

## Hamilton Aquatics - Performance Pathway Timetable - Season 2017/2018

Performance Pathway	Sunday AM	Sunday PM	Monday PM	Tuesday AM	Tuesday PM	Wednesday PM	Thursday AM	Thursday PM	Friday AM
<b>Elite</b> <i>Coach Ash/Chris A</i>	05:25-07:05 Wellington Al Khail	16:00-19:00 GEMS World Academy	16:00-18:00 Wellington Al Khail	05:25-07:05 Wellington Al Khail	16:00-18:45 Dubai American Academy	16:00-18:45 Wellington Al Khail	05:25-07:05 Wellington Al Khail	15:45-18:30 GEMS World Academy	07:15-09:15 Wellington Al Khail
		16:45-19:00 GEMS World Academy	18:15-19:45 Wellington Al Khail			17:15-19:30 Wellington Al Khail			09:15-11:15 Wellington Al Khail
<b>Performance Youth</b> <i>Coach Liam</i>	05:30-07:00 GEMS International	16:15-18:30 GEMS World Academy	17:30-19:45 Wellington Al Khail	OFF	18:00-19:30 Dubai American Academy	18:00-19:45 Wellington Al Khail	05:30-07:00 Wellington Al Khail	17:30-19:30 GEMS World Academy	06:30-09:10 Dubai American Academy
<b>Performance Age</b> <i>Coach Stu</i>	05:30-07:00 Wellington Al Khail	17:45-19:45 Wellington Al Khail	18:15-19:45 Wellington Al Khail	OFF	16:00-18:00 Dubai American Academy	17:15-19:30 Wellington Al Khail	05:30-07:00 Wellington Al Khail	16:00-18:15 Dubai American Academy	07:00-09:45 Dubai American Academy
<b>Performance Junior +</b> <i>Coach Alex</i>	OFF	16:15-17:45 Wellington Al Khail	16:30-18:30 GEMS International	05:30-07:00 Wellington Al Khail	17:30-19:30 Dubai American Academy	16:15-18:15 GEMS International	OFF	18:00-19:30 Dubai American Academy	09:00-11:15 Dubai American Academy
<b>Performance Junior</b> <i>Coach Stu</i>	OFF	16:15-17:45 Wellington Al Khail	16:10-18:10 Wellington Al Khail	05:30-07:00 GEMS International	Catch Up Only Dubai American Academy	16:10-18:10 Wellington Al Khail	OFF	17:45-19:30 Dubai American Academy	09:00-11:15 Dubai American Academy

WEK - Wellington Academy - Al Khail	GIS - GEMS International School - AL Khail
GWA - GEMS World Academy - Al Barsha	DAA - Dubai American Academy - Al Barsha