



WESTERN
AQUATIC
ACADEMY

TRAINING SCHEDULE

EFFECTIVE FROM JULY 15, 2024
AQUAPULSE (HOPPERS CROSSING) & SARATOGA CLUB (POINT COOK)

PERFORMANCE SQUADS

National Squad (13 years and over)

Coaches: Ariana Chase & Gowtham Reddy, Sessions: 7-10 pool sessions & 2 dryland*, Major Focus: Victorian & Australian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.15 – 7.30 Saratoga	5.15 – 7.30 Saratoga		5.15 – 7.30 Saratoga	5.00 – 7.30* Saratoga	7.00 – 9.00 MAC
P.M.	4.30 – 7.00*	5.00 – 7.45 MAC	5.15 – 7.00	6.00 – 7.45	4.15 – 6.45*	

State Squad (13 years and over)

Coaches: Ariana Chase & Gowtham Reddy, Sessions: 4-6 pool sessions & 2 dryland*, Major Focus: District & Victorian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	7.00 – 9.00 MAC
P.M.	4.30 – 7.00*	6.00 – 7.30	5.30 – 7.00	6.00 – 7.30	4.15 – 6.45*	

State Youth Squad (12 years and under)

Coaches: Ariana Chase & Gowtham Reddy, Sessions: 3-5 pool sessions & 2 dryland*, Major Focus: District and Victorian Age Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	5.15 – 7.15 Saratoga	7.00 – 9.00 MAC
P.M.	4.30 – 7.00*	6.00 – 7.30		6.00 – 7.30	4.15 – 6.45*	

FITNESS/RECREATIONAL SQUADS

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

Coaches: Ariana Chase & Gowtham Reddy, Sessions: 1-3 pool sessions, Major Focus: District Championships & Multi Sport Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	6.00 – 7.15 Saratoga	6.00 – 7.15 Saratoga		6.00 – 7.15 Saratoga	6.00 – 7.15 Saratoga	9.15 – 10.45
P.M.	7.00 – 8.00	7.30 – 8.30	7.00 – 8.00	7.30 – 8.30	6.45 – 7.45	

DEVELOPMENT SQUADS

Junior Talent Squad (12 years and under)

Coaches: Ariana Chase & Gowtham Reddy, Sessions: 2-3 pool sessions, Major Focus: Club & District Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	6.00 – 7.15 Saratoga	6.00 – 7.15 Saratoga		6.00 – 7.15 Saratoga	6.00 – 7.15 Saratoga	9.15 – 10.45
P.M.	7.00 – 8.00	7.30 – 8.30	7.00 – 8.00	7.30 – 8.30	6.45 – 7.45	

DEVELOPMENT SQUADS CONTINUED

Competition Development Squad (12 years and under)

Coaches: Ariana Chase, Vince Taylor & Joemel Cruz, **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	5.00 – 6.00	4.30 – 5.30	4.15 – 5.15		

Mini Squad (10 years and under)

Coaches: Ariana Chase, Vince Taylor & Joemel Cruz, **Sessions:** 1-2 pool sessions, **Major Focus:** School, Club & Encouragement Meets

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.						
P.M.		4.15 – 5.00		5.15 – 6.00	4.30 – 5.15	

FEES

TERM PAYMENT SCHEDULE

1 SESSION WEEKLY	2 SESSIONS WEEKLY	3 SESSIONS WEEKLY	STATE YOUTH	STATE	NATIONAL
\$295.00	\$495.00	\$595.00	\$700.00	\$760.00	\$820.00

*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
(10 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 AquaPulse, Saratoga and MAC is factored into each term's squad fees

TRAINING ENQUIRIES

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



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