

# KNOX SQUAD SWIMMING HOLIDAY CALENDAR

## 28<sup>TH</sup> JUNE – 21<sup>ST</sup> JULY 2019

Please remember water bottles as part of your training kit.

The Gym will be open on Mondays, Wednesdays and Fridays from 8-11am.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				28 <sup>th</sup> June	29 <sup>th</sup> June	30 <sup>th</sup> June
				<p><b>AM</b></p> <p>Senior Squad 3.30 – 5:00 Blue Squad 3:30 – 4:30 Junior Squad 4:30 - 6:00 Black Squad 4:30 – 6:00</p>	<p><b>AM</b></p> <p>Senior Performance / Junior Performance 6.45-9.00 Black 9:00-10.30 Blue 10.30-11.30 Junior Squad 9:00-10:30 Senior Squad 9:00 – 10:30 Adult 10:30 – 11:30</p> <p><b>PM</b></p> <p>NO SQUADS</p>	<p><b>AM</b></p> <p>Junior Squad 8:00-9:30 Blue Squad 8:00-9:00 Black Squad 9:00-10:30 Senior Squad 9:30-11:00</p>
1 <sup>st</sup> July	2 <sup>nd</sup> July	3 <sup>rd</sup> July	4 <sup>th</sup> July	5 <sup>th</sup> July	6 <sup>th</sup> July	7 <sup>th</sup> July
<p><b>AM</b></p> <p>Senior Performance / Junior Performance 6.45-9.15</p> <p><b>PM</b></p> <p>Blue 3:30 – 4:30 Black 3:30 – 5:00 Senior Performance 4:30-6:30 Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30 Junior Squad 3:30-4:30,5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b></p> <p>Adult 5.30-6.30 Senior Performance / Junior Performance 6.45-9.15 Black Squad 6:30-8:00</p> <p><b>PM</b></p> <p>Blue 3:30 – 4:30 Black 3:30 – 5:00 Senior Performance 4:30-6:30 Junior Performance 3:45 – 6:00 Junior Squad 3:30- 4:30, 5:00 – 6:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b></p> <p>Senior Performance / Junior Performance 6.45-9.15</p> <p><b>PM</b></p> <p>Blue 3:30 – 4:30 Black 3:30 – 5:00 Senior Performance 4:30-6:30 Junior Performance 3:45 – 6:00 Junior Squad 3:30-4:30,5:00 – 6:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b></p> <p>Adult 5.30-6.30 Senior Performance / Junior Performance 6.45-9.15 (Yoga 9.30-10.30) Black Squad 6:30-8:00</p> <p><b>PM</b></p> <p>Blue 3:30 – 4:30 Black 4:30 – 6:00 Junior Performance 3:45 – 6:00 Junior Squad 3:30 – 5:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b></p> <p>Senior Performance / Junior Performance 6.45-9.15</p> <p><b>PM</b></p> <p>Senior Squad 3.30 – 5:00 Blue Squad 3:30 – 4:30 Junior Squad 4:30 - 6:00 Black Squad 4:30 – 6:00</p>	<p><b>AM</b></p> <p>Senior Performance / Junior Performance 6.45-9.00 ( Junior Performance Gym 9.30-10.30)</p> <p><b>PM</b></p> <p>Junior Squad 12:30 – 2:00 Senior Squad 2.00-3.30 Blue 2:30 – 3:30 Black 3:30 – 5:00 Adult 3.30-4.30</p>	<p><b>AM</b></p> <p>Junior Squad 8:00-9:30 Blue Squad 8:00-9:00 Black Squad 9:00-10:30 Senior Squad 9:30-11:00</p>

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>8<sup>th</sup> July</b>	<b>9<sup>th</sup> July</b>	<b>10<sup>th</sup> July</b>	<b>11<sup>th</sup> July</b>	<b>12<sup>th</sup> July</b>	<b>13<sup>th</sup> July</b>	<b>14<sup>th</sup> July</b>
<p><b>AM</b> Senior Performance / Junior Performance 6.45-9.15</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 3:00-4:00, 5:00 – 6:30 Senior Performance/Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Adult 5.30-6.30 Senior Performance / Junior Performance 6.45-9.15 (Junior Performance Gym 9.30-10.30)</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 3:00-4:30 Senior 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 / Junior Performance 6.45-9.15</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 5:00 – 6:30 Senior Performance /Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Adult 5.30-6.30 Senior Performance / Junior Performance 6.45-9.15 ( yoga 9.30-10.30)</p> <p><b>PM</b> Blue 3:00 – 4:00 Black 4:00 – 5:45 Junior Performance 3:45 – 6:00 Junior Squad 3:00-4:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Senior Performance / Junior Performance 6.30-9:30 Senior Squad 9:30-11:00</p> <p><b>PM</b> NO SQUADS KPSC Meet - KNOX</p>	<p><b>AM</b> Senior Performance / Junior Performance 6.45-9.00 (Junior Performance Gym 9.30-10.30) Blue 9:00-10.00 Junior Squad 9:00 – 10:30 Black 10.00-11.45 Senior Squad 10:30-12:00 Adult 12.00-1.00</p> <p><b>PM</b> NO SQUADS</p>	NO SQUADS
<b>15<sup>th</sup> July</b>	<b>16<sup>th</sup> July</b>	<b>17<sup>th</sup> July</b>	<b>18<sup>th</sup> July</b>	<b>19<sup>th</sup> July</b>	<b>20<sup>th</sup> July</b>	<b>21<sup>st</sup> July</b>
<p><b>AM</b> Senior Performance / Junior Performance 6.45-9.15</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 3:00-4:00, 5:00 – 6:30 Senior Performance/Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Adult 5.30-6.30 Senior Performance / Junior Performance 6.45-9.15 (Junior Performance Gym 9.30-10.30)</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 3:00-4:30 Senior 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 / Junior Performance 6.45-9.15</p> <p><b>PM</b> Black 3:00 – 4:45 Blue 3:00 – 4:00 Junior Squad 5:00 – 6:30 Senior Performance /Junior Performance 3:45 – 6:00 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Adult 5.30-6.30 Senior Performance 6.45-9.15 ( yoga 9.30-10.30)</p> <p><b>PM</b> Blue 3:00 – 4:00 Black 4:00 – 5:45 Junior Performance 3:45 – 6:00 Junior Squad 3:00-4:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p><b>AM</b> Senior Performance 6.45-8:00 Junior Performance 6.45-8:30 Senior Squad 9:30-11:00</p> <p><b>PM</b> NO SQUADS</p>	<p><b>AM</b> Blue 9:00-10.00 Junior Squad 9:00 – 10:30 Black 10.00-11.45 Senior Squad 10:30-12:00 Adult 12.00-1.00</p> <p><b>PM</b> NO SQUADS</p>	NO SQUADS