



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		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	Family Funtime 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