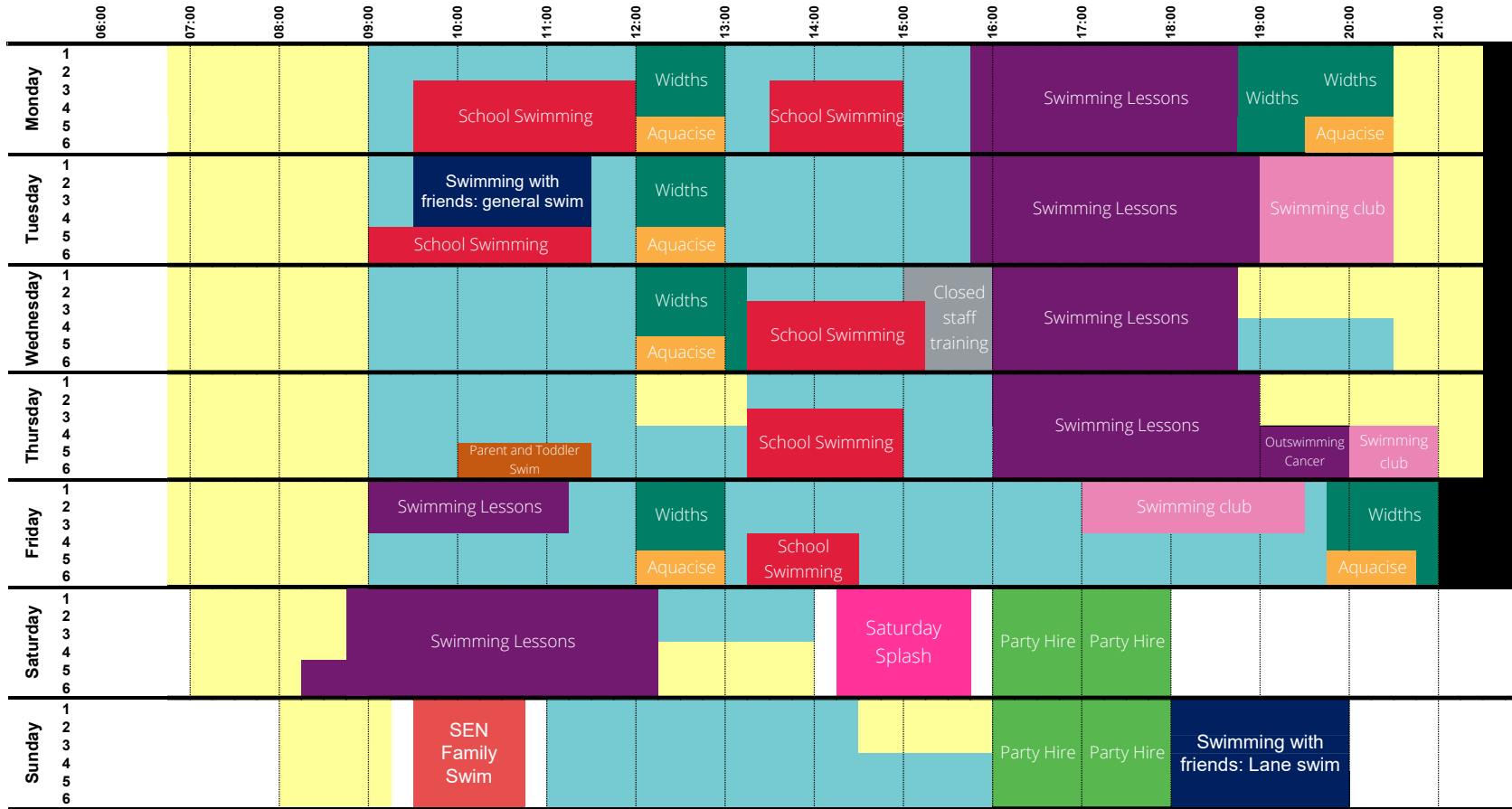


# Healthy Living Centre - Pool Programme Term Time 2024

Updated: November 2024



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

Derbyshire County Council School Swimming Lessons

Saturday Splash: fun family swim session featuring floats, toys and sinkers

Parent and Toddler swimming sessions: suitable for children up to the age of five

Swimming with friends: a social swim aimed at adults, older adults and to support mental health, where we offer buy one get one free on this session

SEN family swim: focusing on visual, hearing, and touch senses

**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.



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