

KNOX SQUAD HOLIDAY CALENDAR

4TH JANUARY – 31ST JANUARY 2021

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

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Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SQUAD	4 th January	5 th January	6 th January	7 th January	8 th January	9 th January
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	6:30 – 9:00 AM
Senior 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	6:30 – 9:00 AM
Junior & Senior Squad	4:30 – 6:00 PM	4:30 – 6:00 PM	4:30 – 6:00 PM	4:30 – 6:00 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	3:30 – 5:00 PM	4:30 – 6:00 PM	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	10:30 – 11:30 AM

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SQUAD	11 th January	12 th January	13 th January	14 th January	15 th January	16 th January
Junior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM	GYM: 3:30 – 4:20 PM 4:30 – 6:30 PM	6:30 – 9:00 AM 4:30 – 6:30 PM	4:30 – 6:30 PM	6:30 – 9:00 AM	6:30 – 9:00 AM
Senior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM	6:30 – 9:00 AM 4:00 – 6:00 PM	6:30 – 9:00 AM 4:00 – 6:00 PM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM
Junior & Senior Squad	5:00 – 6:30 PM	2:30 – 4:30 PM	5:00 – 6:30 PM	5:00 – 6:30 PM	9:00 – 10:30 AM	9:00 – 10:30 AM
Blue Squad	2:30 – 3:30 PM	3:30 – 4:30 PM	2:30 – 3:30 PM	5:00 – 6:00 PM	10:30 – 11:30 AM	10:30 – 11:30 AM
Black Squad	3:30 – 5:00 PM	2:00 – 3:30 PM	3:30 – 5:00 PM	3:30 – 5:00 PM	9:00 – 10:30 AM	9:00 – 10:30 AM
Adult Squad	11:30 – 12:30 PM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM	11:30 – 12:30 PM 6:30 – 7:30 PM	5:30 – 6:30 AM 6:30 – 7:30 PM	10:30 – 11:30 AM	10:30 – 11:30 AM

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Faith Wisdom Integrity Compassion Courage

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Last updated: 9/12/2020

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W <https://www.knox.nsw.edu.au/community/sports-and-fitness/aquatic-centre/>

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SQUAD	18 th January	19 th January	20 th January	21 st January	22 nd January	23 rd January
Junior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM	GYM: 3:30 – 4:20 PM 4:30 – 6:30 PM	6:30 – 9:00 AM 4:30 – 6:30 PM	4:30 – 6:30 PM	6:30 – 9:00 AM	6:30 – 9:00 AM
Senior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM	6:30 – 9:00 AM 4:00 – 6:00 PM	6:30 – 9:00 AM 4:00 – 6:00 PM	6:30 – 9:00 AM	6:30 – 9:00 AM	6:30 – 9:00 AM
Junior & Senior Squad	5:00 – 6:30 PM	5:00 – 6:30 PM	3:00 – 4:30 PM	5:00 – 6:30 PM	9:00 – 10:30 AM	9:00 – 10:30 AM
Blue Squad	2:30 – 3:30 PM	4:00 – 5:00 PM	3:30 – 4:30 PM	5:00 – 6:00 PM	10:30 – 11:30 AM	10:30 – 11:30 AM
Black Squad	3:30 – 5:00 PM	2:30 – 4:00 PM	4:30 – 6:00 PM	3:30 – 5:00 PM	9:00 – 10:30 AM	9:00 – 10:30 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	10:30 – 11:30 AM	10:30 – 11:30 AM

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SQUAD	25 th January	26 th January	27 th January	28 th January	29 th January	30 th January	31 st January
Junior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM	Pool Closed Australia Day	6:30 – 9:00 AM 4:30 – 6:30 PM	4:30 – 6:30 PM	6:00 – 8:00 AM	5:30 – 8:00 AM	
Senior Performance Squad	6:30 – 9:00 AM 4:30 – 6:30 PM		6:30 – 9:00 AM 4:30 – 6:30 PM	6:00 – 8:00 AM	6:00 – 8:00 AM	5:30 – 8:00 AM	
Junior & Senior Squad	5:00 – 6:30 PM		3:30 – 4:30 PM 5:00 – 6:30 PM	4:30 – 6:00 PM	3:30 – 5:00 PM	2:30 – 4:00 PM	8:00 – 9:30 AM
Blue Squad	3:30 – 4:30 PM		3:30 – 4:30 PM	5:00 – 6:00 PM	4:30 – 5:30 PM	2:30 – 3:30 PM	11:00 – 12:00 PM
Black Squad	3:30 – 5:00 PM		3:30 – 5:00 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		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	

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