

Starbeck Swimming Pool Programme

From Tuesday 7th January 2025

	7.30 am	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30 pm
Monday	Lane swim 7.30 - 8am	General swim 8 - 9.30am		Adult lessons 9.30 - 11am		Aquababes 11am - 12noon		General swim 12 - 1.30pm		Private hire 1.50 - 2.20pm		Adult swim 2.40 - 4pm		Learn to Swim 4 - 6.30pm			General swim 6.30 - 8pm												
Tuesday	Lane swim 7.30 - 8am	General swim 8 - 10am		Adult swim 10am - 12noon			Good Boost		Aquafit 12.10 - 12.55pm		General swim 1 - 2.30pm		Adult swim 2.30 - 4pm		Learn to Swim 4 - 6pm			General swim 6 - 7pm		Adult swim 7 - 8pm									
Wednesday	Lane swim 7.30 - 8am	General swim 8 - 9.30am		Learn to Swim 9.30 - 11am		Aquafit 11.05 - 11.50am		Aquatic therapy 11.50am - 1pm		General swim 1 - 2pm		Schools (SB) 2 - 3pm		Adult swim 3 - 4pm		Learn to Swim 4 - 6pm			General swim 6 - 7pm		Adult swim 7 - 8pm								
Thursday	Lane swim 7.30 - 8am	General swim 8 - 10am		Aquababes 10 - 11am		Staff training 11am - 12noon		Aquafit 12.10 - 12.55pm		General swim 1 - 2pm		Adult swim 2 - 4pm			Learn to Swim 4 - 6pm			General swim 6 - 7pm		Aquafit 7 - 7.45pm		Private hire 8 - 9.30pm							
Friday	Lane swim 7.30 - 8am	General swim 8 - 9am		Private hire 9 - 10am		** Accessible swim 10.15 - 11.15am		Adult swim 11.15am - 12.15pm		Aquatic therapy 12.15 - 1.15pm		Private hire 1.40 - 2.10pm		Adult swim 2.30 - 4pm			Learn to Swim 4 - 6pm			General swim 6 - 7pm		Adult swim 7 - 8pm							
Saturday			Learn to Swim 8.30am - 1pm								General swim 1 - 2pm		Adult swim 2 - 3pm		Family swim 3 - 4pm		Staff training 5 - 7pm												
Sunday			Adult swim 9 - 10am		*SEN session 10 - 11am		Family swim 11am - 12.30pm		General swim 12.30 - 1.30pm		Adult swim 1.30 - 3pm			Family swim 3 - 4pm		* SEN session is a new session for family and friends of children under 16, with Special Educational Needs. ** Please note the changing rooms are mixed for this session and may carry over into adjoining sessions.													

Programme subject to change. We run an alternative programme during school holidays.