

Squads	Mon	Tues	Wed	Thur	Frid	Sat	Sun	Coach	Hours
Performance Lochgelly 2 lanes	Bowhill 06:00-07:45 Lochgelly 16:30-18:30	Bowhill 06:00-07:45	Bowhill 06:00-07:45	Bowhill 06:00-07:45 Lochgelly 16:30-18:30	Bowhill 06:00-07:45 * HMS Caley LT 18:00-19:30	* Kircaldy 06:00-08:00 Stirling 16:00-18:00	Edinburgh University LT 14:30-15:30 Pool 15:30-17:30	John Szaraneck	HOURS DEPENDANT ON SESSIONS ATTENDED
Performance Dollar 4 lanes	Bowhill 06:00-07:45 Dollar 17:00-18:30	Bowhill 06:00-07:45	Bowhill 06:00-07:45	Bowhill 06:00-07:45 Dollar 17:00-18:30	Bowhill 06:00-07:45 * HMS Caley LT 18:00-19:30 * Tulliallan 19:00-21:00	* Kircaldy 06:00-08:00 Stirling 16:00-18:00	Tulliallan 13:00-15:00	John Szaraneck Ally McKilligan	HOURS DEPENDANT ON SESSIONS ATTENDED
Performance Development	Dunf High LT 18:00-19:30	Bowhill 20:30-21:45	Cowdenbeath 19:00-20:30	Bowhill 20:30-21:45	Tulliallan 19:00-21:00	Stirling 16:00-18:00	Glenalmond 07:15-09:15	John Szaraneck Ally McKilligan Gary Vandermeulen	Pool 10 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