

## Queen's Park Sports Centre - Small Pool Programme Christmas Half Term

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 30th</b>   |       | Aquacise |                  |                    | General       |               |              | Staff Training |       |            |       |       |       |
| <b>Tuesday 31st</b>  |       |          |                  |                    |               |               |              |                |       |            |       |       |       |
| <b>Wednesday 1st</b> |       |          |                  |                    |               |               |              |                |       |            |       |       |       |
| <b>Thursday 2nd</b>  |       |          | General          | Holiday Activities | Depth change  | Aqua Aerobics | Depth change | General        |       |            |       |       |       |
| <b>Friday 3rd</b>    |       |          | General          | Holiday Activities |               |               |              | Splash Session |       |            |       |       |       |
| <b>Saturday 4th</b>  |       |          | Swimming Lessons |                    |               | Step inserted |              | General        |       | Party Hire |       |       |       |
| <b>Sunday 5th</b>    |       |          | Swimming Lessons |                    | Step inserted |               | 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)

