

Starbeck Swimming Pool Programme

From Tuesday 22nd April 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							
													Aquanatal/ Good Boost																
Thursday	Lane swim 7.30 – 8am	General swim 8 – 10am				Aquababes 10 – 11am		Staff training 11am – 12noon			Aquafit 12.10 – 12.55pm			Private hire 1.40 – 2.10pm			Adult swim 2.30 – 4pm			Learn to Swim 4 – 6pm			General swim 6 – 7pm		Aquafit 7 – 7.45pm	Staff training 7.30 – 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			
							Good Boost																						
Saturday			Learn to Swim 8.30am – 1pm										General swim 1 – 2pm		Adult swim 2 – 3pm		Family swim 3 – 4pm												
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.											
	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

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