



MALVERN ACADEMY OF SWIMMING

Recreational & Competitive
Junior & Youth Programs

About us

WE WANT MEMBERS TO ENJOY SWIMMING, HAVE A HEALTHY LIFESTYLE, CREATE LIFETIME FRIENDSHIPS, DEVELOP TECHNIQUE, AND FEEL BETTER ABOUT THEMSELVES

THE JOURNEY

Dive into fun with over two decades of experience, our family-owned Academy being the leading provider for competitive & recreational squad swimming training in Melbourne's south-eastern suburbs. We're passionate about coaching great technique, supporting every swimmer's journey - Whether a child is swimming once a week as an after-school activity, or train at an elite level, our programs provide options for everyone. We acknowledge that people are drawn to swimming for very different reasons, and we work with parents and students to find the correct pathway so every swimmer is supported.

Our membership model values ongoing participation, taking into account even non-training periods, such as school holidays. To make things simple and manageable for you, we've designed our payment structure in a way that spreads the fees evenly throughout the year. Our total yearly fees are calculated based on the weeks of actual training, rather than the total weeks in a year. This way, you're only paying for the value you receive. The monthly fee remains consistent throughout the 12-month period, providing a predictable and straightforward payment plan. We offer two types of membership packages to meet different needs.

HAROLD HOLT SWIM CENTRE ENTRY

Once an enrolment form is returned an entry card will be ordered and mailed to you within a few days. Your child's entry card must be presented upon entry. The card provides entry for a swimmer & parent for Malvern Academy of Swimming sessions only.

SWIMMING EQUIPMENT

Members need to have the following at each session - Long blade flippers, Comfortable goggles, Kickboard, Pull buoy, water bottle and of course a pair of swimmers!

GET SOCIAL WITH US

We're thrilled to extend an invitation for you to become a part of our vibrant community on Facebook and Instagram. By joining us on these platforms, you'll gain the opportunity to establish meaningful connections, learn more about us, and foster a sense of unity and belonging. Social media, in our opinion, is a powerful tool that allows us to communicate effectively and share our journey, creating a shared narrative that binds us together. Simply search for "Academy of Swimming" on Facebook & Instagram.

Recreational Pathway

Swimming for fitness allows a child to develop friendships, and confidence that continues into other aspects of their lives.

At the Academy, we understand that not everyone has the same pathway for their swimming journey. Being a trusted, family-operated and operated academy, we hold a strong commitment to developing your child's swimming skills while also offering a fun and enjoyable atmosphere. While we are well equipped to offer the best in competitive swimming options, this pathway was created for those who are approaching swimming from a recreational perspective. We understand schedules and life can be hectic, so we offer a flexible timetable, allowing swimmers to switch up their session as needed each week.

The pathway assists participants with swimming technique, developing friendships, cross-training for other sports, and an opportunity to train regularly as part of their exercise routine without the pressure or commitment to compete.

Junior levels consist of primary school students

Junior C

Swimmers will expand on what they have mastered in Learn to Swim.

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

Junior B

Skills that were established in Junior C are further developed with a focus on technique.

Monday	4:00pm to 5:00pm
Tuesday	4:00pm to 5:00pm
Wednesday	4:00pm to 5:00pm
Thursday	4:00pm to 5:00pm
Friday	4.45pm to 6:00pm

Junior A

Introduces endurance, advanced skills while maintaining sound techniques in all strokes.

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	4:45pm to 6:00pm

Youth levels consist of secondary school students

Youth C

The technique will be improved, working on all four strokes during each session.

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	4:45pm to 6:00pm

Youth B

The aim is to assist athletes to strengthen technique in all strokes & improve fitness

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	4:45pm to 6:00pm

Youth A

Develop aspects of stroke skills and technique, overall fitness, & wellbeing

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	4:45pm to 6:00pm

Competitive Pathway

Developed for swimmers looking to get the best out of themselves at a club, district, state and national levels

The pathway has been created for those who wish to get the best out of themselves. The program is designed to develop young, dedicated and talented swimmers to a top-level through specialised training. Students enjoy the benefit of working in a focused environment where coaches guide and assist them in a holistic and dedicated manner. Catering for participants wishing to enter competitions. Particular focus on fine-tuning technique, coordination and awareness on technique and swimmers race.

The program emphasizes correct technique, placement, dynamics and performance quality. Opportunities throughout the program are provided for the students to enter competitions at a range of different levels. Members must join the M1 Swimming Club in order to enter swim meets and please see our website for further information

Junior levels consist of primary school students

Junior 3

Swimmers will expand on what they have mastered in Learn to Swim and learn racing skills

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

Junior 2

Racing skills are developed with a focus on further technique in all four strokes

Monday	4:00pm to 5:00pm
Tuesday	4:00pm to 5:00pm
Wednesday	4:00pm to 5:00pm
Thursday	4:00pm to 5:00pm
Friday	4.45pm to 6:00pm

Junior 1

Introduces endurance, developing foundation racing skills to enable improved performances

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	4:45pm to 6:00pm

Youth levels consist of primary school students

Youth 3

The technique will be improved in all strokes, and entry-level racing skills are learnt

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	4:45pm to 6:00pm

Youth 2

The aim is to assist athletes to strengthen technique and racing skills

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	4:45pm to 6:00pm

Youth 1

Support committed swimmers competing for top level meets with technique and racing skills

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	4:45pm to 6:00pm