

# Queen's Park Sports Centre - Small Pool Programme

Updated September 2024  
Programme may be subject to change at short notice.

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Monday	1			Swimming Lessons	Moving in Water	Swimming Lessons		Step removal	Staff Training		Swimming Lessons		Stroke Clinic
	2		Aquacise	Adult Lessons	Moving in Water		General 1/2 Pool						Step inserted
	3			Swimming Lessons									
Tuesday	1			Swimming Lessons									
	2			General 1/2 Pool	Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons		Aqua Natal
	3						General 1/2 Pool		Step removal				Aquacise
Wednesday	1			Swimming Lessons									
	2			DCC Lessons 1/2 pool	Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons	Adult Lessons	
	3						General 1/2 Pool		Step removal				Step inserted
Thursday	1			Swimming Lessons									
	2			DCC Lessons 1/2 pool	Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons		
	3						General 1/2 Pool		Step removal				Step inserted
Friday	1			General 1/2 Pool									
	2			DCC Lessons 1/2 pool									
	3						Swimming Lessons		Step removal		Swimming Lessons		Private Hire: Rykneld Synchro Club
Saturday	1												
	2			Swimming Lessons						Party Hire			
	3				Step inserted		General Swimming						
Sunday	1												
	2			Swimming Lessons									
	3				Step inserted				Sunday Splash - bookable at reception		Party Hire		

## Key to sessions

Aqua based fitness classes: Aquacise, Aquanatal and Moving in Water suitable for all needs and abilities

Derbyshire County Council School Swimming Lessons

General/Family Swimming, (0.9m depth unless stated) suitable for all and ideal for family fun sessions

Party Hire: Have a splashing fun time when you hire out our pool for your child's birthday parties. Main Pool inflatable parties also available

Staff training: Pool closed for essential staff training exercises


Sunday Splash: fun family session aimed at those with young children. Session must be booked in advance

**Our admissions policy:**

Children under the age of 8 years old must be actively\* accompanied into the changing rooms and swimming pools by a responsible adult over the age of 16 years.


The ratio of parent supervision for all children under eight should be 1:2. This ratio can be increased to 1:3 for the small pool and the main pool up to 1.2m water depth when a third non-swimmer child wears approved flotation aids carrying the CEN mark.

\*Be within arms reach and able to provide immediate assistance.



**1:2**

Parent supervision ratio for children under eight should be 1:2



**1:3**

The ration can be increased when a third non-swimmer child wears approved flotation aids, e.g. armbands with CEN mark.

To book fitness classes or for more information on our activities please visit [www.chesterfield.gov.uk/leisure](http://www.chesterfield.gov.uk/leisure)

