

Carnegie Swimming Club
Main Training Timetable January 2012

| Day | Monday | Pool hrs | Tuesday | Pool hrs | Wednesday | Pool hrs | Thursday | Pool hrs | Friday | Pool hrs | Saturday | Pool hrs | Sunday | Pool hrs | Pool Hours | Land Hours |
|----------------------------------|--|----------|--|----------|---|----------|-------------------------|----------|--|----------|---|----------|---------------------------|----------|------------|------------|
| Performance 1 | Carnegie 06:00-08:00 Carnegie 18:00 - 20:00 | 4 | Carnegie 06:00-08:00 Carnegie 18:00 - 20:00 | 4 | Carnegie 18:00 - 20:00 | 2 | OFF | | Carnegie 06:00 - 08:00 Carnegie 18:00 - 20:00 | 4 | Bowhill 06:00 - 08:00 Stirling 16:00 - 18:00 | 4 | OFF | | 18 | |
| Performance 2 | Carnegie 06:00-08:00 | 2 | Carnegie 18:00 - 20:00 | 2 | Carnegie 18:00 - 20:00 | 2 | OFF | | Carnegie 06:00 - 08:00 Carnegie 18:00 - 20:00 | 4 | Bowhill 06:00 - 08:00 Stirling 16:00 - 18:00 | 4 | OFF | | 14 | |
| Performance Development 1 | Carnegie 18:00 - 20:00 | 2 | OFF | | Cowdenbeath 19:00 - 20:30 | 1.5 | Carnegie 06:00-08:00 | 2 | Bowhill 17:30 - 20:00 | 2.5 | Carnegie 08:00 - 10:00 Stirling 16:00 - 18:00 | 4 | OFF | | 12 | |
| Performance Development 2 | OFF | | OFF | | Cowdenbeath 19:00 - 20:30 | 1.5 | OFF | | Bowhill 17:30 - 20:00 | 2.5 | Carnegie 08:00 - 10:00 Carnegie 15:00 - 17:00 | 4 | Carnegie 15:00 - 17:00 | 2 | 10 | |
| Junior Development | OFF | | OFF | | Cowdenbeath 19:00 - 20:30 | 1.5 | OFF | | Bowhill 17:30 - 20:00 | 2.5 | Carnegie 15:00 - 17:00 | 2 | Carnegie 15:00 - 17:00 | 2 | 8 | |
| Orcas | OFF | | OFF | | Cowdenbeath 18:00 - 19:00 | 1 | OFF | | OFF | | Carnegie 15:00 - 17:00 | 2 | Carnegie 15:00 - 17:00 | 2 | 5 | |
| Sharks | OFF | | OFF | | Cowdenbeath 18:00 - 19:00 | 1 | OFF | | OFF | | Cowdenbeath 18:30 - 20:00 | 1.5 | OFF | | 2.5 | |
| Minnows | OFF | | OFF | | OFF | | OFF | | OFF | | Cowdenbeath 18:30 - 20:00 | 1.5 | OFF | | 1.5 | |
| Beginners | OFF | | OFF | | Cowdenbeath (Baby Pool) 18:00 - 19:00 | 2 | OFF | | OFF | | Cowdenbeath (Baby Pool) 16:30 - 18:30 Main Pool 18:30-19:30 | 3 | OFF | | 5 | |
| Masters/Fitness Squad | | | | | OFF | | | | | | Stirling* 16:00 - 18:00 | 2 | OFF | | 2 | |