

KNOX SQUAD SWIMMING HOLIDAY CALENDAR

NO SQUADS SUNDAY 9TH DECEMBER

10TH DECEMBER – 23RD DECEMBER 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
10 th December	11 th December	12 th December	13 th December	14 th December	15 th December	16 th December
<p>AM Senior Performance / National Target/Junior Performance 6.15-8:30</p> <p>PM Junior Blue 3:30 – 4:30 Junior Black 3:30 – 5:00 Senior Squad 5.00-6.30 Junior Performance 4.30-6.15 Senior Performance 3.30-5.30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Adult 5.30-6.30 Senior Squad 6:30-8:00 Senior Performance 6.15-8:30</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 4.30-6.15 National Target 3.30-5.00 Senior Performance 5:00 – 6:30 Senior Squad 3:30 – 4:30, 5.00-6.30 Adult 6:30 – 7:30</p>	<p>AM Senior Performance / National Target/Junior Performance 6.15-8:30</p> <p>PM Junior Blue 3:30 – 4:30 Junior Black 3:30 – 5:00 Junior Performance 4:30 – 6:15 Senior Performance 3:30 – 5:30 Senior Squad 5:00 – 6:30</p> <p>Adult 6:30 – 7:30</p>	<p>AM Adult 5.30-6.30 Black Squad 6:30-8:00 Senior Performance 6.15-8:30 National Target 6.15-8.30</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00– 6:00 Junior Performance 4:00 – 6:15 Senior Squad 3:30 – 4:30,5.00-6.30</p> <p>Adult 6:30 – 7:30</p>	<p>AM NO SQUADS</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Junior Performance 4:00 – 6:15 Senior Squad 3:30 – 5:00</p>	<p>AM Performance Squad / Junior Performance 7.45-9.30</p> <p>PM Senior Squad 2.00-3.30 Junior Blue 2:30 – 3:30 Junior Black 3:30 – 5:00 Adult 3.30-4.30</p>	<p>AM Senior Squad 8.00-9.30 Junior Blue 9:30 – 10:30 Junior Black 10:30 – 12:00</p> <p>PM NO SQUADS</p>
17 th December	18 th December	19 th December	20 th December	21 st December	22 nd December	23 rd December
<p>AM Performance Squad/ Jnr Performance 6.45-9.00 Blue Squad 9:00 – 10:00 Black Squad 9.00-10.30</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Jnr Performance 4:00 – 6:00 Senior Squad 3:30-4:30, 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 3:30 – 4:30 Junior Black 4:30 – 6:00 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 Black Squad 9:00 – 10:30 Blue Squad 9.00-10.00</p> <p>PM Junior Black 3:30 – 5:00 Junior Blue 5:00 – 6:00 Jnr Performance 4:00 – 6:00 Senior Squad 3:30-4:30, 5:00 – 6:30</p> <p>Adult 6.30-7.30</p>	<p>AM NO SQUADS</p> <p>PM Junior Blue 3:30 – 4:30 Junior Black 4:30 – 6:00 Senior Squad 5:00 – 6:30 Jnr Performance 4:00 – 6:00</p> <p>Adult 6.30-7.30</p>	<p>AM Performance Squad/ Jnr Performance 8.00-10:00 Senior Squad 8:00-9:30 Junior Blue 9:30 – 10:30 Junior Black 10:30 – 12:00</p> <p>PM NO SQUADS</p>	<p>CENTRE CLOSED</p>	<p>CENTRE CLOSED</p>