BECOME THE SWIMMER YOU'RE MEANT TO BE

YOUR AMBITION. ARVIN'S GUIDANCE.



Bring international experience to your lane. Online coaching for swimmers across Malaysia.

BEGINNER / INTERMEDIATE / ADVANCED

MEET ARVIN SHAUN

WORLD-STAGE EXPERIENCE. YOUR EVERYDAY PROGRESS.



ARVIN SHAUN / REPRESENTING MALAYSIA

17+ YEARS

A multiple-time SEA Games medalist, Arvin brings over 17 years of competitive experience to the academy.

REPRESENTED MALAYSIA AT

ASIAN GAMES
COMMONWEALTH GAMES
WORLD CHAMPIONSHIPS
South East Asia (SEA) Games

MORE THAN TIME IN THE WATER.

Learn the technique, discipline, mindset and preparation that shaped Arvin's career. The academy connects structured learning, coaching feedback and support beyond the pool—so your next session has a clearer purpose.

LEARN WITH PURPOSE

Break skills into manageable steps, then take practical drills into your own training.

REFLECT & REFINE

Ask questions, review footage and turn feedback into a focus for the week.

GROW TOGETHER

Build consistency with a coaching team, family support and a swimming community.

ALL TIERS / LEARN + CONNECT

LEARN TOGETHER, EVERY WEEK.

A new video series each week. Live conversations with Arvin and the team. A practical rhythm of learning, asking and applying.

01 / WATCH. PRACTISE.

TECHNIQUE, MADE CLEAR

Step-by-step demonstrations across all four strokes; starts, turns and finishes; underwater kicks; breathing, pacing and race performance.

TOOLS FOR YOUR NEXT SWIM

Practical drills, common mistakes and international-race analysis. Downloadable guides and checklists turn ideas into poolside action.

A FOUNDATION FROM DAY ONE

24/7 library access for beginner, intermediate and advanced swimmers. Challenges, footage-feedback opportunities, completion recognition and related discussions keep learning active.

02 / ASK. APPLY.

BRING YOUR QUESTIONS

Themed sessions and open Q&A directly with Arvin and the team. Skill-level groups, topic polls and smaller breakout discussions keep it relevant.

LEARN FROM EACH OTHER

Permission-based member-footage reviews and occasional guest expertise bring new perspectives. Set weekly goals you can take into training.

KEEP THE CONVERSATION GOING

Revisit recordings and summaries, then follow up with the community. Connect each call to your courses, drills and next swimming focus.

1	STANDARD GROUP CALL / WEEK
2	PREMIUM + VIP GROUP CALLS / WEEK

ALL TIERS / A STRONGER SUPPORT CIRCLE

SUPPORTED IN AND OUT OF THE POOL.



INDIVIDUAL AMBITION. SHARED COMMITMENT.

PARENTS, PART OF THE JOURNEY.

A dedicated parent portal connects home and training with progress and goals updates, announcements, team inquiries and check-ins.

YOUR COMMUNITY, ON DISCORD.

A moderated, respectful Discord space with channels by skill and goal—built for swimmers who want to learn and belong.

PRACTICAL SUPPORT

Parent Q&A on encouragement and setbacks, healthy recovery and fueling, race nerves and packing, plus balancing school and training.

STAY MOTIVATED

Monthly challenges, roles and badges, milestone celebrations and athlete spotlights. Exclusive clips and academy announcements add fresh insight.

CLEAR, SAFE CONNECTIONS

Safeguarding and clear coach-contact guidelines, parent discussions and a shared calendar keep families informed.

CONNECT BEYOND YOUR LANE

Events and calendar updates, plus an opt-in way to find nearby training partners. Share progress, ask and encourage.

PREMIUM + VIP / AVAILABLE 24/7

BUILD THE WHOLE SWIMMER.

Explore performance resources shared and selected from Arvin's competitive experience. Prepare with greater understanding of your mind, your fueling and your movement.

01 MENTAL PERFORMANCE

Gain exclusive access to the mindset principles that guided Arvin Shaun to success on the world stage, shared firsthand to help you perform with focus and confidence.

