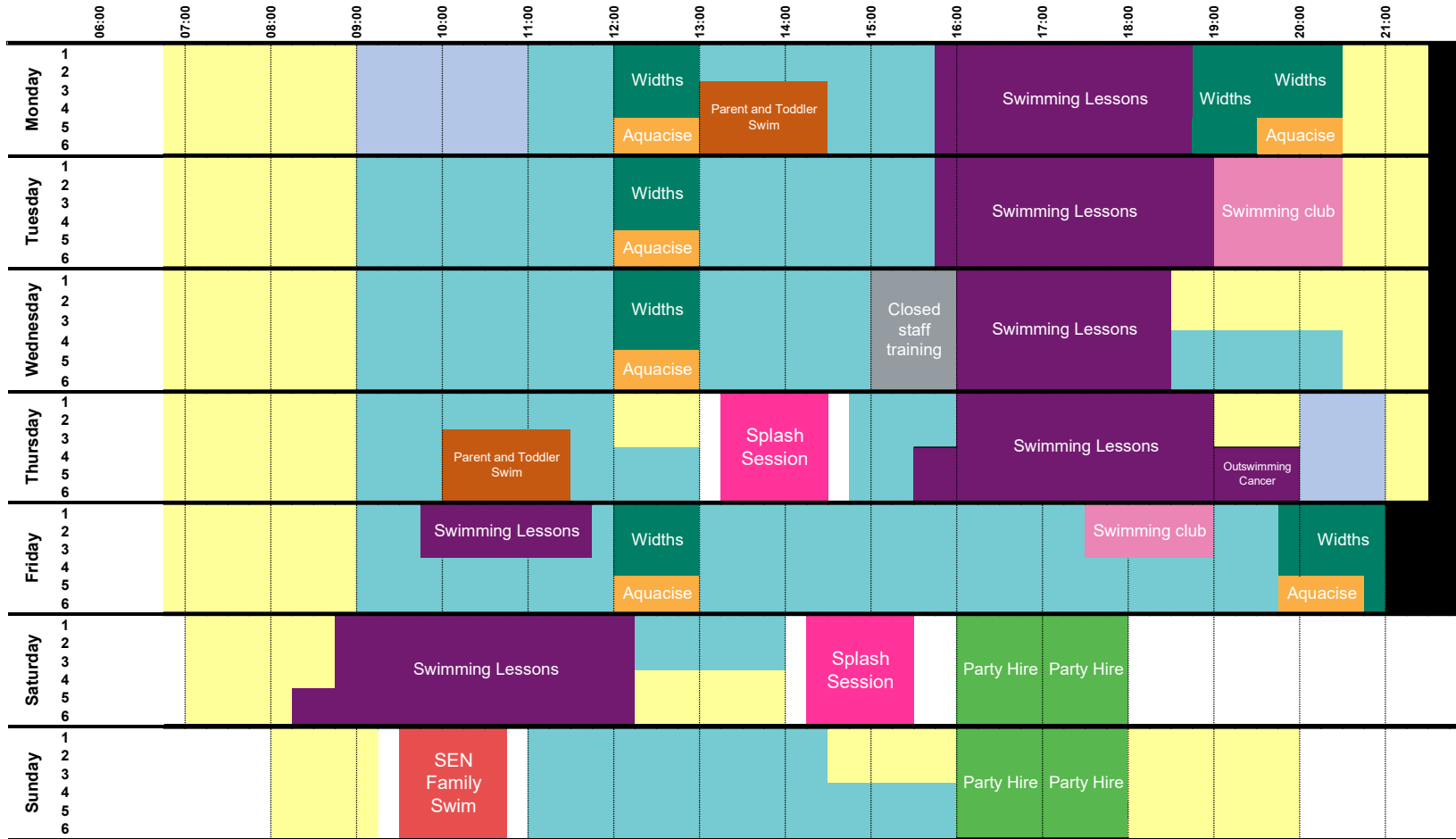


## Healthy Living Centre - Pool Programme 27 July to 6 September 2026

Programme may be subject to change at short notice.



- General/Family Swimming: suitable for all and ideal for family fun sessions
- Lane Swimming: suitable for all abilities, open to members and non-members
- Width swimming: suitable for shorter distance swims
- 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
- SEN family swim: focusing on visual, hearing, and touch senses
- Quiet sessions:  
Monday 9am - 11am general swim  
Thursday 8pm - 9pm lane swim

**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 a third non-swimmer child wears approved flotation aids carrying the CEN mark.

**Quiet Sessions**

Our leisure centres offer quieter sessions for our swimmers. This is an opportunity to swim without music but does not guarantee silence from other users in this shared environment. These sessions can be ideal for anyone who experiences sensory overload, panic or anxiety in busy places or has an autistic spectrum condition. The quieter sessions may change during selected school holidays, so please check with us to avoid disappointment.



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