

HAMILTON SQUAD TIMETABLE - TERM 3 2026

13 JUL - 20 SEP

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

