

# KNOX SQUAD SWIMMING HOLIDAY CALENDAR

11<sup>TH</sup> DECEMBER – 22<sup>TH</sup> DECEMBER 2017



KNOX GRAMMAR SCHOOL  
AQUATIC CENTRE

The pool will close from the 23<sup>rd</sup> December 2017 – 1st January 2018

New holiday table resumes Tuesday 2<sup>nd</sup> January 2018.

Please remember water bottles as part of your training kit.

The Gym will be open on Mondays, Wednesdays and Fridays from 8-11am.(CLOSED 22/12/17)

The Performance Squad will consist of Senior Performance, National Target and Junior Performance swimmers not competing at the State Age event at SOPAC.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 <sup>th</sup> December	12 <sup>th</sup> December	13 <sup>th</sup> December	14 <sup>th</sup> December	15 <sup>th</sup> December	16 <sup>th</sup> December	17 <sup>th</sup> December
<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 National Target 3:00 – 4:45 Junior Performance 4:00 – 6:00 Senior Performance 4:45 – 6:45 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6:45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Performance Squad 3:45 – 6:00 Senior Squad 6:00 – 7:00</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6:45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Performance Squad 3:45 – 6:00 Senior Squad 6:00 – 7:00</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 National Target 3:00 – 4:45 Junior Performance 4:00 – 6:00 Senior Performance 4:45 – 6:45 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Performance Squad 3:45 – 6:00 Senior Squad 6:00 – 7:00</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Blue 2:30 – 3:30 Junior Black 3:30 – 5:00 Senior Squad 2.00-3.30</p> <p>ADULT 3.30-4.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> NO SQUADS</p>
18 <sup>th</sup> December	19 <sup>th</sup> December	20 <sup>th</sup> December	21 <sup>st</sup> December	22 <sup>nd</sup> December	23 <sup>rd</sup> December	24 <sup>th</sup> December
<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad 3:45 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad 3:45 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad 3:45 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 9:00-11:00 Senior Squad 8:00 – 9:00</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad 3:45 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Junior Black 6:30 – 8:00 Junior Blue 8:00 – 9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Junior Black 6:30 – 8:00 Junior Blue 8:00 – 9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Junior Black 6:30 – 8:00 Junior Blue 8:00 – 9:00 Senior Squad 9:00 – 10:00</p> <p><b>PM</b> POOL CLOSED</p>