

Session Alterations September - December 2025

Saturday 27th September

No Training for any squads due to the Royals Start of Season / Portsmouth Galas

Sunday 28th September

Regional Squad: No training (Portsmouth Gala)

Saturday 11th October

No training at LEH due to a school event. Replacement sessions as follows for those not competing at NASL:

Regional Squad: Claygate Primary School 0700-0900

County squad: Surrey Sports Park - Pre-pool 1315 and Pool Session 1330-1530

Junior 3&4: Surrey Sports Park - Pre-pool 1315-1330 and Pool Session 1330-1500

Junior 2: Surrey Sports Park - Pre-pool 1315-1330 and Pool Session 1330-1430

Junior 1: Surrey Sports Park – Pre-pool 1415-1430 and Pool Session 1430-1530

Academy 3&4: Reed's School – Pre-pool 1445-1500 and Pool Session 1500-1600

Academy 1&2: Reed's School – Pre-pool 1545-1600 and Pool Session 1600-1700

Sunday 12th October

Regionals Squad: Surrey Sports Park 1500-1700

Saturday 18th October

All sessions as per the normal timetable

Sunday 19th October

No training for County and Regional Squads

Sunday 26th October

Regionals Squad: Surrey Sports Park 1500-1700

Saturday 8th November

Regionals & County Squads: Land Training from 07.45-08.45 and Pool Session from 09.00-11.00 at LEH

Sunday 9th November

Regionals Squad: Surrey Sports Park 1500-1700

Saturday 15th & Sunday 16th November

No training for ALL Squads due to the Kingston Royals Open Meet

Monday 17th November

No training for Junior 4

Friday 28th November

No training for Junior 2 & 3. Junior 2 swimmers should join the Junior 1 session on Sunday 30th November (1500-1600 @ Reed's) and Junior 3 swimmers should join the Junior 4 session on Sunday 30th November (1600-1730 @ Reed's).

Saturday 29th November

No training at LEH due to a school event. Replacement sessions as follows:

Regional Squad: Aldershot Garrison – Pre-pool 13:45-14:00 and Pool Session 14:00-16:00

County Squad: Surrey Sports Park - Pre-pool 1315 and Pool Session 1330-1530

Junior 3&4: Surrey Sports Park - Pre-pool 1315-1330 and Pool Session 1330-1500

Junior 2: Surrey Sports Park - Pre-pool 1315-1330 and Pool Session 1330-1430

Junior 1: Surrey Sports Park – Pre-pool 1415-1430 and Pool Session 1430-1530

Academy 2 & 3: Reed's School – Pre-pool 1545-1600 and Pool Session 1600-1700

Academy 1 & Foundation 2: Reed's School – Pre-pool 1645-1700 and Pool Session 1700-1800

Saturday 6th December

Regionals & County Squads: Land Training from 0745-0845 and Pool Session from 0900-1100 at LEH

Sunday 7th December

County Squad: Surrey Sports Park 1500-1700

Junior 2 swimmers should join the Junior 1 session (1500-1600 @ Reed's)

Junior 3 swimmers should join the Junior 4 session on Sunday 7th December (1600-1730 @ Reed's)

Friday 12th December

No training for Junior 2 & 3. (Replacement session is on Sunday 7th December)

Sunday 14th December

No training for Junior Competition, Junior 1, Academy 2 & Academy 3 due to the Woking Gala

Friday 19th December

No training for Junior 2 & 3. Replacement session Sunday 21st December 1600-1700 at Reed's

Saturday 21st December

No training for Regional, County, Competition, Junior 4 & Junior Competition due to the Hillingdon gala

Sunday 22nd December

No training for Regional, County, Competition, Junior 4 & Junior Competition due to the Hillingdon gala