

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

SUMMER 2024 TIMETABLE - FROM 02/09/24 TO 08/09/24

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

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

	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	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									
TUESDAY	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									
WEDNESDAY	CLOSED		GENERAL SWIMMING 08:00-11:00				PRIVATE BOOKING WATER BABIES 11:00-14:00				GENERAL SWIMMING 14:00-20:00						CLOSED													
THURSDAY	CLOSED		GENERAL SWIMMING 08:00-11:00				PRIVATE BOOKING WATER BABIES 11:00-15:00				GENERAL SWIMMING 15:00-20:00						CLOSED													
FRIDAY	CLOSED		GENERAL SWIMMING 08:00-9:00		PUBLIC REHAB 09:00 - 10:00		GENERAL SWIMMING 10:00 - 13:00				PRIVATE BOOKING WATER BABIES 13:00-16:00				GENERAL SWIMMING 16:00 - 20:00				CLOSED											
SATURDAY	CLOSED		GENERAL SWIMMING 09:00 - 14:00						CLOSED																					
SUNDAY	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

SWIMMING	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	----
AQUAGYM		
Induction	£10.00	£5.00
Gym Session	£6.00	
An Aquagym session for a Monthly Member will cost:		£2.50
Family Fun Float Session		
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	
Inflatable Island		
Island Sessions run in the school holidays Mon, Wed and Fri 15:00-16:00 Sat 14:00-15:00		
1 Admission	£6.00	

MONTHLY MEMBERSHIP	
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
LOYALTY CARD GIVES DISCOUNTED SWIMS	
Adult/Senior	£30
Disabled/Junior	£20
Members Annual Parking Pass only £30	
10 SESSION COURSES	
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

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



Flamingo
Community Pool