

# KNOX SQUAD SWIMMING HOLIDAY CALENDAR

## 25<sup>TH</sup> SEPTEMBER – 8<sup>TH</sup> OCTOBER 2017



**KNOX GRAMMAR SCHOOL**  
**AQUATIC CENTRE**

Term Time table resumes Monday 9<sup>th</sup> October 2017.

Please remember water bottles as part of your training kit.

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 <sup>th</sup> September	26 <sup>th</sup> September	27 <sup>th</sup> September	28 <sup>th</sup> September	29 <sup>th</sup> September	30 <sup>th</sup> September	1 <sup>st</sup> October
<p><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> Senior Performance / National Target 6:30-8.30 Junior Performance 6.30 – 8.30</p> <p><b>PM</b> NO SQUADS – WATERPOLO TOURNAMENT</p> <p><b>NO ADULT SQUAD</b></p>	<p><b>AM</b> Senior Performance 6.00 – 8.00  WATERPOLO TOURNAMENT</p> <p><b>NO ADULT SQUAD</b></p>	<p><b>NO SQUADS – WATERPOLO TOURNAMENT</b></p>
2 <sup>nd</sup> October	3 <sup>rd</sup> October	4 <sup>th</sup> October	5 <sup>th</sup> October	6 <sup>th</sup> October	7 <sup>th</sup> October	8 <sup>th</sup> October
<p>POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> 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><b>AM</b> 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><b>PM</b> ADULT 3:30-4:30</p>	<p><b>AM</b> 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>