



## Hamilton Aquatics Training Schedule

### Term 2 2021

Squad	Mon		Tues		Wed		Thur		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	5.15-7.30 ! 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	- -	4-5.30 HBHS	5.30-7.30 WW	- -	- -	5.15-7.30 ! WW	7-9 WW
<b>Junior Development</b>	- -	5-6.30 HBHS	- -	4-5.30pm** WW	- -	4-5.30 HBHS	6-7.30 WW	5-6.30 WW	- -	4.30-6* WW	7-8.30 WW
<b>Dolphins</b>	- -	4-5 WW	- -	5-6.30* WW	- -	4-5 WW	- -	4-5 WW	- -	4.30-6* WW	- -
<b>Seals (WW)</b>	- -	5-6 WW	- -	- -	- -	5-6 WW	- -	- -	- -	4-5 WW	- -
<b>Seals (HNS)</b>	- -	4-5 HBHS	- -	- -	- -	4-5 HBHS	- -	4-5 HBHS	- -	- -	- -
<b>Otters (WW)</b>	- -	4-5 WW	- -	- -	- -	4-5 WW	- -	- -	- -	4-5 WW	- -
<b>Otters (HNS)</b>	- -	4-5 HBHS	- -	- -	- -	4-5 HBHS	- -	4-5 HBHS	- -	- -	- -
<b>Fast and Fit</b>	- -	4-5 WW	- -	- -	- -	4-5 WW	- -	4-5 WW	- -	- -	- -
<b>Masters</b>	5.30-6.30 WW	- -	5.30-6.30 WW	- -	- -	- -	5.30-6.30 WW	- -	- -	- -	- -

\* First 30 minutes dryland training

\*\* Last 30 mins dryland training

! First 30 minutes dryland training (External program - additional cost involved)

!! Gym at Wintec 6.30pm Tuesday/6pm Friday (External program - additional cost involved)