



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	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	Well Being		
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	Well Being		
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