

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										Family Swim	Family Swim		Ladies	Clean	Clean	
Half Pool 1				Lane Swim	Lane Swim	Lane Swim	Lane Swim	Adult L/S	Adult L/S	Adult L/S	Lesson	Lesson			Aqua Fit		Clean	Clean	
Half Pool 2				School	School	School	Aqua Fit	School	School						Ladies		Clean	Clean	
Moveable Floor																	Clean	Clean	
TUESDAY																			
All Pool	Early Bird	Early Bird	Early Bird							Adult L/S						Adult Only	Adult Only	Clean	Clean
Half Pool 1				Adult L/S	Adult L/S	SSS	Lane Swim	Adult L/S	Adult L/S		Lesson	Lesson	CSC	CSC				Clean	Clean
Half Pool 2						Adult L/S		School	School									Clean	Clean
Moveable Floor				Toddler	Toddler	Toddler	Toddler											Clean	Clean
WEDNESDAY																			
All Pool	Early Bird	Early Bird	Early Bird						Staff Train	Adult L/S			Family	Family	Inspire	Inspire		Clean	Clean
Half Pool 1				Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim			Lesson	Lesson						Clean	Clean
Half Pool 2				School	School	School												Clean	Clean
Moveable Floor							Disability	Disability										Clean	Clean
THURSDAY																			
All Pool	Early Bird	Early Bird	Early Bird				Lane Swim			Lane Swim								Clean	Clean
Half Pool 1				Adult L/S	Adult L/S	Adult L/S		Lane Swim	Lane Swim		Lesson	Lesson	Deventio	Deventio	Spire Oaks	Inspire		Clean	Clean
Half Pool 2								School	School				Adult L/S	Adult L/S	Inspire			Clean	Clean
Moveable Floor				Toddler	Toddler	Toddler												Clean	Clean
FRIDAY																			
All Pool	Early Bird	Early Bird	Early Bird					SSS	Staff Train	SSS			Family Swim	Family Swim	Aqua Fit		Clean	Clean	Clean
Half Pool 1				Adult L/S	Adult L/S	Adult L/S	Adult L/S				Lesson	Lesson						Clean	Clean
Half Pool 2							Adult L/S											Clean	Clean
Moveable Floor				Toddler	Toddler	Toddler	Aqua Fit											Clean	Clean
SATURDAY																			
All Pool		Early Bird	Early Bird			Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Parties	Parties	Spire Oaks				Clean	
Half Pool 1				Lesson	Lesson													Clean	
Half Pool 2																		Clean	
Moveable Floor																		Clean	
SUNDAY																			
All Pool			Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim			Parties	Parties					Clean	Clean
Half Pool 1										ASIM	ASIM							Clean	Clean
Half Pool 2																		Clean	Clean
Moveable Floor										Toddler P	Toddler P							Clean	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
- Family Swim** An open for all family fun session, with the use of floats if required
- Family Swim Inspire Members** A family fun session for Inspire family members, use of floats if required
- Adult Swim Inspire Members** This is a lane swim for Adult Inspire Members only. The lanes will be 25m unless the moveable floor is being used for other activities the lanes will then be 15m approx in length
- Inspire** An open session for adult Inspire members only to unwind with either a lane swim or the use of large floats. With swimming lessons available on request
- School Swimming** Half of the pool will be allocated to school's swimming lessons (2 lanes will still be available for Adult swimming)
- Toddler** Sessions for parents and pre-school children only. Small toys will be available for children to play with in the pool
- Silver Surfer Swim** This is a lane swim for the over 50's. The lanes will be 25m unless the moveable floor is being used for other activities the lanes will then be 15m approx in length

- Toddler Parties** The moveable floor can be used to make the pool more shallow for toddler parties. 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
- 3/5 lessons** Lessons available for 3 to 5 years olds with a teacher in the water. Ask at reception for further details
- Lessons** Various lessons available for children of all ages using the ASA National Teaching Plan. Ask at reception for further details
- Deventio** Elite swimming squad (2 lanes for Adult lane swim)
- CSC** 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
- Spire Oaks** Disabled swim club

