

MAIN POOL TIMETABLE (TERM TIME): 02/01/2026 - 15/02/2026																																			
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				2 LANES 12.00-15:00 LESSONS SHALLOW END				LESSONS TWO LANES AND SHALLOW END				AQUAGYM		GP		AQUAGYM		CLOSED											
																		1 LANE		18.00-21.00		ADULTS ONLY													
		GENERAL SWIMMING 10.45-19:00 MUSIC SWIM																																	
TUESDAY		EARLY BIRDS LANES 7.00-9.00				AQUAGYM 9.00-10.30		ADULT LESSONS 2 LANES				GP		SCHOOL 13.30-14:00		LESSON		GP		LESSONS TWO LANES AND SHALLOW END				ROOKIES 2 LANES		AQUAFIT (S) 19.30-20:15		TRICLUB							
		GENERAL SWIMMING 10.00-13:30																																	
		GENERAL SWIMMING 14:00-19:30																																	
WEDNESDAY		EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP				2 LANES 12.00-13.30				SCHOOL 13.30-14.30		GP		LESSONS TWO LANES AND SHALLOW END				ELITE 2 LANES		SWIM CLUB				CLOSED					
		GENERAL SWIMMING 10.45-13.30																																	
		GENERAL SWIMMING 14.30-18.30																																	
THURSDAY		EARLY BIRDS LANES 7.00-9.00				AQUAGYM		GP		AQUAFIT (S + D) 10.00-10.45				GP		LESSONS				2 LANES 14:00-16:00				LESSONS TWO LANES AND SHALLOW END				ROOKIES 2 LANES		SWIM CLUB				CLOSED	
																												1 LANE							
		GENERAL SWIMMING 10:45-19:30																																	
FRIDAY		EARLY BIRDS LANES 7.00-9.00				ADULTS ONLY				2 LANES 11.30-13.30 LESSONS SHALLOW END				SCHOOL 14.30-15:00				LESSONS TWO LANES AND SHALLOW END				TWO LESSON LANES				2 LANES 19:00-20:00		CLOSED							
		GENERAL SWIMMING 10:00-14:30																																	
		GENERAL SWIMMING 15:00-20:00																																	
SATURDAY		CLOSED		2 LANES SWIM CLUB		LESSONS TWO LANES AND SHALLOW END								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				2 LANES 9:00-11:00 LESSONS SHALLOW END				2 LANES 12.00-13.30				FLOAT FUN SESSION 14.00-15.00		GENERAL SWIMMING 15:00-16:00		CLOSED																	
		GENERAL SWIMMING 9.00-14:00																																	

HYDRO POOL TIMETABLE - CLOSED CURRENTLY- CHECK THE WEBSITE FOR UPDATES																														
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 FOR MAINTENANCE																													
TUESDAY																														
WEDNESDAY																														
THURSDAY																														
FRIDAY																														
SATURDAY																														
SUNDAY																														

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*

