



Heart of Midlothian ASC

Summer Training Schedule 2010

Thursday 1st July - Saturday 14th August



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SWIM EDINBURGH and ASA SWIMMERS ONLY	Ainslie Park 0600-0800 Forrester's 1800-2000	Drumrae 1730-1930	Ainslie Park 0600-0800 Ainslie Park Pool 1700-1900 Land 1900-1945	Ainslie Park 1700-1900	Ainslie Park 0600-0800 Drumrae Land 1700-1745 Pool 1800-2000	NSA, Stirling 1000-1200	
GROUP A and GROUP B	Forrester's 1800-2000		Ainslie Park 0600-0800 Forrester's 1800-2000	Ainslie Park 1900-2030			Drumrae Land 1600-1645 Swim 1700-1830
GROUP C and GROUP D and GROUP E		Leith Academy 1830-2000					Drumrae Land 1500-1545 Swim 1600-1700
MASTERS		Leith Academy 2000-2130	Ainslie Park 0600-0800 Glenogle 2000-2130	Ainslie Park 2030-2145			Drumrae 1830-2000

- ♥ Swim Edinburgh / ASA schedule will not operate from 2nd - 29th August
- ♥ Forrester's closed 5th and 7th July - alternative schedule will be advised