Drop in lessons - PAYG

40 minute lesson:
£7.50 (non member **£8.70**)

All our adult classes offer the drop in session option to make it easier to find the time to learn to swim.

Stroke technique class

60 minute lesson:
£7.50
Free to Active Fitness members

121 Lessons

5 week enrolment
30 minute lesson:
£120.00 (non member £138.00)

Contact Us:

Queen's Park Sports Centre
Boythorpe Road, Chesterfield,
S40 2NE
Tel: 01246 345555

The Healthy Living Centre
Barlow Road, Staveley S43 3XR
Tel: 01246 345666

Email: courses-enquiries@chesterfield.gov.uk

For further information about all our swimming lessons please visit our website at:
www.chesterfield.gov.uk/swimlessons



Queen's Park Sports Centre
The Healthy Living Centre
Adult Swimming Lessons



CHESTERFIELD
BOROUGH COUNCIL

Adult swimming lessons

It's never too late to learn how to swim, build water confidence or improve your technique with our learn to swim programme for adults.

We help people to love swimming and continue to improve. We always encourage and support our members to move at their own pace.

Learning to swim as an adult takes a lot of courage, many of our students tell us they wish they had done it years ago.

Timetable

Day	Time	Class
Monday	9.15am	Social swim club (QPSC)
Monday	10.00am	Improvers (QPSC)
Monday	10.45am	Beginners (QPSC)
Monday	11.30am	Moving in Water (QPSC)
Monday	7.00pm	Stroke Technique (QPSC)
Tuesday	6.15pm	Beginners (HLC)
Wednesday	6.45pm	Beginners (QPSC)
Wednesday	7.30pm	Improvers (QPSC)
Wednesday	7.00pm	Stroke Technique (QPSC)

Classes we offer

Adult beginners

Designed for the nervous adult, our shallow pool has a constant depth which will give you the confidence to take those first strokes.

The teachers are experienced and patient and will always be there to support you. Here you will start the basics of floatation, regaining your balance in an upright position and once comfortable in the water gliding and leg kick will be slowly introduced.

Adult improvers

Once confidence has been found in the water, and basic strokes are beginning to show, the improver classes are the next stage. These are designed to extend your distance and help gain stamina, whilst developing your stroke technique.
Both the adult beginners and adult improvers classes are for 40 minutes.

121 lessons

These can be arranged directly with our courses team to suit the adult and availability in the pool, although charges are higher, progress is excellent and is always specific to needs.

These can be used alone or used to supplement group lessons.

Adult stroke technique classes

Once you have developed your strokes, and some stamina, these classes will fine tune your breathing over longer distances. They will refine your stroke techniques as well as developing other skills such as treading water.

These classes are ideal for those training for triathlons or wanting to extend their distance and swimming ability.

These sessions are for 1 hour.

Social Swim Club

A relaxed, instructor supported session designed especially for adults where you can stay active, build confidence in the water, and meet new people. Move at your own pace, enjoy a friendly chat, and take part in light, confidence boosting activities.

Moving in Water

Gentle exercise in the water. Walking, moving, improving your water confidence and swimming. The unique properties of water make swimming perfect for people of all ages to exercise, particularly those with injuries, long term health conditions, or those who struggle to exercise on land.

Our instructor is in the water with you. Warm small pool, depth 1.2m with easy access steps. Hoist available if required.