

YDSC Training Timetable from September 2026

		Masters	Performance	Potential	Development	Junior Development	Skills	Junior Skills	Mini Skills
MON	AM	05:20-6:45 Oxley	05:20-06:45 Oxley	05:20-06:45 Oxley					
	PM		18:45-19:45 Land Training	18:45-19:45 Land Training	18:45-19:45 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	19:45-21:00 Oxley	18:45-20:00 Oxley (Jr Dev Link)	18:45-20:00 Oxley	18:45-20:00 Oxley	
TUES	PM	18:45-20:30 Crewkerne	18:45-20.30 Crewkerne						
WEDS	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			
	PM		18:45-19:45 Land Training	18:45-19:45 Land Training	18:45-19:45 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	19:45-21:00 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)	18.45-20.30 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:		Max 3	9	7	6 (+1 optional)	6	3	3	1
Swim Hours:		1-3.75 Hours (0)	11.75 Hours (2)	9.15 Hours (2)	6.45 Hours (+1.15 opt) (1.10)	6.15 Hours (1.10)	3 Hours (1)	3 Hours (1)	0.30 or 0.45 Hours (0)
Land Training									