

HOLIDAY TIME TABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIM

HALF TERM Holiday - FROM 12/02/18 TO 18/02/18.

	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MONDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAFIT (S) 09:00 - 09:45 <small>DEEP END ONLY</small>		AQUAFIT (S+D) 10:00 - 10:45		GP		2 LANES 12:00 - 13:30				INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00-20:00			MUSIC SWIM		ADULTS ONLY		CLOSED							
TUESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULTS ONLY		LESSONS 2 LANES		2 LANES 12:00 - 13:30				INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:30			AQUAFIT (S) 19:30 - 20:15		CLOSED									
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 07:30 - 09:30		GENERAL SWIMMING 09:00 - 10:00		GP		LESSONS 2 LANES		2 LANES 12:00 - 13:30				INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:00			SWIM CLUB		CLOSED							
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 07:30 - 09:30		GENERAL SWIMMING 09:00 - 10:00		GP		AQUAFIT (S+D) 10:00 - 10:45		2 LANES 12:00 - 13:00		COURSE 1 LANE		INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:30			SWIM CLUB		CLOSED							
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00 - 15:00				2 LANES 12:00 - 13:30		COURSE 1 LANE		INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:30			SWIM CLUB		ADULTS ONLY		CLOSED							
SATURDAY	SWIM CLUB		GENERAL SWIMMING 09:00 - 15:00				2 LANES 12:00 - 13:30		INFLATABLE 15:00 - 16:00		GENERAL SWIMMING 16:00 - 18:00		GALA OR PARTIES					CLOSED													
SUNDAY	CLOSED		AQUAGYM 09:00- 11:30				2 LANES 12:00 - 13:30		FAMILY FUN 14:00 - 15:00		GENERAL SWIMMING 15:00 - 18:00		CLOSED																		

HOLIDAY TIMETABLE HYDRO POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING

15 Mins	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00
MONDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING HYDROTHERAPY				GENERAL SWIMMING 13:00 - 15:00				TOY SESSION 15:00 - 16:00		GENERAL SWIMMING 16:00-18:45				GP	GENERAL SWIM	CLOSED				
TUESDAY	GENERAL SWIMMING 08:00-9:00	ADULTS ONLY 9:00 - 10:00		GENERAL SWIMMING 10:00 - 15:00				TOY SESSION 15:00 - 16:00		GENERAL SWIMMING 16:00 - 19:00				PUBLIC REHAB 19:00 - 20:00		CLOSED									
WEDNESDAY	GENERAL SWIMMING 08:00-9:00	TODDLER TOY TIME 09:00 - 10:00	GENERAL SWIMMING 10:00 - 13:15				PRIVATE BOOKING HYDROTHERAPY				TOY SESSION 15:15 - 16:00	GENERAL SWIMMING 16:00 - 20:00				CLOSED									
THURSDAY	GENERAL SWIMMING 08:00-09:15	PRIVATE BOOKING HYDROTHERAPY				GENERAL SWIMMING 11:30-15:00				TOY SESSION 15:00 - 16:00	GENERAL SWIMMING 16:00 - 20:00				CLOSED										
FRIDAY	GENERAL SWIMMING 08:00-9:00	PUBLIC REHAB 09:00 - 10:00	GENERAL SWIMMING 10:00 - 15:00				TOY SESSION 15:00 - 16:00	GENERAL SWIMMING 16:00 - 20:00				CLOSED													
SATURDAY	GENERAL SWIMMING 09:00 - 14:00				PARTIES OR OPEN / OFF PEAK	TOY SESSION 15:00 - 16:00	GENERAL SWIMMING 16:00 - 18:00		CLOSED																
SUNDAY	GENERAL SWIMMING 9:00 - 14:00				PARTIES OR OPEN / OFF PEAK	GENERAL SWIMMING 15:00 - 18:00		CLOSED																	

We reserve the right to make changes at anytime if circumstances change with swimming volumes, lanes and courses

COLOUR CHAR:
 SWIMMING
 ADULTS ONLY
 FUN SESSIONS
 PARTIES
 AQUAFIT
 LESSONS
 AQUAGYM
 LANES
 PUBLIC REHAB
 SCHOOLS
 OTHER
 NOT OPEN TO THE PUBLIC
 GP REFERRAL

PLEASE NOTE MONDAY HYDROTHERAPY GP SESSION IS AN 'ADULTS ONLY' SESSION.

CONTACT US: TEL NO: 01297 35800 WEBSITE: WWW.FLAMINGOPOOL.CO.UK TWITTER: TWITTER@POOLFLAMINGO FACEBOOK: FLAM POOL

SWIMMING	Non Member	Loyalty Member
Adult	£4.60	£3.60
Junior (Under 18)	£3.10	£2.60
Senior (65 years +)	£4.20	£3.20
Under 4s	FREE	FREE
Disabled	£3.20	£2.70
AquaFit	£5.50	£4.50
AQUAGYM		
Induction	£10.00	£5.00
Gym Session (only)	£4.00	£3.00
Gym Session & General Swim		
Adult	£6.10	
Junior (16 years +)	£4.60	
Senior	£5.70	
Disabled	£4.70	
An Aquagym session for a Monthly Member will cost:		£1.50
INFLATABLE ISLAND (Under 14's ONLY on Inflatable)		
Mon - Sat 15:00 - 16:00		
Adult	£4.60	
Junior (Under 18)	£3.70	
Family Fun Float Session		
Float Sessions run every Sunday 14:00-15:00		
Float sessions also run if there are under 10 people for the Inflatable session		
Adult	£4.60	
Junior (Under 18)	£3:10	

MONTHLY MEMBERSHIP	
Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.	
Adult	£28
Junior (Under 18)	£18
Senior (65 years +)	£25
Disabled	£17
Family (2 Adults & 2 Children)	£70
LOYALTY CARD	
Adult/Senior	£20
Disabled/Junior	£15
10 SESSION COURSES	
10 session courses for Swimming and AquaFit are available to purchase and will save you 10%	
Adult x 10	£43.00
Junior x 10 (Under 18)	£28.00
Senior x 10 (65 years +)	£38.00
Disabled x 10	£29.00
AQUAFIT x 10	£50.00

PRIVATE SWIMMING LESSONS	
1/2 Hour	£16
3/4 Hour	£19
1 Hour	£22

