

HAMILTON SQUAD TIMETABLE - 2025 TERM 3

PERFORMANCE SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM		6-7:30			6-7:30	
PM	4-5:30		5:30-7			

DEVELOPMENT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM		6-7:30			6-7:30	
PM	5:30-7		4-5:30			

SHARK SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM					6-7:30	
PM		5-6			4:30-5:30	

DOLPHIN SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						
PM		5-6			4:30-5:30	

NEMO SQUAD						
	MON	TUE	WED	THU	FRI	SAT
PM		4-5 NEMO 1		4-5 NEMO 2		
				5-6 NEMO 3		