The new state of the art Aquatic Centre boasts a heated indoor 50m swimming pool and separate learn to swim pool. The pristine water quality is maintained by the latest filtration systems for the comfort and wellbeing of all our participants.

The qualified coaching staff provide guidance, development and stroke correction for all ages and abilities. The Knox program has produced multiple State and National level champions.

In keeping with Knox Grammar School’s holistic approach to education, squad swimmers will be assisted in achieving their individual goals.

Assessments are conducted prior to joining the program to ensure swimmers are placed in the appropriate level for their ability.

Knox Aquatic Centre offers morning, afternoon, evening squad sessions, Masters, Aqua Aerobics and Learn to Swim.

HEAD COACH
Our newly appointed Silver license Head Coach Steven Goodier has over 20 years’ experience coaching numerous State and National Champions. Steve heads the qualified coaching team ensuring quality coaching for all levels.

ASCTA QUALIFIED COACHING STAFF
INDOOR HEATED 50M POOL
CONVENIENT DIRECT DEBIT PAYMENTS
PRISTINE WATER
AGE AND SKILL SPECIFIC LEVEL
CHANGING ROOMS AND SHOWER

JUNIOR AND COMPETITIVE SQUADS
Knox students $78 per month
Knox community $84 per month
Non-Knox $120 per month.

ADULT PROGRAMS
Masters Squad $80 per month
Aqua Aerobics $60 per month

KNOX GRAMMAR SCHOOL
Aquatic Centre
7 Woodville Ave
Wahroonga, NSW 2076
02 9487 0443
02 9487 0126

For all Aquatic Enquiries:
aquatics@knox.nsw.edu.au

To contact the Head Coach:
swimcoach@knox.nsw.edu.au

www.knox.nsw.edu.au

PRICING
**Gold Squad - Senior Competition Squad**

Swimmers MUST be Knox Pymble Swim Club members and train a minimum of six sessions per week. Swimmers will be provided with individualised screening and a gym program devised by our strength and conditioning coach. They will have access to physiotherapy, nutrition, sport science, long and short course training all year round. The swimmer’s goals are to compete successfully at both State and Australian National Championships.

**Morning sessions (incl. 20 mins dry land session)**
- Monday – Saturday 5.30am – 7.30am

**Afternoon sessions**
- Monday 4.30pm – 6.00pm
- Tues & Thurs (swim or dry land) 4.30pm – 6.00pm

**Dry land/Weights:**
- Tuesday – Thursday 3.30pm – 4.30pm

**Silver Squad - Advanced Seniors**

Swimmers are typically aged 13 years and over and are required to train a minimum of 4 times a week. This program focuses on sprint events and is for swimmers whose goals are to compete successfully for School or Club. The focus will be on 50m and 100m speed, technique and race skills. Dry land training that includes core strength, injury prevention, flexibility and strength will be an integral part of this program.

**Morning sessions (incl. 20 mins dry land session)**
- Monday – Friday 5.30am – 7.30am
- Saturday 7.30am – 9.00am

**Afternoon sessions**
- Monday 4.30pm – 6.00pm
- Wednesday 3.30pm – 5.00pm
- Thursday (swim or dry land) 4.30pm – 6.00pm

**Dry land/Weights:**
- Tuesday & Thursday 3.30pm – 4.30pm

**Bronze Squad - Senior School Squad**

This is the senior squad entry level. The goal of the squad is fitness and skill development.

**Morning Sessions**
- Monday – Friday 7.15am – 8.15am
- Saturday 7.30am – 9.00am

**Afternoon sessions**
- Monday 3.30pm – 5.00pm

**Masters Squad**

Monday – Thursday 6.00pm – 7.00pm
- 7.00pm – 8.00pm

**Aqua Aerobics**

Shallow water
- Monday – Thursday 6.15pm – 7.15pm

Deep water
- Tuesday & Thursday 7.30pm – 8.30pm

**Knox Pymble Swim Club**

www.knox.nsw.edu.au or www.start.knox.nsw.edu.au

The content of this brochure is subject to change without notice.