

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

HALF TERM - FROM 29/05/17 TO 04/06/17.

| | 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 | CLOSED BANK HOLIDAY | | | | AQUAFIT (S) 09:15 - 10:00 <small>DEEP END ONLY</small> | | GENERAL SWIMMING 10:00 - 14:00 | | | | | | | | | | CLOSED BANK HOLIDAY | | | | | | | | | | | | | | | | |
| TUESDAY | EARLY BIRDS LANES 07:00 - 09:00 | | | AQUAGYM 09:00 - 10:30 | | ADULTS ONLY | | GENERAL SWIMMING 10:00 - 15:00 | | | | | | | | | | 2 LANES 12:00 - 13:30 | | INFLATABLE 15:00 - 16:00 | | 1 LANE - 17:00 - 18:00 | | | GENERAL SWIMMING 16:00 - 19:30 | | | AQUAFIT (S) 19:30 - 20:15 | | MASTERS 5 LANES | | CLOSED | |
| WEDNESDAY | AQUAGYM 07:30 - 09:30 | | GP | | AG | | GP | | GENERAL SWIMMING 10:45-15:00 | | | | | | | | | | 2 LANES 12:00 - 13:30 | | INFLATABLE 15:00 - 16:00 | | 1 LANE - 17:00 - 18:00 | | | GENERAL SWIMMING 16:00 - 19:00 | | | SWIM CLUB | | CLOSED | | |
| THURSDAY | AQUAGYM 07:30 - 09:30 | | GP | | EARLY BIRDS LANES 07:00 - 09:00 | | GENERAL SWIMMING 09:00 - 10:00 | | AQUAFIT (S) 10:00 - 10:45 | | GENERAL SWIMMING 10:45-15:00 | | | | | | | | | | 2 LANES 12:00 - 13:30 | | INFLATABLE 15:00 - 16:00 | | 1 LANE - 17:00 - 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 | | INFLATABLE 15:00 - 16:00 | | 1 LANE - 17:00 - 18:00 | | | GENERAL SWIMMING 16:00 - 20:00 | | | SWIM CLUB | | 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 | | | | GENERAL SWIMMING 09:00 - 14:00 | | | | 2 LANES 12:00 - 13:30 | | FAMILY FUN 14:00 - 15:00 | | GENERAL SWIMMING 15:00 - 17:30 | | | 2 LANES | | | SWIM CLUB | | 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 | CLOSED | | | GENERAL SWIMMING 09:00 - 14:00 | | | | | | | | | | CLOSED BANK HOLIDAY | | | | | | | | | | | |
| 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 | | PARENT & TODDLER 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:

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|--|--|--|---|--|---|---|
|  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 £18 (Under 18) Senior £25 (65 years +) Disabled £17 Family £70 (2 Adults & 2 Children) |
| | | | 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 £28.00 (Under 18) Senior x 10 £38.00 (65 years +) 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 |

