



# GLEN EIRA ACADEMY OF SWIMMING

Recreational & Competitive  
Junior & Youth Programs



# about US.

Dive into a world of excitement, boasting over twenty years of experience as the go-to destination for competitive and recreational swimming training in Melbourne's south-eastern suburbs.

Great technique is at the heart of our program as it helps produce children who love to swim and provides proven results for those wishing to swim competitively. From the time of its inception, the focus has been on supporting the development of every swimmer to reach their true potential. We offer pathways that allow an opportunity for each swimmer to develop and train in line with their correct age, ability, commitment, goals and potential.

The recreational pathway assists participants with technique, developing friendships, cross-training for other sports, and train regularly for exercise without the pressure or commitment to compete.

The competitive pathway caters for swimmers wishing to enter competitions. Particular focus on fine-tuning technique, coordination and awareness in their technique and swimmers race for the M1 Swimming Club.

The Academy warmly welcomes swimmers aged 8 to 18 who have either completed their learn-to-swim levels or are on the brink of finishing their current program.

# why choose → US

25+

years of industry  
experience

Professional coaching team

State of the art facilities

Technique driven program

Flexible scheduling

Recreational pathway

Competitive pathway



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Academy of Swimming**



**Simply search for "Academy of Swimming" on Facebook & Instagram.**



# information.

Our 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. The limited membership within our recreational pathway allows for one training session per week. If you're looking for unlimited training sessions per week, in both our recreational and competitive pathway. This is perfect for those aiming to improve technique, racing skills and overall fitness.

Entry, simply visit the front desk at GESAC to purchase an “aquatic membership”

Option 1 - “Unlimited GAS membership” (paying by direct debit directly with GESAC)  
Unlimited swimming access to the 50m, 25m, and pirates cove pools, not just limited to your Academy sessions, no joining fee, no minimum term, and parents are allowed to enter to supervise Academy sessions

Option 2 – “Limited Membership” (paying by direct debit directly with GESAC)  
Swimming access to the 50m, 25m, limited to GAS sessions. (1 session per week), no joining fee, no minimum term and parents are allowed to enter to supervise Academy sessions

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!

# Recreational pathway

The Academy caters to diverse swimming journeys, prioritizing individual growth in a supportive, family-oriented environment. While renowned for competitive swimming, we offer tailored pathways for recreational swimmers. We understand schedules and life can be hectic, so we offer a flexible timetable, allowing swimmers to switch up their sessions 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 C LEVEL

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  
Saturday 8:00am to 9:00am

## JUNIOR B LEVEL

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  
Saturday 8:00am to 9:00am

## JUNIOR A LEVEL

Introduces endurance and advanced techniques

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  
Saturday 7:00am to 8:15am

## YOUTH C LEVEL

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  
Saturday 7:00am to 8:15am

## YOUTH B LEVEL

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  
Saturday 7:00am to 8:15am

## YOUTH A LEVEL

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  
Saturday 7:00am to 8:15am

# Competitive pathway

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. Opportunities throughout the program are provided for the students to enter competitions at a range of different levels after joining the M1 Swim Club.

## JUNIOR 3 LEVEL

Swimmers will expand on what they have mastered in Learn to Swim. Entry level competitions for children to learn 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  
Saturday 8:00am to 9:00am

## JUNIOR 2 LEVEL

Skills that were established in Junior 3 are further developed with a focus on technique. Basic level competitions are recommended

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

## JUNIOR 1 LEVEL

Introduces endurance and advanced techniques. Many swimmers race at a state level of competitions

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  
Saturday 7:00am to 8:15am

## YOUTH 3 LEVEL

The technique will be improved, working on all four strokes. Entry level and basic level competitions are recommended

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  
Saturday 7:00am to 8:15am

## YOUTH 2 LEVEL

The aim is to assist athletes to strengthen technique in all strokes & improve fitness. Many swimmers race at state level competitions

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  
Saturday 7:00am to 8:15am

## YOUTH 1 LEVEL

Develop aspects of stroke skills and technique, overall fitness, & wellbeing. State and National level swimmers racing regularly

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  
Saturday 7:00am to 8:15am



**have a  
question?**

**We're here to help**

**Email - [gleneira@academyofswimming.com.au](mailto:gleneira@academyofswimming.com.au)**

**Phone - 0402853430**