AQUAPULSE

WESTERN AQUATIC ACADEMY

TRAINING SCHEDULE

EFFECTIVE FROM OCTOBER 5, 2026
AQUAPULSE (HOPPERS CROSSING) and SHAWN'S SWIM SCHOOL (HOPPERS CROSSING)

PERFORMANCE SQUADS

National Squad (14 years and over)

Coaches: Paul Taylor, Oscar Kelly & Lance Vesel, **Sessions:** 7-10 pool sessions & 2 gym*, **Major Focus:** Victorian & Australian Championships

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A.M.	5.00 – 7.00 **MAC**	5.00 – 7.00 **SSS**		5.00 – 7.00 **SSS**	5.00 – 7.00 **MAC**	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: Paul Taylor, Oscar Kelly & Lance Vesel, **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**		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: Paul Taylor, Oscar Kelly & Lance Vesel, **Sessions:** 3-5 pool sessions, **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**		7.00 – 9.00 **MAC**
P.M.	5.30 – 7.00	6.00 – 7.30	5.30 – 7.00	6.00 – 7.30	5.15 – 6.45	

FITNESS/RECREATIONAL SQUADS

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

Coaches: Oscar Kelly, Lance Vesel & April Pickard, **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**		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: Oscar Kelly, Lance Vesel & April Pickard, **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**		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: Vince Taylor, Oscar Kelly & Lance Vesel, **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	4.30 – 5.15	

Mini Squad (10 years and under)

Coaches: Vince Taylor, Oscar Kelly & Lance Vesel, **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
$330.00	$540.00	$630.00	$750.00	$810.00	$870.00

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

PAYMENT DUE DATES

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

AQUAPULSE | 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