

KNOX SQUAD SWIMMING HOLIDAY CALENDAR & CLINICS

5TH DECEMBER – 29TH JANUARY GOLD, SILVER & RED SQUADS



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

Term Time table resumes 30th January

Gym: Gold & Silver Squad 30 mins. Prior to Mon, Wed, Friday afternoon sessions, 30 mins, following Mon, Wed, Friday morning sessions.

Gym: Red Squad 30 mins. Prior to afternoon sessions.

Swimmers should wear gym gear & sports shoes when attending gym sessions. Please remember water bottles as part of your training kit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5th December	6th December	7th December	8th December	9th December	10th December
G,S & R: 5:15-7:30am G,S & R: 4:30-6:15pm	Silver 5:15-7:30am G,S & R: 4:30-6:15pm	G,S & R: 5:15-7:30am G,S & R: 4:30-6:15pm	Silver 5:15-7:30am G,S & R: 4:30-6:15pm	G,S & R: 5:15-7:30 & 7:00-9:00am G,S & R: 3:00-5:00pm	G,S & R: 6:30-9:00am Sunday 11th Gold & Silver 7:45-10:00am
12th December	13th December	14th December	15th December	16th December	17th December
R: 5:15-7:30 & 7:00-9:00am G,S & R: 4:30-6:15pm	G,S & R: 4:30-6:15pm	R: 5:15-7:30 & 7:00-9:00am G,S & R: 4:30-6:15pm	G,S & R: 4:30-6:15pm	R: 5:15-7:30 & 7:00-9:00am G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am
19st December	20th December	21st December	22nd December	23rd December	24th December
No morning training G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am G,S & R: 4:30-6:15pm	G,S & R: 6:30-9:00am
26th December	27th December	28th December	29th December	30th December	31st December
Closed No Training	Closed No Training	G,S & R: 6:30-9:00am (no gym)	G,S & R: 6:30-9:00am (no gym)	G,S & R: 6:30-9:00am (no gym)	No Training
2nd January	3rd January	4th January	5th January	6th January	7th January
Closed No Training	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am	G,S & R: 6:30-9:00am
9th January	10th January	11th January	12th January	13th January	14th January
R: 6:45-9:00am G,S & R: 4:00-6:00pm	R: 6:45-9:00am G,S & R: 4:00-6:00pm	R: 6:45-9:00am G,S & R: 4:00-6:00pm	R: 6:45-9:00am G,S & R: 4:00-6:00pm	R: 6:45-9:00am	G,S & R: 6:30-9:00am
16th January	17th January	18th January	19th January	20th January	21st January
G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am	G,S & R: 6:30-8.45am
23rd January	24th January	25th January	26th January	27th January	28th January
G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	G,S & R: 6:30-9:00am G,S & R: 3:45-6:00pm	Closed No Training	G,S & R: 6:30-9:00am	G,S & R: 6:30-9:00am

KNOX SQUAD SWIMMING HOLIDAY CALENDAR & CLINICS

5TH DECEMBER – 29TH JANUARY WHITE & BRONZE

Term Time table resumes 30th January



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm	6th December W& B: 6.30-8.00am W:3.30-5.00pm B: 5.00-6.30pm	7th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm	8th December W& B: 6.30-8.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	9th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	10th December W: 2:00-3:30pm B: 3:30-5:00pm	11th December W&B:9:00-10:30am
12th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm	13th December W& B: 6.30-8.00am W:3.30-5.00pm B: 5.00-6.30pm	14th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm	15th December W& B: 6.30-8.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	16th December W& B: 5.30-7.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	17th December W: 2:00-3:30pm B: 3:30-5:00pm	18th December No Training
19st December No morning training W:3:30-5:00pm & 5.00-6.30pm	20th December W& B: 6.30-8.00am W:3.30-5.00pm B: 5.00-6.30pm	21st December W& B: 6.30-8.00am W:3:30-5:00pm & 5.00-6.30pm	22nd December W& B: 6.30-8.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	23rd December W& B: 6.30-8.00am W:3:30-5:00pm & 5.00-6.30pm B: 3:30-5:00pm & 5.00-6.30pm	24th December No Training	25th December No Training
26th December No Training	27th December No Training	28th December W&B: 8.00-9.30am	29th December W&B: 8.00-9.30am	30th December W&B: 8.00-9.30am	31st December No Training	1st January No Training
2nd January No training	3rd January W&B: 8.00-9.30am B&W: 4:00-5.30pm	4th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	5th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	6th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	7th January W&B: 6:45-9:00am	8th January No training
9th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	10th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	11th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	12th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	13th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	14th January W&B: 6:45-9:00am	15th January No training
16th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	17th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	18th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	19th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	20th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	21st January W&B: 6:30-8.45am	22nd January No training
23rd January W&B: 8.00-9.30am B&W: 4:00-5.30pm	24th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	25th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	26th January No Training	27th January W&B: 8.00-9.30am B&W: 4:00-5.30pm	28th January W&B: 6:45-9:00am	29th January No training

