

Getting to the Healthy Living Centre

On foot or bike

We welcome visitors on foot or bike and are easily accessible by pedestrian routes through Staveley Town Centre. We are also within walking distance from Poolsbrook Country Park, a popular tourist attraction and the Pennine Trail which stretches from Chesterfield to Rother Valley.

By Bus

It is easy to get here by bus as the main terminal is situated on Market Street directly opposite the Centre. The 77 bus runs from Chesterfield to Barlborough and the 46 bus connects Bolsover, Arkwright and Calow also calling at Chesterfield.

All of the routes listed above stop directly opposite the Centre.

By Car

If travelling on the motorway, leave the M1 at junction 30 picking up the A619 to Chesterfield.

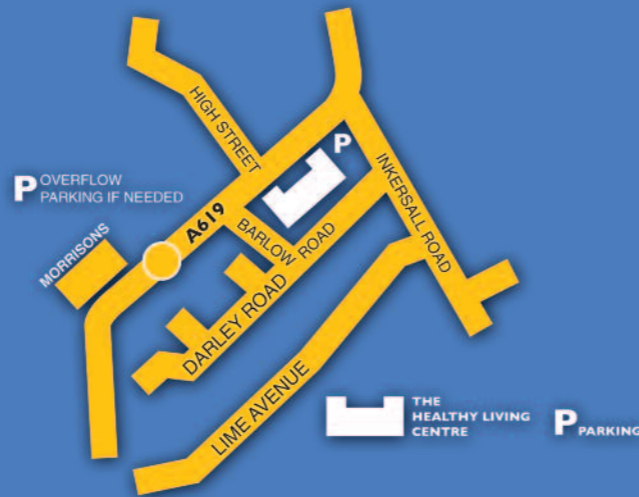
The entrance to the Healthy Living Centre is off Barlow Road, via Market Street.

FREE parking is provided on site at the front of the building.

Chesterfield Borough Council aims to reduce the impact of travel on the environment.

So wherever possible, please:

- Travel by public transport
- Car share
- Walk or cycle



This leaflet is available in large print.

**Are we accessible to you?
If not – ask us!**

کیا ہم تک آپ کی رسائی ہے؟ اگر نہیں تو ہمیں بتائیے!
你可覺得易於與我們接觸？若不能的話，請提出要求。
Czy łatwo jest skontaktować się z nami? Jeżeli nie, powiedz nam o tym!
Siamo accessibili nei vostri riguardi? In caso contrario rivolgetevi a noi!

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Pool Admission Policy

The Healthy Living Centre Swimming Pools Admission Policy aims to safeguard swimmers that are most at risk when using swimming pools. The policy does not intend to prevent children from having fun and enjoying the health and social benefits of swimming, nor create unnecessary barriers for parents and carers.

The following policy has been implemented based on recommendations by the Institute of Sport and Recreation (ISRM):

- All children under the age of 8 years must be accompanied by a responsible person, aged at least 16 years.
- The responsible person must go into the water with the children they are accompanying.
- Whilst in the pool the responsible person should maintain a constant watch over the children for whom they are responsible and be in close contact with those of their children who are weak or non-swimmers.

Supervision Ratio

- Children under the age of four should be accompanied by a responsible person on a one to one basis.
- Children aged between four and seven should be accompanied by a responsible person on a maximum two to one basis.

Under no circumstances will The Healthy Living Centre management and staff deviate from this policy.

If you have any questions regarding this policy please ask to speak to the Duty Supervisor.

IMPORTANT SAFETY NOTICE

It is recommended that swimmers should not enter or re-enter the water for at least 30 minutes after the consumption of food.

the Healthy Living Centre

Staveley, Chesterfield



Pool Programme

take the plunge



INVESTOR IN PEOPLE

The Healthy Living Centre
Barlow Road, Staveley, Chesterfield S43 3XR
www.chesterfield.gov.uk/healthylivingcentre
Tel: 01246 345666



Healthy Living Centre Pool Programme – Term Time

www.chesterfield.gov.uk/healthylivingcentre T: 01246 345666
This leaflet is available in large print.



