

  2025-2026 Hamilton Aquatic Club Winter Camp Schedule  									
Weekly Schedule		Sunday 28th	Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
High Performance	A.M.		5:45-7:30 HP		5:45-7:30 HP		9:30-11:30 Brant		8:00-10:30 Brant LC
	P.M.	OFF	ODEON 4:30-5:30PM	4:30-6:30 HP	OFF	OFF	4:00-5:30 Brant LC		
Dryland									
Senior Performance	A.M.		5:45-7:30 HP		5:45-7:30 HP		9:30-11:30 Brant		8:00-10:30 Brant LC
	P.M.	OFF	ODEON 4:30-5:30PM	4:30-6:30 HP	OFF	OFF	4:00-5:30 Brant LC		
Dryland									
Junior Development	A.M.			5:45-7:30 HP			5:45-7:30 HP		8:00-10:00 Brant LC
	P.M.		4:30-6:00 Laurier	ODEON 4:30-5:30PM		OFF	4:00-5:30 Brant LC		
Dryland									
Junior Performance	A.M.			5:45-7:30 HP			5:45-7:30 HP		8:00-10:00 Brant LC
	P.M.		4:30-6:00 Laurier	ODEON 4:30-5:30PM		OFF	4:00-5:30 Brant LC		
Dryland									
Level 3 Black	A.M.				6:00-7:30 YMCA		9:30-11:30 Brant		10:00-12:00 Brant LC
	P.M.			6:00-6:00 HP		OFF	4:00-5:30 Brant LC		
Dryland									
Level 3 Gold	A.M.			6:00-7:30 YMCA			5:45-7:30 HP		
	P.M.		5:00-7:00 YMCA			OFF	4:30-6:30 JTP	4:00-6:00 Brant LC	
Dryland									
Level 2 Black	A.M.	OFF				OFF		9:00-11:00 Brant	
	P.M.			6:30-8:00 HP			6:30-8:30 JTP		
Dryland									
Level 2 Gold	A.M.								
	P.M.		7:00-8:30 YMCA		OFF		4:30-6:30 JTP	4:00-6:00 Brant LC	
Dryland									
Level 1 Black	A.M.							9:00-11:00 Brant	
	P.M.			6:45-8:15 CH		OFF	5:30-6:00 JTP		
Dryland									
Level 1 Gold	A.M.								10:00-12:00 Brant LC
	P.M.			6:45-8:15 CH		OFF	5:30-7:00 CH		
Dryland									
AGD	A.M.								
	P.M.			8:00-9:00 HP	OFF		6:30-8:30 JTP	4:00-6:30 Brant LC	
Dryland									
AGE GROUP FLEX	A.M.								
	P.M.			8:00-9:00 HP			5:00-6:00 CH		