

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		GENERAL SWIMMING 10.45-19:00		LESSONS TWO LANES AND SHALLOW END		AQUAGYM 18.00-21.00		MUSIC SWIM		ADULTS ONLY		CLOSED										
TUESDAY		EARLY BIRDS LANES 7.00-9.00															AQUAGYM 9.00-10.30		ADULT LESSONS		GP		SCHOOL 13.30-14:00		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		GENERAL SWIMMING 10.45-13.30		SCHOOL 13.30-14.30		GP		LESSONS TWO LANES AND SHALLOW END		ELITE 2 LANES		SWIM CLUB		CLOSED								
THURSDAY		EARLY BIRDS LANES 7.00-9.00															AQUAGYM		GP		AQUAFIT (S + D) 10.00-10.45		LESSONS		2 LANES 14:00-16:00		LESSONS TWO LANES AND SHALLOW END		ROOKIES 2 LANES		1 LANE		SWIM CLUB		CLOSED								
FRIDAY		EARLY BIRDS LANES 7.00-9.00															ADULTS ONLY		GENERAL SWIMMING 9.00-10.00		2 LANES 11.30-13.30		LESSONS SHALLOW END		GENERAL SWIMMING 10:00-14:30		SCHOOL 14.30-15:00		GENERAL SWIMMING 15:00-20:00		TWO LESSON LANES		2 LANES 19:00-20:00		CLOSED								
SATURDAY		CLOSED		2 LANES SWIM CLUB		LESSONS TWO LANES AND SHALLOW END		2 LANES 12.00-13.30		GENERAL SWIMMING 8:00-14:00		INFLATABLE SESSION 14.00-15:00		AVAILABLE FOR PARTY HIRE		CLOSED														CLOSED													
SUNDAY		CLOSED		2 LANES 9:00-11:00		LESSONS SHALLOW END		2 LANES 12.00-13.30		GENERAL SWIMMING 9.00-14:00		FLOAT FUN SESSION 14.00-15:00		GENERAL SWIMMING 15:00-16:00		CLOSED														CLOSED													

HYDRO POOL TIMETABLE - CLOSED CURRENTLY- CHECK THE WEBSITE FOR UPDATES																													
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MONDAY		CLOSED FOR MAINTENANCE																											

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 £5 / juniors	£6 / disabled £1.50 / carers
Rookies, Elite, Survive & Save	£8.50	<i>Please call reception and book in one hour slots</i>
Float fun	£6.50 (all)	<i>Children in term time only. Book in half term blocks</i>
Inflatable Island	£6.50 (all)	<i>Term time: Sun 1400-1500 School hols: Tues, Thur 1500-1600</i>
Group swimming lessons	£7.20 / 30 mins £8.50 / 60 mins	<i>Term time: Sat 1400-1500 School hols: Mon, Wed, Fri 1500-1600</i>
Private swimming lessons	£20 / 30 mins £24 / 45 mins £28 / 60 mins	<i>Children in term time only. Book in half term blocks</i>
Inflatable swimming party Float fun swimming party	£145 / 1 hr swim + 45 mins room hire £120 / 1 hr swim + 45 mins room hire	<i>Maximum of 40 children for parties</i>

