


YDSC Training Timetable from 1st November 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	19:30-21:00 Huish School	19:30-21:00 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		
	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 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				09:30-11:00 Oxley	09:30-10:30 Oxley	10:30-11:30 Oxley	10:30-11:30 Oxley
Sessions :		9	7	6	6	6	3	3
Swim Hours:		12.5	10.5	8.5	6.5	6	3.25	3
Dryland Sessions		(2)	(2)	(2)	(1)	(1)		

Long Course training sessions at Millfield School are
To Be Advised' and will be invitation only when sessions are secured

Please will all squads arrive poolside 15 minutes prior to the scheduled
start times above to undertake 'pre-pool' warm-up.