

TRAINING SCHEDULE

EFFECTIVE FROM OCTOBER 6, 2025
AQUAPULSE (HOPPERS CROSSING) and SARATOGA CLUB (POINT COOK)

PERFORMANCE SQUADS

National Squad (14 years and over)

Coach: Ariana Chase, **Sessions:** 7-10 pool sessions & 2 gym*, **Major Focus:** Victorian & Australian 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	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)

Coach: Ariana Chase, **Sessions:** 4-6 pool sessions & 2 gym*, **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	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)

Coach: Ariana Chase, **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	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*	

FITNESS/RECREATIONAL SQUADS

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

Coaches: Ariana Chase & Ben Hayler, **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	9.45 – 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 & Ben Hayler, **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	9.45 – 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 & Ben Hayler, **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 & Ben Hayler, **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
\$315.00	\$515.00	\$615.00	\$720.00	\$780.00	\$840.00

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

PAYMENT DUE DATES



TERM 1 (12 weeks)

28 January 2025

TERM 2 (13 weeks)

21 April 2025

TERM 3 (12 weeks)

21 July 2025

TERM 4 (10 weeks)

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