| Team | Day of the week | Venue | Time |
|-------------|-----------------|----------------------|-------------|
| | | | |
| Rockets | Monday | Blake Park | 4.00-5.00pm |
| Sea Lions | Thursday | Blake Park | 4.30-5.00pm |
| | | | |
| Sea Horses | Thursday | Blake Park | 4.30-5.30pm |
| | | | |
| Marlins | Thursday | Blake Park | 4.00-5.00pm |
| Stingrays | Thursday | Blake Park | 4.00-5.00pm |
| Marova | Thursdov | Blake Park | 4 20 5 20pm |
| Morays | Thursday | | 4.30-5.30pm |
| Hammerheads | Thursday | Macville Park | 4.00-5.00pm |
| Piranhas | Tuesday | Mount College / Nets | 4.30-5.30pm |
| | | | |
| Makos | Wednesday | Mount College / Nets | 4.30-5.30pm |
| Manta Rays | Wednesday | Blake Park | 4.30-5.30pm |
| Kingis | Thursday | Mount College / Nets | 4.15-5.30pm |
| Hapuka | Tuesday | Mount College / Nets | 3.30-5.00pm |