

KNOX SQUAD SWIMMING HOLIDAY CALENDAR

25TH SEPTEMBER – 8TH OCTOBER 2017



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

Term Time table resumes Monday 9th October 2017.

Please remember water bottles as part of your training kit.

No Junior Squad Training Friday 29th September till the 3rd of October 2017.

Gym will be available for Senior Performance and National Target on Monday 25th Sept, Wednesday 27th Sept and 4th of October and Friday 29th Sept and 6th of October between 9am – 12pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 th September	26 th September	27 th September	28 th September	29 th September	30 th September	1 st October
<p>AM Senior Performance / National Target 6:45-9:00 Junior Performance 6.45 – 9.00 Junior Blue 9:00 – 10:00 Junior Black 9:00 – 10:30 Senior Squad 10.30 – 12.00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Senior Performance / Junior Performance / National Target Senior Squad 3.45 – 6.00</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p>AM Senior Performance / Junior Performance / National Target 6:45-9:00 Junior Blue 9:00 – 10:00 Junior Black 9:00 – 10:30 Senior Squad 10:30 – 12.00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Senior Performance / Junior Performance / National Target Senior Squad 3.45 – 6.00</p> <p>ADULT 6.30-7.30</p>	<p>AM Senior Performance / National Target 6:45-9:00 Junior Performance 6.45 – 9.00 Junior Blue 9:00 – 10:00 Junior Black 9:00 – 10:30 Senior Squad 10:30 – 12.00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Senior Performance / Junior Performance / National Target Senior Squad 3.45 – 6.00</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p>AM Senior Performance / Junior Performance / National Target 6:45-9:00 Junior Blue 9:00 – 10:00 Junior Black 9:00 – 10:30 Senior Squad 10:30 – 12.00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Senior Performance / Junior Performance / National Target Senior Squad 3.45 – 6.00</p> <p>ADULT 6.30-7.30</p>	<p>AM Senior Performance / National Target 6:30-8:30 Junior Performance 6.30 – 8.30</p> <p>PM NO SQUADS – WATERPOLO TOURNAMENT</p> <p>NO ADULT SQUAD</p>	<p>AM Senior Performance 6.00 – 8.00 WATERPOLO TOURNAMENT</p> <p>NO ADULT SQUAD</p>	<p>NO SQUADS – WATERPOLO TOURNAMENT</p>
2 nd October	3 rd October	4 th October	5 th October	6 th October	7 th October	8 th October
<p>POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p>AM Senior Performance/National Target 6.30 – 9.00 Junior Performance 6:30-8.45 Junior Blue 9:00 – 10:00 Junior Black 10.00 – 11:30 Senior Squad 9.15 – 10.45</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 3.45 – 6.00 Senior Squad 5.00 – 6.30</p> <p>ADULT 6.30-7.30</p>	<p>AM Senior Performance/National Target 6.30 – 9.00 Junior Performance 6:30-8.45 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30 Senior Squad 9.15 – 10.45</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 3.45 – 6.00 Senior Squad 5.00 – 6.30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p>AM Senior Performance/National Target 6.30 – 9.00 Junior Performance 6:30-8.45 Junior Blue 9:00 – 10:00 Junior Black 10.00 – 11:30 Senior Squad 9.15 – 10.45</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 3.45 – 6.00 Senior Squad 5.00 – 6.30</p> <p>ADULT 6.30-7.30</p>	<p>AM Senior Performance/National Target 6.30 – 9.00 Junior Performance 6:30-8.45 Junior Blue 9:00 – 10:00 Junior Black 10.00 – 11:30 Senior Squad 9.15 – 10.45</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 3.45 – 6.00 Senior Squad 5.00 – 6.30</p>	<p>AM Senior Performance/National Target 6.30 – 9.00 Junior Performance 6:30-8.45 Junior Blue 9:00 – 10:00 Junior Black 10.00 – 11:30 Senior Squad 9.15 – 10.45</p> <p>PM ADULT 3:30-4:30</p>	<p>AM Junior Performance 6:45-9:00 Junior Blue 9:00 – 10:00 Junior Black 9:00 – 10:30 Senior Squad 10:30 – 11:30</p>