designed to strengthen skills from a swim school program while learning more challenging skills.

- Members have the option to swim once a week, twice a week or an unlimited number of sessions.
- We provide members a flexible timetable as swimmers are not locked into the same each week.

### Youth C

This is for swimmers fresh from a learn to swim program and our coaching team place a focus on developing technique in all four strokes, balance in the water, kicking and racing skills such as starts and turns.

Monday	5:00pm to 6:15pm	50m pool
Tuesday	5:00pm to 6:15pm	50m pool
Wednesday	5:00pm to 6:15pm	50m pool
Thursday	5:00pm to 6:15pm	50m pool
Friday	4:30pm to 6:00pm	50m pool
Saturday	7:00am to 8:15am	50m pool

### Youth B

Designed around providing advanced skills in all four competitive strokes, training techniques, while racing starts and turns are refined.

Monday	5:00pm to 6:15pm	50m pool
Tuesday	5:00pm to 6:15pm	50m pool
Wednesday	5:00pm to 6:15pm	50m pool
Thursday	5:00pm to 6:15pm	50m pool
Friday	4:30pm to 6:00pm	50m pool
Saturday	7:00am to 8:15am	50m pool

### Youth A

Focus is on technique, continued stroke refinements and extended conditioning, in preparation for our youth program. This is an exciting time in a swimmers journey as they develop and make a significant transformation.

Monday	5:00pm to 6:15pm	50m pool
Tuesday	5:00pm to 6:15pm	50m pool
Wednesday	5:00pm to 6:15pm	50m pool
Thursday	5:00pm to 6:15pm	50m pool
Friday	4:30pm to 6:00pm	50m pool
Saturday	7:00am to 8:15am	50m pool

### Youth Performance

Committed swimmers training to get the best out of themselves and who commit to training 4 plus sessions per week.

Monday	5:00pm to 6:15pm	50m pool
Tuesday	5:00pm to 6:15pm	50m pool
Wednesday	5:00pm to 6:15pm	50m pool
Thursday	5:00pm to 6:15pm	50m pool
Friday	4:30pm to 6:00pm	50m pool
Saturday	7:00am to 8:15am	50m pool