

# Starbeck Swimming Pool Programme

Monday 29th December 2025 to Monday 5th January 2026

	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
<b>Monday 29th December</b>	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		Adult swim 2 – 3pm			Floating Sound Bath 3.30 – 4.30pm												
<b>Monday 5th January</b>	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							
<b>Tuesday</b>	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		Adult swim 2 – 3pm			Floating Sound Bath 3.30 – 4.30pm											
								Good Boost																					
<b>Wednesday New Year's Eve</b>	Lane swim 7.30 – 8am		General swim 8 – 9.30am		Family swim 9.30 – 11am			AquaFit 11.05 – 11.50am			Family swim 12 – 1pm		Adult swim 1 – 2pm																
<b>Thursday New Year's Day</b>																													
<b>Friday</b>	Lane swim 7.30 – 8am		General swim 8 – 10am			**Accessible swim 10.15 – 11.15am			Adult swim 11.15am – 1pm			Family swim 1 – 2pm		General swim 2 – 3pm		Adult swim 3 – 4pm		General swim 4 – 7pm			Adult swim 7 – 8pm								
								Good Boost																					
<b>Saturday</b>			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															
<b>Sunday</b>					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														

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