



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	Lane Swim	Lane Swim	Referral Swim	Aquafit		Adults only		Staff Training	Open	Lane Swimming	Squad	Aquafit	Open Session	
Tuesday	Lane Swim	Lane Swim	Open Session	Starlight		Adults only		Schools	Open	Swimming Lessons		Open Session		
Wednesday	Lane Swim	Lane Swim	Open Session	Aquafit		Adults only		Schools	Open	Swimming Lessons		Open Session		
Thursday	Lane Swim	Lane Swim	Open Session	Ossies		Adults Lessons		Schools	Open	Swimming Lessons		Open		
Friday	Lane Swim	Lane Swim	Open Session	Aquafit		Adults only		Well Being	Open	Swimming Lessons				
Saturday				Swimming Lessons				Pool Party/ private	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	Open	Swimming Lessons			Open session		Staff Training	Open	Swimming Lessons		Open Session		
Tuesday	Open	Open	Swimming Lessons	Starlight		Open session		Schools	Open	Swimming Lessons		Open Session		
Wednesday	Open	Open	Swimming Lessons			Lessons		Schools	Open	Swimming Lessons		Open Session		
Thursday	Open	Open	Swimming Lessons	Ossies		Open Session		Schools	Open	Swimming Lessons		Open Session		
Friday	Open	Open	Swimming Lessons		Swimming Lessons		Well Being	Open	Swimming Lessons					
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