



GLEN EIRA ACADEMY OF SWIMMING

Recreational & Competitive
Junior & Youth Programs



Committed to producing great people for life

The Academy of Swimming has been one of the leading providers of competitive & recreational swimming squad training in Melbourne's south-eastern suburbs for over 20 years, operating at the Harold Holt Swim Centre (Glen Iris), and the Glen Eira Sports and Aquatic Centre (GESAC, East Bentleigh)

The Academy caters for squad swimmers of all ages & standards, from our current state level swimmers through to first time squad swimmers, training to improve their stroke technique & fitness levels.

The **key** difference with a squad-specific program is our sole emphasis on each swimmer's development

Recreational pathway

The fitness based pathway assists participants with improved swimming technique, develop friendships, cross-training for other sports like triathlon, waterpolo, surf lifesaving, football and netball to just name a few, provide swimmers with the opportunity to train regularly as part of their exercise routine without the pressure or commitment to compete.

Competitive pathway

The training pathway caters for participants wishing to enter swim meets at club, district, state and national level competitions. Swimmers have a particular focus on fine-tuning technique, coordination and awareness in their technique. Swimmers wishing to enter swim meets must become members of the M1 Swimming Club in order to compete.

Recreational Pathway



Our pathway provides swimmers an outlet to refine stroke technique, develop friendships, improve fitness and a healthy lifestyle. Many train within this program as a second sport or for general fitness. Opportunities to compete at competitions is available provided athletes become members of the M1 Swimming Club.

Junior program, for swimmers aged 8 to 12

Junior C

Introductory squad for competent swimmers

Limited Member

\$108pm, 4 sessions per month

Unlimited Member

\$210pm, unlimited sessions

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

Junior B

Strengthen technique and improve overall fitness

Limited Member

\$108pm, 4 sessions per month

Unlimited Member

\$210pm, unlimited sessions

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

Junior A

Our third progression with a focus on development.

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

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 program, for swimmers aged 13 plus

Youth C

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

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

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.

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226, unlimited sessions

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, overall fitness, & wellbeing

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

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

Competitive Pathway



The training program caters for participants beginning their competitive journey, right up to participants who have reached a high level. Many compete regularly, and receive guidance from our experienced team. Members join the M1 Swimming Club if they wish to enter swim meets and we suggest swimmers train at least 2 to 3 times a week.

Junior program, for swimmers aged 8 to 12

Junior 3

Introductory swim meets and racing skills are learnt

Limited Member

\$108pm, 4 sessions per month

Unlimited Member

\$210pm, unlimited sessions

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

Junior 2

Racing skills & technique is developed

Limited Member

\$108pm, 4 sessions per month

Unlimited Member

\$210pm, unlimited sessions

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

Junior 1

Developing foundation to enable high level meets

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

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 program, for swimmers aged 13 plus

Youth 3

Entry level youth group designed to refine racing skills

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

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 2

Competitive technique with an emphasis racing skills

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226, unlimited sessions

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 1

Support committed swimmers competing top level meets

Limited Member

\$118pm, 4 sessions per month

Unlimited Member

\$226pm, unlimited sessions

Monday	5:00pm – 6:15pm
Tuesday	5:00pm – 6:15pm
Wednesday	5:00pm – 6:15pm
Thursday	5:00pm – 6:15pm
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Policies and Procedures

Discount of 25% on your Glen Eria Academy of Swimming fees in July, August and September (must provide a GESAC aquatic membership number to the Academy to receive discount)

GESAC Entry Pass

Please see the front desk at GESAC for details with regards to an "aquatic membership" As you are required to pay entry at GESAC by direct debit.

Parents will receive a card that allows access to spectate their child's session at no cost. If people misuse this access knowingly, then GESAC will remove that access and parents will need to see reception every visit to get let into the aquatic area.

Just to note, that if squad swimmers knowingly avoid payment or sneak in, then they will be evicted by GESAC staff and not allowed access for the remainder of that day. This measure is consistent with all GESAC casual customers.

Option 1 "Junior Aquatic Membership"

\$11.95 per week paid directly to GESAC by DD

*Unlimited swimming access to the 50m, 25m, and pirates cove pools.

*Locker use

*28 Days free suspension, with additional suspension available for \$0.50 per day.

*Fortnightly Direct Debit

*No Joining fee and no minimum term

Option 2 "Limited Membership"

\$6.30 per week paid directly to GESAC by DD

*Swimming access limited to GAS sessions (1 session per week / 4 per month)

*Fortnightly Direct Debit

*No Joining fee and no minimum term

Enrolment & Payments

Our joining fee of \$60 applies to members on commencement or re-joining which is paid within your first direct debit.

The Academy of Swimming utilises Ezidebit for your payments, please check our T & C page on our website for further details.

Your child is enrolled on an ongoing basis and if wishing to discontinue contact us by email. Note: 30 days' notice is required, your booking (and fees being charged) will continue until we have received your email and no refunds available under any circumstances.

As an alternative to direct debit, clients can request to be invoiced quarterly.

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 please see website.

M1 Swimming Club (optional)

Swimmers wishing to enter meets are required to join the M1 Swimming Club.

Full Terms and Conditions

These are available on our website

www.academyofswimming.com.au