

Starbeck Swimming pool programme

Easter Holidays - Monday 7th to Sunday 13th April 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	8pm
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		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		Adult swim 11am - 12noon Good Boost		Aquafit 12.10 - 12.55pm		Family 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		Family swim 1 - 2.30pm		Adult swim 2.30 - 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 - 12.10pm		Aquafit 12.10 - 12.55pm		Family swim 1 - 2.30pm		Adult swim 2.30 - 4pm		Learn to Swim 4 - 6pm			General 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 - 12.15pm		Aquatic therapy 12.15 - 1.15pm		Family swim 1.15 - 2.30pm		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											
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.