

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:**  
\$20.00 (1 Session)  
\$30.00 (x2), \$35.00 (x3)

Monday	6.00 – 7.00 PM 7.00 – 8.00 PM (13+)
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:**  
\$20.00 (1 Session)  
\$30.00 (x2), \$35.00 (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:**  
\$30.00 (1 Session)  
\$30.00 (x2), \$35.00 (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

Aimed at furthering the training regime of any 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

Plus Gold/Silver/Bronze Sessions

### STATE TARGET SQUAD

Targeting athletes aiming to compete at a Victorian Championships standard.  
Expectation for athletes to attend meets as outlined by their coach.

**Session Commitment:** 2-4 per week

**Squad Fees:** As Above

Wednesday	7.00 – 8.30 PM
and / or	
Friday	6.00 – 7.30 AM

Plus Development/Gold/Silver/Bronze Sessions

### STATE SQUAD / NATIONAL SQUAD

Targeting athletes competing at a Victorian or Australian Championships standard.  
Expectation for athletes to attend meets as outlined by their coach.

**Session Commitment:** 3-5 per week

**Fees:** \$35.00 (x3), \$40.00 (x4), \$45.00 (x5)

Monday	5.30 – 7.30 AM
Wednesday	5.30 – 7.30 AM
Wednesday	7.00 – 8.30 PM
Friday	6.00 – 7.30 AM

Extra National Squad Sessions Available at Ascot Vale

# 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 squad-specific. 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 eight National Championships titles and over sixty Victorian Championships titles. 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 provided a recreational outlet for thousands of junior 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 ASCTA 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, ASCTA 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 eight Australian Championships titles, over sixty Victorian Championships titles and more than two-hundred District Championships titles. He has travelled with competing athletes to the Olympic Games Trials, World Championships Trials, Commonwealth Games Trials, and various other major competitions, and has had swimmers receive scholarships from both the Australian Institute of Sport and Victorian Institute of Sport. Other career coaching highlights include having an athlete on the Australian Team for the Youth Commonwealth Games in 2011, and being selected as a coach on the Australian Paralympic Road-To-Rio Squad in 2014-15. Cam founded the North-West Aquatic program back in 2004, and away from the pool serves as an elected Councillor at the City of Moonee Valley, having served as Deputy Mayor in 2014-15 & 2016-17. He is supported by a team of coaches including Ben Nathan (joined 2007) & Michael Hester (joined 2018).

## NWA PROGRAM ACCOLADES

- 17 Australian Championships Qualifiers
- 8 Australian Championships Gold Medals
- 136 Victorian Championships Qualifiers
- 63 Victorian Championships Gold Medals
- 175 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