



## Hamilton Aquatics Training Schedule Term 2 2026

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	5-7 WW	5:30-7:30 WW	4-6 WW	5:30-7:30 WW	Gym only -	-	4-6 WW	5:30-7:30 WW	4.30-6! WW	7-9.30 WW	-
National Age	5:30-7:30 WW	4-6 WW	5:30-7:30 WW	4-6 WW	-	4-6! WW	5:30-7:30 WW	-	5:30-7:30 WW	4-6! WW	7-9.30 WW	-
Waikato Age	-	4-6 WW	6-7:30 WW	-	-	4-6.15% WW	5:30-7:30 WW	6-7.30 WW	-	4-6:15% WW	7-9.30 WW	-
Junior Development	6-7.30 WW	-	-	5-6.30 WW	-	5:30-7:30% WW	-	6-7.30 WW	-	5:30-7:30% WW	-	4-5.30 WW
Dolphins	-	6-7.30 WW	-	6-7 WW	-	5.30-6.30 WW	-	5-6 WW	-	6.15-7:30 WW	-	-
Narwhals	-	6-7.30 WW	-	-	-	4-5 WW	-	-	-	6.15-7:30 WW	-	4-5 WW
Seals	-	-	-	4-5 WW	-	-	-	5-6 WW	-	4-5 WW	-	3-4 WW
Otters	-	4-5 WW	-	-	-	5-6 WW	-	6-7 WW	-	6-7 WW	-	-
Sharks 1	-	4-5 WW	-	-	-	4-5 WW	-	4-5 WW	-	-	-	-
Sharks 2	-	5-6 WW	-	-	-	-	-	-	-	5-6 WW	-	3-4 WW
SportFit	-	7-8 WW	-	6.30-7.30 WW	-	5-6 WW	-	6-7 WW	-	-	-	-
Masters	5.30-7 WW	-	-	6.30-7.30 WW	-	-	5.30-7 WW	-	-	-	-	-

! Gym at First Place Fitness with Speedworks 6.30-7.30pm  
% Dryland included at Waterworld for 45 mins