

MAIN POOL TIMETABLE : 27/10/25 - 02/11/2025																																					
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	AQUAFIT (S) 10.00-10.45	GENERAL SWIMMING 10.45-15.00					2 LANES 12.00-13.30					INFLATABLE SESSION 15.00-16.00	GENERAL SWIMMING 16.00-19.00					AQUAGYM		GP		AQUAGYM		CLOSED							
																								1 LANE 18.00-21.00					MUSIC SWIM		ADULTS ONLY						
TUESDAY	EARLY BIRDS LANES 9.00					AQUAGYM 9.00-10.30			LESSONS			2 LANES 12.00-13.30					FLOAT SESSION 15.00-16.00	1 LANE 16.00-19.30										AQUAFIT (S) 19.30-20.15	CLOSED								
						ADULTS ONLY			GENERAL SWIMMING 10.00-15.00									GENERAL SWIMMING 16.00-19.30																			
WEDNESDAY	EARLY BIRDS LANES 9.00					AQUAGYM		GP					2 LANES 12.00-13.30					INFLATABLE SESSION 15.00-16.00	1 LANE 16.00-19.00										SWIM CLUB		CLOSED						
						GENERAL SWIMMING 9.00-10.00		AQUAFIT (S + D) 10.00-10.45			ADULT LESSONS								GENERAL SWIMMING 16.00-19.00																		
THURSDAY	EARLY BIRDS LANES 7.00-9.00					AQUAGYM		GP		AQUAFIT (S + D) 10.00-10.45			GENERAL SWIMMING 10.45-15.00					GP	2 LANES 12.00-13.30					FLOAT SESSION 15.00-16.00	1 LANE 16.00-19.30										SWIM CLUB		CLOSED
						GENERAL SWIMMING 9.00-10.00		GENERAL SWIMMING 16.00-19.30																	1 LANE												
FRIDAY	EARLY BIRDS LANES 7.00-9.00					ADULTS ONLY			GENERAL SWIMMING 10.00-15.00										2 LANES 12.00-13.30					INFLATABLE SESSION 15.00-16.00	1 LANE 16.00-20.00										CLOSED		
																									GENERAL SWIMMING 16.00-20.00												
SATURDAY	CLOSED			2 LANES SWIM CLUB		GENERAL SWIMMING 9.00-14.30										2 LANES 12.00-13.30					INFLATABLE SESSION 14.00-15.00	AVAILABLE FOR PARTY HIRE		CLOSED													
SUNDAY	CLOSED					GENERAL SWIMMING 9.00-14.00										2 LANES 12.00-13.30					FLOAT FUN SESSION 14.00-15.00		GENERAL SWIMMING		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				GENERAL SWIMMING 13.00-18.00										GP				CLOSED			
TUESDAY	CLOSED		GENERAL SWIMMING		ADULTS ONLY		GENERAL SWIMMING 10.00-12.00				GP						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										GP		GENERAL SWIMMING 16.00-20.00							CLOSED		
THURSDAY	CLOSED		GENERAL SWIMMING 08.00-20.00																									CLOSED			
FRIDAY	CLOSED		GENERAL SWIMMING		PUBLIC REHAB 09.00-10.00		GENERAL SWIMMING 10.00-13.00						PRIVATE BOOKING WATER BABIES						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 & 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