**LHSS Changes to Training Oct 2025 part 1**

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| **Date** | **Training Changes** | **Due to** |
| Fri 3 Oct | No Training | Club Champs |
| Sat 4 Oct | No Training | Club Champs |
| Sun 5 Oct | No Training | Club Champs |
| Fri 10 Oct | 1600-1700 Bronze  1700-1800 Silver & Gold swimmers not competing 11 Oct  No Land Training | Club Champs |
| Sat 11 Oct | No Training | Club Champs |

October Half Term details to follow..