


YDSC Training Timetable from 1st February 2019

		Performance	Junior Performance	Potential	Development	Junior Development	Skills	Junior Skills
MON	AM	05:30-07:00 Oxley	05:30-07:00 Oxley	05:30-07:00 Oxley				
	PM	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland		
		19:00-20:00 Oxley			19:00-20:00 Oxley	19:00-20:00 Oxley	19:00-20:15 Goldenstones	
TUES	PM	18:30-20:30 Millfield Pool	18:30-20:30 Millfield Pool					
WEDS	AM	05:30-07:00 Oxley	05:30-07:00 Oxley	05:30-07:00 Oxley	06:30-07:30 Goldenstones			
	PM	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland	18:00-19:00 Oxley Dryland				
		19:00-20:00 Oxley		19:00-20:00 Oxley	19:00-20:00 Oxley	19:00-20:00 Oxley	19:00-20:00 Goldenstones	19:00-20:00 Goldenstones
THURS	PM	19:00-20:30 Huish School	19:00-20:30 Huish School	19:00-20:30 Huish School	19:00-20:00 Boys School	19:00-20:00 Boys School		
FRI	AM	05:30-07:00 Oxley	05:30-07:00 Oxley					
	PM	19:00-21:00 Oxley	19:00-21:00 Oxley	19:00-21:00 Boys School	20:00-21:00 Goldenstones	20:00-21:00 Goldenstones		
SAT	AM	08:00-09:00 Goldenstones	08:00-09:00 Goldenstones	08:00-09:00 Goldenstones				
SUN	AM				09:30-10:30 Oxley	09:30-10:30 Oxley	10:30-11:30 Oxley	10:30-11:30 Oxley
Sessions :		9	7	6	6	5	3	3
Swim Hours:		13	11	8.5	6	5	3.25	3
Dryland Sessions		(2)	(2)	(2)	(1)	(1)		

Please will all squads arrive 15 minutes prior to commencement of pool sessions