



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 Training	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		
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				
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