

KNOX SQUAD SWIMMING HOLIDAY CALENDAR

1ST OCTOBER – 14TH OCTOBER 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
1 st October	2 nd October	3 rd October	4 th October	5 th October	6 th October	7 th October
<p>PUBLIC HOLIDAY</p> <p>CENTRE CLOSED</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 3:00-4:30 Junior Blue 4:30-5:30 Junior Performance 4:00-6:00 Performance Squad 4:00-6:00 Senior Squad 5:30-6:30</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 3:00-4:00 Junior Black 4:00-5:30 Junior Performance 4:00-6:00 Performance Squad 4:00-6:00 Senior Squad 5:30-6:30</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 9:00-10:30</p> <p>PM Junior Black 3:00-4:30 Junior Blue 4:30-5:30 Junior Performance 4:00-6:00 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 Senior Squad 9:00-10:30</p> <p>PM NO SQUADS</p>	<p>AM Performance Squad/ Junior Performance 6.45-9:00 Junior Black 8:00-9.30 Junior Blue 9.30-10.30</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
8 th October	9 th October	10 th October	11 th October	12 th October	13 th October	14 th October
<p>AM Performance Squad / Jnr 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 Jnr Performance 4:00-6:00 Senior Squad 5:00-6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Adult 5.30-6.30 Senior 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 Jnr Performance 4:00-6:00 Senior Squad 5:00-6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Performance Squad / Jnr 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 Jnr Performance 4:00-6:00 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 9:00-10:30</p> <p>PM Junior Blue 3:00-4:00 Junior Black 4:00-5:30 Jnr Performance 4:00-6:00 Senior Squad 5:00-6:30</p> <p>Adult 6.30-7.30</p>	<p>AM Performance Squad/ Jnr Performance 6.45-9:00 Junior Blue 9:00-10:00 Junior Black 10:00-11:30 Senior Squad 9:00-10:30</p> <p>PM NO SQUADS</p>	<p>AM Performance Squad / Jnr 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