MAC
Maribyrnong Aquatic Centre

WESTERN AQUATIC ACADEMY

TRAINING SCHEDULE

EFFECTIVE FROM OCTOBER 7, 2024
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

DUE DATES

TERM 1 (11 weeks)	TERM 2 (13 weeks)	TERM 3 (12 weeks)	TERM 4 (10 weeks)
29 January 2024	15 April 2024	15 July 2024	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 Maribyrnong Aquatic Centre is factored into each term's squad fees

TRAINING ENQUIRIES

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

MAC Maribyrnong Aquatic 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