

Starbeck Swimming Pool Programme

From Monday 24th March 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 | 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 1.50 - 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 | | Adult swim 10am - 12noon | | | | Good Boost | | Aquafit 12.10 - 12.55pm | | General swim 1 - 2.30pm | | Adult swim 2.30 - 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 | | General swim 1 - 2pm | | Schools (SB) 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 - 10am | | Aquababes 10 - 11am | | Staff training 11am - 12noon | | Aquafit 12.10 - 12.55pm | | Private hire 1.40 - 2.10pm | | Adult swim 2.30 - 4pm | | Learn to Swim 4 - 6pm | | General swim 6 - 7pm | Aquafit 7 - 7.45pm | Private hire 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 | | Aquatic therapy 12.15 - 1.15pm | | Private hire 1.40 - 2.10pm | | Adult swim 2.30 - 4pm | | Learn to Swim 4 - 6pm | | General swim 6 - 7pm | Adult swim 7 - 8pm | | | | | | | | | | | |
| Saturday | | | Learn to Swim 8.30am - 1pm | | | | | | | | General swim 1 - 2pm | | Adult swim 2 - 3pm | Family swim 3 - 4pm | Staff training 5 - 7pm | | | | | | | | | | | | | | |
| 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 | | * 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. | | | | | | | | | | | | | | |

Programme subject to change. We run an alternative programme during school holidays.