

# YCBC 2022-2023 Season Timetable

Effective from Saturday 1st October (V1 01/10/2022)

## National Squad

Day	Time	Activity	Where
Monday	05:30 – 07:00	Swim	Yearsley Pool
	16:45 - 17:25	Land Training	Yearsley Pool
	17:30 – 19:00	Swim	Yearsley Pool
Tuesday	19:00 – 20:30	Swim	Yearsley Pool
Wednesday	05:30 – 07:00	Swim	Yearsley Pool
	17:30 – 18:15	Gym	St Peters School
	18:30 – 20:15	Swim	St Peters School
Thursday	17:30 – 19:30	Swim	Yearsley Pool
Friday	05:30 – 07:00	Swim	New Earswick Pool
	19:00 – 20:30	Swim	Yearsley Pool
Saturday	06:00 - 08:00	Swim	Yearsley Pool
	08:10 - 08:45	Stretching	Yearsley Pool

## Regional Squad

Day	Time	Activity	Where
Monday	05:30 – 07:00	Swim	Yearsley Pool
	19:00 - 20:30	Swim	Yearsley Pool
Tuesday	16:45 - 17:25	Land Training	Yearsley Pool
	17:30 – 19:00	Swim	Yearsley Pool
Wednesday	05:30 – 07:00	Swim	Yearsley Pool
Thursday	19:30 – 20:30	Swim	St Peters School
Friday	17:30 – 19:00	Swim	Yearsley Pool
Saturday	06:00 - 07:30	Swim	Yearsley Pool
	07:35 - 08:10	Land Training	Yearsley Pool

## County Squad

Day	Time	Activity	Where
Monday	18:00 - 19:30	Swim	St Peters School
Tuesday	18:00 - 19:30	Swim	St Peters School
Wednesday	19:00 - 20:15	Swim	Yearsley Pool
Thursday	18:40 – 19:20	Land Training	Yearsley Pool
	19:30 – 20:30	Swim	Yearsley Pool
Friday	17:30 – 18:30	Swim	Yearsley Pool

## Club Squad

Day	Time	Activity	Where
Monday	05:30 - 07:00	Swim	Yearsley Pool
Tuesday	17:30 - 19:00	Swim	Yearsley Pool
	19:05 – 19:35	Land Training	Yearsley Pool
Thursday	18:30 - 20:00	Swim	Energise
Friday	19:30 – 20:30	Swim	Yearsley Pool
Sunday	17:00 - 18:00	Swim	Energise

## Junior Club Squad

Day	Time	Activity	Where
Monday	17:30 - 19:00	Swim	Yearsley Pool
Tuesday	18:00 - 19:30	Swim	St Peters School
Thursday	18:30 - 19:30	Swim	Yearsley Pool

## Development Squad

Day	Time	Activity	Where
Monday	18:00 - 19:30	Swim	St Peters School
Wednesday	18:15 - 18:50	Land Training	Yearsley Pool
	19:00 - 20:15	Swim	Yearsley Pool
Thursday	17:30 - 18:30	Swim	Yearsley Pool
Friday	17:30 - 18:30	Swim	Yearsley Pool

## Masters

Day	Time	Activity	Where
Wednesday	19:00 - 20:15	Swim	Yearsley Pool
Thursday	18:30 - 20:00	Swim	Energise
Sunday	17:00 - 18:00	Swim	Energise