



## Hamilton Aquatics Training Schedule Summer Holidays 2024-25

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
<b>Regional Performance Centre</b>	6-8 WW	3.30-5.30 WW	- -	5-7 HBHS	6-8 WW	- -	6-8 WW	4-6 WW	6-8 WW	3-5 HBHS	7-9.30 WW	- -
<b>National Age</b>	6-8 HBHS	4-6 HBHS	- -	5-7 HBHS	6-8 HBHS	4-5.30 HBHS	- -	5-6.30 HBHS	6-8 HBHS	- -	6-8 HBHS	- -
<b>Waikato Age</b>	6-8 HBHS	4-6 HBHS	6-7.30 HBHS	- -	- -	4-5.30 HBHS	- -	5-6.30 HBHS	6-8 HBHS	- -	6-8 HBHS	- -
<b>Junior Development</b>	- -	6-7 HBHS	6-7.30 HBHS	- -	- -	5.30-7 HBHS	- -	- -	7-8 HBHS	- -	6-7.30 HBHS	- -
<b>Dolphins</b>	- -	6-7 HBHS	6-7.30 HBHS	- -	- -	5.30-7 HBHS	- -	- -	- -	5-6.30 HBHS	7.30-8.30 HBHS	- -
<b>Seals</b>	- -	- -	- -	4-5 HBHS	- -	- -	- -	4-5 HBHS	- -	5-6.30 HBHS	- -	- -
<b>Otters</b>	- -	- -	- -	4-5 HBHS	- -	- -	- -	4-5 HBHS	- -	5-6.30 HBHS	- -	- -
<b>Sharks</b>	- -	- -	- -	4-5 HBHS	- -	- -	- -	4-5 HBHS	- -	5-6.30 HBHS	- -	- -
<b>SportFit</b>	- -	6-7 HBHS	- -	- -	6-7 HBHS	- -	- -	4-5 HBHS	- -	- -	- -	- -
<b>Masters</b>	6-7 HBHS	- -	- -	- -	6-7 HBHS	- -	- -	- -	6-7 HBHS	- -	- -	- -