

Starbeck Swimming Pool Programme

Half Term – Monday 27th October to Sunday 2nd November 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 pm
Monday	Lane swim 7.30 – 8am	General swim 8 – 9.30am			Adult lessons 9.30 – 11am			Family swim 11am – 12 noon		Adult swim 12 noon – 1pm		Family swim 1 – 2pm		General swim 2 – 3pm		Adult swim 3 – 4pm		Learn to swim 4 – 6.30pm				General swim 6.30 – 8pm						
Tuesday	Lane swim 7.30 – 8am	General swim 8 – 9am		Adult swim 9 – 10am		Private hire 10 – 11am		Family swim 11am – 12 noon			Aquafit 12.10 – 12.55pm	Family swim 1 – 2pm		General swim 2 – 3pm		Adult swim 3 – 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		Family swim 1 – 2pm		General swim 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 – 9am		Adult swim 9– 10am			Family swim 10.30 – 11.40am			Aquafit 11.45 – 12.30pm		Family swim 12.30– 2pm			General swim 2 – 3pm		Adult swim 3 – 4pm		Learn to swim 4 – 6pm			General swim 6 – 7pm		Aquafit 7 – 7.45pm		Adult swim 7.45 – 9pm		
Friday	Lane swim 7.30 – 8am	General swim 8 – 10am				Accessibility swim 10 – 11am		Adult swim 11am – 12 noon		Aquatic therapy 12 noon – 1pm		Family swim 1 – 2pm		General swim 2 – 3pm		Adult swim 3 – 4pm		Learn to swim 4 – 6pm			General swim 6 – 8pm							
Saturday			Learn to Swim 8.30am – 1pm									General swim 1 – 2pm		Adult swim 2 – 3pm		Family swim 3 – 4pm												
Sunday				General 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.										
	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

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