

Starbeck Swimming Pool Programme

Monday 30th December 2024 to Monday 6th January 2025

	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 30th December	Lane swim 7.30 - 8am	General swim 8 - 10am			*Family swim 10am - 12noon			Adult swim 12noon - 1.30pm			*Family swim 1.30 - 3pm			Adult swim 3 - 4pm															
Monday 6th January	Lane swim 7.30 - 8am	General swim 8 - 9.30am			Adult lessons 9.30 - 11am			Aquababes 11am - 12noon			General swim 12noon - 1.30pm			Private hire 1.50-2.20pm		Adult swim 2.40 - 4pm			Learn to swim 4 - 6.30pm			General swim 6.30 - 8pm							
Tuesday	Lane swim 7.30 - 8am	General swim 8 - 10am			*Family swim 10am - 12noon			Aquafit 12.10 - 12.55pm			Adult swim 1 - 2pm																		
Wednesday New Years Day	CLOSED																												
Thursday	Lane swim 7.30 - 8am	General swim 8 - 10am			*Family swim 10am - 12noon			Aquafit 12.10 - 12.55pm			General swim 1 - 2pm		*Family swim 2 - 3pm		Adult swim 3 - 4pm		General swim 4 - 6pm			Lane swim 6 - 7pm		Aquafit 7 - 7.45pm							
Friday	Lane swim 7.30 - 8am	General swim 8 - 10am			**Accessible swim 10.15 - 11.15am			Adult swim 11.15am - 1pm			*Family swim 1 - 3pm			Adult swim 3 - 4pm			General swim 4 - 6pm			Lane swim 6 - 7pm		Adult swim 7 - 8pm							
Saturday			Lane swim 8.30 - 9am	Adult swim 9 - 10am		*Family swim 10am - 12noon			General swim 12noon - 2pm			Adult swim 2 - 3pm		*Family swim 3 - 4pm		<p>* For adults and children in a family group.</p> <p>** Please note the changing rooms are mixed for this session and may carry over into adjoining sessions.</p> <p>*** SEN session is a new session for family and friends of children under 16, with Special Educational Needs.</p>													
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. We run an alternative programme during school term times.