

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

Summer Holidays - FROM 24/07/17 TO 03/09/17.

PLEASE NOTE MONDAY 28th AUGUST IS A BANK HOLIDAY. WE WILL HAVE A COLLAPSED TIMETABLE AND BE OPEN 09:00 - 14:00 IN BOTH POOLS

	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		AQUAFIT (S+D) 10:00 - 10:45		GP		2 LANES 12:00 - 13:30		INFLATABLE 15:00 - 16:00		LESSONS 1 LANE			1 LANE 18:30-19:45		AQUAGYM		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		GENERAL SWIMMING 16:00-20:00			MUSIC SWIM		AQUAFIT (S) 19:30 - 20:15		MASTERS 5 LANES		CLOSED									
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 07:30 - 09:30		GENERAL SWIMMING 09:00 - 10:00		AQUAFIT (S) 10:00 - 10:45		GP		LESSONS 2 LANES		2 LANES 12:00 - 13:30		INFLATABLE 15:00 - 16:00		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		AQUAFIT (S+D) 10:00 - 10:45		GP		2 LANES 12:00 - 13:30		INFLATABLE 15:00 - 16:00		GENERAL SWIMMING 16:00 - 19:30			CLOSED													
FRIDAY	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		GENERAL SWIMMING 16:00 - 19:00			ADULTS ONLY		CLOSED															
SATURDAY	CLOSED		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		GENERAL SWIMMING 09:00 - 14:00		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

	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 - 15:00										TOY SESSION 15:00 - 16:00		LESSONS			GENERAL SWIM	GP	GENERAL SWIM	CLOSED						
TUESDAY	GENERAL SWIMMING 08:00-9:00	ADULTS ONLY 9:00 - 10:00		GENERAL SWIMMING 10:00 - 14:00							PRIVATE BOOKING HYDROTHERAPY			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	MONTHLY MEMBERSHIP
Adult	£4.60	£3.60	Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.
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	
			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
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		

PRIVATE SWIMMING LESSONS

1/2 Hour	£16
3/4 Hour	£19
1 Hour	£22

