



WESTERN
AQUATIC
ACADEMY

TRAINING SCHEDULE

EFFECTIVE FROM JANUARY 28, 2025
MARIBYRNONG AQUATIC CENTRE - MARIBYRNONG

PERFORMANCE SQUADS

National Squad (13 years and over)

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------------|-------------|-------------|-------------|--------------|-------------|
| A.M. | 5.00 – 7.00 | 5.00 – 7.00 | | 5.00 – 7.00 | 5.00 – 7.00 | 7.00 – 9.00 |
| P.M. | 4.30 – 7.00* | 6.00 – 7.45 | 5.30 – 7.00 | 6.00 – 7.45 | 4.30 – 7.00* | |

State Squad (13 years and over)

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------------|-------------|-------------|-------------|--------------|-------------|
| A.M. | 5.00 – 7.00 | 5.00 – 7.00 | | 5.00 – 7.00 | 5.00 – 7.00 | 7.00 – 9.00 |
| P.M. | 4.30 – 7.00* | 6.00 – 7.45 | 5.30 – 7.00 | 6.00 – 7.45 | 4.30 – 7.00* | |

State Youth Squad (12 years and under)

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------------|-------------|-------------|-------------|--------------|-------------|
| A.M. | 5.00 – 7.00 | 5.00 – 7.00 | | 5.00 – 7.00 | 5.00 – 7.00 | 7.00 – 9.00 |
| P.M. | 4.30 – 7.00* | 6.00 – 7.45 | 5.30 – 7.00 | 6.00 – 7.45 | 4.30 – 7.00* | |

FITNESS/RECREATIONAL SQUADS

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

Coaches: Karen Sales & Gowtham Reddy, **Sessions:** 1-3 pool sessions, **Major Focus:** District Championships & Multi Sport Training

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|-------------|-------------|-------------|-------------|-------------|-------------|
| A.M. | 5.45 – 7.00 | 5.45 – 7.00 | | 5.45 – 7.00 | 5.45 – 7.00 | 7.00 – 9.00 |
| P.M. | 7.00 – 8.00 | | 7.00 – 8.00 | | 7.00 – 8.00 | |

DEVELOPMENT SQUADS

Junior Talent Squad (12 years and under)

Coaches: Karen Sales, Gowtham Reddy & Khoa Le, **Sessions:** 2-3 pool sessions, **Major Focus:** Club & District Championships

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|-------------|-------------|-------------|-------------|-------------|-------------|
| A.M. | 5.45 – 7.00 | 5.45 – 7.00 | | 5.45 – 7.00 | 5.45 – 7.00 | 7.00 – 8.15 |
| P.M. | 7.00 – 8.00 | 6.00 – 7.45 | 7.00 – 8.00 | 5.00 – 6.00 | 7.00 – 8.00 | |

DEVELOPMENT SQUADS CONTINUED

Competition Development Squad (12 years and under)

Coaches: Karen Sales, Bessie Nguyen, Angela Cheng & Khoa Le, Sessions: 1-3 pool sessions, Major Focus: School, Club & District Championships

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|-------------|-------------|-------------|-------------|-------------|-------------|
| A.M. | 7.00 – 8.00 | | | 7.00 – 8.00 | | 7.00 – 8.15 |
| P.M. | 4.30 – 5.30 | 5.00 – 6.00 | 4.30 – 5.30 | 5.00 – 6.00 | 4.30 – 5.30 | |

Mini Squad (10 years and under)

Coach: Karen Sales, 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 | | 4.15 – 5.00 | | |

FEES

TERM PAYMENT SCHEDULE

| 1 SESSION WEEKLY | 2 SESSIONS WEEKLY | 3 SESSIONS WEEKLY | STATE YOUTH | STATE | NATIONAL |
|------------------|-------------------|-------------------|-------------|-------|----------|
| \$295 | \$495 | \$595 | \$700 | \$760 | \$820 |

*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 Maribyrnong Aquatic Centre is factored into each term's squad fees

TRAINING ENQUIRIES

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



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