

InCAS Swimming Timetable from MONDAY 21st January 2008.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seniors (6 hrs)				HMS Caledonia 18:00 - 19:30		HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Scottish Seniors	HMS Caledonia 18:00 - 20:00		Inverkeithing 18:00 - 20:00	HMS Caledonia 17:00 - 19:30	Lochgelly HS 19:30 - 21:30	HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Scottish Juniors	HMS Caledonia 18:00 - 20:00		Inverkeithing 18:00 - 20:00	HMS Caledonia 18:00 - 19:30	Lochgelly HS 19:30 - 21:30	HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Scottish Feeder	HMS Caledonia 18:00 - 20:00		Inverkeithing 18:00 - 20:00	HMS Caledonia 18:00 - 19:30		HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Youth National	HMS Caledonia 18:00 - 19:00		Inverkeithing 18:00 - 20:00			HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Youth	HMS Caledonia 18:00 - 19:00			Inverkeithing 19:00 - 20:00		HMS Caledonia 13:00 - 15:00	HMS Caledonia 1300-1500
Dolphins	Inverkeithing 19:00 - 20:00			Inverkeithing 19:00 - 20:00		HMS Caledonia 13:00 - 14:00	HMS Caledonia 1300-1500
Seals	Inverkeithing 19:00 - 20:00			Inverkeithing 19:00 - 20:00		HMS Caledonia 14:00 - 15:00	HMS Caledonia 1400-1500
Transition	Inverkeithing 18:00 - 19:00			Inverkeithing 18:00 - 19:00			HMS Caledonia 1400-1500
InCAS Minors	Inverkeithing 18:00 - 19:00			Inverkeithing 18:00 - 19:00			

Early Morning training will soon be offered on a Tuesday and Thursday Morning for Seniors and Scottish Seniors.

Land training remains as existing times.