

Falkirk Otter ASC – Summer 2010 training Time-Table

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W/C Mon 21 st June	Normal	Normal	Normal	Normal	Normal (AM)	X	X
W/C Mon 28 th June	X	X	X	X	X	X	X
W/C Mon 5 th July	X	X	X	X	X	X	X
W/C Mon 12 th July	Normal squad session times & Venue	X	Dev3 is 6-7pm Bronze is 7-8pm Silver/Gold 6-8pm	X	X	X	D1-2 & Bronze 7-8pm Silver is 8-9pm Gold is 7-9pm
W/C Mon 19 th July	Normal squad times & Venue	X	Dev3 is 6-7pm Bronze is 7-8pm Silver/Gold 6-8pm	X	X	X	D1-2 & Bronze 7-8pm Silver is 8-9pm Gold is 7-9pm
W/C Mon 26 th July	Normal squad times & Venue	X	Dev3 is 6-7pm Bronze is 7-8pm Silver/Gold 6-8pm	X	X	X	D1-2 & Bronze 7-8pm Silver is 8-9pm Gold is 7-9pm
W/C Mon 2 nd Aug	Normal squad times & Venue	X	X	X	X	X	Dev1-3 is 7-8pm Bronze is 8-9pm Silver is 8-9pm Gold is 7-9pm
W/C Mon 9 th Aug	At Mariner Centre Dev1-3 is 6-7pm Bronze is 7-8pm Silver is 8-9pm Gold is 7-9pm	X	X	X	X	X	Dev1-3 is 7-8pm Bronze is 8-9pm Silver is 8-9pm Gold is 7-9pm
W/C Mon 16 th Aug	At Mariner Centre Dev1-3 is 6-7pm Bronze is 7-8pm Silver is 8-9pm Gold is 7-9pm	X	As Normal	As Normal	As Normal	As Normal	As Normal

Notes: Club will be shut for the Falkirk Fortnight Holiday Period. Last evening session will be Thursday 24th June.

FIRST Training will be advised to squad swimmers by Steve Tigg, any First Junior training will be advised by Steve Tigg/Diane Bunyan.

No Land training will be held during the school Holidays.