Race nerves + pressure / Routines + visualization / Goals + motivation / Handling setbacks

02 NUTRITION FOR TRAINING & RACE DAY

Build practical, sustainable fueling habits for everyday training and competition, with ideas for meals, hydration and recovery.

Training + meet-day fueling / Hydration / Recovery / Practical meals

03 STRENGTH & CONDITIONING

Prepare beyond the water with dryland, core and mobility work, shoulder injury-prevention education and age-appropriate movement.

Core + mobility / Shoulder care / Safe movement / Consistency

LEARN YOUR WAY. RETURN ANYTIME.

Video tutorials, books, guides, downloads and checklists—organized for seasonal training phases, with occasional expert sessions.

For juniors: healthy habits and safe movement, not restrictive diets or heavy-lifting prescriptions.

VIP ONLY / PERSONALLY GUIDED BY ARVIN

A PLAN BUILT AROUND YOU.

Your goals. Your ability. Your real life. Individual training direction and direct personal mentorship from Arvin—not a one-size-fits-all program.

01 / UNDERSTAND YOU

Assess your ability, goals, training history and schedule. Technique footage and a goal-setting conversation shape your starting point.

02 / TRAIN WITH PURPOSE

Each week is shaped by what you learned in the last, reviewing your progress, identifying key improvements and recommending the right courses to support your development. Personalized training sessions are available when needed, designed to fit around school, work and pool access

03 / REVIEW & REFINE

Track progress and adjust every few weeks. Monthly plan reviews keep your sessions relevant as your needs and swimming evolve.



YOUR TRAINING. A CLEARER DIRECTION.

ARVIN, IN YOUR CORNER.

Arvin personally reviews your footage, races and plans. Get pre-meet strategy, warm-up and pacing guidance, then a post-race debrief to turn experience into learning.

Mindset mentoring and long-term pathway guidance support your next stage, including squad progression. Individual attention, without promises of a particular result.

BETWEEN SESSIONS / BEYOND QUESTIONS

GUIDANCE THAT STAYS WITH YOU.

Two distinct ways to stay supported: anytime access to Arvin and the team, and dedicated weekly one-to-one coaching for VIP swimmers.

24/7

ANYTIME MESSAGING

PREMIUM + VIP

1:1

WEEKLY PRIVATE CALL

VIP ONLY / WITH ARVIN

A LINE TO ARVIN & THE TEAM

Send questions anytime through a dedicated WhatsApp or private line. Share clips and voice notes; receive guidance, including video replies, as soon as possible.

YOUR PROGRESS, IN FOCUS

Review progress, break down footage live and make personalized adjustments with Arvin. Bring open questions and leave with your next goals.

SUPPORT FOR REAL TRAINING

Ask about technique, race preparation and mindset, or how to adapt a session when school, work or pool access changes.

PREPARE. TALK. TAKE ACTION.

Send a pre-call form and footage. Receive summaries and action points, with permission-based recordings and connected plan or course recommendations.

SEND ANYTIME. REPLIES AS SOON AS POSSIBLE.

24/7 access means you can send questions at any time.

BUILT AROUND YOUR WEEK

Flexible scheduling around school, training and meets keeps personal coaching practical.

ONE ACADEMY / THREE WAYS FORWARD

CHOOSE YOUR PATH.

Start with a strong foundation. Add deeper performance support. Or make your journey personal with Arvin.

YOUR COACHING SUPPORT	STANDARD RM 100 per month	PREMIUM RM 250 per month	VIP RM 1200 per month
Weekly courses	Included	Included	Included
Day-one foundation library · 24/7	Included	Included	Included
Parent hub + Discord community	Included	Included	Included
Live group calls per week	1	2	2
Performance resources · 24/7	—	Included	Included
Anytime messaging · Arvin/team	—	Included	Included
Personalized training plans	—	—	Included
Direct personal mentorship	—	—	Included
Weekly one-to-one with Arvin	—	—	Included

Anytime messaging: send questions 24/7; replies as soon as possible.
Private calls, personalized plans and direct personal mentorship are VIP only.

Unlock Your Potential

Choose Your Path. Enquire with the academy about the membership that fits your goals and where you are in your swimming journey.

ARVIN SHAUN
SWIM ACADEMY

BEGINNER TO ADVANCED
ONLINE ACROSS MALAYSIA