



NORTHALLERTON AMATEUR SWIMMING CLUB COVID-19 TRAINING PLAN RETURN TO POOL GUIDANCE



FROM 19th September 2021 onwards...

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Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Squad Notes	Training Group
Junior Otters 1							1630-1730 Northallerton <small>No Booking Required</small>		Junior Otters 1
Junior Otters 2			1815-1915 Northallerton <small>No Booking Required</small>				1630-1730 Northallerton <small>No Booking Required</small>		Junior Otters 2
Junior Squad 1	1815-1915 Northallerton <small>No Booking Required</small>		1815-1915 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>See Notes</small>			1630-1730 Northallerton <small>No Booking Required</small>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically Some Junior 1 squad swimmers train in the previous hours	Junior Squad 1
Junior Squad 2 Group 1	1815-1915 Northallerton <small>No Booking Required</small>		1815-1915 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>See Notes</small>			1730-1830 Northallerton <small>No Booking Required</small>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Junior Squad 2 Group 1
Junior Squad 2 Group 2	1815-1915 Northallerton <small>No Booking Required</small>		1915-2015 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>See Notes</small>			1730-1830 Northallerton <small>No Booking Required</small>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Junior Squad 2 Group 2
Development Squad	1915-2015 Northallerton <small>No Booking Required</small>		1915-2015 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>See Notes</small>	2000-2115 Northallerton <small>No Booking Required</small>		1730-1830 Northallerton <small>No Booking Required</small>	Thursday session for Bedale Sharks SC membership transfer only at this stage. This will be reviewed periodically	Development Squad
Senior Squad 1	2015-2115 Northallerton <small>No Booking Required</small>		1915-2115 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>No Booking Required</small>	2000-2115 Northallerton <small>No Booking Required</small>		1830-2000 Northallerton <small>No Booking Required</small>		Senior Squad 1
Senior Squad 2	1915-2115 Northallerton <small>No Booking Required</small>		2015-2115 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>No Booking Required</small>	2000-2115 Northallerton <small>No Booking Required</small>		1830-2000 Northallerton <small>No Booking Required</small>		Senior Squad 2
Senior Squad 3	1915-2115 Northallerton <small>No Booking Required</small>		2015-2115 Northallerton <small>No Booking Required</small>	1900-2000 Bedale <small>No Booking Required</small>	2000-2115 Northallerton <small>No Booking Required</small>		1830-2000 Northallerton <small>No Booking Required</small>		Senior Squad 3
WATER POLO		1830-1930 Bedale <small>No Booking Required</small>						Swimmers over the age of 18 may be subject to training alterations if the government place the area into Tier 3. If there is no announcement then training will continue as detailed	WATER POLO
Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
		Water polo on agreed 6 month trial to the end of June		Numbers on Thursday evening training subject to review		Additional pool time is available on some weekends for Level X and skills workshops. These sessions will be completed on a Saturday at BLC			