Pool Programme

Term Time Pool Programme

the
Healthy Living
Centre
at Staveley, Chesterfield

MONDAY	6.45am	7am	8am	9am	10am	11am	12noon	1.30pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	9.30pm	10.30pm
All Pool	Early bird	Early bird	Early bird								Inspire	Inspire	Family	Family		Ladies	Clean	Clean
Half Pool 1	with stoke	with stoke	Swim fit	Lane swim	Swim fit cards	available	Lane swim	Adult L/S	Swim fit cards	available	swimming	swimming	only swim	only swim	Ladies		Clean	Clean
Half Pool 2	motivator	motivator	cards	School	School	School	Lane swim	School	School	School	lessons	lessons		2 lanes for			Clean	Clean
Moveable Floor			available				Aqua fit							lane swim	Aqua fit		Clean	Clean
TUESDAY													6:10 Start	7:10 Start				
All Pool	Early bird	Early bird	Early bird							Adult L/S	Inspire	Inspire	Chesterfield	Chesterfield	Adult only	Adult L/S	Clean	Clean
Half Pool 1	Swim fit	Swim fit		Adult L/S	Adult L/S	Adult L/S	Lane swim	Adult L/S	Adult L/S	Swim fit	swimming	swimming	swimming	swimming	swim	Swim fit	Clean	Clean
Half Pool 2	cards	cards	Adult lessons	School	Adult L/S	School	Lane swim	School	School	cards	lessons	lessons	club	club		cards	Clean	Clean
Moveable Floor	available	available			Toddler	Toddler lessons	Toddler			available						available	Clean	Clean
WEDNESDAY																		
All Pool	Early bird	Early bird	Early bird				Disability	Disability	Staff training	Adult L/S	Inspire	Inspire	Public swim	Public swim	Adult only swim	Adult only swim	Clean	Clean
Half Pool 1	Swim fit	Swim fit		lane Swim	Swim fit cards	available	session	session		Swim fit	swimming	swimming			Swim fit cards	Swim fit cards	Clean	Clean
Half Pool 2	cards	cards	Adult lessons	School	School	School				cards	lessons	lessons			available	available	Clean	Clean
Moveable Floor	available	available								available					Adult lessons	Adult lessons	Clean	Clean
THURSDAY													6:10 Start	7:10 Start				
All Pool	Early bird	Early bird	Early bird				Lane swim			Lane swim	Inspire	Inspire				Adult L/S	Clean	Clean
Half Pool 1	Swim fit	Swim fit	with stoke	Adult L/S	Adult L/S	Adult L/S	Swim fit	Lane swim	Lane swim	Swim fit	swimming	swimming	Chesterfield SC	Chesterfield SC	Spire oaks	Swim fit	Clean	Clean
Half Pool 2	cards	cards	motivator	School	Adult L/S	School	cards	School	School	cards	lessons	lessons	Adult L/S	Adult L/S	Adult only	cards	Clean	Clean
Moveable Floor	available	available			Toddler	Toddler lessons	available			available						available	Clean	Clean
FRIDAY																		
All Pool	Early bird	Early bird	Early bird	Adult L/S						Adult L/S	Inspire	Inspire	Family	Family	Aqua fit	Clean	Clean	Clean
Half Pool 1	with stoke	with stoke	Swim fit	Swim fit	Adult L/S	Adult L/S	Adult L/S	Adult L/S	Active	Swim fit	swimming	swimming	only swim	only swim			Clean	Clean
Half Pool 2	motivator	motivator	cards	cards	Adult L/S	School	Adult L/S	Adult L/S	ability	cards	lessons	lessons		2 lanes for			Clean	Clean
Moveable Floor			available	available	Toddler	Toddler	Aqua fit	Adult L/S	Aqua Natal	available				lane swim			Clean	Clean
SATURDAY													6:10 Start	7:10 Start				
All Pool		Early bird	Early bird	Inspire	Inspire	Family	Family	Public swim	Public swim	Public swim	Parties	Parties	Parties	Spire Oaks	Clean			
Half Pool 1		Swim fit	Swim fit	swimming	swimming	only swim	only swim								Clean			
Half Pool 2		cards	cards	lessons	lessons		2 lanes for								Clean			
Moveable Floor		available	available				lane swim								Clean			
SUNDAY																		
All Pool			Family	Family	Public swim	Public swim	Family	Family	Family	Lane swim	Parties	Parties	Parties	Lane swim	Lane swim	Clean		
Half Pool 1			only swim	only swim			only swim	only swim	only swim	Swim fit				Swim fit	Swim fit	Clean		
Half Pool 2			2 lanes for				2 lanes for	2 lanes for	2 lanes for	cards				cards	cards	Clean		
Moveable Floor			lane swim				lane swim	lane swim	lane swim	available				available	available	Clean		

Early Bird Join the morning chorus and shake off those cobwebs with an early morning lane swim before setting off to work. The lanes will always be 25m

Lane Swim The lanes will be 25m unless the moveable floor is being used for other activities the lanes will then be 15m approx in length. OPEN TO ALL SWIMMERS

Adult Lane Swim The lanes will be 25m unless the moveable floor is being used for other activities the lanes will then be 15m approx in length. When school swimming takes place 2 lanes of 25m will be available

Adult Only An open session for adults to unwind with either a lane swim or the use of large floats, swimming lessons available by request

Adult Lessons Available for adults of all abilities

Active Ability A county wide initiative for disabled people

Public Swim Open to everyone. Children 8-16 who can swim may swim unaccompanied see admissions policy

Family Only Swim Children under 16 must be accompanied by an adult. 2 lanes available for lane swimming at certain times.

Toddler Lessons Parent and child lessons available for pre-school children

Toddler Sessions for parents and pre-school children only. Small toys will be available for children to play with in the pool

Parties These sessions are available for any member of the family to book a party with floats available. Party leaders are available on request to play games and a selection of games will be available to choose from

Ladies Female only 25m lane swim, unless an aquafit class is taking place when only half the pool will be available

Aquafit Exercise sessions in the water with a qualified instructor. Open to all adults, some sessions may be ladies only, please check before swimming

Disability This session is for people with any kind of disability to come along, exercise and have fun

Inspire Swimming Lessons Various lessons available for children of all ages using the ASA National Teaching Plan. Ask at reception for further details

Chesterfield Swimming Club Chesterfield Swimming Club

Staff Training Sessions for our team to keep up to date with all new Health and Safety legislation to ensure all users have a safe and happy swim

School Swimming Half of the pool will be allocated to school's swimming lessons (2 lanes will still be available for Adult swimming)

Aqua Natal Exercises in water for pregnant ladies

Spire Oaks Disabled swim club

N.B. Swim fit cards are programmes to help motivate your swim please return after use

N.B. Stoke Motivator is a swimming instructor available to help improve your technique please ask for advice

