

TERM TIME TIMETABLE MAIN POOL TIME TABLE - ALL THE BLUE SPACES CAN BE USED FOR GENERAL SWIMMING 30/10/2023 - 17/12/23

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		SCHOOLS 14:30-15:15		LESSONS		AQUAGYM		GP		AQUAGYM		1 LANE - 18:00 - 21:00		MUSIC SWIM		ADULTS ONLY		CLOSED				
TUESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM 09:00 - 10:30		ADULTS ONLY		GENERAL SWIMMING 10:00 - 12:00		ADULT LESSONS 2 LANES		SCHOOLS 12:00-13:00		2 LANES 13:00 - 14:00		LESSONS		1 LANE - 17:00 - 18:00		ROOKIES 2 LANES		AQUAFIT (S) 19:30 - 20:15		CLOSED								
WEDNESDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		AQUAFIT (S + D) 10:00 - 10:45		ADULT LESSONS		2 LANES 12:00 - 13:30		SCHOOLS 13:30-14:30		LESSONS		1 LANE - 17:00 - 18:00		ELITE 2 LANES		SWIM CLUB		CLOSED								
THURSDAY	EARLY BIRDS LANES 07:00 - 09:00		AQUAGYM		GP		AQUAFIT (S + D) 10:00 - 10:45		GENERAL SWIMMING 10:45 - 14:30		2 LANES 12:00-13:30		SCHOOLS 14:30-15:15		LESSONS		ROOKIES 2 LANES 1 LANE		SWIM CLUB		CLOSED										
FRIDAY	EARLY BIRDS LANES 07:00 - 09:00		ADULTS ONLY		GENERAL SWIMMING 10:00 - 12:00		SCHOOLS 12:00-15:00		LESSONS		ELITE SURVIVAL		2 LANES 19:00-20:00		CLOSED																
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	
MONDAY	GENERAL SWIMMING 08:00 - 11:00				PRIVATE BOOKING HYDROTHERAPY				LESSONS				GENERAL SWIMMING 15:00 - 16:00		LESSONS				GP				CLOSED			
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		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
 - LANES
 - PUBLIC REHAB
 - SCHOOLS
 - OTHER
 - NOT OPEN TO THE PUBLIC
 - GP REFERRAL
- S = Shallow End
D = Deep End

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	Adult £30		3/4 Hour £20
Senior (65 years +)	£4.80	£4.00	Junior £20 (Under 18)		1 Hour £23
Under 4s	FREE	FREE	Senior £28 (65 years +)		
Disabled	£4.00	£3.50	Disabled £20		
Carer	£1.00	----	Family £75 (2 Adults & 2 Children)		
Hydrotherapy Pool (Booking Only)	Adult = £5.50	Child = £4	LOYALTY CARD GIVES DISCOUNTED SWIMS		
Aquafit	£6.30	£5.50	Adult/Senior £25		
Corportate	£2.00	----	Disabled/Junior £20		
AQUAGYM			Members Anunal Parking Pass only £30		
Induction	£10.00	£5.00	10 SESSION COURSES		
Gym Session (only)	£6.00	£4.00	10 session courses for Swimming and Aquafit are available to purchase and will save you 10%		
Gym Session & General Swim			Adult x 10 £49.50		
Adult	£7.50		Junior x 10 (Under 18) £31.50		
Junior (16 years +)	£5.50		Senior x 10 (65 years +) £43.20		
Senior	£6.80		Disabled x 10 £36.00		
Disabled	£6.00		AQUAFIT x 10 £57.00		
An Aquagym session for a Monthly Member will cost:		£2.00			
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				

