

Table 1

YCBC 2025-2026 Season Timetable

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National Squad Schedule

Day	Time	Activity	Location
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 – 20:00	Swim	St Peters School
Thursday	17:30 – 19:30	Swim	Yearsley Pool
Friday	05:30 – 07:00	Swim	New Earswick Pool
	17:30 – 19:00	Swim	Yearsley Pool
Saturday	06:00 - 08:00	Swim	Yearsley Pool
	08:30 - 10:00	Land Training	York St John

Regional Squad Schedule

Day	Time	Activity	Location
Monday	05:30 – 07:00	Swim	Yearsley Pool
	18:00 - 18:45	Land Training	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	18:30 – 20:00	Swim	Yearsley Pool
Saturday	06:00 - 07:30	Swim	Yearsley Pool
	07:35 - 08:15	Land Training	Yearsley Pool

County Squad Schedule

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

Club Squad Schedule

Day	Time	Activity	Location
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	18:30 – 20:00	Swim	Yearsley Pool
Sunday	17:00 - 18:00	Swim	Energise

Table 1

Junior Club Squad Schedule

Day	Time	Activity	Location
Monday	17:30 - 19:00	Swim	Yearsley Pool
Thursday	19:30 - 20:30	Swim	Yearsley Pool
Friday	18:30 - 19:00	Land Training	Yearsley Pool
	19:00 - 20:00	Swim	Yearsley Pool

Development Squad Schedule

Day	Time	Activity	Location
Monday	18:00 - 19:15	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 Schedule

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

Table 1

Timetable by Pool

Day	Squad	Time	Activity	Location
Sunday	Club	17:00 - 18:00	Swim	Energise
Sunday	Masters	17:00 - 18:00	Swim	Energise
Thursday	Club	18:30 - 20:00	Swim	Energise
Thursday	Masters	18:30 - 20:00	Swim	Energise
Friday	National	05:30 – 07:00	Swim	New Earswick Pool
Friday	Teaching	16:30 - 18:00	Swim	New Earswick Pool
Monday	County	18:00 - 19:15	Swim	St Peters School
Monday	Development	18:00 - 19:15	Swim	St Peters School
Tuesday	Teaching	18:00 - 19:30	Swim	St Peters School
Wednesday	National	17:30 – 18:15	Gym	St Peters School
Wednesday	National	18:30 – 20:00	Swim	St Peters School
Thursday	Teaching	18:00 - 19:30	Swim	St Peters School
Thursday	Regional	19:30 – 20:30	Swim	St Peters School
Sunday	Teaching	09:00 - 10:30	Swim	St Peters School
Monday	National	05:30 – 07:00	Swim	Yearsley Pool
	Club	05:30 - 07:00	Swim	Yearsley Pool
	Regional	05:30 – 07:00	Swim	Yearsley Pool
	National	16:45 - 17:25	Land Training	Balcony
	Junior Club	17:30 - 18:30	Swim	Yearsley Pool
	National	17:30 – 19:00	Swim	Yearsley Pool
	Junior Club	18:35 - 19:05	Land Training	Balcony
	Regional	19:00 - 20:30	Swim	Yearsley Pool
Tuesday	Regional	16:45 - 17:25	Land Training	Balcony
	Club	17:30 - 19:00	Swim	Yearsley Pool
	County	17:30 - 19:00	Swim	Yearsley Pool
	Regional	17:30 – 19:00	Swim	Yearsley Pool
	National	19:00 – 20:30	Swim	Yearsley Pool
	Club	19:05 – 19:35	Land Training	Balcony
Wednesday	National	05:30 – 07:00	Swim	Yearsley Pool
	Regional	05:30 – 07:00	Swim	Yearsley Pool
	Development	18:15 - 18:50	Land Training	Balcony
	County	19:00 - 20:15	Swim	Yearsley Pool
	Development	19:00 - 20:15	Swim	Yearsley Pool
	Masters	19:00 - 20:15	Swim	Yearsley Pool
Thursday	Development	17:30 - 18:30	Swim	Yearsley Pool
	National	17:30 – 19:30	Swim	Yearsley Pool
	County	17:40 – 18:20	Land Training	Balcony
	Junior Club	18:30 - 19:30	Swim	Yearsley Pool
	County	19:30 – 20:30	Swim	Yearsley Pool
Friday	County	17:30 – 18:30	Swim	Yearsley Pool
	Regional	17:30 – 19:00	Swim	Yearsley Pool
	National	17:30 - 19:00	Swim	Yearsley Pool
	Club	18:30 – 20:00	Swim	Yearsley Pool
	Club	19:30 – 20:30	Swim	Yearsley Pool
Saturday	National	06:00 - 08:00	Swim	Yearsley Pool
	Regional	06:00 - 07:30	Swim	Yearsley Pool
	Regional	07:35 - 08:15	Land Training	Balcony
Saturday	National	08:30 - 10:00	Land Training	York St John

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