

YCBC Training Schedule - Thursday 1st December to Sunday 8th January inclusive

Thursday 1st December to Wednesday 7th December inclusive

Normal timetable

Friday 24th December to Monday 2nd January inclusive

Christmas break for all squads (National, Regional, County, Development, Club, Junior Club, Masters)
Some "extra" sessions for National / Regional / Club may run on 28th, 29th, 30th December - details to follow

Mondays 12th & 19th December

Squad	Day	Time	What	Where
National	Monday AM	05:30 – 07:00	Swim	Yearsley Pool
Regional	Monday AM	05:30 – 07:00	Swim	Yearsley Pool
Club	Monday AM	05:30 – 07:00	Swim	Yearsley Pool
National	Monday	17:30 – 19:00	Swim	Relocating to Yearsley Pool
Regional	Monday	17:30 – 19:00	Swim	Yearsley Pool
County	Monday	18:00 – 19:00	Swim	Relocating to The Mount School (note that there will be no land training)
Development	Monday	18:00 – 19:00	Swim	The Mount School
Club	Monday	17:30 – 19:00	Swim	Yearsley Pool
Junior Club	Monday	19:00 – 20:00	Swim	The Mount School

Tuesdays 13th, 20th December & 3rd January**

Squad	Day	Time	What	Where
National	Tuesday	18:00 – 19:30	Swim	Yearsley Pool
Regional	Tuesday		Swim	No Session
County	Tuesday		Swim	No Session
Development	Tuesday	18:00 – 19:30	Swim	Yearsley Pool
Club	Tuesday	18:00 – 19:30	Swim	Yearsley Pool
Masters	Tuesday	19:30 – 20:30	Swim	The Mount School ** (except - 3rd January, when there will be no session)

Wednesdays 14th, 21st** December & 4th January

Squad	Day	Time	What	Where
National	Wednesday AM	05:15 – 07:00	Swim	Energise
National	Wednesday		Land Training	No Session
National	Wednesday		Swim	No Session
Regional	Wednesday	18:30 – 20:00	Swim	Relocating to Yearsley Pool ** (except 21st December, which will be at The Mount School as usual)

Thursdays 8th, 15th December & 5th January

Squad	Day	Time	What	Where
National	Thursday	17:15 – 17:50	Land Training	Yearsley Pool
National	Thursday	18:00 – 20:00	Swim	Yearsley Pool
Regional	Thursday	18:00 – 20:00	Swim	Yearsley Pool
County	Thursday	18:00 – 19:00	Swim	Relocating to Yearsley Pool
Development	Thursday		Swim	No Session
Club	Thursday	19:30 – 21:00	Swim	Energise
Junior Club	Thursday	18:30 – 20:00	Swim	York Sport
Masters	Thursday	19:30 – 21:00	Swim	Energise

Thursday 22nd December

Squad	Day	Time	What	Where
National	Thursday		Land Training	No Session
National	Thursday	18:30 – 20:00	Swim	Relocating to York Sport (note that there will be no land training)
Regional	Thursday	19:30 – 21:00	Swim	Relocating to Energise
County	Thursday		Swim	No Session
Development	Thursday		Swim	No Session
Club	Thursday	19:30 – 21:00	Swim	Energise
Junior Club	Thursday		Swim	No Session
Masters	Thursday		Swim	No Session

Fridays 9th, 16th, 23rd December & 6th January

Normal timetable except for the following:
23rd December - National, no evening session at Yearsley Pool
23rd December - Regional, no evening session at The Mount School

Saturdays 10th, 17th December & 7th January

Normal timetable

Sundays 11th, 18th December & 8th January

Normal timetable