



# MALVERN 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. **FREE ENTRY INTO HAROLD HOLT SWIM CENTRE PROVIDED**

## Junior program, for swimmers aged 8 to 12

### Junior C

Introductory squad for competent swimmers

#### Limited Member

\$120pm, 4 sessions per month

#### Unlimited Member

\$230pm, unlimited sessions

Monday	4:00pm – 5:00pm
Tuesday	4:00pm – 5:00pm
Wednesday	4:00pm – 5:00pm
Thursday	4:00pm – 5:00pm

### Junior B

Strengthen technique and improve overall fitness

#### Limited Member

\$120pm, 4 sessions per month

#### Unlimited Member

\$230pm, 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

### Junior A

Our third progression with a focus on development.

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

## 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

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

### Youth B

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

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245, 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

### Youth A

Develop all aspects of stroke technique, overall fitness, & wellbeing

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

# 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. **FREE ENTRY INTO HAROLD HOLT SWIM CENTRE PROVIDED.** Swimmers are welcome to train on a Saturday morning at GESAC

## Junior program, for swimmers aged 8 to 12

### Junior 3

Introductory swim meets and racing skills are learnt

#### Limited Member

\$120pm, 4 sessions per month

#### Unlimited Member

\$230pm, unlimited sessions

Monday	4:00pm – 5:00pm
Tuesday	4:00pm – 5:00pm
Wednesday	4:00pm – 5:00pm
Thursday	4:00pm – 5:00pm

### Junior 2

Racing skills & technique is developed

#### Limited Member

\$120pm, 4 sessions per month

#### Unlimited Member

\$230pm, 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

### Junior 1

Developing foundation to enable high level meets

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

## Youth program, for swimmers aged 13 plus

### Youth 3

Entry level youth group designed to refine racing skills

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

### Youth 2

Competitive technique with an emphasis racing skills

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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

### Youth 1

Support committed swimmers competing top level meets

#### Limited Member

\$130pm, 4 sessions per month

#### Unlimited Member

\$245pm, 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



# Policies and Procedures

## 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: at least 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.

## Entry system

Your child's entry pass will be created once your enrolment has been received and mailed to you within a few days. The entry card should be presented by each swimmer upon entry. This card provides free entry for a swimmer & parent and can only be used to gain entry for Malvern Academy of Swimming sessions.

## 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](http://www.academyofswimming.com.au)