

SQUAD TIMETABLE - TERM 4

14TH OCTOBER – 8TH DECEMBER 2019



KNOX GRAMMAR SCHOOL AQUATIC CENTRE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Performance Squad	AM	5:15 – 7:30	6:00 – 7:30	5:15 – 7:30	5:15 – 7:30	5:15 – 7:30	5:30 – 8:00	
	PM	4:30 – 6:30	4:30 – 6:30	4:30 – 6:30				
	GYM	3:40 – 4:20 PM		3:40 – 4:20 PM				
Junior Performance Squad	AM	5:15 – 7:30		5:15 – 7:30		5:15 – 7:30	5:30 – 8:00	
	PM	5:00 – 6:30	4:30 – 6:30		4:30 – 6:15			
	GYM		3:40 – 4:20 PM					
Senior Squad	AM							9:30 – 11:00
	PM	5:00 – 6:30	3:30 – 5:00	3:30 – 5:00	6:15 – 7:30	3:30 – 5:00	2:00 – 3:30	
Junior Squad	AM		6:00 – 8:00		6:00 – 8:00			8:00 – 9:30
	PM	3:30 – 5:00	5:00 – 6:30	5:00 – 6:30	3:30 – 5:00	4:30 – 6:00 OR RACE NIGHT	2:30 – 4:00	
Black Squad	AM		6:30 – 8:00		6:30 – 8:00			9:00 – 10:30
	PM	3:30 – 5:00	4:30 – 6:15	3:30 – 5:00	5:00 – 6:30	4:30 – 6:00 OR RACE NIGHT	2:30 – 4:00	
Blue Squad	AM							8:00 – 9:00
	PM	3:30 – 4:30	3:30 – 4:30	5:00 – 6:00	3:30 – 4:30	5:00 – 6:00 OR RACE NIGHT	4:00 – 5:00	
Adult Squad	AM		5:30 – 6:30		5:30 – 6:30			
	PM	6:30 – 7:30	6:30 – 7:30	6:30 – 7:30	7:30 – 8:30		3:30 – 4:30	