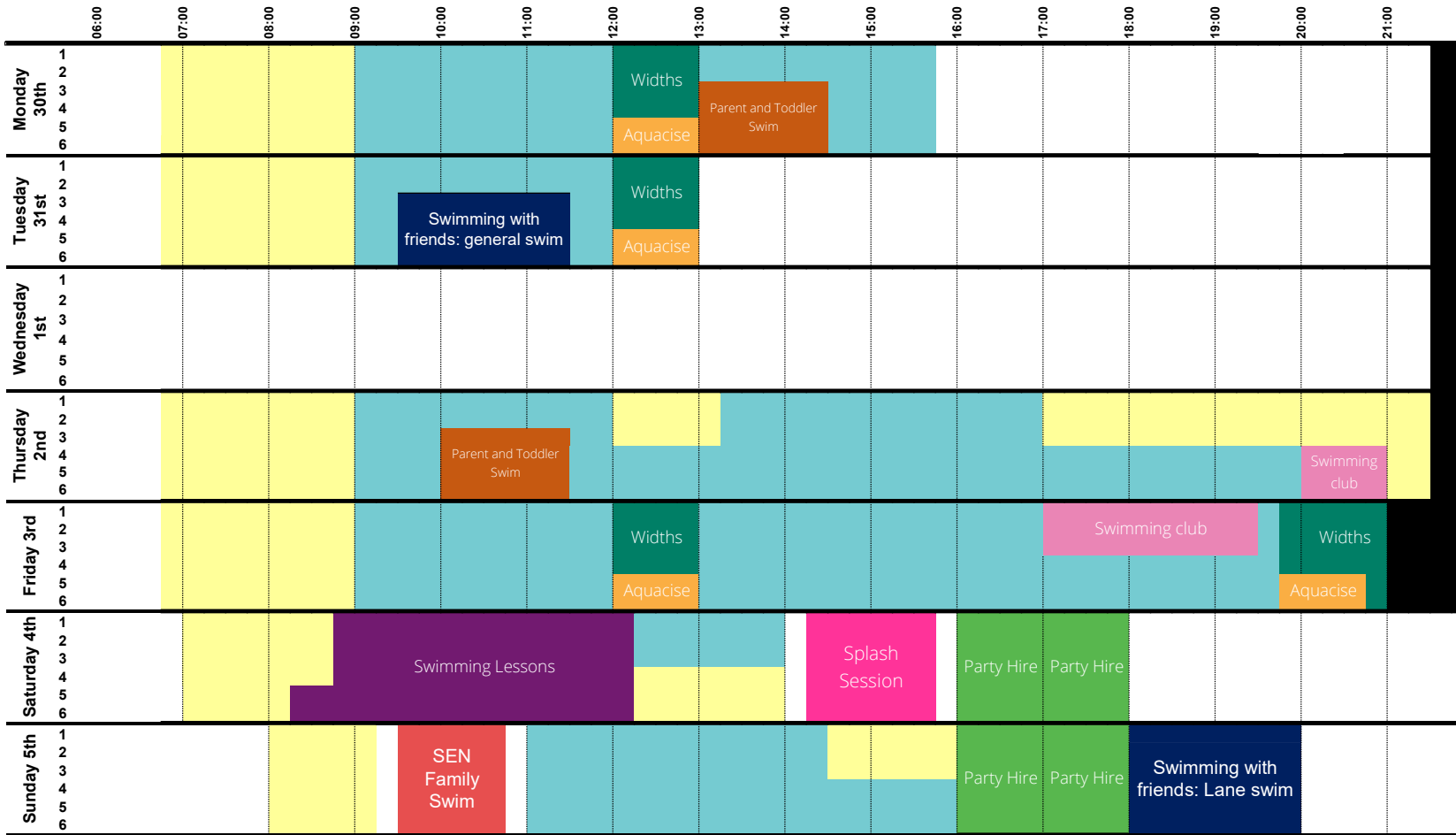


Healthy Living Centre - Pool Programme Christmas Half Term Week Commencing 30 December



General/Family Swimming: suitable for all and

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

Width swimming: suitable for shorter

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

Staff training: Pool closed for essential staff training exercises

Swimming lessons: Available from 3 months old up to adults, contact courses-enquiries@chesterfield.gov.uk for more information

Swimming Club: private hire

Aquacise fitness class: suitable for all needs and abilities

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

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

Swimming with friends: a social swim aimed at adults, older adults and to support mental health, where we offer buy one get one free on this session

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

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



1:2

Parent supervision ratio for children under eight



1:3

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

For more information on our centre and activities please visit www.chesterfield.gov.uk/leisure

