

# KNOX SQUAD SWIMMING HOLIDAY CALENDAR

## 16<sup>TH</sup> APRIL – 29<sup>TH</sup> APRIL 2018



**KNOX GRAMMAR SCHOOL**  
AQUATIC CENTRE

Please remember water bottles as part of your training kit.

The Gym will be open on Mondays, Wednesdays and Fridays from 8-11am.

Performance Squad is a combination of Senior Performance and National Target Swimmers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 <sup>th</sup> April	17 <sup>th</sup> April	18 <sup>th</sup> April	19 <sup>th</sup> April	20 <sup>th</sup> April	21 <sup>st</sup> April	22 <sup>nd</sup> April
<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 Senior Performance/Junior Performance/National Target 4:00 – 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 / National Target 6.45-9.00 Senior Squad 7:00 – 8:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</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 Senior Performance/Junior Performance/National Target 4:00 – 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 / National Target 6.45-9.00 Senior Squad 7:00 – 8:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p><b>AM</b> Senior Performance / Junior Performance/National Target 6.45-9.00</p> <p><b>PM</b> NO SQUADS</p>	<p><b>AM</b> Performance Squad / Junior Performance 6.45-9.00 Junior Black 9:00-10.30 Junior Blue 10.30-11.30</p> <p><b>PM</b> Senior Squad 2.00-3.30</p> <p>ADULT 3.30-4.30</p>	NO SQUADS
23 <sup>rd</sup> April	24 <sup>th</sup> April	25 <sup>th</sup> April	26 <sup>th</sup> April	27 <sup>th</sup> April	28 <sup>th</sup> April	29 <sup>th</sup> April
<p><b>AM</b> Performance Squad / Junior Performance 6.45-9.00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad/Junior Performance 4:00 – 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 / Junior Performance 6.45-9.00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Performance Squad/Junior Performance 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	CENTRE CLOSED  ANZAC DAY	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad / Junior Performance 6.45-9.00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00-6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p><b>AM</b> Performance Squad/ Junior Performance 6.45-9.00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> NO SQUADS</p>	<p><b>AM</b> Performance Squad / Junior Performance 6.45-9.00 Junior Black 9:00 – 10:30 Junior Blue 10:30 – 11:30</p> <p><b>PM</b> Senior Squad 2.00-3.30</p> <p>ADULT 3.30-4.30</p>	NO SQUADS