YDSC Training Timetable from September 2025

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Masters | Performance | Potential | Development | | Junior  Development | 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 | 18.15-18.45  Land Training | 18.15-18.45  Land Training |  |
|  |  |  | 19:45-21:00  Oxley | 19:45-21:00  Oxley | 18.45-20:00  Oxley | | 18:45-20:00  Oxley  (Junior Dev Link) | 18:45-20:00  Oxley | 18:45-20:00  Oxley |  |
| TUES | PM | 18:45-20:30  Crewkerne | 18:45 – 20:30  Crewkerne |  |  | |  |  |  |  |
|  | AM | 05:20-06:45  Oxley | 05:20-06:45  Oxley | 05:20-06:45  Oxley | 05:20-06:45  Oxley | | 05:20-06:45  Oxley |  |  |  |
| WEDS | 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 | 18:15-18:45  Land Training | 18:15-18:45  Land Training |  |
|  |  |  | 19:45-21:00  Oxley | 19:45-21:00  Oxley | 18:45-20:00  Oxley | | 18:45-20:00  Oxley | 18:45-20:00  Oxley | 18:45-20:00  Oxley |  |
| THURS | PM |  | 18:45-20:00  Boys School |  | 18:45-20:00  Boys School | | 18:45-20:00  Boys School |  |  |  |
| FRI | AM | 05:20-06:45  Oxley  Tech & Dev Session | | 05:20-6:45  Oxley  Tech & Dev Session | | 05:20-6:45  Oxley  Tech & Dev Session (£5 extra pm) |  |  |  |  |
| PM | 18:45-20:00  Oxley | 18:45-21:00  Oxley  (Performance Link) | 18:45-21:00  Boys School  (Potential Link) | 19:15-21.00  Boys School | | 18:45-20:00  Boys School |  |  |  |
| SAT | AM |  |  |  |  | |  |  |  |  |
| SUN | AM |  | 07:45-09:30  Oxley | 08:15-10:00  Oxley | 07:45-09:00  Oxley | | 08:45-10:00  Oxley | 09:45-11:00  Oxley | 09:45-11:00  Oxley  (Junior Skills Link) | Group A – 09:00-09:30  Group B –09:30-10:15  Group C – 10:15-11:00  Oxley |
| 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) |