



Summer Training Schedule July 2011



The training regime for the next few weeks over the Summer holiday period shall be as follows:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|----------|-------------------------------------|---|---|----------|----------------------------------|
| Week Commencing 4 th July | Wing 6.00-8.00pm (All) | | Wing 6.00-8.00pm (All) | Wing 6.00-8.00pm dependant on numbers | | | |
| Week Commencing 11 th July | Wing 2.00-3.00pm (All) FIPRE 5.00-7.00pm (Dolphins upwards) | | Wing 2.00-3.00pm (All) | | Wing 2.00-3.00pm (All) FIPRE 5.00-7.00pm (Dolphins upwards) | | |
| Week Commencing 18 th July | H | O | L | I | D | A | Y |
| Week Commencing 25 th July | H | O | L | I | D | A | Y |
| Week Commencing 1 st August | H | O | L | I | D | A | Y |
| Week Commencing 8 th August | FIPRE 5.00-7.00pm (Dolphins upwards) | | | | FIPRE 5.00-7.00pm (Dolphins upwards) | | |
| Week Commencing 15 th August Normal Training Programme resumes | Wing 6.00-8.00pm TBC (All) | | Wing 6.00-8.00pm (All) | Wing 6.00-8.00pm (All) | Lochgelly 4.30-6.30pm (Scottish & Seniors) | | Lochgelly 9.00-11.00am |