

Queen's Park Sports Centre - Small Pool Programme

Updated April 2024
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	Swimming Lessons	Moving in Water		Swimming Lessons						
	3							General 1/2 Pool		Step removal	Staff Training		Swimming Lessons	Stroke Clinic
Tuesday	1													
	2				Swimming Lessons									
	3				General 1/2 Pool		Depth change	Aquacise		Depth change	DCC Lessons 1/2 pool		Swimming Lessons	Aqua Natal
Wednesday	1													
	2				Swimming Lessons									
	3				DCC Lessons 1/2 pool		Depth change	Aquacise		Depth change	DCC Lessons 1/2 pool		Swimming Lessons	Adult Lessons
Thursday	1													
	2				Swimming Lessons									
	3				DCC Lessons 1/2 pool		Depth change	Aquacise		Depth change	DCC Lessons 1/2 pool		Swimming Lessons	Step inserted
Friday	1													
	2				General 1/2 Pool									
	3				DCC Lessons 1/2 pool									Private Hire: Rykneld Synchro Club
Saturday	1													
	2				Swimming Lessons									
	3													Party Hire
Sunday	1													
	2				Swimming Lessons									
	3													Party Hire

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.

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 for more information

To book fitness classes or for more information on our activities please visit www.chesterfield.gov.uk/leisure

