



## Hamilton Aquatics Training Schedule Term 3 2024

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>	5:30-7:30 WW	5:30-7:30 WW	-	4-6 WW	5:30-7:30 WW	Gym only -	5:30-7:30 WW	4-6 WW	5:30-7:30 WW	4-6! WW	7-9.30 WW	-
<b>National Age</b>	5:30-7:30 WW	5:30-7:30 WW	-	4-6 WW	5:30-7:30 WW	4-6! WW	-	4-6 WW	5:30-7:30 WW	4-6! WW	7-9.30 WW	-
<b>Waikato Age</b>	5:30-7:30 WW	5:30-7:30 WW	6-7:30 WW	-	-	4-6.15% WW	-	4-6 WW	5:30-7:30 WW	4-6:15% WW	7-9.30 WW	-
<b>Junior Development</b>	-	4-5.30 WW	6-7:30 WW	-	-	4-6.15% WW	-	6-7.30 WW	-	5:30-7:30% WW	7-9 WW	-
<b>Dolphins</b>	-	4-5.30 WW	-	6-7 WW	-	5-6.30* WW	-	6-7 WW	-	5-6:30* WW	-	4-5 WW
<b>Seals</b>	-	5-6 WW	-	5-6 WW	-	-	-	-	-	4-5.30# WW	-	3-4 WW
<b>Otters</b>	-	4-5 WW	-	-	-	5-6 WW	-	4-5 WW	-	-	-	3-4 WW
<b>Sharks</b>	-	-	-	4-5 WW	-	4-5 WW	-	5-6 WW	-	-	-	-
<b>SportFit</b>	-	6-7 WW	-	6-7 WW	-	-	-	6-7 WW	-	5:30-6.30 WW	-	-
<b>Masters</b>	5.30-7 WW	-	-	6-7.30 WW	-	-	5.30-7 WW	-	-	-	-	-

! Gym at First Place Fitness with Speedworks 6.30-7.30pm

\* Dryland included at Waterworld for the first 30 mins

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% Dryland included at Waterworld for 45 mins