

**Temporary Training Schedule Due to HMS Caledonia Closure
March 2010**

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seniors			Kirkcaldy 5.30-7.30am The Wing 6.00-8.00pm		Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00- 11.00am
Scottish Seniors	FPS Lochgelly 4.30-6.30pm	FPS Land Training Lochgelly 4.30-6.30pm	Kirkcaldy 5.30-7.30am The Wing 6.00-8.00pm	FPS Lochgelly 4.30-6.30pm	Lochgelly 4.30-6.30pm FPS Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00- 11.00am
Scottish Juniors	FPS Lochgelly 4.30-6.30pm	FPS Land Training Lochgelly 4.30-6.30pm	The Wing 6.00-8.00pm	FPS Lochgelly 4.30-6.30pm	Lochgelly 4.30-6.30pm FPS Lochgelly 4.30-6.30pm	Lochgelly 1.00-3.00pm	The Wing 9.00- 11.00am
Youth National (8 Hrs)	The Wing 7.00-8.00pm		The Wing 6.00-8.00pm	The Wing 7.00-8.00pm		Lochgelly 1.00-3.00pm	The Wing 9.00- 11.00am
Youth (6 Hrs)	The Wing 7.00-8.00pm			The Wing 7.00-8.00pm		Lochgelly 1.00-3.00pm	The Wing 9.00- 11.00am
Dolphins (5 Hrs)	The Wing 7.00-8.00pm			The Wing 6.00-8.00pm		Lochgelly 1.00-3.00pm	
Seals (4 Hrs)	The Wing 6.00-7.00pm			The Wing 6.00-7.00pm		Lochgelly 1.00-3.00pm	
Transition (3 Hrs)	The Wing 6.00-7.00pm			The Wing 6.00-7.00pm		Lochgelly 1.00-2.00pm	
Minors (2 Hrs)	The Wing 6.00-7.00pm					Lochgelly 1.00-2.00pm	