

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): 21/07/25 - 07/09/2025																															
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				LESSONS		AQUAGYM		GP		AQUAGYM		CLOSED						
																			1 LANE 18.00-21.00												
TUESDAY	EARLY BIRDS LANES 7.00-9.00				AQUAGYM 9.00-10.30		GENERAL SWIMMING 10.00-15.00				2 LANES 12.00-13.30		FLOAT SESSION 15.00-16.00		1 LANE 16.00-19.30				GENERAL SWIMMING 16.00-19.30				AQUAFIT (S) 19.30-20.15		CLOSED						
ADULTS ONLY					MUSIC SWIM										ADULTS ONLY																
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 10.45-15.00		GENERAL SWIMMING 16.00-19.00															
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		FLOAT SESSION 15.00-16.00		1 LANE 16.00-19.30				GENERAL SWIMMING 16.00-19.30		1 LANE		SWIM CLUB		CLOSED			
GENERAL SWIMMING 9.00-10.00				GENERAL SWIMMING 10.45-15.00				GENERAL SWIMMING 16.00-19.30		GENERAL SWIMMING 16.00-19.30																					
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 13.00-16.00						LESSONS				GP				CLOSED	
TUESDAY		CLOSED		GENERAL SWIMMING		ADULTS ONLY		GENERAL SWIMMING 10.00-12.00				GP				LESSONS		GP		GENERAL SWIMMING 15.00- 19:00						PUBLIC REHAB 19.00-20.00		CLOSED			
WEDNESDAY		CLOSED		GENERAL SWIMMING 08.00-15.00														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 £5 / juniors	£6 / disabled £1.50 / carers <i>Please call reception and book in one hour slots</i>
Rookies, Elite, Survive & Save	£8.50	<i>Children in term time only. Book in half term blocks</i>
Float fun	£6.50 (all)	<i>Term time: Sun 1400-1500 School hols: Tues, Thur 1500-1600</i>
Inflatable Island	£6.50 (all)	<i>Term time: Sat 1400-1500 School hols: Mon, Wed, Fri 1500-1600</i>
Group swimming lessons	£7.20 / 30 mins £8.50 / 60 mins	<i>Children in term time only. Book in half term blocks</i>
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	<i>Maximum of 40 children for parties</i>