

Starbeck Swimming pool programme

Half Term – Monday 25th May to Sunday 31st May 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	8pm
Bank Holiday Monday	Lane swim 7.30 – 8am	General swim 8 – 9.30am		Adult lessons 9.30 – 11am		Family swim 11.05am – 12.05pm		Adult swim 12.05 – 1.30pm		Family swim 1.30 – 3pm		Adult swim 3 – 4pm		CLOSED												
Tuesday	Lane swim 7.30 – 8am	General swim 8 – 10am		Private hire 10 – 11am		Family swim 11am – 12noon Good Boost 11am – 12noon		Aquafit 12.10 – 12.55pm		Aquatic therapy 1 – 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 11.50am – 1pm		Family swim 1 – 2pm		General swim 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		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		Learn to Swim 4 – 6pm		General swim 6 – 7pm		Aquafit 7 – 7.45pm						
Friday	Lane swim 7.30 – 8am	General swim 8 – 9am	General swim 9 – 10am	Accessible swim 10.15 – 11.15am		Adult swim 11.15am – 1pm		Family swim 1 – 2pm		General swim 2 – 3pm		Adult swim 3 – 4pm		Learn to Swim 4 – 6pm		General swim 6 – 7.30pm		Adult lessons 7.30 – 8pm								
Saturday				Learn to Swim 8.30am – 1pm								General swim 1 – 2pm		Adult swim 2 – 3pm		Family swim 3 – 4pm										
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												

Programme subject to change. * SEN session is a new session for family and friends of children under 16, with Special Educational Needs.