KNOX SQUAD SWIMMING HOLIDAY CALENDAR & CLINICS

5TH DECEMBER – 29TH JANUARY BLUE & BLACK SQUADS

Term Time table resumes 30th January



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5th December Blue & Black: 6:30-7:30am Blue & Black: 3:30-4:30pm	6th December Blue: 3:30-4:30pm Black: 3:30-4:30 & 5.00-6:00pm	7th December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 3:30-4.30pm	8th December Blue: 3:30-4.30 & 4:30-5-30pm Black: 3:30-4.30 & 5.00-6:00pm	9th December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 5.00-6:00pm	10th December Blue & Black 2:30-3:30pm	11th December 8:00-9:00am
12th December Blue & Black: 6:30-7:30am Blue & Black: 3:30-4:30pm	13th December Blue: 3:30-4:30pm Black: 3:30-4.30 & 5.00-6:00pm	14th December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 3:30-4.30pm	15th December Blue: 3:30-4.30 & 4:30-5-30pm Black: 3:30-4.30 & 5.00-6:00pm	16th December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 5.00-6:00pm	17th December Blue & Black 2:30-3:30pm	18th December No training
19st December No morning training Blue & Black: 3:30-4:30pm	20th December Blue: 3:30-4:30pm Black: 3:30-4.30 & 5.00-6:00pm	21st December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 3:30-4.30pm	22nd December Blue: 3:30-4.30 & 4:30-5-30pm Black: 3:30-4.30 & 5.00-6:00pm	23rd December Blue & Black: 6:30-7:30am Blue: 3:30-4.30 & 5.00-6:00pm Black: 5.00-6:00pm	24th December Closed	25th December No training
26th December No training	27th December No training	28th December Blue & Black:9:30-10:45am	29th December Blue & Black:9:30-10:45am	30th December Blue & Black:9:30-10:45am	31st December Closed	1st January No training
2nd January No training	3rd January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	4th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	5th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	6th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	7th January Blue & Black:9:30-10:45am	8th January No training
9th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	10th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	11th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	12th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	13th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	14th January Blue & Black:9:30-10:45am	15th January No training
16th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	17th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	18th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	19th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	20th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	21st January Blue & Black: 7:45-8.45am	22nd January No training
23rd January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	24th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	25th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	26th January No Training	27th January Blue & Black:9:30-10:45am Blue & Black:3:00-4:00pm	28th January Blue & Black:9:30-10:45am	29th January No training

KNOX SQUAD SWIMMING HOLIDAY CALENDAR & CLINICS

5TH DECEMBER – 29TH JANUARY ADULT SQUAD



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

Term Time table resumes 30th January

Gym: Senior & Red Squad 45 mins. Prior to afternoon sessions, 45 mins, following morning sessions

Swimmers should wear gym gear & sports shoes when attending gym sessions. Please remember water bottles as part of your training kit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5th December	6th December	7th December	8th December	9th December	10th December	11th December
	5:30-6:30am		5:30-6:30am	No training		
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		3:30-4:30pm	
12th December	13th December	14th December	15th December	16th December	17th December	18th December
	5:30-6:30am		5:30-6:30am	No training		
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		3:30-4:30pm	
19st December	20th December	21st December	22nd December	23rd December	24th December	25th December
	5:30-6:30am		5:30-6:30am	No training	No training	No training
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm			
26th December	27th December	28th December	29th December	30th December	31st December	1st January
No training	No training	No training	No training	No training	No training	No training
2nd January	3rd January	4th January	5th January	6th January	7th January	8th January
No training	5:30-6:30am		5:30-6:30am	No training	10:30am-11:45am	No training
	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm			
9th January	10th January	11th January	12th January	13th January	14th January	15th January
	5:30-6:30am		5:30-6:30am	No training	10:30am-11:45am	No training
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm			
16th January	17th January	18th January	19th January	20th January	21st January	22nd January
	5:30-6:30am		5:30-6:30am	No training	No Training	No training
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm			
23rd January	24th January	25th January	26th January	27st January	28th January	29th January
	5:30-6:30am		No training	No training	10:30am-11:45am	No training
6:30-7:30pm	6:30-7:30pm	6:30-7:30pm				

KNOX SQUAD SWIMMING HOLIDAY CALENDAR & CLINICS

5TH DECEMBER – 29TH JANUARY FITNESS SQUADS

Term Time table resumes 30th January



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5th December	6th December	7th December	8th December	9th December	10th December	11th December
7.30-8.30am 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.15-7.15pm	7.30-8.30am 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.00-7.00pm	7.30-8.30am 6.00-7.00pm	8:00-9:00am 3.30pm-4.30pm	8:00-9:00am
12th December	13th December	14th December	15th December	16th December	17th December	18th December
7.30-8.30am 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.15-7.15pm	7.30-8.30am 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.00-7.00pm	7.30-8.30am 6.00-7.00pm	8:00-9:00am 3.30pm-4.30pm	8:00-9:00am
19st December	20th December	21st December	22nd December	23rd December	24th December	25th December
No morning training 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.15-7.15pm	7.30-8.30am 3.30-4.30pm 6.15-7.15pm	6.30-7.30am 3.30-4.30pm 6.00-7.00pm	7.30-8.30am 6.00-7.00pm	Closed	No training
26th December	27th December	28th December	29th December	30th December	31st December	1st January
No training	No training	9:15-10:30am	9:15-10:30am	9:15-10:30am	No training	No training
2nd January	3rd January	4th January	5th January	6th January	7th January	8th January
No training	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am	No training
9th January	10th January	11th January	12th January	13th January	14th January	15th January
9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am	No training
16th January	17th January	18th January	19th January	20th January	21st January	22nd January
9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	7:45-8.45am	No training
23rd January	24th January	25th January	26th January	27th January	28th January	29th January
9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	9:30-10:45am 3:00-4:00pm	No training	9:30-10:45am 3:00-4:00pm	9:30-10:45am	No training