



# GLEN EIRA ACADEMY OF SWIMMING

Recreational & Competitive  
Junior & Youth Programs

# January Holiday Program

ACADEMY  
OF SWIMMING

## Last day of Term 4:

Saturday December 19, 2020

## Non Training period:

Monday December 21<sup>st</sup>, 2020 until we return from Monday January 11<sup>th</sup> 2021

## Week 1, Monday January 11 to Saturday January 16

Harold Holt	Monday	7:45am to 9:00am
GESAC	Tuesday	7:45am to 9:00am
Harold Holt	Wednesday	7:45am to 9:00am
GESAC	Thursday	7:45am to 9:00am
Harold Holt	Friday	7:45am to 9:00am
GESAC	Saturday	7:00am to 8:15am

## Week 2, Monday January 18 to Saturday January 23

Harold Holt	Monday	7:45am to 9:00am
GESAC	Tuesday	7:45am to 9:00am
Harold Holt	Wednesday	7:45am to 9:00am
GESAC	Thursday	7:45am to 9:00am
Harold Holt	Friday	7:45am to 9:00am
GESAC	Saturday	7.00am to 8:15am

## Australia Day (No Training)

Monday January 25<sup>th</sup> & Tuesday January 26<sup>th</sup> (Australia day public holiday)

## Session Entry

### Malvern Academy of Swimming members

Enter the Harold Holt Swim Centre using your current membership card.

If you wish to train at GESAC during our holiday schedule just pay the casual entry fee at the front desk.

### Glen Eira Academy of Swimming members

Simply continue to enter using your GESAC membership card and contact us if you require a Harold Holt entry card.

**Term 1 recommences with our normal timetable  
from Wednesday January 27<sup>th</sup>**



## Junior Program 2021

Our Junior Pathway (8 to 12 years) has been developed with the focus on stroke development and technique in all four strokes and overall general fitness. The program allows swimmers to train for competitions and/or recreationally.

### Junior C

Introductory level, with competent swimmers who have reached the top level of a swim school.

### Junior B

Building on the work achieved in the Junior C, aims to strengthen technique in and all four strokes.

### Junior A

Our third progression, technique and skills are further developed. Focus on long-term development.

Monday	4:00pm – 5:00pm
Tuesday	4:00pm – 5:00pm
Wednesday	4:00pm – 5:00pm
Thursday	4:00pm – 5:00pm
Saturday	8:00am – 9:00am

Monday	4:00pm – 5:00pm
Tuesday	4:00pm – 5:00pm
Wednesday	4:00pm – 5:00pm
Thursday	4:00pm – 5:00pm
Friday	4:30pm – 6:00pm
Saturday	8:00am – 9:00am

Monday	5:00pm – 6:15pm
Tuesday	5:00pm – 6:15pm
Wednesday	5:00pm – 6:15pm
Thursday	5:00pm – 6:15pm
Friday	4:30pm – 6:00pm
Saturday	7:00am – 8:15am

**“Refreshing to hear of a swimming coach that doesn’t put a huge amount of pressure on their swimmers”**  
*Sam Bugeja, Lifecare Malvern Sports Medicine*



## Youth Program 2021

Our Youth Pathway provides opportunities for swimmers primarily aged between 13 to 18 years. Within this program the focus is placed on stroke development and technique in all four strokes and overall general fitness. The program allows swimmers to train for competitions and/or recreationally.

### Youth C

Technique will be improved, with students working on all four strokes during each session.

Monday	5:00pm – 6:15pm
Tuesday	5:00pm – 6:15pm
Wednesday	5:00pm – 6:15pm
Thursday	5:00pm – 6:15pm
Friday	4:30pm – 6:00pm
Saturday	7:00am – 8:15am

### Youth B

The aim is to assist athletes to strengthen technique in all strokes.

Monday	5:00pm – 6:15pm
Tuesday	5:00pm – 6:15pm
Wednesday	5:00pm – 6:15pm
Thursday	5:00pm – 6:15pm
Friday	4:30pm – 6:00pm
Saturday	7:00am – 8:15am

### Youth A

Develop all aspects of stroke technique, fitness, wellbeing and race skills

Monday	5:00pm – 6:15pm
Tuesday	5:00pm – 6:15pm
Wednesday	5:00pm – 6:15pm
Thursday	5:00pm – 6:15pm
Friday	4:30pm – 6:00pm
Saturday	7:00am – 8:15am

**“Erin enjoys swimming for the first time in a long time and pleased we made the swap”**  
*Maria, Kew*