

TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING 02/01/24 - 11/02/24

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					
MONDAY	EARLY BIRDS LANES 07:00 - 09:00				GENERAL SWIMMING 09:00-10:00		AQUAFIT (S) 10:00 - 10:45		GP		2 LANES 12:00 - 13:30		GENERAL SWIMMING 10:45-19:00										LESSONS		AQUAGYM		GP		AQUAGYM				CLOSED			
TUESDAY	EARLY BIRDS LANES 07:00 - 09:00				AQUAGYM 09:00 - 10:30				ADULT LESSONS 2 LANES		2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:00		GENERAL SWIMMING 14:00-19:30										LESSONS		ROOKIES 2 LANES				AQUAFIT (S) 19:30 - 20:15		TRI CLUB		CLOSED	
							ADULTS ONLY																				1 LANE - 17:00 - 18:00									
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00				AQUAGYM		GP				LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		GENERAL SWIMMING 14:30-18:30										LESSONS		ELITE 2 LANES		SWIM CLUB				CLOSED			
							GENERAL SWIMMING 09:00 - 10:00		AQUAFIT (S + D) 10:00 - 10:45																ADULT LESSONS		1 LANE - 17:00 - 18:00									
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00				AQUAGYM		GP		AQUAFIT (S + D) 10:00 - 10:45		2 LANES 12:00-13:30		GENERAL SWIMMING 10:45 - 19:30										LESSONS		ROOKIES 2 LANES		SWIM CLUB				CLOSED					
							GENERAL SWIMMING 09:00 - 10:00																1 LANE													
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00				ADULTS ONLY		GENERAL SWIMMING 10:00-13:30					2 LANES 12:00 - 13:30		SCHOOLS 13:30-15:00		GENERAL SWIMMING 15:00 - 20:00										LESSONS		ELITE		2 LANES 19:00-20:00		CLOSED				
																												SURVIVAL								
SATURDAY	CLOSED				LESSONS WIDTH 09:00-09:30		LESSONS 2 LANES					2 LANES 12:00 - 13:30		INFLATABLE SESSION 14:00 - 15:00		CLOSED																				
SUNDAY	CLOSED				GENERAL SWIMMING 9:00 - 14:00										2 LANES 12:00 - 13:30		FLOAT FUN SESSION 14:00 - 15:00		GENERAL SWIMMING 15:00 - 16:00		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																																
	GENERAL SWIMMING 08:00 - 11:00						PRIVATE BOOKING HYDROTHERAPY				LESSONS				GENERAL SWIMMING 15:00 - 16:00		LESSONS				GP				CLOSED								
MONDAY																																	
TUESDAY	GENERAL SWIMMING 08:00 - 9:00		ADULTS ONLY 9:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		GENERAL SWIMMING 11:00- 12:00		GP				LESSONS	GP	GENERAL SWIMMING 15:00 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 19:00		PUBLIC REHAB 19:00 - 20:00		CLOSED								
WEDNESDAY	GENERAL SWIMMING 08:00 - 11:00						PRIVATE BOOKING WATER BABIES						GENERAL SWIMMING 14:00 - 16:00				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED								
THURSDAY	GENERAL SWIMMING 08:00 -11:00						PRIVATE BOOKING WATER BABIES										GENERAL SWIMMING 15:00 - 16:00		LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED						
FRIDAY	GENERAL SWIMMING 08:00 - 9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 11:00		LESSONS				PRIVATE BOOKING WATER BABIES				LESSONS				GENERAL SWIMMING 18:00 - 20:00				CLOSED										
SATURDAY		LESSONS						GENERAL SWIMMING 11:00 - 14:00						CLOSED																			
SUNDAY			LESSONS						GENERAL SWIMMING 12:00 - 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

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

PRICES - AS OF 1ST AUG 2022			PLEASE NOTE THE TIMETABLE MAY CHANGE AND LESSONS OR GROUPS MAY AT TIMES TAKE UP SPACE THAT IS NOT ADVERTISED	
SWIMMING	Non Member	Loyalty Member	MONTHLY MEMBERSHIP	PRIVATE SWIMMING LESSONS
Adult	£5.50	£4.30	Monthly Direct Debit that allows the holder unlimited swims and Aqua-fitness classes. Add £2 if paying cash or card monthly.	1/2 Hour £17
Junior (Under 18)	£3.50	£3.00		3/4 Hour £20
Senior (65 years +)	£4.80	£4.00	Adult £30	1 Hour £23
Under 4s	FREE	FREE	Junior (Under 18) £20	
Disabled	£4.00	£3.50	Senior (65 years +) £28	
Carer	£1.00	----	Disabled £20	
Hydrotherapy Pool (Booking Only)	Adult = £5.50	Child = £4	Family £75 (2 Adults & 2 Children)	
Aquafit	£6.30	£5.50	LOYALTY CARD GIVES DISCOUNTED SWIMS	
Corportate	£2.00	----	Adult/Senior £25	
AQUAGYM			Disabled/Junior £20	
Induction	£10.00	£5.00	Members Anunal Parking Pass only £30	
Gym Session (only)	£6.00	£4.00	10 SESSION COURSES	
Gym Session & General Swim			10 session courses for Swimming and Aquafit are available to purchase and will save you 10%	
Adult	£7.50		Adult x 10 £49.50	
Junior (16 years +)	£5.50		Junior x 10 (Under 18) £31.50	
Senior	£6.80		Senior x 10 (65 years +) £43.20	
Disabled	£6.00		Disabled x 10 £36.00	
An Aquagym session for a Monthly Member will cost:		£2.00	AQUAFIT x 10 £57.00	
INFLATABLE ISLAND (Saturdays 2-3)				
Adult and Junior	£6.00			
FAMILY FUN FLOAT SESSIONS (Sundays 2-3)				
Adult	£6.00			
Junior (Under 18)	£4.00			

