



## Hamilton Aquatics Training Schedule

### Term 4

Squad	Mon		Tues		Wed		Thurs		Fri		Sat
	am	pm	am	pm	am	pm	am	pm	am	pm	am
<b>National Open</b>	5.30-7.30 WW	5-7 WW	5.30-7.30 WW	4-5.30# WW	5.30-7.30 WW	5-7 WW	- -	4-6 HBHS	5.30-7.30 WW	4-5.30# WW	7-9 WW
<b>National Age</b>	5.30-7.30 WW	5-7 WW	5.30-7.30 WW	4.15-6.30! WW	5.30-7.30 WW	- -	- -	4-6 HBHS	5.30-7.30 WW	4.45-7! WW	7-9 WW
<b>Waikato Age</b>	5.30-7.30 WW	5-6.30 HBHS	5.30-7.30 WW	4.15-6.30! WW	- -	5-6.30 HBHS	5.30-7.30 WW	- -	- -	4.45-7! WW	7-9 WW
<b>Junior Development</b>	-	4.30-6.30! HBHS	-	4-5 WW	-	4.30-6.30! HBHS	6-7.30 WW	4-5.30 WW	-	5-6 WW	7-8.30 WW
<b>Dolphins</b>	-	5-6 WW	-	4-5.30% WW	-	5-6 WW	-	4-5.30% WW	-	5-6 WW	- -
<b>Seals - WW</b>	-	3.50-5* WW	-	- -	-	3.50-5* WW	-	-	-	3.50-5* WW	- -
<b>Seals - HBHS</b>	-	4-5 HBHS	-	- -	-	4-5 HBHS	-	5-6 HBHS	-	- -	- -
<b>Otters -WW</b>	-	3.50-5* WW	-	- -	-	3.50-5* WW	-	-	-	3.50-5* WW	- -
<b>Otters - HBHS</b>	-	4-5 HBHS	-	- -	-	4-5 HBHS	-	5-6 HBHS	-	- -	- -
<b>Fast and Fit</b>	-	4-5 WW	-	- -	-	4-5 WW	-	5-6 WW	-	- -	- -
<b>Masters</b>	5.30-6.30 WW	- -	5.30-6.30 WW	- -	- -	- -	5.30-6.30 WW	- -	- -	- -	- -

\* Dryland - 1st 10 min

! Dryland - 1st 30 min

% Dryland - Last 30 min

# Dryland at Wintec