



Odstock Health and Fitness, Pool timetables

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Main Pool	07	08	09	10	11	12	13	14	15	16	17	18	19	20
Monday	Lane Swim			Swimming Lessons	Aquafit	Adults only		Staff Training	Open		Lane Swimming	Squad	Aquafit	Open Session
Tuesday	Lane Swim			Open Session	Starlight	Adults only		Schools	Open		Swimming Lessons		Open Session	
Wednesday	Lane Swim			Open Session	Aquafit	Adults only		Referral Swim	Open		Swimming Lessons		Aquafit	Open Session
Thursday	Lane Swim			Open Session	Ossies	Adults only		Schools	Open		Swimming Lessons		Open Session	
Friday	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			Swimming Lessons		Open session		Staff Training	Open		Swimming Lessons		Open Session	
Tuesday	Open Session			Swimming Lessons	Starlight	Open session		Schools	Open		Swimming Lessons		Open Session	
Wednesday	Open Session			Swimming Lessons		Swimming Lessons		Referral Swim	Open		Swimming Lessons		Open Session	
Thursday	Open Session			Swimming Lessons	Ossies	Open Session		Schools	Open		Swimming Lessons		Open Session	
Friday	Open Session			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