

Starbeck Swimming Pool Programme

Summer Holidays – Monday 27th July to Sunday 6th September

	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 learn to swim 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 – 10am			Private hire 10 – 11am		Family swim 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 12noon – 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 – 10am		Family swim 10 – 11.45am			Aquafit 11.45am – 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	Staff training 7.45 – 9.30pm						
Friday	Lane swim 7.30 – 8am	General swim 8 – 10am			Accessibility swim 10 – 11am		Adult swim 11am – 12.15pm		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 – 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			Private hire 4.15 – 5.15pm										
Sunday				Adult swim 9 – 10am		SEN swim 10 – 11am		Family swim 11am – 12.30pm			General swim 12.30 – 1.45pm		Adult swim 1.45 – 3pm		Family swim 3 – 4pm			Private 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.