

# Queen's Park Sports Centre - Small Pool Programme

Updated April 2025  
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
Monday	1			Swimming Lessons	Moving in Water		Swimming Lessons	Step removal	Staff Training		Swimming Lessons		Stroke Clinic
	2		Aquacise	Adult Lessons			General 1/2 Pool						
	3			Swimming Lessons									Step inserted
Tuesday	1			Swimming Lessons									
	2			General 1/2 Pool		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool		Swimming Lessons		Aqua Natal
	3								General 1/2 Pool	Step removal			Aquacise
Wednesday	1			Swimming Lessons									
	2			DCC Lessons 1/2 pool		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool		Swimming Lessons		Adult Lessons
	3								General 1/2 Pool	Step removal			Step inserted
Thursday	1			Swimming Lessons									
	2			DCC Lessons 1/2 pool		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool		Swimming Lessons		Step inserted
	3								General 1/2 Pool	Step removal			
Friday	1			General 1/2 Pool									
	2			DCC Lessons 1/2 pool									
	3								Swimming Lessons	Step removal			Private Hire: Rykneld Synchro Club
Saturday	1												
	2			Swimming Lessons							Party Hire		
	3					Step inserted			General Swimming				
Sunday	1												
	2			Swimming Lessons									
	3					Step inserted				Sunday Splash - bookable at reception		Party Hire	

Key to sessions


- Aqua based fitness classes: Aquacise, Aquanatal and Moving in Water suitable for all needs and abilities
- Derbyshire County Council School Swimming Lessons
- 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
- Sunday Splash: 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](mailto: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.

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

