

Youth Tuition Schedule @ Harold Holt

ACADEMY
OF SWIMMING

Free Swimming Trial

The swim trial will provide you an opportunity to see our program, allow us to understand your needs, and place your child in the correct level. Please simply print off a voucher, pack your child's togs and towel, and meet Rodney or Judy at the outdoor heated 50m pool of a **Monday, Tuesday, Wednesday or Thursday from 4:00pm to 4:30pm** and if not suitable please contact us on 0402853430. During the school holiday periods please simply contact us on 0402 853 430 to arrange a suitable time.

Youth Program @ Harold Holt

Our **Malvern Academy of Swimming** program is designed for children aged 13 years plus 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 is suitable for a range of abilities who wish to improve overall fitness and technique.

Youth B has been designed for swimmers to further develop technique in competitive strokes, while racing starts and turns are refined.

Youth A focus is placed 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.

Youth Performance is for committed swimmers training to perform and to get the best out of themselves. Swimmers have the option to regularly attend club, district and state level swimming competitions and therefore have the opportunity to belong to the M1 Swimming Club. Junior Performance is for swimmers aged 13 years or older who have state qualified or are near state qualifying times who are willing to commit to training 4 plus sessions per week.

Program	Recreational or Competitive	Days / Class times	(Members are NOT locked into a session)
Youth B & Youth C	If your child wishes to enter swim meets they are required to join the M1 Swimming Club.	Monday 5:00pm to 6:15pm Tuesday 5:00pm to 6:15pm Wednesday 5:00pm to 6:15pm Thursday 5:00pm to 6:15pm Friday 4:30pm to 6:00pm	
Youth A	If your child wishes to enter swim meets they are required to join the M1 Swimming Club.	Monday 5:00pm to 6:15pm Tuesday 5:00pm to 6:15pm Wednesday 5:00pm to 6:15pm Thursday 5:00pm to 6:15pm Friday 4:30pm to 6:00pm	
Youth Performance	Members within this level are required to enter swim meets and therefore join the M1 Swim Club.	Monday 5:00pm to 6:15pm Tuesday 5:00pm to 6:15pm Wednesday 5:00pm to 6:15pm Thursday 5:00pm to 6:15pm Friday 4:30pm to 6:00pm	