



From learning to blow bubbles to chasing National success, our program is designed to suit your child's swimming goals.

An Excellent Learning Environment

Home to the Camberwell Grammar Aquatic program, the Camberwell Grammar School Sports Centre is a state-of-the-art multi-sport complex designed with accessibility for every visitor in mind.

For your convenience:

- Safe, child-friendly learning environment
- 250 free car parking spaces undercover
- Easy access for swimmers with a disability
- Male, female and family change facilities
- 200+ seating capacity

State-of-the-art facilities:

- 32 degree heated learning pool
- Indoor heated 50m pool
- Adjustable starting platforms and a movable boom allow for short course or long course training and racing
- Strength and conditioning centre
- Dedicated recovery room
- Multipurpose exercise rooms and indoor court space for aspiring athletes to utilise
- Function room for presentations, information evenings

Membership

Fees

All fees are based on a monthly Direct Debit for your convenience. Please feel free to contact us at the Aquatic Office for more details.

Enrolment

Please feel free to contact us at the Aquatic Office to book a free assessment. The assessment will take approximately 15 minutes and we will provide you with the best program/level to suit your child's needs.

For Parents

School Holiday Boost

The school holidays are a great way to learn and refine skills, technique and fitness. Boost classes are available during set weeks over the school holiday period.

Celebrating Your Child's Successes

Supporting swimmers as they grow on their journey through swimming is important. As each swimmer moves through our progressive levelling system, their successes are recognised and rewarded.

Contact Us

Aquatics Coordinator Nic Campbell
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aqc@cgs.vic.edu.au

Physical Address Level 1,
Camberwell Grammar School Sports Centre,
55 Mont Albert Rd, Canterbury VIC 3126

Our Swimming Pathway

Camberwell Grammar Aquatic's tailor-made programs cater for swimmers from both the school and the wider community who are seeking a personalised swimming pathway.

Our programs currently cater for swimmers aged 4 and over, and includes both Learn to Swim and Squad Programs.

Learn to Swim Program

Utilising both our 32 degree program pool and heated 50m indoor pool to facilitate our Learn to Swim Program, our program offers a progressive level system designed to ensure sound stroke development and water safety.

Squad Program

Based in our heated 50m indoor pool, we have the flexibility to create a long course or short course training environment. Our Squad Programs cater for swimmers wishing to further their technical and skill development, fitness or competitive race results.

Learners

- 1 **Beginners**
- 2 **Little Rockets**
- 3 **Big Arms**

Lessons are 30 minutes and based in our 32 degree heated program pool. Catering for swimmers aged 4 years and above, swimmers will enjoy developing confidence in the water, basic safety skills and fundamentals of kicking and independent swimming.

Stroke Education

- 4 **Freestyle**
- 5 **Backstroke**
- 6 **Breaststroke**
- 7 **Butterfly**

Lessons will be conducted in our 50m indoor heated pool and provide swimmers the opportunity to learn, develop and refine their stroke and technique. Swimmers will also learn important water safety strategies. Lessons are 30 minutes for Freestyle, Backstroke and Breaststroke level, and 45 Minutes for Butterfly level.

- SC **Teen and Adult Stroke Correction**

Suited to swimmers aged 13+ years that are looking for a combination of fitness and technique work. Classes are steered towards achieving goals and progression to a squad.

- PT **Private Tuition**

Private lessons are available, please contact the Aquatic Office for available times and days.

Junior Programs

- 8 **Mini Squad**
- 9 **Technique Development**
- 10 **Advancement**
- 11 **Intermediate**

Our Junior Squad Programs are designed to enable swimmers 14 years and under the opportunity to swim at a level that suits their level of ability and goals. Our Junior Programs maintain great swimmer to coach ratios, and have a strong emphasis on stroke technique and skill development.

Swimmers will have the opportunity to learn how to race and compete up to a State Level of competition.

Senior Programs

- 12 **Senior**
- 13 **Performance**

Our Senior Programs are for swimmers racing at State or National Level competition. Swimmers will not only have access to our state of the art pool and technology, but also our dedicated recovery centre, strength and conditioning coach and other specialists.

- FP **Fitness Programs**

Our fitness programs are for swimmers who enjoy training for a variety of reasons. These squads are ideal for swimmers that enjoy swimming but may have another primary sport.