

**TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING**

**19/Feb - 31/March 2018**

15 Mins	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>	EARLY BIRDS LANES 07:00 - 09:00		AQUAFIT (S) 09:00 - 10:45			AGE CONCERN GP		2 LANES 12:00 - 13:30		OFF PEAK 15:00 - 16:00			LESSONS 2 LANES			AQUAGYM GP		AQUAGYM		1 LANE - 18:00 - 19:00		2 LANES		ADULTS ONLY		CLOSED					
<b>TUESDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULT LESSONS		2 LANES 12:00 - 13:30		SCHOOLS 13:30 - 14:00		GENERAL SWIMMING 14:00 - 14:30		SCHOOLS 14:30 - 15:00		OFF PEAK 15:00 - 16:00		LESSONS 1 LANE			LESSONS 1 LANE		1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		AQUAFIT (S) 19:30 - 20:15		CLOSED			
<b>WEDNESDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 07:30 - 09:30		GP		AG		GP		2 LANES 12:00 - 13:30		SCHOOLS 13:30 - 14:00		GENERAL SWIMMING 14:00 - 14:30		SCHOOLS 14:30 - 15:30		LESSONS 1 LANE		LESSONS 1 LANE		1 LANE - 17:00 - 18:00		ELITE 2 LANES		SWIM CLUB		CLOSED		
<b>THURSDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 07:30 - 09:30		GP		AQUAFIT (S + D) 10:00 - 10:45		2 LANES 12:00 - 13:30		SCHOOLS 13:30 - 14:00		GENERAL SWIMMING 14:00 - 14:30		SCHOOLS 14:30 - 15:15		OFF PEAK 15:15 - 16:00		LESSONS 1 LANE		LESSONS 1 LANE		1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		SWIM CLUB		CLOSED		
<b>FRIDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 09:00 - 10:00		GENERAL SWIMMING 10:00 - 13:30		2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		GENERAL SWIMMING 14:30 - 15:00		OFF PEAK 15:00 - 16:00		LESSONS 1 LANE		LESSONS 1 LANE		1 LANE - 17:00 - 18:00		ELITE SURVIVAL		SWIM CLUB		CLOSED				
<b>SATURDAY</b>	SWIM CLUB		LESSONS WIDTH 09:00-09:30		LESSONS 2 LANES		JNR MASTERS		2 LANES 12:30 - 13:30		OFF PEAK 13:30 - 15:00		OFF PEAK 15:00 - 16:00		INFLATABLE 15:00 - 16:00		OFF PEAK 16:00 - 18:00		GALA OR PARTIES						CLOSED						
<b>SUNDAY</b>	CLOSED		AQUAGYM 09:00 - 11:30		2 LANES 12:00 - 13:30		FAMILY FUN 14:00 - 15:00		OFF PEAK 15:00 - 17:30		3 LANES		SWIM CLUB		CLOSED																

**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				LESSONS				OFF PEAK 15:00 - 16:00		LESSONS				GENERAL SWIM		GP		GENERAL SWIM		CLOSED	
<b>TUESDAY</b>	GENERAL SWIMMING 08:00-9:00		ADULTS ONLY 9:00 - 10:30		GENERAL SWIMMING				LESSONS				PRIVATE BOOKING HYDROTHERAPY				LESSONS				GENERAL SWIMMING 18:00 - 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				GENERAL SWIMMING 15:15 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED			
<b>THURSDAY</b>	GENERAL SWIMMING 08:00-09:15		PRIVATE BOOKING HYDROTHERAPY				PRIVATE BOOKING WATER BABIES				GENERAL SWIMMING 14:30 - 15:00		OFF PEAK 15:00 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED			
<b>FRIDAY</b>	GENERAL SWIMMING 08:00-9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 12:00				LESSONS				PRIVATE BOOKING WATER BABIES				LESSONS				GENERAL SWIMMING 17:30 - 20:00				CLOSED	
<b>SATURDAY</b>	LESSONS				FUN SESSION 11:00 - 12:00		GENERAL SWIMMING 12:00 - 13:30		OFF PEAK 13:30 - 14:00		PARTIES OR OPEN / OFF PEAK		TOY SESSION 15:00 - 16:00		OFF PEAK 16:00 - 18:00				CLOSED							
<b>SUNDAY</b>	GENERAL SWIMMING 09:00 - 14:00								PARTIES OR OPEN		OFF PEAK 15:00 - 18:00				CLOSED											

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

COLOUR CHART

SWIMMING
  ADULTS ONLY
  FUN SESSIONS
  PARTIES
  AQUAFIT
  LESSONS
  AQUAGYM

S = Shallow End

D = Deep End

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

<b>SWIMMING</b>	<b>Non Member</b>	<b>Loyalty Member</b>
<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/Circuits</b>	£5.50	£4.50
<b>OFF PEAK SWIMMING</b>		
<b>Adult</b>	£3.00	£2.50
<b>Junior (Under 18)</b>	£2.50	£2.00
<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>		
Every Saturday 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	

<b>MONTHLY MEMBERSHIP</b>	
<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

<b>GROUP LESSONS</b>	
Child £5.00 per lesson	
Adult £5.50 per lesson	
<b>PRIVATE SWIMMING LESSONS</b>	
<b>1/2 Hour</b>	£16
<b>3/4 Hour</b>	£19
<b>1 Hour</b>	£22

