

# Queen's Park Sports Centre - Small Pool Programme

Updated January 2026  
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												
	2		Aquacise	Adult Lessons	Moving in Water		General 1/2 Pool		Step removal	Staff Training			Stroke Clinic
	3												Step inserted
Tuesday	1												
	2			Swimming Lessons		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons	Aqua Natal
	3		Qualitas School Swimming	General 1/2 Pool				General 1/2 Pool		Step removal			Aquacise
Wednesday	1												
	2			Swimming Lessons		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons	Adult Lessons
	3			General 1/2 Pool				General 1/2 Pool		Step removal			Step inserted
Thursday	1												
	2			Swimming Lessons		Depth change	Aquacise	Depth change	DCC Lessons 1/2 pool			Swimming Lessons	Chesterfield Swim Club
	3			DCC Lessons 1/2 pool				General 1/2 Pool		Step removal			
Friday	1			General 1/2 Pool					DCC Lessons 1/2 pool				
	2			DCC Lessons 1/2 pool					General 1/2 Pool			Swimming Lessons	Private Hire: Rykneld Synchro Club
	3									Step removal			
Saturday	1												
	2												
	3			Swimming Lessons		Step inserted		General Swimming				Party Hire	
Sunday	1												
	2												
	3			Swimming Lessons		Step inserted						Party Hire	

## Key to sessions

Aqua based fitness classes: Aquacise, Aquanatal and Moving in Water suitable for all needs and abilities

School Swimming Lessons: Derbyshire County Council / Qualitas

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

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



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

## 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

1:3

Parent supervision ratio for children under eight should be 1:2

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

