

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): 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		GENERAL SWIMMING 9.00-10.00		AQUAFIT (S + D) 10.00-10.45		ADULT LESSONS		1 LANE 12.30-13.30		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		GENERAL SWIMMING 9.00-10.00		AQUAFIT (S + D) 10.00-10.45		LESSONS		GP		2 LANES 12.00-13.30		GENERAL SWIMMING 10:45-19:30		LESSONS		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		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																														
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				CLOSED				CLOSED											
SUNDAY	CLOSED		LESSONS				GENERAL SWIMMING 11.00-16.00				CLOSED				CLOSED				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