

Squads	Mon	Tues	Wed	Thur	Frid	Sat	Sun	Coach	Hours
Performance Development	Dunf High LT 18.00-19.30	Bowhill 20.30-22.00		Bowhill 20.30-22.00	Tulliallan 19.00-21.00	Stirling 16.00-18.00	* Glenrothes 14:00-16:00	John Szaranek Ally McKilligan John Kirby	Pool 9 hrs Land Training 1.5 hrs
Junior Development	Dunf High LT 18.00-19.30	Glenrothes 18:00-20:00			Tulliallan 17.30-19.00	Inverkeithing 12:00-14:00 Cowdenbeath 18:30-19:30	Glenrothes 14:00-16:00	John Kirby Gary Hallam	Pool 8.5 hrs Land Training 1.5 hrs
D					Tulliallan 17.30-19.00	Inverkeithing 12:00-14:00 Cowdenbeath 18:30-19:30	Glenrothes 14:00-16:00	John Kirby Gary Hallam	Pool 6.5 hrs
C					Tulliallan 17.30-19.00	Cowdenbeath 18:30-19:30	Glenrothes 14:00-16:00	John Kirby Gary Hallam	Pool 4 Hrs
A / B			Cowdenbeath 19:00-20:30			Cowdenbeath 18:30-19:30		A / B Squad Coach Jennifer Johnstone	Pool 2.5 Hrs
Beginners			Cowdenbeath 18:00-19:00					Beginners Coach Jennifer Johnstone	2 x ½ Hr

- THE SUNDAY SESSION FOR PERF DEV SQUAD AT GLENROTHES MAY BE REPLACED WITH A SWIM / LAND SESSION AT GLENALMOND WITH GARY VANDERMEULEN. TO BE CONFIRMED.
- C, D & JNR DEVELOPMENT SQUADS HAVE BEEN MOVED FROM WED NIGHT AT COWDENBEATH TO FRID NIGHT AT TULLIALLAN TO EASE POOL OVERCROWDING.
- MOND NIGHT LAND SESSION FOR PERF DEV & JNR DEV SQUADS WILL BE TAKEN BY JOHN KIRBY & GARY HALLAM.