

## TRAINING SCHEDULE

EFFECTIVE FROM APRIL 20, 2026  
AQUAPULSE (HOPPERS CROSSING) and SHAWN'S SWIM SCHOOL (HOPPERS CROSSING)

### PERFORMANCE SQUADS

#### National Squad (14 years and over)

**Coach:** Ariana Chase & Joeel Cruz, **Sessions:** 7-10 pool sessions & 2 gym\*, **Major Focus:** Victorian & Australian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.00 – 7.00 SSS	5.00 – 7.00 SSS		5.00 – 7.00 SSS	5.00 – 7.00 SSS	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 & Joeel Cruz, **Sessions:** 4-6 pool sessions & 2 gym\*, **Major Focus:** District & Victorian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.00 – 7.00 SSS	5.00 – 7.00 SSS		5.00 – 7.00 SSS	5.00 – 7.00 SSS	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 & Joeel Cruz, **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 SSS	5.00 – 7.00 SSS		5.00 – 7.00 SSS	5.00 – 7.00 SSS	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, Joeel Cruz, Ben Hayler & Stella Szabo, **Sessions:** 1-3 pool sessions, **Major Focus:** District Championships & Multi Sport Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.45 – 7.00 SSS	5.45 – 7.00 SSS		5.45 – 7.00 SSS	5.45 – 7.00 SSS	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, Joeel Cruz, Ben Hayler & Stella Szabo, **Sessions:** 2-3 pool sessions, **Major Focus:** Club & District Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.45 – 7.00 SSS	5.45 – 7.00 SSS		5.45 – 7.00 SSS	5.45 – 7.00 SSS	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, Rusandu Dhanapala & 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, Rusandu Dhanapala & 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)	TERM 2 (12 weeks)	TERM 3 (12 weeks)	TERM 4 (10 weeks)
27 January 2026	20 April 2026	13 July 2026	05 October 2026

### 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, Kensington, MAC and Shawn's Swim School are factored into each term's squad fees

## TRAINING ENQUIRIES

Paul Taylor 0411 161 147 Email: [info@westernaquaticacademy.com.au](mailto: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](http://westernaquaticacademy.com.au)