



TERM TWO, 2022  
WINDY HILL + KEILOR EAST

## COMPETITIVE SQUAD PROGRAM

### OPEN/AGE NATIONAL

Athletes at an Australian Championships standard.

**Session Commitment:** 6 per week  
**Weekly Rate:** \$50.00 + Gym

MON	5.30 – 7.30am @ KELC
TUE	5.30 – 7.30am @ KELC
TUE	4.15 – 5.00pm @ CZ^
TUE	5.00 – 6.30pm @ KELC^
THU	5.30 – 7.30am @ KELC
THU	4.00 – 5.30pm @ KELC^
FRI	5.30 – 7.30am @ KELC

### STATE PERFORMANCE

Athletes at a Victorian Championships standard.

**Session Commitment:** 5 per week  
**Weekly Rate:** \$50.00 + Gym

MON	5.30 – 7.30am @ WHFC
TUE	4.15 – 5.00pm @ CZ
TUE	5.00 – 6.30pm @ KELC
WED	5.30 – 7.30am @ KELC
THU	5.30 – 7.30am @ WHFC
THU	4.00 – 5.30pm @ KELC

### STATE PERFORMANCE

Athletes at a Victorian Championships standard.

**Session Commitment:** 3 per week  
**Weekly Rate:** \$40.00 + Gym

MON	5.30 – 7.30am @ WHFC
WED	5.30 – 7.30am @ KELC
THU	5.30 – 7.30am @ WHFC

### DEVELOPMENT SQUAD

Athletes aiming to compete at external competitions.

**Session Commitment:** 1 per week  
In addition to Silver/Gold sessions

TUE	4.00 – 5.15pm @ KELC + regular Silver Squad sessions
THU	5.30 – 7.00pm @ KELC + regular Gold Squad sessions

*WHFC = Windy Hill Fitness Centre, Napier St, Essendon  
KELC = Keilor East Leisure Centre, Quinn Gr, Keilor East  
CZ = Coaching Zone (Dryland), Keilor East Leisure Centre*

## STANDARD SQUAD PROGRAM

Squads suitable for swimmers aged 8-18 that have completed their learn-to-swim levels (or are near the end of their current learn-to-swim program). Main focus on improving stroke technique, stamina, speed & skills. Option to swim 1-3 sessions per week. Athletes in these squads are eligible to compete in competitions however participation is not compulsory. Centre entry included in squad feeds.

**Session Commitment:** 1-3 sessions per week    **Weekly Rate:** \$20.00 (1 x session), \$30.00 (2 x sessions), \$35.00 (3 x sessions)

### BRONZE SQUAD

MON	4.00 – 5.00pm @ WHFC
TUE	4.00 – 5.00pm @ WHFC
WED	4.00 – 5.00pm @ WHFC
THU	4.00 – 5.00pm @ WHFC
FRI	4.00 – 5.00pm @ WHFC

MON	6.00 – 7.00pm @ KELC
WED	6.00 – 7.00pm @ KELC

### SILVER SQUAD

MON	5.00 – 6.00pm @ WHFC
TUE	5.00 – 6.00pm @ WHFC
WED	5.00 – 6.00pm @ WHFC
THU	5.00 – 6.00pm @ WHFC
FRI	5.00 – 6.00pm @ WHFC

MON	4.00 – 5.00pm @ KELC
WED	4.00 – 5.00pm @ KELC

### GOLD SQUAD

MON	6.00 – 7.00pm @ WHFC
TUE	6.00 – 7.00pm @ WHFC
WED	6.00 – 7.00pm @ WHFC
THU	6.00 – 7.00pm @ WHFC

MON	5.00 – 6.00pm @ KELC
WED	5.00 – 6.00pm @ KELC

### SENIOR GOLD (14+)

TUE	6.00 – 7.30am @ WHFC
FRI	6.00 – 7.00pm @ WHFC

*WHFC = Windy Hill Fitness Centre  
KELC = Keilor East Leisure Centre*