



WESTERN
AQUATIC
ACADEMY

TRAINING SCHEDULE

EFFECTIVE FROM JANUARY 28, 2025
AQUAPULSE (HOPPERS CROSSING), SARATOGA CLUB (POINT COOK) and WERRIBEE OUTDOOR POOL (WERRIBEE)

PERFORMANCE SQUADS

National Squad (14 years and over)

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.15 – 7.15 WOP	5.15 – 7.15 WOP		5.15 – 7.15 WOP	5.15 – 7.15 WOP	7.00 – 9.00 MAC
P.M.	5.30 – 7.30	5.00 – 7.30*	5.30 – 7.30	5.00 – 7.30*	5.15 – 6.45	

State Squad (14 years and over)

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.15 – 7.15 WOP	5.15 – 7.15 WOP		5.15 – 7.15 WOP	5.15 – 7.15 WOP	7.00 – 9.00 MAC
P.M.	5.30 – 7.00	5.00 – 7.30*	5.30 – 7.00	5.00 – 7.30*	5.15 – 6.45	

State Youth Squad (13 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 WOP	5.15 – 7.15 WOP	5.15 – 7.15 Saratoga	5.15 – 7.15 WOP	5.15 – 7.15 WOP	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 WOP	6.00 – 7.15 WOP		6.00 – 7.15 WOP	6.00 – 7.15 WOP	9.45 – 11.15
P.M.	7.30 – 8.30	7.30 – 8.30	7.30 – 8.30	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 WOP	6.00 – 7.15 WOP		6.00 – 7.15 WOP	6.00 – 7.15 WOP	9.45 – 11.15
P.M.	7.30 – 8.30	7.30 – 8.30	7.30 – 8.30	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 (12 weeks)	TERM 2 (13 weeks)	TERM 3 (12 weeks)	TERM 4 (11 weeks)
28 January 2025	21 April 2025	21 July 2025	06 October 2025

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