



SQUADS	LEAD COACH	COACH	MONDAY		TUESDAY	WEDNESDAY		Thursday	FRIDAY		SATURDAY
			LAND TRAIN	ST KENTS	ARMADALE	LAND TRAIN	BATHGATE	LAND TRAIN	LAND TRAIN	BATHGATE	Armadale
Minnows - L1	Natalie Ellis										9.00-9.45am
Minnows - L2	Natalie Ellis										9.45-10.30am
Minnows - L3	Carol McGurk										9.00-9.45am
Minnows - L4	Carol McGurk										9.45-10.30am
Tadpole Tank 2	Natalie Ellis	Amie Long					6.00-6.30pm 6.30-7.00pm			6.00-6.30pm 6.30-7.00pm	
Tadpole Tank 3	George Hossack	Colin Waddell (Wed) Rebecca-Jane Wilson (Fri)					6.00-6.30pm 6.30-7.00pm			6.00-6.30pm 6.30-7.00pm	
Tadpole Tank 4	Carol McGurk	Robbie William (Wed) Kyle Risk (Fri)					6.00-6.30pm 6.30-7.00pm			6.00-6.30pm 6.30-7.00pm	
Bronze	Natalie Ellis				6.00-7.00pm					7.00 - 8.00pm	BATHGATE 8.30-9.30am LAND TRAIN 9.45-10.30am
Silver	Nathan Robb		7.00-8.00pm			6.30-7.00pm 7.00-8.00pm			6.30-7.00pm 7.00-8.00pm		8.00-9.30am 9.45-10.30am
Gold	Iain Sinclair		7.00-8.00pm	6.00-7.00pm	6.30-7.00pm 7.00-9.00pm				7:30-8.00pm 8.00-9.00pm		8.00-9.30am 9.45-10.30am
Performance Readiness	Callum Robb		7.30-8.00pm 8.00-9.00pm	7.00-8.30pm	6.30-7.00pm 7.00-9.00pm				6.30-7.00pm 7.00-9.00pm		8.00-9.30am 9.45-10.30am
Platinum	Nathan Robb		7.30-8.00pm 6.00-7.00pm	7.00-8.00pm				Various times (see PT schedule)		8.00-9.30pm	9.45-10.30am
Masters	Adam Marr		8.00-9.00pm			8.00-9.00pm				ARMADALE 6:00 - 8:00 pm	
Adults Improvers	Alana Wait & Ronnie Morgan			8.00-9.00pm						7.00 -8.00pm	