



TRAINING SCHEDULE

EFFECTIVE FROM JANUARY 29, 2024
BRIMBANK AQUATIC AND WELLNESS CENTRE – KEILOR DOWNS

PERFORMANCE SQUADS

National Squad (13 years and over)

Coaches: Lance Vesel & Sandy Sever, **Sessions:** 7-9 pool sessions, **Major Focus:** Victorian & Australian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.00 – 7.00 MAC		6.00 – 7.30	5.00 – 7.00 MAC		8.00 – 9.30
P.M.	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	

State Squad (13 years and over)

Coaches: Lance Vesel & Sandy Sever, **Sessions:** 4-6 pool sessions, **Major Focus:** District & Victorian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.00 – 7.00 MAC		6.00 – 7.30	5.00 – 7.00 MAC		8.00 – 9.30
P.M.	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	

State Youth Squad (12 years and under)

Coaches: Lance Vesel & Sandy Sever, **Sessions:** 3-5 pool sessions, **Major Focus:** District and Victorian Age Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.45 – 7.00 MAC		6.00 – 7.30	5.45 – 7.00 MAC		8.00 – 9.30
P.M.	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	

FITNESS/RECREATIONAL SQUADS

District / Fitness / Multi Sport Squad (13 years and over)

Coaches: Lance Vesel & Sandy Sever, **Sessions:** 1-3 pool sessions, **Major Focus:** District Championships & Multi Sport Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.			6.00 – 7.30			8.00 – 9.30
P.M.	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	

DEVELOPMENT SQUADS

Junior Talent Squad (12 years and under)

Coaches: Lance Vesel & Sandy Sever, **Sessions:** 2-3 pool sessions, **Major Focus:** Club & District Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.			6.00 – 7.30			8.00 – 9.30
P.M.	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	

DEVELOPMENT SQUADS CONTINUED

Competition Development Squad (12 years and under)

Coach: Lance Vesel, Sessions: 1-3 pool sessions, Major Focus: School, Club & Encouragement Meets

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.						
P.M.	4.30 – 5.30	4.30 – 5.30	4.30 – 5.30	4.30 – 5.30	4.30 – 5.30	

FEES

TERM PAYMENT SCHEDULE

1 SESSION WEEKLY	2 SESSIONS WEEKLY	3 SESSIONS WEEKLY	STATE YOUTH	STATE	NATIONAL
\$280.00	\$485.00	\$590.00	\$695.00	\$755.00	\$815.00

*WAA Squad Swimmers are welcome to mix and match sessions at our four WAA Branches

PAYMENT DUE DATES



TERM 1 (11 weeks)

29 January 2024

TERM 2 (13 weeks)

15 April 2024

TERM 3 (12 weeks)

15 July 2024

TERM 4 (11 weeks)

07 October 2024

PAYMENT DETAILS

Account name: Western Aquatic Academy Pty Ltd **BSB:** 633000 **Account Number:** 159672708

Reference: Please ensure you add the swimmer's full name as a reference and allow two working days to complete the transfer

*Term payments include school holiday periods during the school year (excluding the summer holiday break after the conclusion of Term 4)

*Family discounts will be offered as follows: 10% off whenever three family members are training during any one term, 20% off whenever four or more family members are training during any one term

*Pool entry at Brimbank Aquatic and Wellness Centre is factored into each term's squad fees

TRAINING ENQUIRIES

Paul Taylor 0411 161 147 Email: info@westernaquaticacademy.com.au

**Brimbank
Aquatic and
Wellness Centre**



**WESTERN
AQUATIC
ACADEMY**

Please visit our website for further information about our Club
(the Western Aquatic Academy Swimming Team) and/or our Squad Programs and Ocean Clinics:

westernaquaticacademy.com.au