

Junior Schedule  
@ Malvern (Harold Holt)

**ACADEMY**  
OF SWIMMING

# MALVERN **ACADEMY** OF SWIMMING

**HAROLD HOLT SWIM CENTRE, HIGH ST, GLEN IRIS**



**Location** Stonnington Council @ Harold Holt Swim Centre, Glen Iris  
**Website** [www.academyofswimming.com.au](http://www.academyofswimming.com.au)  
**Email** [malvern@academyofswimming.com.au](mailto:malvern@academyofswimming.com.au)  
**Phone** 0402853430

We are also based within the Glen Eira Council at GESAC (East Bentleigh)

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**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

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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 - Academy of Swimming**

#### **Malvern Academy of Swimming**

Email [malvern@academyofswimming.com.au](mailto:malvern@academyofswimming.com.au)  
Phone 0402853430

#### **Glen Eira Academy of Swimming**

Email [gleneira@academyofswimming.com.au](mailto:gleneira@academyofswimming.com.au)  
Phone 0402853430



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## How much swimming training is correct for my child?

This is without doubt the biggest question in swimming today and is probably the most important question ever asked in the sport.

We have created the following to help point you in the correct path for your child...

No – your child is not Michael Phelps' on his comeback as he pushed towards Olympic Gold in 2016

And No – it's certainly not about anyone else other than your child

## Guide into what is required to reach a level

Swimmer level	Sessions per week
Learn to Swim	1
School / second sport	2 - 3
District level	3 - 4
State Championships	4 - 5

The Biggest Question in Swimming is.....

## How Much Swimming Training is Right?

Any of these options will provide a fun environment that will encourage and support your child to become the best person that can be... as a general rule for fitness if a child swims 2 to 4 times a week after 6 weeks they will notice a huge difference.

### Once a week per week

Pros	Cons
<ul style="list-style-type: none"> <li>- Coaches set workouts and plan programs</li> <li>- Technique is developed (slowly)</li> <li>- Little commitment required</li> <li>- Enjoy the team environment</li> </ul>	<ul style="list-style-type: none"> <li>- Friendships hard to develop</li> <li>- Improvement and results are slow</li> <li>- many don't feel part of the community</li> <li>- Are more likely to stop</li> </ul>

### Twice or more per week

Pros	Cons
<ul style="list-style-type: none"> <li>- Coaches set workouts and plan programs</li> <li>- Technique is developed (faster)</li> <li>- Time is available to work on the little things</li> <li>- Friendships develop quickly</li> <li>- Enjoy the team environment</li> <li>- Improvement is noticeable</li> <li>- Regular ongoing feedback received</li> <li>- Children feel part of the community</li> <li>- Opportunity to join the swimming club</li> <li>- Confidence to become a leader</li> </ul>	<ul style="list-style-type: none"> <li>- Commitment required</li> <li>- Lack of free time for other activities</li> </ul>

**The right amount of training for your child is whatever makes them happy**

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Members of the Academy of Swimming are **ONLY** required to join the M1 Swimming Club if you wish to participate in organised competitions at club, district, state and national level.

The M1 Swimming Club is proud to announce that the club came **3<sup>rd</sup> in Victoria in Swimming Australia's Junior Excellence Program**. The program ranks clubs according to the number of swimmers who obtained Gold, Silver, Bronze or Green standard qualifying times at competitions throughout the season. Congratulations goes to all of our junior M1 swimmer's for achieving such a great result!

Swimmers wishing to enter swim meets are required to join the M1 Swimming Club which is affiliated with Swimming Victoria (SV) and Masters Swimming Victoria (MSV). SV governs competitive swimming for younger swimmers (typically 7-25yrs) and MSV governs competitive swimming for adults of all ages. Swimmers aged 18 and over can join either or both SV and MSV.

## How to join the M1 Swimming Club?

To become a member of M1, go to [www.m1swimmingclub.org.au](http://www.m1swimmingclub.org.au) and click on 'Join M1' to pay the annual club membership fee. The season runs from July to June, so it is recommended that you join early in the season to get the best value.

## What are the costs involved?

- Annual M1 membership fee (2019/20 season)
- M1 club uniform (approx \$100 for t-shirt, shorts and swimming cap)
- Enter and participate in 1-3 competitions each term (cost is approximately \$20-40 per competition).

## Where do I buy the M1 Swimming club uniform?

Swimmers can purchase an M1 swimming cap, M1 polo shirt and M1 shorts from Swimwear Galore at [www.swimweargalore.com.au](http://www.swimweargalore.com.au)

## Competitive swimmer fee

Throughout the swimming season, swimmers may attend approximately between 20 to 80 hours at swim meets at which our coaches are in attendance. To support the cost of providing coaching staff at nominated meets, an annual competitive levy of \$200 applies to each squad family who is registered with Swimming Victoria / M1 Swimming Club for the current season. This payment will take place on September 13th or if joining after this date once a swimmer joins the M1 Swimming Club.

