



Odstock Health and Fitness, Pool timetables

Contact us: 01722 425085
 sft.odstockhealthfit@nhs.net

Main Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Length Swimming		Pool Clean	Private	Aquafit	NHS Staff	Adults	Staff Training	Adults	Length Swimming	Aquafit	Open Session		
Tuesday	Length Swimming		Open Session	Private	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	Private Hire	NHS Staff	Adults	Swimming Lessons	Open	Swimming Lessons	Adults	Open			
Friday	Length Swimming		Open Session	Private	NHS Staff	Adults	Private hire	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	Private Hire	Open Session			Open Session	
Tuesday	Open Session		Swimming Lessons		Open Session	Swimming Lessons	Open	Swimming Lesson	Open Session					
Wednesday	Open Session		Swimming Lessons		Open	Swimming Lessons	Pool Clean	Open	Swimming Lessons				Open Session	
Thursday	Open Session		Swimming Lessons		Open Session	Swimming Lessons	Open	Swimming Lessons	Open Session					
Friday	Open Session		Swimming Lessons		Swimming Lessons		Private Hire	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 405085