

Starbeck Swimming Pool Programme

Summer Holidays – Monday 20th to Sunday 26th July

	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 – 10am				NPLQ course 10 – 11am		Family swim 11am – 12noon		Adult swim 12noon – 1pm		NPLQ course 1 – 2pm		Family 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	NPLQ course 9 – 10am		Private hire 10 – 11am		Family swim 11am – 12noon		Aquafit 12.10 – 1pm		NPLQ course 1 – 2pm		Family 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 – 12.45pm				NPLQ course 1 – 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			NPLQ course 9.30 – 10.30am		Adult swim 10.30 – 11.30am			Aquafit 11.45am – 12.30pm	NPLQ course 12.30 – 1.30pm		Family swim 1.30 – 3pm		Adult swim 3 – 4pm		Learn to swim 4 – 6pm				General swim 6 – 7pm	Aquafit 7 – 7.45pm	Staff training 7.45 – 9.30pm						
Friday	Lane swim 7.30 – 8am	General swim 8 – 9am	NPLQ course 9 – 10am		Accessibility swim 10 – 11am		Adult swim 11am – 12.15pm		Aquatic therapy 12.15 – 1pm		NPLQ course 1 – 2pm		Family swim 2 – 3pm		Adult swim 3 – 4pm		Learn to swim 4 – 6pm				General swim 6 – 7.30pm			Adult Learn to swim 7.30 – 8pm					
Saturday			Learn to swim 8.30am – 1pm									General swim 1 – 2pm		Adult swim 2 – 3pm		Family swim 3 – 4pm		NPLQ course 4 – 5pm											
Sunday				Adult swim 9 – 10am		SEN swim 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		* SEN session is a new session for family and friends of children under 16, with Special Educational Needs.										
	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.