swimodihampool@gmail.com

www.swimodiham.co.uk

23 Feb - 29 Mar 26

swimodiham

01256 367413

	0700–0800	0800–0900	0900–1000	1000–1100	1100–1200	1200–1300	1300–1400	1400–1500	1500–1600	1600–1700	1700–1800	1800–1900	1900–2000	2000–2100
MON			Senior Swim 0900-0945	Lane Swim 1015 -1130 Family swim 1015 -1130		Military Lane Swim 1200 -1300	Lane Swim 1300 -1400		Military Lane Swim 1445 -1545	Tadpoles 1600 - 1830			Ladies Night 1900 -2000	Please be aware there may be a male working on reception.
TUES	Military Lane 0710 - 0810 Lane Swim 0710 - 0810		Senior Swim 0830-0930	Military Hydro 0930 -1030	Lane Swim 1045 - 1145 Family swim 1045 - 1145	Military Lane Swim 1200 -1300	Lane Swim 1300 -1400	Military Hydro 1400 -1500	Military Swim and lane swim 1515 - 1615	Odiham Swim Club 1630 - 1900			NPLQ Staff Training 1915 - 2115	
WED	Military Lane 0710 - 0810 Lane swim 0710 - 0810		Senior Swim 0900 -1000	Swim School 1030 - 1130		Military Lane Swim 1200 -1300	Lane Swim 1300 -1400		Ripples Military Lane Swim 1430 - 1530	The Little Swim Club 1600 - 1800		Lane Swim 1815 -1915	Aqua Workout 1930 -2015	
THUR	Military Lane 0710 - 0810 Lane swim 0710 - 0810			Military Hydro 0930 -1030	Lane Swim 1045 - 1145 Family swim 1045 - 1145	Military Lane Swim 1200 -1300	Lane Swim 1300 -1400	Senior Swim 1400 - 1500	Military Swim improvement and lane swim 1515 - 1615	Odiham Swim Club 1630 - 1900			Lane Swim 1915 -2015	
FRI				Military Pool Drills 1000 - 1200		Military Lane Swim 1200 -1300	Lane Swim 1300 -1400	Ripples Senior Swim 1415 -1515		Family swim 1615 - 1730			Smile Hi Sound Healing Online bookings ONLY	
SAT		Phillies Swim School 0800 - 1200					Lane Swim 1230 -1330	Family Swim 1345 -1445	Pool Party may be available, please call or email for details 1515 - 1715	Bookings are no longer required for weekend Family Swims				
SUN			Phillies Swim School 0900 - 1200				Lane Swim 1230 -1330	Family Swim 1345 -1445	SEN Session 1515 -1615	Bookings are no longer required for weekend Family Swims				