

TERM THREE, 2022
WINDY HILL + KEILOR EAST



COMPETITIVE SQUAD PROGRAM

STATE PERFORMANCE

Athletes competing at a Victorian Championships standard & aiming to compete at a National Championships level.

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 SQUAD

Athletes competing 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 a Victorian Championships standard.
Tues: Bronze / Thurs: Silver/Gold

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
KELC = Keilor East Leisure Centre
CZ = Coaching Zone - Gym Training*

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:** \$21.00 (1 x session), \$31.00 (2 x sessions), \$36.00 (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

FRI	6.00 – 7.00pm @ WHFC
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KELC = Keilor East Leisure Centre*

