



CHESTERFIELD
BOROUGH COUNCIL



Welcome to Queen's Park Sports Centre and the Healthy Living Centre

Queen's Park Sports Centre, Boythorpe Road, Chesterfield S40 2NE
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Healthy Living Centre, Barlow Road, Staveley, Chesterfield S43 3XR
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www.chesterfield.gov.uk/leisure

Getting acquainted

Take some time to explore the centres and familiarise yourself with the facilities. Our friendly staff are always available to assist you and answer any questions you may have.

Health declaration

By taking out a membership with us, you're confirming that you're physically able to take part in exercise activities.

If you're unsure whether exercise is suitable for you, we recommend checking with your doctor before getting started. If you have any concerns about your physical condition, it's important to seek medical advice before using our facilities.

Refreshments

Both centres have cafés offering a variety of refreshments. Be sure to check the opening times at each centre.

Toilets

- Healthy Living Centre: These are located on the ground floor through the barrier by the side of the swimming pool, or upstairs in the changing rooms.
- Queen's Park Sports Centre: Toilets are located on the ground floor near the lockers heading towards the main hall, or upstairs in the changing rooms.

Pool areas

- Healthy Living Centre: six lane swimming pool with a mix of activities including lane and general swimming.
- Queens Park Sports Centre (QPSC): an eight lane main pool and learner pool with family friendly village style changing and easy pool access.

Swimming lessons are available at both centres.

Visit our website or speak with staff for more information.

Gym

Both of our gyms were upgraded in 2024 and offer a wide range of state-of-the-art exercise equipment.

- Some equipment may have safety features (such as the emergency stop clip on a treadmill). While use of these safety devices is optional, we highly recommend using them for your safety.
- If you're unsure how to use any equipment, please ask a member of staff for guidance.
- Want a personalised exercise program? Speak with a member of the gym team or visit reception.

Children aged 14 and above can attend our gym unsupervised, however during peak hours (3.30pm to 6.30pm), are only be able to attend the junior+ gym pre-bookable sessions.

Outside of these times children are still able to attend the gym unaccompanied, however no unaccompanied children aged 14 and 15 years old are permitted in the fitness suite after 8:00pm on weekdays or after 4:00pm at weekends.

Fitness classes

We offer a wide variety of fitness classes at both centres. Check out our website or ask a member of staff for the full schedule.

Fire exits

Please take a moment to familiarise yourself with the fire exits. They are clearly marked throughout the building for your safety.



Assistance alarms

If you need assistance for first aid, injuries, or emergencies, use the assistance alarms. These are clearly signposted throughout the centre.



We hope you have a fantastic experience with us.

If you need anything, we're here to help.

Enjoy your time at Queen's Park Sports Centre and the Healthy Living Centre



Gym etiquette

- ‘Two’s company, three’s a crowd’! Training in pairs is accepted but no small groups.
- Please use your mobile device to record activity but not for continued personal use.
- Free weights and plate loaded equipment is for customers aged over 16 years old.
- Customers aged 14 and over can use cardio machines and other resistance machines.
- Be mindful of other customers and don’t use lots of equipment at once.
- Ensure all training areas are left clean and tidy, using cleaning equipment provided.

Unsure how to use equipment? Speak to a member of staff and they will be able to help you.

Staff will occasionally undertake checks to ensure the guidance above is followed, particularly where use of equipment is governed by age.