

Healthy Living Centre - Pool Programme 26 October to 1 November 2026

Programme may be subject to change at short notice.

	06:00	07:00	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	21:00
Monday	1						Widths				Swimming Lessons			Widths	Widths	
	2							Parent and Toddler Swim								
	3															
	4															
	5															
	6						Aquacise							Aquacise		
Tuesday	1						Widths				Swimming Lessons			Swimming club		
	2															
	3															
	4															
	5															
	6						Aquacise									
Wednesday	1						Widths				Swimming Lessons					
	2															
	3									Closed staff training						
	4															
	5															
	6						Aquacise									
Thursday	1										Swimming Lessons					
	2															
	3						Parent and Toddler Swim		Splash Session							
	4															
	5													Outswimming Cancer		
	6															
Friday	1						Swimming Lessons							Swimming club		
	2							Widths							Widths	
	3															
	4															
	5															
	6						Aquacise								Aquacise	
Saturday	1															
	2															
	3															
	4															
	5															
	6															
Sunday	1															
	2															
	3															
	4															
	5															
	6															

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.



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For more information on our centre and activities please visit www.chesterfield.gov.uk/leisure