

HAMILTON SQUAD TIMETABLE - 2026 TERM 2

EFFECTIVE 20 APRIL

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

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

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

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

| NEMO SQUAD | | | | | | |
|------------|-----|---------------------------|---------------------------|-----|-----|-----|
| | MON | TUE | WED | THU | FRI | SAT |
| PM | | 4:30-5:30 NEMO 1 MG | 4:30-5:30 NEMO 2 MG | | | |

HAMILTON INDOOR AQUATIC & LEISURE CENTRE
 83-93 SHAKESPEARE ST
 HAMILTON, VIC 3300

