

KNOX SQUAD SWIMMING HOLIDAY CALENDAR

15TH APRIL – 28TH APRIL 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
15 th April	16 th April	17 th April	18 th April	19 th April	20 th April	21 st April
<p>AM Performance Squad / Junior Performance 6.45-9.00 Senior Squad 9:00 – 10:00</p> <p>PM Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00 – 6:00 Senior Squad 5:00 – 6:30 Adult 6.30-7.30</p>	<p>Adults 5.30-6.30</p> <p>AM Performance Squad / Junior Performance 6.45-9.00</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 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 Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00 – 6:00 Senior Squad 5:00 – 6:30 Adult 6.30-7.30</p>	<p>Adult 5.30-6.30</p> <p>AM Performance Squad / Junior Performance 6.45-9.00</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 Adult 6.30-7.30</p>	<p>CENTRE CLOSED</p> <p>EASTER</p>	<p>CENTRE CLOSED</p> <p>EASTER</p>	<p>CENTRE CLOSED</p> <p>EASTER</p>
22 nd April	23 rd April	24 th April	25 th April	26 th April	27 th April	28 th April
<p>CENTRE CLOSED</p> <p>EASTER</p>	<p>Adult 5.30-6.30</p> <p>AM Performance Squad / Junior Performance 6.45-9.00</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 Adult 6.30-7.30</p>	<p>AM Performance Squad / Junior Performance 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 Senior Squad 5:00 – 6:30 Adult 6.30-7.30</p>	<p>CENTRE CLOSED</p> <p>ANZAC DAY</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 9:00 – 10:30 Junior Blue 10:30 – 11:30 Senior Squad 9.00-10.30 Adult 10.30-11.30</p> <p>PM NO SQUADS</p>	<p>NO SQUADS</p>