

WINDY HILL
FITNESS CENTRE



RECREATIONAL SQUAD PROGRAM

Targeting athletes training to improve general fitness levels & stroke technique
Squads catering for squad standard athletes of all ages / Option to swim 1-3 sessions per week / Centre entry included in fees
Athletes in these squads are eligible to compete in encouragement competitions however participation is not compulsory

GOLD SQUAD

Session Commitment: 1-3 per week

Squad Fees:
\$18.00 (1 Session)
\$28.00 (x2), \$33.00 (x3)

Monday	6.00 – 7.00 PM
Tuesday	6.00 – 7.00 PM 7.00 – 8.00 PM (13+)
Wednesday	6.00 – 7.00 PM
Thursday	6.00 – 7.00 PM 7.00 – 8.00 PM (13+)
Friday	6.00 – 7.00 PM

SILVER SQUAD

Session Commitment: 1-3 per week

Squad Fees:
\$18.00 (1 Session)
\$28.00 (x2), \$33.00 (x3)

Monday	5.00 – 6.00 PM
Tuesday	5.00 – 6.00 PM
Wednesday	5.00 – 6.00 PM
Thursday	5.00 – 6.00 PM
Friday	5.00 – 6.00 PM

BRONZE SQUAD

Session Commitment: 1-3 per week

Squad Fees:
\$18.00 (1 Session)
\$28.00 (x2), \$33.00 (x3)

Monday	4.00 – 5.00 PM
Tuesday	4.00 – 5.00 PM
Wednesday	4.00 – 5.00 PM
Thursday	4.00 – 5.00 PM
Friday	4.00 – 5.00 PM

COMPETITIVE SQUAD PROGRAM

DEVELOPMENT SQUAD

Development Squad sessions are aimed at furthering the training of any of athlete in our recreational squad program. Athletes must remain in a minimum of at least one Gold/Silver/Bronze session.

Session Commitment: 2-4 per week

Squad Fees: As Above

Tuesday	6.00 – 7.30 AM
and / or	
Thursday	6.00 – 7.30 AM

NATIONAL, STATE & STATE TARGET SQUAD

Targeting athletes currently competing at, or aiming to compete at, a National or State Championships standard. Expectation for athletes to attend full schedule of meets as outlined by their coach.

Session Commitment: 3-5 per week

Squad Fees: \$33.00 (3 Sessions), \$38.00 (x4), \$42.00 (x5)

Monday	5.30 – 7.30 AM
Monday	7.00 – 8.30 PM
Wednesday	5.30 – 7.30 AM
Wednesday	7.00 – 8.30 PM
Friday (TARGET)	6.00 – 7.30 AM

NWA SQUAD PROGRAM

North-West Aquatic is the leading provider of competitive & recreational swim squad training in Melbourne's north-western suburbs. Based at both the Windy Hill Fitness Centre in Essendon and the Ascot Vale Leisure Centre in Ascot Vale, the key difference of the North-West Aquatic program is that it is a squad-specific program. Unlike our major competitors that have a learn-to-swim focus, our emphasis is purely on each swimmer's development once they have completed their learn-to-swim levels, with both competitive & non-competitive squad pathways.

As one of Victoria's leading squad training providers, our program caters for squad swimmers of all ages & standards, from elite national swimmers through to first time squad swimmers. Over the past decade our competitive program has achieved significant success at both a National & State level, with our athletes winning seven National Championships gold medals, and over one-hundred Victorian Championships medals. The North-West Aquatic program is also the only program in Melbourne's western suburbs that has been the home club to both Australian Institute of Sport & Victorian Institute of Sport scholarship holders. In addition, our non-competitive program has also provided a recreational outlet for thousands of swimmers to refine their stroke technique and improve and maintain their fitness & healthy lifestyle, without the demands of competitive swimming.

With over six-hundred squad swimmers across two sites, our program offers convenient training times with sessions starting at 4.00pm weekdays, run by a highly qualified coaching team led by Silver Licence coach, Cam Nation.

NWA COACHING TEAM

The **North-West Aquatic** coaching team is led by Cam Nation, a nationally accredited ASCTA Silver Licence coach, ASCTA Accredited Coach of Swimmers with a Disability, Accredited Coach of Open Water Swimmers, and a member of the Australian Swim Coaches and Teachers Association. Over the past decade, Cam has coached swimmers to seven Australian Championships titles, thirty-three Victorian Championships titles and over two-hundred District Championships titles, and has travelled with competing athletes to the Olympic Games Selection Trials, World Championships Selection Trials, Commonwealth Games Trials, and various other major competitions. Cam is also the only coach from a program in Melbourne's west to have swimmers on scholarships at the both the Australian Institute of Sport and Victorian Institute of Sport, and was the only Victorian coach to have a swimmer on the Australian Team for the Commonwealth Youth Games in 2011. Cam founded the North-West Aquatic program back in 2004, and away from pool deck serves as a Councillor at the City of Moonee Valley, having served as Deputy Mayor in 2014-15 & 2016-17. He is supported by a team of Assistant Coaches including Quintin Tuan (joined 2006), Ben Nathan (2007) & Xavier Watt (2013).

NWA PROGRAM ACCOLADES

- 15 Australian Championships Qualifiers
- 7 Australian Championships Gold Medals
- 117 Victorian Championships Qualifiers
- 34 Victorian Championships Gold Medals
- 110 Victorian Championships Medals
- 1 x AIS Full Scholarship Recipient
- 2 x VIS Full Scholarship Recipients
- 1 x Australian Youth Team Member
- 1 x Australian Para Team Member