



Hamilton Aquatics Training Schedule Term 4 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	Gym only -	5:30-7:30 WW	4-6 WW	5:30-7:30 WW	4-6! 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	4-6! WW	-	4-6 WW	5:30-7:30 WW	4-6! WW	7-9.30 WW	-
Waikato Age	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	-
Junior Development	-	4-5.30 WW	6-7:30 WW	-	-	4-6.15% WW	-	6-7.30 WW	-	5:30-7:30% 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 WW
Seals	-	5-6 WW	-	5-6 WW	-	-	-	-	-	4-5.30# WW	-	3-4 WW
Otters	-	4-5 WW	-	-	-	5-6 WW	-	4-5 WW	-	-	-	3-4 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	5.30-7 WW	-	-	6-7.30 WW	-	6-7 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

Dryland included at Waterworld for the last 30 mins

% Dryland included at Waterworld for 45 mins