



Hamilton Aquatics Training Schedule Term 2 2024

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Regional Performance Centre	5:30-7:30 WW	5:30-7:30 WW	- -	4-6 WW	5:30-7:30 WW	4-5:30! WW	- -	4-6 WW	5:30-7:30 WW	4-5:30! WW	7-9.30 WW	- -
National Age	5:30-7:30 WW	5:30-7:30 WW	- -	4-6 WW	5:30-7:30 WW	4-5:30! WW	- -	4-6 WW	5:30-7:30 WW	4-5:30! WW	7-9.30 WW	- -
Waikato Age	5:30-7:30 WW	5:30-7:30 WW	6-7:30 WW	4-6 WW	- -	4-5:30! WW	- -	4-6 WW	5:30-7:30 WW	4-5:30! WW	7-9.30 WW	- -
Junior Development	- -	4-5.30 WW	6-7:30 WW	- -	- -	5-6.30* WW	- -	6-7.30 WW	- -	5-6:30* WW	7-9 WW	- -
Dolphins	- -	4-5.30 WW	- -	6-7 WW	- -	5-6.30* WW	- -	6-7 WW	- -	5-6:30* WW	- -	4-5:30 WW
Seals	- -	5-6 WW	- -	5-6 WW	- -	- -	- -	- -	- -	4-5.30# WW	- -	4-5:30 WW
Otters	- -	4-5 WW	- -	- -	- -	5-6 WW	- -	4-5 WW	- -	- -	- -	4-5:30 WW
Sharks	- -	- -	- -	4-5 WW	- -	4-5 WW	- -	5-6 WW	- -	- -	- -	- -
SportFit	- -	6-7 WW	- -	6-7 WW	- -	- -	- -	6-7 WW	- -	5.30-6.30 WW	- -	- -
Masters	6-7 WW	- -	- -	6-7 WW	- -	6-7 WW	6-7 WW	- -	- -	- -	- -	- -

! Gym at Tu Tonu Gym with Speedworks 6-7pm

* Dryland included at Waterworld for the first 30 mins

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