

# 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 Aquanatal/ Good Boost		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 Good Boost		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. ** 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			Party hire 4.15 – 5.15pm												
	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.