

YDSC Training Timetable from 5th November 2018

		Performance	Potential 2	Potential 1	Development 2	Development 1	Skills	Pre-Skills	Terrapins Link
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	19:00-20:00 Goldenstones	19:00-20:00 Goldenstones
TUES	PM	18:30-20:30 Millfield Pool	18:30-20:30 Millfield Pool	19:00-20:30 Huish School	19:00-20:30 Huish School				
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			
	PM	18:00-19:00 Oxley Dryland	18:30-19:30 Westfield Dryland	18:30-19:30 Westfield Dryland					
		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 - Link	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	1
Swim Hours:		13	11	9	6.5 (7.5)	5	3.25	3	1
Dryland Sessions		(2)	(2)	(2)	(1)	(1)			

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

Development 2 Link Session	Development 1 Link Session
Friday Evening at Boys School instead of Goldenstones	Wednesday Morning Goldenstones instead of Wednesday Evening Oxley

