



Odstock Health and Fitness, Pool timetables

Contact us: 01722 425085
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Main Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Length Swimming			Swimming Lesson	AquaFit	NHS Staff	Adults	Staff Training	Adults	Open Session (half pool only)		AquaFit	Open Session	
Tuesday	Length Swimming			Open Session	Starlight	NHS Staff	Swimming Lessons		Open	Swimming Lessons		Open Session		
Wednesday	Length Swimming			Open Session	AquaFit	NHS Staff	Adults		Open	Swimming Lessons		AquaFit	Adults	
Thursday	Length Swimming			Open Session	Ossies	NHS Staff	Swimming Lessons		Open	Swimming Lessons		Adults	Open	
Friday	Length Swimming			Open Session	Pool Vacuum	NHS Staff	Adults	Well Being	Adults	Swimming Lessons		Open Session		
Saturday				Swimming Lessons				Pool Party		Open Session				
Sunday				Adults	FamilyFuntime Advance booking			Pool Party / private		Open Session				

Small Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Open Session			Swimming Lessons			Open Session			Staff Training	Open Session	Swimming Lessons		Open Session
Tuesday	Open Session			Swimming Lessons			Open Session	Swimming Lessons		Open	Swimming Lessons		Open Session	
Wednesday	Open Session			Swimming Lessons			Open	Swimming Lessons		Open Session		Swimming Lessons		Open Session
Thursday	Open Session			Swimming Lessons			Open Session	Swimming Lessons		Open	Swimming Lessons		Open Session	
Friday	Open Session			Swimming Lessons		Pool Vacuum	Swimming Lessons			Well Being	Open	Swimming Lessons		Open Session
Saturday				Swimming Lessons				Pool Party		Open Session				
Sunday				Open	Family Funtime Advance booking			Pool Party / private		Open Session				

Contact reception to book into Aqua classes, Family Funtime and Pool Parties 01722 425085