



The state of the art Aquatic Centre boasts a heated indoor 50m swimming pool and separate learn to swim pool. The pristine water quality is maintained by the latest filtration systems for the comfort and wellbeing of all our participants.

The qualified coaching staff provide guidance, development and stroke correction for all ages and abilities. The Knox program has produced multiple State and National level champions.

In keeping with Knox Grammar School's holistic approach to education, squad swimmers will be assisted in achieving their individual goals.

Assessments are conducted prior to joining the program to ensure swimmers are placed in the appropriate level for their ability.

Knox Aquatic Centre offers morning, afternoon, evening squad sessions, Masters, Aqua Aerobics and Learn to Swim.



HEAD COACH

Our Silver License Head Coach Steven Goodier has over 20 years' experience coaching numerous State and National Champions. Steve heads the qualified coaching team ensuring quality coaching for all levels.

**ASCTA QUALIFIED
COACHING STAFF**
INDOOR HEATED 50M POOL
**CONVENIENT DIRECT DEBIT
PAYMENTS**
PRISTINE WATER
AGE AND SKILL SPECIFIC LEVEL
**CHANGING ROOMS
AND SHOWERS**



**Knox Grammar School
Aquatic Centre**

7 Woodville Ave
Wahroonga, NSW 2076
02 9487 0443
02 9487 0126

For all Aquatic Enquiries:
aquatics@knox.nsw.edu.au

To contact the Head Coach:
swimcoach@knox.nsw.edu.au

www.knox.nsw.edu.au



**KNOX GRAMMAR SCHOOL
AQUATIC CENTRE**

SQUAD SWIMMING PROGRAMS



JUNIOR SQUADS

BLUE - INTRODUCTORY LEVEL (1) MAXIMUM 3 TIMES PER WEEK

Swimmers are required to have a basic grounding in all four strokes. They will be taught basic training skills including clock reading and lane etiquette as well as being introduced to race starts, turns and finishes.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

BLACK - PROGRESSION LEVEL (2) MAXIMUM 3 TIMES PER WEEK

Swimmers are required to be able to swim all four strokes and have a grounding in race starts, turns and finishes. Swimmers will advance their skills in all strokes, learn racing rules and some basic competition strategies.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

WHITE - ADVANCED LEVEL (3) MAXIMUM 3 TIMES PER WEEK

Swimmers are required to be able to execute all strokes, race starts and turns within the rules of competitive swimming. Training principles will be advanced to aid in developing speed, skills and endurance. The White Squad Coach will establish goals and feedback on competition performances.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

RED - BY INVITATION ONLY MINIMUM 4 TIMES A WEEK

Swimmers typically aged 10-13 are required to train a minimum of 4 times a week. Squad members MUST be registered with the Knox Pymble Swim Club and are expected to compete all year round at the targeted meets. The Squad goal is success at NSW State Age Championships and to qualify for Australian National Age Championships.

Under the guidance of the Head Coach, the Red Squad Coach will focus on goal setting, training, nutrition, dry land, health and well-being. Helping swimmers and parents plot the pathway to academic and swimming success.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

All Swimmers in Junior Squads will be encouraged to practice racing on a Friday Night at the weekly Knox Pymble Swim Club nights.

For more information visit: www.knoxpymbleswimclub.com

COMPETITIVE SQUADS

GOLD SQUAD SENIOR COMPETITION SQUAD

Swimmers MUST be Knox Pymble Swim Club members and train a minimum of six sessions per week. Swimmers will be provided with individualised screening and a gym program devised by our strength and conditioning coach. They will have access to physiotherapy, nutrition, sport science, long and short course training all year round. The swimmer's goals are to compete successfully at both State and Australian National Championships.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

SILVER SQUAD ADVANCED SENIORS

Swimmers are typically aged 13 years and over and are required to train a minimum of 4 times a week. This program focuses on sprint events and is for swimmers whose goals are to compete successfully for School or Club. The focus will be on 50m and 100m speed, technique and race skills. Dry land training that includes core strength, injury prevention, flexibility and strength will be an integral part of this program.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

BRONZE SQUAD SENIOR FITNESS SQUAD

This is the senior squad entry level. The goal of the squad is fitness and skill development.

PLEASE CONTACT AQUATIC CENTRE FOR SESSION TIMES

WATER POLO SQUAD

Monday - Thursday 6.15pm - 7.30pm

MASTERS SQUAD

Monday - Thursday 6.15pm - 7.30pm

Tuesday & Thursday 5.30am - 6.30am

AQUA AEROBICS

Shallow Water

Monday - Thursday 6.30pm - 7.15pm

Deep Water

Monday - Thursday 7.30pm - 8.15pm

ADULT PROGRAMS



PRICING

JUNIOR AND COMPETITIVE SQUADS

Knox students \$78 per month
Knox community \$84 per month
Non-Knox \$120 per month.

ADULT PROGRAMS

Masters Squad 10 Visit Pass \$80
Aqua Aerobics 10 Visit Pass \$80
Water Polo Squad 10 Visit Pass \$80
Bronze Squad 10 Visit Pass \$80 (\$40 Knox Students)

KNOX PYMBLE SWIM CLUB

www.knox.nsw.edu.au or www.start.knox.nsw.edu.au

The content of this brochure is subject to change without notice.