

# Queen's Park Sports Centre - Small Pool Programme

Updated September 2025  
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			Swimming Lessons					Step removal	Staff Training		Swimming Lessons		Stroke Clinic
	2		Aquacise	Adult Lessons		Moving in Water		General 1/2 Pool						
	3								Step inserted					Step inserted
Tuesday	1			Swimming Lessons				School Swimming 1/2 pool		Step removal		Swimming Lessons		Aqua Natal
	2		Qualitas School Swimming	General 1/2 Pool		Depth change	Aquacise	Depth change						Aquacise
	3							General 1/2 Pool		Step removed				
Wednesday	1			Swimming Lessons				School Swimming 1/2 pool		Step removal		Swimming Lessons		
	2			General 1/2 Pool		Depth change	Aquacise	Depth change				Adult Lessons		
	3							General 1/2 Pool		Step inserted				Step inserted
Thursday	1			Swimming Lessons				School Swimming 1/2 pool		Step removal		Swimming Lessons		
	2			School Swimming 1/2 pool		Depth change	Aquacise	Depth change						
	3							General 1/2 Pool		Step removed				Step inserted
Friday	1			General 1/2 Pool				School Swimming 1/2 pool		Step removal		Swimming Lessons		
	2			School Swimming 1/2 pool										Private Hire: Rykneld Synchro Club
	3							Swimming Lessons						
Saturday	1											Party Hire		
	2			Swimming Lessons			Step inserted	General Swimming						
	3													
Sunday	1											Party Hire		
	2			Swimming Lessons			Step inserted							
	3													

## 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 for more information

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

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



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