**LHSS Changes to Training Oct/Nov Half Term 2025**

**There are a lot of changes to training between Mon 20 Oct and Tue 4 Nov due to Half Term and Lynda & Wendy away on Training Camp with selected swimmers.**

**To avoid confusion, I have listed all the training between 20/10 & 4/11.**

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| Mon 20 Oct | 1700-1800 Bronze @ LH  1800-1900 Silver @ LH  1930-2100 Gold & usual Mon Silver Plus @ HH | 1700-1800 is for ALL Bronze Squad – not just those who usually swim on a Mon |
| Tue 21 Oct | 1800-1915 Silver & Bronze boys  1915-2030 Gold | Any Gold Squad not going to Lanzarote are invited to swim 1800-2030 |
| Wed 22 Oct | No Training |  |
| Thu 23 Oct | No Training |  |
| Fri 24 Oct | No Training |  |
| Sat 25 Oct | No Training |  |
| Sun 26 Oct | No Training |  |
| Mon 27 Oct | No Training |  |
| Tue 28 Oct | No Training |  |
| Wed 29 Oct | No Training |  |
| Thu 30 Oct | No Training |  |
| Fri 31 Oct | 1600-1700 Bronze @ LH  1700-1810 Silver @ LH  1810-1930 Gold @ LH  No Land Training | Any Gold Squad who did not attend Lanzarote are invited to swim 1700-1930 |
| Sat 1 Nov | No Training |  |
| Sun 2 Nov | 1845-2000 Gold, Silver & Bronze @ HH |  |
| Mon 3 Nov | Normal training resumes |  |
| Tue 4 Nov | 1800-1915 Silver & Bronze girls  1915-2030 Gold |  |