

# PROPOSED TRAINING TIMETABLE

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				Lanes			
				1	2	3	4
Monday	0	18:00	18:30	Learn?	ROOKIE		
NLC	0	18:30	19:00				
	3	19:00	19:30	N			
	3	19:30	20:00	N			
	2	20:00	20:30				
	2	20:30	21:00				

\* to be discussed once swim timetable established  
 \*\* Potential half pool takeover in the future 6-7pm



SQUADS
Otters
Swim Skills
Junior
Junior ONO
Development
Age Group
Youth
Senior
Masters
Water Polo

Tuesday	1	18:30	19:00	Water Polo			
BLC	1	19:00	19:30	Water Polo			
	2	19:30	20:00	B			T
	2	20:00	20:30	B			T

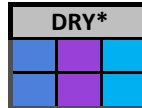
\* to be discussed once swim timetable established



LEGEND	
B	Bedale Group
N	Northallerton Group
O	ONO Senior Squad
T	Top Up Rates
P	Age Group Plus
T	Top Up Rates
1	Otters Group

Wednesday	2	18:00	18:30	1			
NLC	2	18:30	19:00	1			
	2	19:00	19:30				
	2	19:30	20:00				
	2	20:00	20:30				
	2	20:30	21:00				

Thursday	2	18:45	19:15	B			T
BLC	2	19:15	19:45	B			T
	2	19:45	20:15	B			T

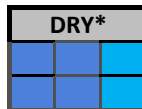


\* to be discussed once swim timetable established  
 \*\* BLC Opportunities 7-9pm

Friday	1	17:00	17:30				
NLC	1	17:30	18:00				
TRIAL	1	18:00	18:30				T
	1	18:30	19:00				T

Saturday	1(2)	07:00	07:30				T
NLC	1(2)	07:30	08:00				T
	1(2)	08:00	08:30				T
	1						
	1						

\* to be discussed once swim timetable established



Sunday	2	15:30	16:00	N			
NLC	2	16:00	16:30	N			
	3	16:30	17:00	2	3	O	
	3	17:00	17:30	2	3	O	

\*\*\* Minimum Coaching Numbers