

KNOX SQUAD HOLIDAY CALENDAR

7TH DECEMBER TO 19TH DECEMBER 2020

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
SQUAD	7 th December	8 th December	9 th December	10 th December	11 th December	12 th December	13 th December
Junior Performance Squad	6:30 – 9:00 AM 5:00 – 6:30 PM	4:30 – 6:15 PM	6:30 – 9:00 AM 4:30 – 6:15 PM	4:30 – 6:15 PM	6:30 – 9:00 AM	6:45 – 9:00 AM	
Senior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM (invite only)	6:30 – 9:00 AM 4:30 – 6:30 PM	6:30 – 9:00 AM 4:30 – 6:30 PM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:45 – 9:00 AM	
Junior & Senior Squad	3:30 – 5:00 PM	3:30 – 4:30 PM	3:30 – 4:30 PM	3:30 – 5:00 PM 5:30 – 6:30 PM	3:30 – 5:00 PM	2:30 – 4:00 PM	8:00 – 9:30 AM
Blue Squad	3:30 – 4:30 PM	5:00 – 6:00 PM	3:30 – 4:30 PM	5:00 – 6:00 PM	3:30 – 4:30 PM	2:30 – 3:30 PM	11:00 – 12:00 PM
Black Squad	4:30 – 6:00 PM	6:30 – 8:00 AM 3:30 – 5:00 PM	4:30 – 6:00 PM	6:30 – 8:00 AM 3:30 – 5:00 PM	4:30 – 6:00 PM	3:30 – 5:00 PM	9:30 – 11:00 AM
Adult Squad	10:00 – 11:00 AM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM	10:00 – 11:00 AM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM		4:00 – 5:00 PM	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SQUAD	14 th December	15 th December	16 th December	17 th December	18 th December	19 th December	20 th December
Junior Performance Squad	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:45 – 9:00 AM	AQUATIC CENTRE CLOSED
Senior Performance Squad	6:30 – 9:00 AM	6:30 – 8:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM @ Beach	6:45 – 9:00 AM	
Junior & Senior Squad	3:30 – 5:00 PM 5:00 – 6:00 PM	3:30 – 4:30 PM 5:00 – 6:30 PM	3:30 – 5:00 PM 5:00 – 6:00 PM	3:30 – 4:30 PM 5:00 – 6:30 PM	9:00 – 10:30 AM	9:00 – 10:30 AM	
Blue Squad	3:30 – 4:30 PM	5:00 – 6:00 PM	3:30 – 4:30 PM	5:00 – 6:00 PM	10:30 – 11:30 AM	10:30 – 11:30 AM	
Black Squad	4:30 – 6:00 PM	6:30 – 8:00 AM 3:30 – 5:00 PM	4:30 – 6:00 PM	6:30 – 8:00 AM 3:30 – 5:00 PM	9:00 – 10:30 AM	9:00 – 10:30 AM	
Adult Squad	9:00 – 10:00 AM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM	9:00 – 10:00 AM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM		10:30 – 11:30 AM	

✱ ✱

Faith Wisdom Integrity Compassion Courage

7 Woodville Ave, Wahroonga 2076

T +61 2 9487 0126

W www.knox.nsw.edu.au

Last updated: 17/11/2020 5:05 PM

Page 1 of 1