

KNOX SQUAD SWIMMING HOLIDAY CALENDAR

9TH JULY – 22ND JULY 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
9 th July	10 th July	11 th July	12 th July	13 th July	14 th July	15 th July
<p>AM Junior Performance 6:45-9:00 Performance Squad 6:45-9:00</p> <p>PM Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Junior Performance 4:30 – 6:15 Performance Squad 4:30 – 6:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Adult 5.30-6.30 Performance Squad 6:45-9:00 Senior Squad 6:30-8:00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 4:30 – 6:15 Performance Squad 4:30 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Junior Performance 6:45-9:00 Performance Squad 6:45-9:00</p> <p>PM Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Junior Performance 4:30 – 6:15 Performance Squad 4:30 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Adult 5.30-6.30 Performance Squad 6:45-9:00 Senior Squad 6:30-8:00 Black Squad 6:30-8:00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 4:30 – 6:15 Senior Squad 5:00 – 6:30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Performance Squad/ Junior Performance 6.45-9:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p>PM NO SQUADS</p>	<p>AM Performance Squad / Junior Performance 6.45-9.00 Junior Black 9:00-10.30 Junior Blue 10.30-11.30</p> <p>PM Senior Squad 2.00-3.30 Junior Blue 2:00 – 3:00 Junior Black 3:00 – 4:30 Adult 3.30-4.30</p>	NO SQUADS
16 th July	17 th July	18 th July	19 th July	20 th July	21 st July	22 nd July
<p>AM Performance Squad / Junior Performance 6.45-9.00 Senior Squad 9:00 – 10:00</p> <p>PM Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad/Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Adult 5.30-6.30 Performance Squad / Junior Performance 6.45-9.00 Senior Squad 6:30 – 8:00</p> <p>PM Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Performance Squad/Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Performance Squad / Junior Performance 6.45-9.00 Senior Squad 9:00 – 10:00</p> <p>PM Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Performance Squad/Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Adult 5.30-6.30 Performance Squad 6.45-9.00 Senior Squad 6:30 – 8:00 Black Squad 6:30-8:00</p> <p>PM Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Performance Squad/ Junior Performance 6.45-9:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p>PM NO SQUADS</p>	<p>AM Performance Squad / Junior Performance 6.45-9.00 Junior Black 9:00-10.30 Junior Blue 10.30-11.30</p> <p>PM Senior Squad 2.00-3.30 Junior Blue 2:00 – 3:00 Junior Black 3:00 – 4:30 Adult 3.30-4.30</p>	NO SQUADS