



Amended Training Schedule due to HMS Caledonia Closure

The training regime for the next few weeks due to forced closure of HMS Caledonia, commencing 15 February 2010 is as follows:

Date	Venue	Times / Notes	Squads
Monday's	The Wing	6.00 – 7.00pm	Minors
	The Wing	6.00 – 8.00pm	All squads except FPS swimmers who have the option of Lochgelly
	Lochgelly HS	Fife Performance Squad swimmers	FPS swimmers
Tuesday's	Rest Day		All Squads
Wednesday's	The Wing	6.00 – 8.00pm	Youth National; Scottish Feeder; Scottish Juniors; Scottish Seniors; Seniors
Thursday's	The Wing	6.00 – 7.00pm	Minors
	The Wing	6.00 – 8.00pm	All remaining squads except FPS swimmers who have the option of Lochgelly HS.
	Lochgelly HS	Fife Performance Squad swimmers	FPS swimmers
Friday's	Lochgelly HS	Fife Performance Squad swimmers	FPS swimmers
Saturday's	Lochgelly HS	1.00 – 3.00pm	All Squads who normally attend Cally
Sunday's	The Wing	9.00 – 11.00am	All Squads, Youth & above, who normally attend Cally on Monday's & Thursday's.

The above schedule is over the next three weeks or until such time as HMS Caledonia re-opens.

Thanking you for your patience during this period.
InCAS