



## Hamilton Aquatics Training Schedule Term 1 2023

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
National Open	5:30-7:30 WW	4-6 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	7:30-9:30 WW	-
National Age	5:30-7:30 WW	5:30-7:30 WW	-	6-7:30 WW	5:30-7:30 WW	4-5:30 WW	-	4-6 WW	5:30-7:30 WW	4-5:30 WW	7:30-9:30 WW	-
Waikato Age	5:30-7:30 WW	5:30-7:30 WW	-	6-7:30 WW	5:30-7:30 WW	4-5:30 WW	-	4-6 WW	5:30-7:30 WW	4-5:30 WW	7:30-9:30 WW	-
Junior Development	-	5-6:30 WW	-	6-7:30 WW	-	4-5:30 WW	6-7:30 WW	-	-	4-5:30 WW	-	4-5:30 WW
Dolphins	-	5-6:30 WW	-	4-5 WW	-	5-6 WW	-	5-6 WW	-	5:30-6:30 WW	-	4-5:30 WW
Seals (WW)	-	4-5 WW	-	-	-	4-5 WW	-	4-5 WW	-	-	-	4-5:30 WW
Seals (HNS)	-	4-5 WW	-	5-6 HAM WEST	-	-	-	5-6 HAM WEST	-	-	-	4-5:30 WW
Otters (WW)	-	4-5 WW	-	-	-	4-5 WW	-	4-5 WW	-	-	-	4-5:30 WW
Otters (HNS)	-	4-5 WW	-	5-6 HAM WEST	-	-	-	5-6 HAM WEST	-	-	-	4-5:30 WW
Fast and Fit	-	6:30-7:30 WW	-	5-6 WW	-	-	-	6-7 WW	-	5:30-6:30 WW	-	-
Masters	6-7 WW	-	-	6-7 WW	-	-	6-7 WW	-	-	6-7 WW	-	-

National Open, National Age, Waikato Age, Junior Development = Gym/Dryland at Tu Tonu 6-7pm on Wednesday and Friday