

**Pool time for All Squads from January 28<sup>th</sup> 2017**

<b>Squad</b>	<b>Day</b>	<b>Time</b>	<b>Pool</b>
<b>Development</b>	Tuesday	1700 - 1800	Garnock
	Tuesday	1730 - 1830	Auchenharvie
	Thursday	1830 - 1930	Portal
	Friday	1700 - 1800	Vikingar
<b>Synchro</b>	Thursday	1830 - 1940	Garnock
	Every second Saturday	0700 - 0900	Auchenharvie
	Sunday	1530 - 1630	Portal
<b>Pathway</b>	Monday	1730 - 1900	Vikingar
	Wednesday	1730 - 1930	Garnock
<b>Pathway to Performance</b>	Thursday	1830 - 2000	Portal
	Friday	1700 - 1830	Auchenharvie
	Sunday	1630 - 1830	Auchenharvie
<b>Competition</b>	Monday	1730 - 1930	Garnock
	Tuesday	0600 - 0730	Portal
<b>National Age</b>	Tuesday	1830 - 2000	Portal
	Wednesday	0600 - 0730	Garnock
<b>National Youth</b>	Wednesday	1730 - 1930	Vikingar
	Thursday	0600 - 0730	Vikingar
	Friday	1700 - 1830	Portal
	Saturday	0700 - 0900	Auchenharvie
	Sunday	1630 - 1830	Auchenharvie
<b>Masters</b>	Monday	2000 - 2100	Vikingar
	Tuesday	0600 - 0700	Portal
<b>Masters2</b>	Wednesday	0600 - 0730	Garnock
	Wednesday	1930 - 2030	Garnock
<b>Young Masters</b>	Thursday	0600 - 0700	Vikingar
	Thursday	1930 - 2030	Portal
	Saturday	0700 - 0900	Auchenharvie

- Long course for senior swimmers will be every second Saturday at Tollcross from 1100 to 1300 dates to be confirmed
- Junior Land training will be Friday 1830 to 1930 at Auchenharvie
- Senior Land training will be Tuesday 1730 to 1830 and Thursday 1830 to 1930 at the Portal.