

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 Szaranek	Pool 18 hrs Land Training 2.5 hrs
Lochgelly swimmers	Craig Rodgie Lewis Kirby Mark Szaranek	Jordan Lamb Caitlin Burns Craig Bowman	Nichola Lamb Sammy McMillan Chelsea Lawson	Roisin Donnelly Rachael O'Donnell Sam Caulfield					
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 19:00-2100	* Kircaldy 06:00-08.00 Stirling 16:00-18.00	Tulliallan 13.00-15.00	John Szaranek Ally McKilligan	*Pool 17 hrs * Land Training 1.5

- THE DOLLAR SESSIONS ARE FOR ALL OTHER PERF SWIMMERS NOT INVOLVED AT LOCHGELLY.
- THE SAT SESSION AT KIRCALDY IS FOR THE PERF SWIMMERS WHO ARE ON THE EDINBURGH UNI TRAINING LIST ONLY AT THIS TIME AS THERE ARE ONLY 3 LANES.
- PERF SWIMMERS CAN ACCESS THE TULLIALLAN SESSION ON FRID EVENINGS 7-9PM IF IT SUITS PERSONAL CIRCUMSTANCES. THIS MUST BE COMMUNICATED TO COACHES BEFOREHAND HOWEVER AS THIS SESSION IS PRIMARILY FOR PERF DEV SWIMMERS.
- IF AT ANY TIME YOU CANNOT MAKE AN IDENTIFIED SESSION, IE KIRCALDY OR EDINBURGH THEN YOU MUST LET JOHN KNOW BEFOREHAND SO HE CAN CONSIDER REPLACEMENTS.