



Hamilton Aquatics Training Schedule

Term 3 2025

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	5:30-7:30 WW	4-6 WW	5:30-7:30 WW	Gym only -	- -	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	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	- -	5.30-7.30 WW	6-7:30 WW	- -	- -	4-6.15% WW	- -	6-7.30 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	- -	5.30-6.30 WW	- -	5-6 WW	- -	6.15-7:30 WW	- -	4-5 WW
Seals	- -	4-5 WW	- -	5-6 WW	- -	- -	- -	- -	- -	6.15-7:30 WW	- -	4-5 WW
Otters	- -	5-6 WW	- -	- -	- -	5-6 WW	- -	4-5 WW	- -	- -	- -	3-4 WW
Sharks 1	- -	- -	- -	4-5 WW	- -	4-5 WW	- -	5-6 WW	- -	- -	- -	- -
Sharks 2	- -	- -	- -	- -	- -	6-7 WW	- -	- -	- -	5-6 WW	- -	3-4 WW
SportFit	- -	6-7 WW	- -	6-7 WW	- -	- -	- -	6-7 WW	- -	4-5 WW	- -	- -
Masters	5.30-7 WW	- -	- -	6-7 WW	- -	6-7 WW	5.30-7 WW	- -	- -	- -	- -	- -

! Gym at First Place Fitness with Speedworks 6.30-7.30pm

% Dryland included at Waterworld for 45 mins