YDSC Training Timetable from September 2025

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Masters | Performance | Potential | Development | JuniorDevelopment | Skills | Junior Skills | Mini Skills |
|  |  | 05:20-6:45 | 05:20-06:45 | 05:20-06:45 |  |  |  |  |  |
|  | AM | Oxley | Oxley | Oxley |  |  |  |  |  |
| MON | PM |  | 18:45-19:45 Land Training | 18:45-19:45 Land Training | 18:15-18.50 Land Training | 18:15-18.50 Land Training | 18.15-18.45Land Training |  18.15-18.45Land Training |  |
|  |  |  | 19:45-21:00Oxley | 19:45-21:00Oxley | 18.45-20:00Oxley | 18:45-20:00Oxley(Junior Dev Link) | 18:45-20:00Oxley | 18:45-20:00Oxley |  |
| TUES | PM | 18:45-20:30Crewkerne | 18:45 – 20:30Crewkerne |  |  |  |  |  |  |
|  | AM | 05:20-06:45Oxley | 05:20-06:45Oxley | 05:20-06:45Oxley | 05:20-06:45Oxley | 05:20-06:45Oxley |  |  |  |
| WEDS | PM |  | 18:45-19:45 Land Training | 18:45-19:45 Land Training | 18:15-18.50Land Training | 18:15-18.50Land Training | 18:15-18:45Land Training | 18:15-18:45 Land Training |  |
|  |  |  | 19:45-21:00Oxley | 19:45-21:00Oxley | 18:45-20:00 Oxley | 18:45-20:00 Oxley | 18:45-20:00 Oxley  | 18:45-20:00 Oxley  |  |
| THURS | PM |  | 18:45-20:00Boys School |  | 18:45-20:00Boys School | 18:45-20:00Boys School |  |  |  |
| FRI | AM | 05:20-06:45OxleyTech & Dev Session | 05:20-6:45OxleyTech & Dev Session | 05:20-6:45OxleyTech & Dev Session (£5 extra pm) |  |  |  |  |
| PM | 18:45-20:00Oxley | 18:45-21:00Oxley(Performance Link) | 18:45-21:00Boys School(Potential Link) | 19:15-21.00Boys School | 18:45-20:00Boys School |  |  |  |
| SAT | AM |  |  |  |  |  |  |  |  |
| SUN | AM |  | 07:45-09:30Oxley | 08:15-10:00Oxley | 07:45-09:00Oxley | 08:45-10:00Oxley | 09:45-11:00Oxley | 09:45-11:00Oxley(Junior Skills Link) | Group A – 09:00-09:30Group B –09:30-10:15Group C – 10:15-11:00Oxley |
| Sessions:Swim Hours:Land Training | Max 3 | 9 | 7 | 6 (+1 optional) | 6 | 3 | 3 | 1 |
| 1-3.75 Hours (0) | 11.75 Hours(2) | 9.15 Hours(2) | 6.45 Hours(1.10) | 6.15 Hours(1.10) | 3 Hours(1) | 3 Hours(1) | 0.30 or 0.45 Hours(0) |