

## Healthy Living Centre - Pool Programme Christmas - week commencing 29th December

		06:00	07:00	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	21:00
Monday	1							Widths									
	2																
	3																
	4																
	5																
	6							Aquacise	Parent and Toddler Swim								
Tuesday	1							Widths									
	2																
	3																
	4																
	5																
	6							Aquacise									
Wednesday	1																
	2																
	3																
	4																
	5																
	6																
Thursday	1																
	2																
	3																
	4																
	5																
	6																
Friday	1							Widths						Swimming club		Widths	
	2																
	3																
	4																
	5							Aquacise								Aquacise	
	6																
Saturday	1																
	2																
	3																
	4																
	5																
	6																
Sunday	1																
	2																
	3																
	4																
	5																
	6																

General/Family Swimming: suitable for all and ideal for family fun sessions

Lane Swimming: suitable for all abilities, open to members and non-members

Width swimming: suitable for shorter distance swims

Staff training: Pool closed for essential staff training exercises

Qualitas holiday activities

Swimming Club: private hire

Aquacise fitness class: suitable for all needs and abilities

Splash: fun family swim session featuring floats, toys and sinkers

Parent and Toddler swimming sessions: suitable for children up to the age of five

SEN family swim: focusing on visual, hearing, and touch senses

Quieter sessions:  
All general swim sessions except for Thursday 8pm - 9pm lane swim

Party Hire: Have a splashing fun time when you hire out our pool for your child's birthday

### 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.

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

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.

### Quieter Sessions

Our leisure centres offer quieter sessions for our swimmers. This is an opportunity to swim without music but does not guarantee silence from other users in this shared environment. These sessions can be ideal for anyone who experiences sensory overload, panic or anxiety in busy places or has an autistic spectrum condition.

The quieter sessions may change during selected school holidays, so please check with us to avoid disappointment.



SCAN ME

For more information on our centre and activities please visit [www.chesterfield.gov.uk/leisure](http://www.chesterfield.gov.uk/leisure)