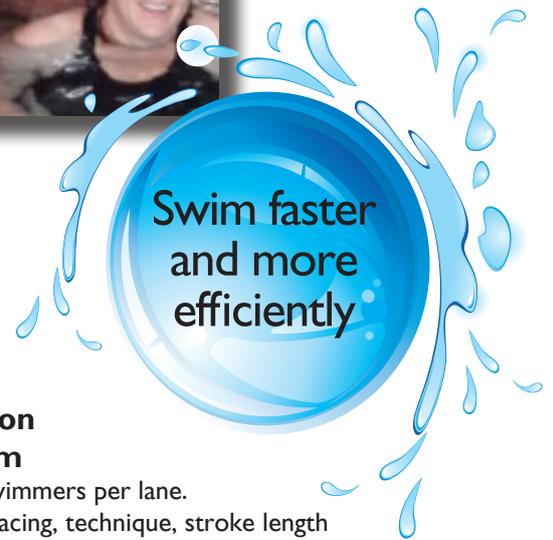




# GESAC Swim Squad



If you are looking for a way to swim faster and more efficiently, this squad will deliver those results.

With more than 20 years' experience, your Squad Coach Grant Siedle can help you improve your technique and teach you how to generate more power, decrease resistance and increase your speed through the water.

Having coached swimmers from beginner to elite levels and mentored athletes across the English Channel, his range of experience will assist you to become a better swimmer and make your laps more interesting and enjoyable. Working in a group will provide the added incentive to turn up and commit to the process of taking your swimming to the next level.

How will you know if you are the right level for this squad? If you can swim 1km at a comfortable pace you will be fine. If you are still unsure, speak to Grant and he will be able to assess and answer any of your questions.

You will also make some new friends and have a laugh along the way.

## Monday session

**6.15am–7.15am**

Maximum eight swimmers per lane.

Major emphasis: pacing, technique, stroke length and stroke rate.

## Tuesday session

**6.30pm–7.30pm**

Maximum eight swimmers per lane.

Major emphasis: technical session.

## Wednesday session

**6.15am–7.15am**

Maximum eight swimmers per lane

Major emphasis: power generation, speed, lactate tolerance, stroke control.

Sessions are free to Health Club and Aquatic Members. Non-members casual session price \$16.45.

You can contact Grant directly on 9575 7121 or email [gsiedle@gleneira.vic.gov.au](mailto:gsiedle@gleneira.vic.gov.au) or leave your details at reception to find out how easy it is to get started.

### Grant Siedle

Founder of Australia's longest swim, Giants of the Bay (30km).

Coached junior state and national level pool swimmers.

Transitioned complete beginners to 10km+ open water swims.

Recently coached Australia's oldest successful English Channel swimmer (Don Riddington, 68).



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