

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

HALF TERM Holidays - FROM 23/10/17 TO 29/10/17.

	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		GENERAL SWIM 10:45 - 13:00						CLOSED 12:00-16:00						2 LANES 16:00-18:00		AQUAGYM		GP		AQUAGYM		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		GENERAL SWIMMING 10:00 - 15:00						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		GP		LESSONS 2 LANES		2 LANES 12:00 - 13:30		GENERAL SWIMMING 10:45-15:00						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		GP		AQUAFIT (S+D) 10:00 - 10:45		2 LANES 12:00 - 13:30		GENERAL SWIMMING 10:45-15:00						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		GENERAL SWIMMING 10:00 - 15:00						INFLATABLE 15:00 - 16:00		2 LANES 16:00-18:00				GENERAL SWIMMING 16:00 - 19:30				SWIM CLUB		CLOSED					
SATURDAY	SWIM CLUB				GENERAL SWIMMING 09:00 - 15:00						2 LANES 12:00 - 13:30		GENERAL SWIMMING 09:00 - 15:00						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						CLOSED 13:00-16:00						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 - 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
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

