



Heart of Midlothian ASC

Summer Training Schedule 2011

Monday 18th July - Saturday 13th August



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SWIM EDINBURGH and ASA SWIMMERS ONLY	Ainslie Park 0600-0800 Ainslie Park 1700-1900	Drumbrae 1730-1930	Ainslie Park Pool 1700-1900 Land 1900-1945	Ainslie Park 1700-1900	Ainslie Park 0600-0800 Drumbrae Land 1700-1745 Pool 1800-2000	Ainslie Park 0600-0800 or NSA, Stirling 1000-1200	
GROUP A and GROUP B	Forrester 1800-1945 <i>(1st & 8th August only)</i>		Ainslie Park 0600-0800 Forrester 1800-1945	Ainslie Park 1900-2030			Drumbrae Land 1600-1645 Swim 1700-1830
GROUP C and GROUP D and GROUP E	Forrester 1945-2100 <i>(1st & 8th August only)</i>		Forrester 1945-2100				Drumbrae Land 1500-1545 Swim 1600-1700
MASTERS		Drumbrae 1930-2100	Ainslie Park 0600-0800	Ainslie Park 2030-2145			Drumbrae 1830-2000

- ♥ Summer shutdown for all except Swim Edinburgh / ASA swimmers = Friday 1st – Sunday 17th July (inclusive)
- ♥ Swim Edinburgh / ASA schedule operates throughout July but will be suspended from 26th July - 14th August (inclusive)