

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

01297 35800 | WWW.FLAMINGOPOOL.CO.UK

| MAIN POOL TIMETABLE (TERM TIME): 23/02/26 - 02/04/2026 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-----------------------------|-------|-------------------|-------|---------------------------------------|-------|-----------------|-------|------------------------------|-------|-----------------------------|-------|-------------------------------|-------|---------------------|-------|------------------------------|-------|--------------------------------|-------|--------------------------|-------|---------------------|-------|---------------------|-------|--------------------|-------|------------------------------|-------|-------------------------|--|-----------------|--|--------|--|-----------|--|--------|--|
| 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 | | | | GENERAL SWIMMING 10.45-13.30 | | | | 2 LANES 12.00-13.30 | | | | SCHOOLS 13.30-14.30 | | LESSONS | | | | AQUAGYM 18.00-21.00 | | GP | | AQUAGYM | | ADULTS ONLY | | CLOSED | | | | | | | | | |
| TUESDAY | EARLY BIRDS LANES 7.00-9.00 | | | | AQUAGYM 9.00-10.30 | | | | LESSONS | | | | ADULT LESSONS 2 LANES | | | | 2 LANES 12.00-13.30 | | | | SCHOOLS 13.30-15.00 | | LESSONS | | | | 1 LANE 17.00-18.00 | | ROOKIES 2 LANES | | AQUAFIT (S) 19.30-20.15 | | TRICLUB | | CLOSED | | | | | |
| WEDNESDAY | EARLY BIRDS LANES 7.00-9.00 | | | | AQUAGYM | | | | GP | | | | 1 LANE 12.00-13.30 | | | | SCHOOLS 13.30-14.30 | | LESSONS | | | | 1 LANE 17.00-18.00 | | ELITE 2 LANES | | SWIM CLUB | | | | CLOSED | | | | | | | | | |
| 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 | | | | GENERAL SWIMMING 10:45-19:30 | | | | ROOKIES 2 LANES | | 1 LANE | | SWIM CLUB | | CLOSED | |
| FRIDAY | EARLY BIRDS LANES 7.00-9.00 | | | | ADULTS ONLY | | | | GENERAL SWIMMING 10:00-14:30 | | | | 2 LANES 12.00-13.30 | | | | SCHOOLS 13.30-15.00 | | GENERAL SWIMMING 15.00-20.00 | | LESSONS | | | | LANES 19:00-20:00 | | | | CLOSED | | | | | | | | | | | |
| SATURDAY | CLOSED | | 2 LANES SWIM CLUB | | LESSON WIDTH 9.00-9.30 | | LESSONS 2 LANES | | | | GENERAL SWIMMING 8.00-14.00 | | | | 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 15.00-16.00 | | CLOSED | | | | | | | | | | | | | | | | | | | | | |

| HYDRO POOL TIMETABLE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 | | | | GP | | | | GENERAL SWIMMING 15.00-16.00 | | 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