

Starbeck Swimming Pool Programme

Monday 22nd December to Sunday 28th December 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			Family Swim 9.30 – 11.30am			Adult swim 11.30am – 1pm			Family Swim 1 – 2pm		General Swim 2 – 3pm		Adult Swim 3 – 4pm		General swim 4 – 7pm					Adult Swim 7 – 8pm								
Tuesday	Lane swim 7.30 – 8am	General swim 8 – 9.30am			Family Swim 9.30 – 11am			Adult swim 11am – 12noon			Aquafit 12.10 – 12.55pm	Family Swim 1 – 2pm		General Swim 2 – 3pm		Adult Swim 3 – 4pm		General swim 4 – 7pm					Adult Swim 7 – 8pm							
								Good Boost																						
Wednesday Christmas Eve	Lane swim 7.30 – 8am	General swim 8 – 9.30am			Family Swim 9.30 – 11am			Aquafit 11.05 – 11.50am			Family Swim 12 noon – 1pm		Adult swim 1 – 2pm		CLOSED															
Thursday Christmas Day	CLOSED																													
Friday Boxing Day	CLOSED																													
Saturday			Lane swim 8.30 – 9am	Adult swim 9 – 10am		Family Swim 10am – 12 noon			General swim 12.10 – 2pm			Adult swim 2 – 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.										
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																
		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.