**Note:** Coaches from the Malvern Academy of Swimming and Glen Eira Academy of swimming will be in attendance at nominated meets subject to minimum number of swimmers entering. Coaches are not responsible for supervision of swimmers at swim meets. For team trips, the M1 Swimming Club will nominate team managers to supervise swimmers.

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## Junior Schedule

- \* Centre entry included in fees at Harold Holt Swim Centre
- \* Program is designed for teenagers aged approx. 7 to 12
- \* Focus is on technique to strengthen skills
- \* Encourages consistency and the enjoyment of the sport
- \* Training will improve general fitness levels
- \* Caters for squad standard athletes
- \* Friendly environment with a "lifestyle swimming" feel within the group
- \* Option to swim once a week, twice a week or unlimited sessions (we recommend at least twice)
- \* We provide members a flexible timetable as swimmers are not locked into the same each week
- \* Many swimmers join our program to train for personal overall health or as a second sport
- \* Members are eligible to compete in encouragement meets (not compulsory)
- \* M1 Swimming Club membership is required if wishing to enter meets



## Timetable (Junior B & C)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm to 5:00pm	4:00pm to 5:00pm	4:00pm to 5:00pm	4:00pm to 5:00pm 6:30pm to 7:30pm	4:30pm to 6:00pm*	8:00am to 9:00am**
Harold Holt	Harold Holt	Harold Holt	Harold Holt	Harold Holt	GESAC

## Timetable (Junior A)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00pm to 6:15pm	5:00pm to 6:15pm	5:00pm to 6:15pm	5:00pm to 6:15pm	4:30pm to 6:00pm*	7:00am to 8:15am**
Harold Holt	Harold Holt	Harold Holt	Harold Holt	Harold Holt	GESAC

\* Friday 4:30pm to 5:00pm (Gym session in room 2) / Swim 5:00pm to 6:00pm

\*\* Saturday session at GESAC (East Bentleigh) with swimmers simply paying the casual entry fee to gain entry

## Monthly Tuition Fees (From July 2019)

Fees are debited on the first business day of each month and please note that entry into the Harold Holt Swim Centre for our sessions are included.

### Junior B & C

4 sessions per month, \$120 p/m

8 sessions per month, \$200 p/m

Unlimited sessions, \$230 p/m

### Junior A

4 sessions per month, \$130 p/m

8 sessions per month, \$220 p/m

Unlimited sessions, \$245 p/m

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## General Information

**Parents Responsibility,** The Academy of Swimming is not responsible for members outside class times.

**Setup,** a joining fee of \$60 applies to members on commencement or rejoining which is paid within your first direct debit

**Payments and direct debits,** Fees are debited from your nominated account on the first business day of each month, on an ongoing basis. Squad Fees are debited by Ezidebit on behalf of the Malvern Academy of Swimming and Glen Eira Academy of Swimming. If you have nominated payment from your credit card account, the transaction will be listed as 'Ezidebit' on your statement. Dishonored payments incur a fee charged by Ezidebit (\$21.90 as of February 2019). If you need to change your Ezidebit account details at any time, please email us and request a change of details form.

- The Academy of Swimming fees are charged monthly by direct debit from your nominated savings account or credit card.
- Fees are debited on the first business day of each month, 12 months per year.
- Fees are debited on an ongoing basis.
- A 2.5% transaction charge applies if paying by Mastercard or VISA, 4.4% transaction charge applies if paying by AMEX/Diners credit card and a \$1.88 cent transaction charge applies if paying from a savings account.
- The Academy of Swimming utilises Ezidebit for all direct debits. If selecting to pay by credit card, the Academy of Swimming fees will be listed as 'Ezidebit' on your bank statement.
- Each monthly payment covers a four-week period.

**Sessions,** Standard training times, days, pools and locations may vary from time to time, particularly during school holiday periods, and on public holidays where we don't hold training. School holiday timetables are placed on our website and provided in our quarterly newsletter.

**Public Holidays,** we don't operate on public holidays throughout the year.

**Ongoing Enrolment,** your child is enrolled in our program on an ongoing basis with no need to rebook.

**Updated sessions,** simply contact us if you wish to increase or decrease the number of sessions your child is attending

**Short Absence,** Swimmers attending classes may attend make up sessions in the following instances:

- If the swimmer is unable to attend their regular class
- If there is a public holiday on the same day as the regular class

Make up classes must be taken within 90 days of the class missed. In-order to do make ups a child must be currently enrolled in the program due to our insurance policy

**Medical Absence,** If a swimmer suffers any serious injuries or illnesses which necessitate a prolonged absence from training of more than 3 weeks, consideration may be given to adjusting the account in the following month. If you wish to apply for a squad account adjustment, please complete the squad fee adjustment form which is available on our website, and return to the Academy. In general all charges will stand and any corrections will be made in the following month.

**Cancellation of enrolment.** If you wish to discontinue from the Academy of Swimming, please contact us by email Please note:

- At least 30 days' notice is required
- Your booking (and fees being charged) will continue until we have received your email
- There are no refunds available under any circumstance