

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

OCT HALF TERM 2024 TIMETABLE - FROM 28/10/24 TO 03/11/24

	7:00	7:30	8:00	8:30	9:00	9:30	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		
<b>MONDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAFIT (S) 09:00 - 09:45		AQUAFIT (S) 10:00 - 10:45				2 LANES 12:00 - 13:30				INFLATABLE SESSION 15:00 - 16:00				AQUAGYM 18:15 - 19:15		GP		AQUAGYM 19:45 - 20:45						CLOSED					
																					GENERAL SWIMMING 16:00 - 20:00		MUSIC SWIM		ADULTS ONLY							
<b>TUESDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULTS ONLY 09:00 - 10:00		ADULT LESSONS		2 LANES 12:00 - 13:30				FLOAT SESSION 15:00 - 16:00				1 LANE 16:00 - 19:30		AQUAFIT (SHALLOW) 19:30 - 20:15								CLOSED					
																					GENERAL SWIMMING 16:00 - 19:30											
<b>WEDNESDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 08:30 - 09:30		GP 9:30 - 12:00		AQUAFIT (S+D) 10:00 - 10:45		ADULT LESSONS 2 LANES 10:45 - 12:30		2 LANES 12:00 - 13:30				INFLATABLE SESSION 15:00 - 16:00		1 LANE 16:00-19:00		SWIM CLUB 18:30 - 21:00								CLOSED					
																					GENERAL SWIMMING 10:45-15:00											
<b>THURSDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 08:00 - 09:00		GP 9:00 - 10:00		AQUAFIT (S + D) 10:00 - 10:45				2 LANES 12:00 - 13:30				FLOAT SESSION 15:00 - 16:00		1 LANE 16:00 - 19:30		SWIM CLUB 18:30 - 21:00								CLOSED					
																					GENERAL SWIMMING 10:45-15:00											
<b>FRIDAY</b>	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY 09:00-10:00						2 LANES 12:00 - 13:30				INFLATABLE SESSION 15:00 - 16:00		1 LANE 16:00 - 19:00		2 LANES										CLOSED					
																					GENERAL SWIMMING 10:00 - 15:00											
<b>SATURDAY</b>	CLOSED						2 LANES 12:00 - 13:30				INFLATABLE SESSION 14:00 - 15:00						CLOSED															
																					GENERAL SWIMMING 09:00 - 14:00											
<b>SUNDAY</b>	CLOSED						2 LANES 12:00 - 13:30				FLOAT SESSION 14:00-15:00		GENERAL SWIMMING 15:00 - 16:00				CLOSED															
																					GENERAL SWIMMING 09:00 - 14:00											

HOLIDAY TIMETABLE HYDRO POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING. PLEASE BOOK A SESSION AT RECEPTION

	7:00	7:30	8:00	8:30	9:00	9:30	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
<b>MONDAY</b>	CLOSED	GENERAL SWIMMING 08:00 - 11:00		PRIVATE BOOKING HYDROTHERAPY 11:00-13:00				GENERAL SWIMMING 13:00-18:00				GP 18:00 - 20:00				CLOSED														
<b>TUESDAY</b>	CLOSED	GENERAL SWIMMING 08:00 - 09:00	ADULTS ONLY 09:00-10:00	GENERAL SWIMMING 10:00 - 12:00		GP 12:00 - 15:00		GENERAL SWIMMING 15:00-19:00		PUBLIC REHAB 19:00 - 20:00				CLOSED																
<b>WEDNESDAY</b>	CLOSED	GENERAL SWIMMING 08:00-20:00						CLOSED																						
<b>THURSDAY</b>	CLOSED	GENERAL SWIMMING 08:00-20:00						CLOSED																						
<b>FRIDAY</b>	CLOSED	GENERAL SWIMMING 08:00-9:00	PUBLIC REHAB 09:00 - 10:00	GENERAL SWIMMING 10:00 - 20:00				CLOSED																						
<b>SATURDAY</b>	CLOSED		GENERAL SWIMMING 09:00 - 14:00				CLOSED																							
<b>SUNDAY</b>	CLOSED		GENERAL SWIMMING 09:00 - 16:00				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
  - 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

<b>SWIMMING</b>	Non Member	Loyalty Member
Adult (16+)	£6.00	£5.00
Junior (Ages 4 - 15)	£4.00	£3.00
Senior (65 years +)	£5.00	£4.20
Under 2s	FREE	FREE
Age 2-3	£2	----
Disabled	£4.50	£3.50
Carer	£1.50	----
Hydrotherapy Pool (Booking Only)	Adult £6.00	Child £4
Aquafit	£6.50	£5.50
Corp	£2.00	----

<b>AQUAGYM</b>		
Induction	£10.00	£5.00
Gym Session	£6.00	
An Aquagym session for a Monthly Member will cost:		£2.50

<b>Family Fun Float Session</b>		
Float Sessions run in the school holidays Tues, Thurs 15:00-16:00 and Sun 14:00-15:00		
Adult	£6.00	
Junior (Under 18)	£4.00	

<b>Inflatable Island</b>		
Island Sessions run in the school holidays Mon, Wed and Fri 15:00-16:00 Sat 14:00-15:00		
1 Admission	£6.00	

<b>MONTHLY MEMBERSHIP</b>	
Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.	
Adult	£33
Junior (Under 16)	£25
Senior (65 years +)	£30
Disabled	£25
Family (2 Adults & 2 Children)	£80

<b>LOYALTY CARD GIVES DISCOUNTED SWIMS</b>	
Adult/Senior	£30
Disabled/Junior	£20
Members Annual Parking Pass only £30	

<b>10 SESSION COURSES</b>	
10 session courses for Swimming and Aquafit are available to purchase and will save you 10%	
Adult x 10	£54.00
Junior x 10 (Under 18)	£36.00
Senior x 10 (65 years + )	£45.00
Disabled x 10	£40.50
AQUAFIT x 10	£58.50

<b>PRIVATE SWIMMING LESSONS</b>	
1/2 Hour	£18
3/4 Hour	£21
1 Hour	£24

