

Junior 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 during school terms. If not suitable please contact us on 0402 853 430 to arrange a suitable time.

Junior Program @ Harold Holt

Our Malvern Academy of Swimming program is designed for children aged 8 to 12 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

Junior C is designed 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.

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

Junior A places a focus 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.

Junior 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. Swimmers aged up to 13 years of age 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)
Junior B & Junior C	If your child wishes to enter swim meets they are required to join the M1 Swimming Club.	Monday 4:00pm to 5:00pm Tuesday 4:00pm to 5:00pm Wednesday 4:00pm to 5:00pm Thursday 4:00pm to 5:00pm or 6:30pm to 7:30pm Friday 4:30pm to 6:00pm	
Junior 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	
Junior 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	