

YDSC Training Timetable from 1st November 2017

		Performance	Potential 2	Potential 1	Development 2	Development 1	Skills	Pre-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 (S&C)	18:00-19:00 Oxley Dryland (S&C)	18:00-19:00 Oxley Dryland (S&C)	18:00-19:00 Oxley Dryland (S&C)			
		19:00-20:00 Oxley			19:00-20:00 Oxley	19:00-20:15 Goldenstones	19:15-20:15 Goldenstones	19:00-20:00 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	06:30 - 07:30 Goldenstones (Link Option)		
	PM	18:00-20:00 Oxley	18:30-19:30 Westfield S&C	18:30-19:30 Westfield S&C		19:00-20:00 Goldenstones	19:00-20:00 Goldenstones	19:00-20:00 Goldenstones
THURS	PM	17:45-18:45 Oxley Dryland (S&C)	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 Boys School	19:00-21:00 Boys School	19:00-20:30 Boys School	20:00-21:00 Goldenstones		
SAT	AM	05:30-07:00 Oxley	08:00-09:00 Goldenstones	08:00-09:00 Goldenstones	08:00-09:00 Goldenstones			
SUN	AM				07:45-09:00 Oxley	09:00-10:00 Oxley	10:00-11:00 Oxley	10:00-11:00 Oxley
Sessions :		8	6 (7)	5	5	4	3	3
Swim Hours:		13	9 (11)	7	5.75	4.25	3	3
S&C Sessions		(2)	(2)	(2)	(1)			

S&C = Strength and Conditioning

Please arrive 15 minutes prior to commencement of pool sessions

Key

= Potential 2 Link Session Options

= Development 1 Link Session Option



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Accredited Club

