

COLOUR KEY:  SWIMMING  ADULTS ONLY  FUN SESSIONS  PARTIES  AQUAFIT (S) Shallow End (D) Deep End  LESSONS  
 LANES  PUBLIC REHAB  SCHOOLS  OTHER  CLOSED  GP REFERRAL  AQUAGYM

01297 35800 | [WWW.FLAMINGOPOOL.CO.UK](http://WWW.FLAMINGOPOOL.CO.UK)

MAIN POOL TIMETABLE (TERM TIME): 02/06/25 - 20/07/2025																																
	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	
MONDAY		EARLY BIRDS LANES 9.00			AQUAFIT (S) 9.00-9.45		AQUAFIT (S) 10.00-10.45		GENERAL SWIMMING 10.45-14.30		2 LANES 12.00-13.30						SCHOOLS 14.30-15.00		SWIMMING 15.00-18.00		LESSONS 18.00-21.00			AQUAGYM 18.00-21.00		GP 18.00-21.00		AQUAGYM 18.00-21.00				CLOSED
TUESDAY		EARLY BIRDS LANES 9.00			AQUAGYM 9.00-10.30		LESSONS 10.00-10.30		ADULT LESSONS 10.00-10.30		2 LANES 12.00-13.30			SCHOOLS 13.30-14.30			GENERAL SWIMMING 14.30-19.30		LESSONS 15.00-18.00		1 LANE 17.00-18.00		ROOKIES 2 LANES 18.00-20.15		AQUAFIT (S) 19.30-20.15		MUSIC SWIM 19.30-20.15		ADULTS ONLY 19.30-20.15		TRICLUB 19.30-20.15	
WEDNESDAY		EARLY BIRDS LANES 9.00			AQUAGYM 9.00-10.00		GP 10.00-10.30		GENERAL SWIMMING 10.45-13.30		ADULT LESSONS 13.30-15.00			SCHOOLS 13.30-15.00			GENERAL SWIMMING 15.00-18.30		LESSONS 15.00-18.30			1 LANE 17.00-18.00		ELITE 2 LANES 18.00-20.15		SWIM CLUB 18.00-20.15					CLOSED	
THURSDAY		EARLY BIRDS LANES 9.00			AQUAGYM 9.00-10.00		GP 10.00-10.30		AQUAFIT (S + D) 10.00-10.45		LESSONS 10.45-13.30		GP 13.30-15.00		2 LANES 12.00-13.30			SCHOOLS 14.15-14.45			GENERAL SWIMMING 14.45-19.30		LESSONS 15.00-18.00			ROOKIES 2 LANES 18.00-20.15		1 LANE 18.00-20.15		SWIM CLUB 18.00-20.15		CLOSED
FRIDAY		EARLY BIRDS LANES 9.00			ADULTS ONLY 9.00-10.00		SWIMMING 10.00-10.30		SCHOOLS 11.00-11.30		2 LANES 12.00-13.30			GENERAL SWIMMING 15.00-20.00			SCHOOLS 14.30-15.00		GENERAL SWIMMING 15.00-20.00		LESSONS 18.00-21.00			LITE & SURVIVAL 18.00-20.00		2 LANES 19.00-20.00		CLOSED				
SATURDAY		CLOSED			2 LANES SWIM CLUB 9.00-9.30		LESSONS 9.00-9.30		LESSONS 2 LANES 9.00-14.00			2 LANES 12.00-13.30						INFLATABLE SESSION 14.00-15.00		AVAILABLE FOR PARTY HIRE 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 15.00-18.00		CLOSED										

HYDRO POOL TIMETABLE																										
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		LESSONS				GP					
TUESDAY	GENERAL SWIMMING		ADULTS ONLY		GENERAL SWIMMING 10.00-12.00				GP				LESSONS		GP		GENERAL SWIMMING		LESSONS				GENERAL SWIMMING		PUBLIC REHAB 19.00-20.00	
WEDNESDAY	GENERAL SWIMMING 08.00-11.00						PRIVATE BOOKING WATER BABIES						GENERAL SWIMMING		GP		LESSONS				GENERAL SWIMMING 18.00-20.00					
THURSDAY	GENERAL SWIMMING 08.00-11.00						PRIVATE BOOKING WATER BABIES						GENERAL SWIMMING		LESSONS				GENERAL SWIMMING 18.00-20.00							
FRIDAY	GENERAL SWIMMING		PUBLIC REHAB 09.00-10.00		GENERAL SWIMMING		LESSONS				PRIVATE BOOKING WATER BABIES						LESSONS				GENERAL SWIMMING 18.00-20.00					
SATURDAY	CLOSED	LESSONS					GENERAL SWIMMING 11.00-14.00						CLOSED													
SUNDAY	CLOSED		LESSONS				GENERAL SWIMMING 11.00-16.00										CLOSED									

We reserve the right to make changes at anytime if circumstances change with swimming volumes, lanes & courses