

Starbeck Swimming Pool Programme

Half Term - Monday 16th to Sunday 22nd February 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 pm
Monday	Lane swim 7.30 - 8am	General swim 8 - 9.30am		Adult lessons 9.30 - 11am		Family swim 11am - 12noon		Adult swim 12noon - 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 - 12noon		Aquafit 12.10 - 12.55pm		Aquatic therapy 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 - 10.30am	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												
Friday	Lane swim 7.30 - 8am	General swim 8 - 10am	Accessibility swim 10 - 11am	Adult swim 11am - 12noon		Aquatic therapy 12.15 - 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.																	

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

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