

Loreto Normanhurst Swimming Club

Join the thriving Loreto Normanhurst Swimming Club! We invite swimmers from all streams to join our passionate and welcoming community.

Enjoy regular Friday Night races throughout the year, fostering community and honing racing skills. The club also competes at various carnivals throughout the year.

Club swimming is a great way to embrace community while investing in improvement, friendship, and fun!

For more information or to get involved, please contact lnswimclub@loretonh.nsw.edu.au



Convenient Class Schedule and Parking

Our flexible and convenient class schedule makes it easier for you to fit swimming training into your busy life. To view the full timetable, please visit: www.loretonh.nsw.edu.au/pages/loreto-normanhurst-swimming

Convenient parking is also available on-site.



Enquire Now!



To enquire visit:
tinyurl.com/LNSWIMENQUIRY

Want more Information?

Visit our website to find out more.
www.loretonh.nsw.edu.au/pages/loreto-normanhurst-swimming

Contact Us

For any enquiries, reach out to swimming@loretonh.nsw.edu.au or call (02) 9473 7466



Loreto Normanhurst SWIMMING



Dive into Success
WITH OUR SPECIALISED
SQUAD PROGRAM!

Specialist Squads for Swimming Success

Our Commitment to Your Success

At LN Swimming, we are dedicated to helping you or your swimmer excel in swimming. We offer an all year round, 6 days a week, squad program for Loreto Normanhurst students and both male and female swimmers from the local community. Swimmers are welcome to join at any time throughout the year.

Our program caters for all swimmers ranging from stroke development, through to athletes competing at a National level.



Capable Staff for Personalised Progress

The LN Swimming team operates under the expert guidance of Head Swim Coach, Michael Jacobs. Michael brings over 10 years of coaching experience in the development of athletes ranging from early Junior Development to National and State Age Champions. He holds qualifications in Swimming Coaching & Strength and Conditioning as well as a Bachelor's Degree in Science & Education, and a Masters in Sports Coaching.

Michael oversees a team of highly experienced and passionate Swim Coaches, empowering swimmers to reach their full potential and achieve their goals. You can trust that our capable staff will communicate with you about your progress or your child's progress throughout the journey.

Our Programs

Our squad program offers options for swimmers at all levels and is aimed to support each swimmer's development.

Development Stream

Our stroke development squads take swimmers from 'Learn to Swim' and guide them to becoming confident squad members. There is a focus on technique and stroke development for all strokes, as well as turns, finishes and dives.

Competitive Stream

For those aiming to compete, our competitive stream squads prepare swimmers for swimming events. Whether it is your first swim meet, or you are competing at the State and National level, our program provides a holistic approach combining pool, dry land training and sport science to prepare our athletes for peak performance.

Fitness Stream

For those seeking to maintain fitness without competing, our Fitness Squads are the perfect choice.



Competitive Fee Structure

We believe that excellence in swimming should be accessible to all, which is why our competitive fee structure allows you to experience top-notch training without breaking the bank. A 20% discount is offered for current Loreto Normanhurst students. Fees outlined below are charged monthly.

SQUAD	SESSIONS PER WEEK		
	1	2-3	UNLIMITED
DOLPHIN SQUAD	\$75	\$105	-
SHARK SQUAD	\$75	\$105	
NAVY SQUAD	\$80	\$110	-
BRONZE SQUAD	-	\$115	\$135
SILVER SQUAD	-	\$120	\$155
GOLD SQUAD	-	-	\$180
FITNESS SQUADS	\$90	\$115	-

Our Facilities

Our purpose built swim development facility is located on the beautiful grounds of Loreto Normanhurst.

- 25m heated indoor eight-lane swimming pool
- Change rooms and on-deck showers
- Onsite fitness centre and oval for land training sessions incorporating strength and conditioning

