

# Queen's Park Sports Centre - Small Pool Programme Summer

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
<b>Monday</b>	1		Aquacise	Adult Lessons	Swimming Lessons	Moving in Water		Swimming Lessons		Staff Training		Swimming Lessons	Stroke Clinic
	2						General 1/2 Pool						
	3							Step removal					Step inserted
<b>Tuesday</b>	1			Swimming Lessons									
	2					Aqua Aerobics		Splash Session			Swimming Lessons		Aqua Natal
	3			General 1/2 Pool					Step removal				Aquacise
<b>Wednesday</b>	1			Swimming Lessons									
	2					Aqua Aerobics		General			Swimming Lessons		Adult Lessons
	3			General 1/2 Pool					Step removal				Step inserted
<b>Thursday</b>	1			Swimming Lessons									
	2					Aqua Aerobics		General			Swimming Lessons		
	3			General 1/2 Pool					Step removal			Step inserted	Aqua Aerobics
<b>Friday</b>	1												
	2			General									
	3					General 1/2 Pool		Splash Session		Swimming Lessons			
<b>Saturday</b>	1												
	2			Swimming Lessons						Party Hire			
	3												
<b>Sunday</b>	1												
	2			Swimming Lessons									
	3					General		Splash Session		Party Hire			

Key to sessions


- Aqua based fitness classes: Aquacise, Aquanatal and Moving in Water suitable for all needs and abilities
- 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
- Splash Session: fun family session aimed at those with young children. Session must be booked in advance
- Swimming lessons: Available from 3 months old up to adults, contact courses-enquiries@chesterfield.gov.uk for more information

**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)

