

## Drop in lessons - PAYG

**40 minute lesson:**  
**£7.00** (non member **£8.00**)

All our adult classes offer the drop in session option to make it easier to find the time to learn to swim.

## Stroke Technique class

**60 minute lesson:**  
**£7.00**  
Free to Active Fitness members

## 121 lesson

**5 week enrolment**  
**30 minute lesson:**  
**£117.50** (non member **£132.50**)

## Please contact:

**Queen's Park Sports Centre**  
Boythorpe Road, Chesterfield S40 2ND  
**Tel:** 01246 345555

**The Healthy Living Centre**  
Barlow Road, Staveley S43 3XR  
**Tel:** 01246 345666

**Email:** Courses-  
enquiries@chesterfield.gov.uk

For further information about all our swimming lessons please visit our website at:  
[www.chesterfield.gov.uk/swimlessons](http://www.chesterfield.gov.uk/swimlessons)

# Queen's Park Sports Centre and The Healthy Living Centre Adult Swimming Lessons



We can help you gain confidence with our small group lessons or privately run 121 tuition



**CHESTERFIELD**  
BOROUGH COUNCIL

## Adult swimming lessons

It's never too late to learn how to swim, build water confidence or improve your technique with our learn to swim programme for adults.

We help people to love swimming and continue to improve. We always encourage and support our members to move at their own pace.

Learning to swim as an adult takes a lot of courage, many of our students tell us they wish they had done it years ago.

## Timetable

### Queen's Park Sports Centre

Day	Time	Class
Monday	9.15am	Deep Water Confidence
Monday	10.00am	Improvers
Monday	10.45am	Beginners
Monday	11.30am	Moving in Water
Monday	7.00pm	Stroke Technique
Wednesday	6.45pm	Beginners
Wednesday	7.30pm	Improvers
Wednesday	7.00pm	Stroke Technique

### Healthy Living Centre

Day	Time	Class
Tuesday	6.15pm	Beginners

## Classes we offer

### Adult beginners

Designed for the nervous adult, our shallow pool has a constant depth which will give you the confidence to take those first strokes.

The teachers are experienced and patient and will always be in the water with you. Here you will start the basics of floatation, regaining your balance in an upright position and once comfortable in the water gliding and leg kick will be slowly introduced.

### Adult improvers

Once confidence has been found in the water, and basic strokes are beginning to show, the improver classes are the next stage. These are designed to extend your distance and help gain stamina, whilst developing your stroke technique.

Both the adult beginners and adult improvers classes are for 40 minutes, please see timetable for class times.

### 121 tuition

These can be arranged directly with our courses team to suit the adult and availability in the pool, although charges are higher, progress is excellent and is always specific to needs.

These can be used alone or used to supplement group lessons.

## Adult stroke technique classes

Once you have developed your strokes, and some stamina, these classes will fine tune your breathing over longer distances. They will refine your stroke techniques as well as developing other skills such as treading water.

These classes are brilliant for those training for triathlons or wanting to extend their distance and swimming ability.

These sessions are for 1 hour and are bookable on a weekly basis, please see timetable for class times.

### Deep Water Confidence

For swimmers who can swim 25m and would like to improve their technique. Session will help you improve your confidence in deep water by working on skills including treading water and floating.

### Moving in Water

Gentle exercise in the water. Walking, moving, improving your water confidence and swimming. The unique properties of water make swimming perfect for people of all ages to exercise, particularly those with injuries, long term health conditions, or those who struggle to exercise on land.

Friendly, social class. Our instructor is in the water with you. Warm small pool, depth 1.2m with easy access steps. Hoist available if required.