

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

**EASTER Holiday - FROM 02/04/18 TO 15/04/18.**

**BOTH POOLS CLOSED EASTER MONDAY 2nd APRIL 2018**

	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
<b>MONDAY</b> CLOSED 2nd APRIL	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							
<b>TUESDAY</b>	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									
<b>WEDNESDAY</b>	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						
<b>THURSDAY</b>	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 - 13:30		INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:30			SWIM CLUB				CLOSED					
<b>FRIDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00 - 15:00				2 LANES 12:00 - 13:30				INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00		GENERAL SWIMMING 16:00 - 19:30			ADULTS ONLY		SWIM CLUB				CLOSED					
<b>SATURDAY</b>	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								
<b>SUNDAY</b>	CLOSED				AQUAGYM 09:00- 11:30				GENERAL SWIMMING 09:00 - 14:00				2 LANES 12:00 - 13:30		FAMILY FUN 14:00 - 15:00		GENERAL SWIMMING 15:00 - 17:30		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
<b>MONDAY</b>	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		
<b>TUESDAY</b>	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						
<b>WEDNESDAY</b>	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						
<b>THURSDAY</b>	GENERAL SWIMMING 08:00-09:15		PRIVATE BOOKING HYDROTHERAPY				PRIVATE BOOKING WATER BABIES 5th/6th APRIL ONLY				TOY SESSION 15:00 - 16:00		GENERAL SWIMMING 16:00 - 20:00				CLOSED								
<b>FRIDAY</b>	GENERAL SWIMMING 08:00-9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 13:30				PRIVATE BOOKING WATER BABIES 5th/6th APRIL ONLY				GENERAL SWIMMING 16:00 - 20:00				CLOSED								
<b>SATURDAY</b>	GENERAL SWIMMING 09:00 - 14:00				PARTIES OR OPEN / OFF PEAK		TOY SESSION 15:00 - 16:00		GENERAL SWIMMING 16:00 - 18:00				CLOSED												
<b>SUNDAY</b>	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

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

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

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

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

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

