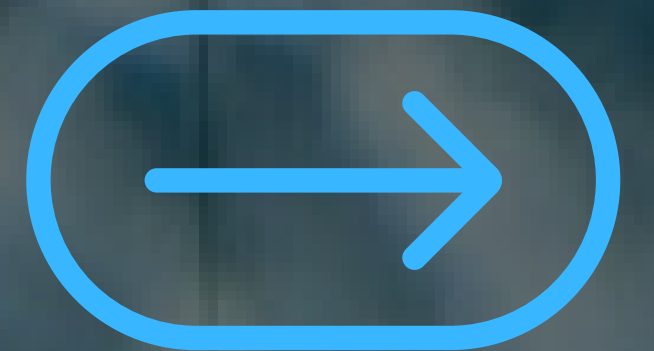


# summer timetable



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



At the Academy, we embrace the power of swimming To bring people together in a way that few other things can. One of our foundational missions is to invite the next generation into swimming. And we welcome them into swimming and fuelling connection, always inspiring our athletes. In other words: we believe in community. We've always been focused on growing and supporting our athletes, volunteers and coaching team.

Our belief in bringing people together through swimming elevates all that we do. It fuels our long-term growth, enabling value-guided decision-making and building the future we all want to see. Whether it's getting thousands of kids active around Stonnington and Glen Eira councils over 20 years or seeing a child develop into a state or national swimmer, prove what can happen when your actions are always grounded in a greater purpose.

Across our two locations, we are resolute in creating a future where everyone has what they need to succeed. We don't wait for solutions; we create them. It's what members expect of the Academy – and it's what we expect from ourselves.

We're excited by what we've achieved. But what excites us even more is the impact we'll continue to have – helping athletes dream big and then realize those dreams, as we connect the joy and optimism of sport to our community, today and for many years to come.

*Rodney Skudar*

Manager / Coach  
Academy of Swimming

## Social media

We are excited to invite you to connect with the “**Academy of Swimming**” on social media!

Stay updated with the latest news, events, training tips, explore the Academy, and the inspiring stories from our community.

Feel free to follow and drop a comment to say hello!



## what is squad?

Squad swimming sessions are structured to support swimmers in building strength, enhancing racing skills, and refining their stroke technique. These sessions go beyond the basics of learn-to-swim lessons by focusing on more advanced drills and training routines that help swimmers develop lifelong skills and gain greater proficiency in the water. Swimmers are encouraged to challenge themselves while receiving consistent feedback from experienced coaches.

## do I need to select a day?

Swimmers can easily mix and match sessions based on their weekly availability without prior notice, allowing for a flexible schedule that fits busy lives. Our membership options cater to your needs, whether you want one session per week or unlimited access. Changing your membership is simple—just email us, and we'll handle it. This flexibility helps you stay consistent with your swimming goals while adapting to your schedule.

## how many sessions per week?

This is our most common question asked and there isn't a one-size-fits-all answer because each child's background and stage of physical and mental development vary. The number of sessions will vary for each child, and the figures provided serve as guidelines. Other factors include the child's other weekly activities and their commitment level to swimming.

### 1 SESSION PER WEEK

Participating in a weekly swimming session offers children the chance to steadily develop their swimming skills while socializing with peers and receiving valuable feedback from coaches.

Although these sessions foster gradual improvement, the limited time in the pool can make it challenging for children to fully refine their strokes and techniques. Progress may seem slow, especially for those who require more practice to master complex movements.

### 2 + SESSIONS PER WEEK MOST POPULAR OPTION

Swimming two or more times a week offers an ideal balance of activity and skill development. Regular sessions provide coaches time to refine technique effectively, leading to noticeable improvements in overall fitness and skills.

Moreover, the social aspect of swimming fosters the formation of friendships, enhancing the experience both in and out of the water. The increased frequency allows swimmers to refine their strokes, starts, turns, and finishes more rapidly, leading to enhanced performance. This regimen not only improves physical conditioning but fosters a dedicated approach to swimming, promoting discipline and leading to greater success.



1409-1413 High St  
Glen Iris

**Carnegie**  
Swim Centre

OPENING IN  
JANUARY  
2025



Koornang Park, Moira Ave  
Carnegie



200 East Boundary Rd  
Bentleigh East



**Week 1**  
8:00am to 9:00am

**Week 2**  
8:00am to 9:00am

**Entry into sessions**



Monday January 13  
Wednesday January 15

Monday January 20  
Wednesday January 22



Tuesday January 14  
Friday January 17

Tuesday January 21  
Friday January 24



Thursday January 16

Thursday January 23

**Glen Eira Academy Members**

**Entry into GESAC & Carnegie**  
Simply use your current Glen Eira Leisure entry card

**Entry into Harold Holt**  
Contact us by email and an entry card will be mailed to you in the post.

**Malvern Academy Members**

**Entry into Harold Holt**  
Simply use your current Stonnington entry card

**Entry into GESAC & Carnegie**  
Pay the casual entry fee at the front desk to gain access to a session