

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

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MAIN POOL TIMETABLE (TERM TIME): 01/09/25 - 26/10/2025																																
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 7.00-9.00				AQUAFIT (S) 9.00-9.45 AND 10.00-10.45				GENERAL SWIMMING 10.45-11.30		SCHOOLS 11:30-12:45		2 LANES 12:45-14:15		SCHOOLS 14.30-15.00						LESSONS				AQUAGYM		GP		AQUAGYM		CLOSED	
													GENERAL SWIMMING 12:45-14:30								GENERAL SWIMMING 15.00-19.00				1 LANE 18.00-21.00							
TUESDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM 9.00-10.30		LESSONS		ADULT LESSONS 2 LANES		SCHOOLS 11:30-12:45		2 LANES 12:45-14:15		LESSONS				1 LANE 17.00-18.00		ROOKIES 2 LANES				AQUAFIT (S) 19.30-20.15		CLOSED					
					ADULTS ONLY																											
WEDNESDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP				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			
					GENERAL SWIMMING 9.00-10.00		AQUAFIT (S + D) 10.00-10.45		GENERAL SWIMMING 10.45-13.30																							
THURSDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP		AQUAFIT (S + D) 10.00-10.45		LESSONS		GP		2 LANES 12.00-13.30				LESSONS				ROOKIES 2 LANES		1 LANE		SWIM CLUB				CLOSED	
					ADULTS ONLY																											
FRIDAY	EARLY BIRDS LANES 7.00-9.00				SCHOOLS 9:00-10:15			ADULTS ONLY 10:15-11:30			SCHOOLS 11:30-15:00						GENERAL SWIMMING 15.00-20.00		LESSONS			PLATINUM		2 LANES 19.00-20.00		CLOSED						
SATURDAY	CLOSED		2 LANES SWIM CLUB		LESSON WIDTH 9.00-9.30		LESSONS 2 LANES						2 LANES 12.00-13.30				INFLATABLE SESSION 14.00-15.00				AVAILABLE FOR PARTY HIRE		CLOSED									
							GENERAL SWIMMING 8.00-14.00																									
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 TIMETABLE																															
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	CLOSED		GENERAL SWIMMING 08.00-11.00							PRIVATE BOOKING HYDROTHERAPY					LESSONS				GENERAL SWIMMING 15:00-16:00		LESSONS				GP			CLOSED			
TUESDAY	CLOSED		GENERAL SWIMMING 8:00-9:00		ADULTS ONLY		GENERAL SWIMMING 10:00-12:00				GP				LESSONS		GP		GENERAL SWIMMING 15:00-16:00		LESSONS				GENERAL SWIMMING 18:00-19:00		PUBLIC REHAB 19:00-20:00		CLOSED		
WEDNESDAY	CLOSED		GENERAL SWIMMING 08.00-11.00							PRIVATE BOOKING WATER BABIES						GENERAL SWIMMING 14:00-15:00		GP		LESSONS				GENERAL SWIMMING 18.00-20.00			CLOSED				
THURSDAY	CLOSED		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	CLOSED		GENERAL SWIMMING 8:00-9:00		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	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

SWIMMING & OTHER SESSIONS

There is so much going on at Flamingo Pools - you can keep fit, get the kids into lessons and classes or a fun session in the pool! See below for details.



SWIMMING	PAY AS YOU GO	10 BLOCK BOOKING
Payment terms	Paid up front	Paid up front
Adults (16+)	£6.50	£58.50 (one FREE)
Seniors (65+)	£5.50	£49.50 (one FREE)
Junior (4-15) Age 2-3 Age 0-2	£4.50 £2.50 FREE	£40.50 (one FREE)
Disabled	£5.50 £1.50 carer	£49.50 (one FREE)
Family (2 adults, 2 kids)	£20	-

OTHER SESSIONS	PRICE
AquaFit	£8 (all) 10 block booking £72 (one FREE)
Hydrotherapy Pool	£7 / adult + senior £6 / disabled £5 / juniors £1.50 / carers
Rookies, Elite, Survive & Save	£8.50
Float fun	£6.50 (all)
Inflatable Island	£6.50 (all)
Group swimming lessons	£7.20 / 30 mins £8.50 / 60 mins
Private swimming lessons	£20 / 30 mins £24 / 45 mins £28 / 60 mins
Inflatable swimming party Float fun swimming party	£145 / 1 hr swim + 45 mins room hire £120 / 1 hr swim + 45 mins room hire

Please call reception and book in one hour slots

Children in term time only. Book in half term blocks

*Term time: Sun 1400-1500
School hols: Tues, Thur 1500-1600*

*Term time: Sat 1400-1500
School hols: Mon, Wed, Fri 1500-1600*

Children in term time only. Book in half term blocks

Maximum of 40 children for parties