

# Starbeck Swimming Pool Programme

From Monday 6th 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
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 1.45 – 2.15pm			Adult swim 2.35 – 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	Aquatic therapy 1pm – 1.45pm		General swim 1.45 – 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 12 – 12.45pm	General swim 12.50 – 2pm		Schools 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 – 9.30am	Aquababes 9.30 – 10.30am	Staff training 10.30 – 11.30am		Aquafit 11.45 – 12.30pm	General swim 12.30 – 1.30pm		Private hire 1.40 – 2.10pm		Adult swim 2.30 – 4pm		Learn to Swim 4 – 6pm		General swim 6 – 7pm	Aquafit 7 – 7.45pm		Canoe Club 8 – 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 1.45 – 2.15pm		Adult swim 2.35 – 4pm		Learn to Swim 4 – 6pm		General swim 6 – 7.30pm	Staff training 7.30 – 8.30pm													
Saturday				Learn to Swim 8.30am – 1pm						General swim 1 – 2pm	Adult swim 2 – 3pm	Family swim 3 – 4pm		Party hire 4.15 – 5.15pm															* SEN session is a new session for family and friends of children under 16, with Special Educational Needs.
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		Party hire 4.15 – 5.15pm															** Please note the changing rooms are mixed for this session and may carry over into adjoining sessions.	

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

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