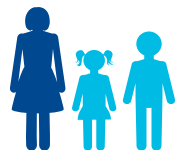


## ADMISSION GUIDANCE



Parent supervision ratio for children under eight should be:

**1:2**



This ratio could be increased (eg. by use of approved swimming aids)...

**1:3**



...or, circumstances could reduce it (eg. flumes and inflatables)

**1:1**

**AQUA FUN:** Flume + mats + inflatable

**AQUA FUN FLUME:** Flume + mats

**FAMILY SWIM:** General swimming + flume aimed at families

**FITNESS SWIM:** A public lane session where users are permitted to train using swimming aids such as fins, flippers, kick boards and pool buoys.

**Please note:** For safety reasons users of the pool inflatable must be a competent swimmer and lifeguards have the discretion to restrict use. Children under the age of 8 must be accompanied by a responsible adult aged 16 years or above in the pool. To attend Aqua Fit and Aqua Jog sessions you must be at least 15 years of age or above.

Please queue and collect coloured bands for all Aqua Fun sessions at reception. Entry may be restricted due to pool maximum bather load.

We reserve the right to change the pool timetable without prior notice.

t: **01246 242 365**

w: **goactive.org.uk**

**Opening times:**

Mon – Fri: **6am – 9pm**


Sat and Sun: **8am – 6pm**

e: **enquiries@goactive.org.uk**

**memberships@goactive.org.uk**

 **GoActiveTheArc**

 **@GoActiveTheArc**

 **@goactivethearc**

### We Speak Your Language

#### Polish

Mówimy Twoim językiem

#### Slovak

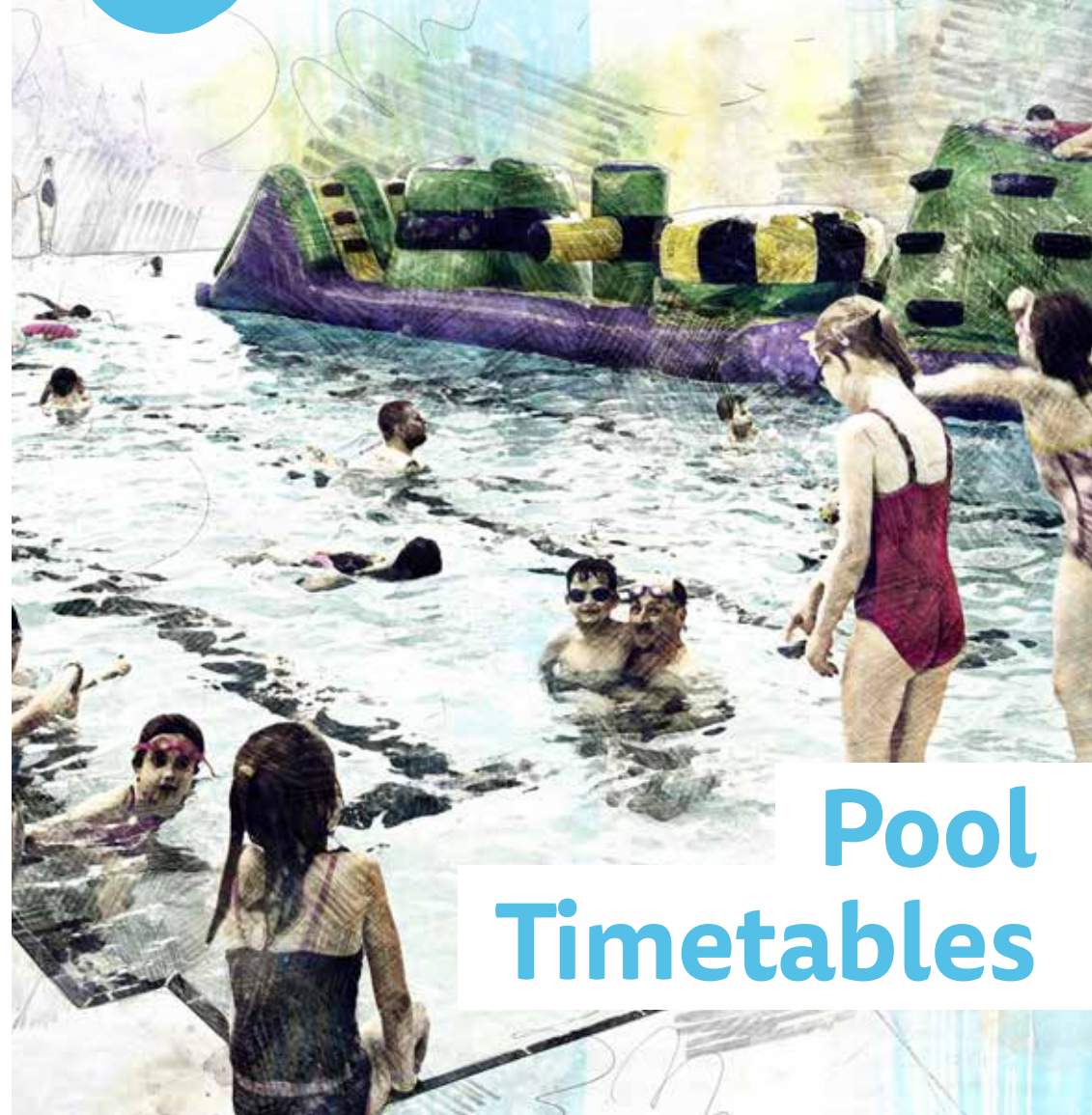
Rozprávame Vaším jazykom

#### Chinese

我们会说你的语言

*If you require this in large print or another format please call us on*

**01246 242424**



# Pool Timetables



High Street, Clowne S43 4JY  
[www.goactive.org.uk](http://www.goactive.org.uk)





# Main Pool Timetable

Number of lanes allocated for each session:   
1 2 3   
4 5 6

For the latest timetables and information please visit: [www.goactive.org.uk](http://www.goactive.org.uk)

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
MON		Public Swim 3 Lane Swim 3		Staff Training 6			Public Swim 3 Fitness Swim 3	Lane Swim 3	Schools 4 Lane Swim 2	Lane Swim 3	Public Swim 3 Learn to Swim 3	Public Swim 2 Chesterfield.SC 1 Learn to Swim 3	Public Swim 3† Lane Swim 3	Public Swim 3		
TUE		Public Swim 3 Lane Swim 3			Aqua Fit 6	Public Swim 3 Lane Swim 3	Aqua Jog 6		Schools 4 Lane Swim 2	Lane Swim 3	Public Swim 3 Learn to Swim 3		Aqua Fun Flume Session 6	Aqua Fit 6	Public Swim 3 Lane Swim 3	
WED		Public Swim 3 Lane Swim 3			Public Swim 4 Lane Swim 2				Schools 4		Public Swim 3 Learn to Swim 3		PS.* 2 LtS* 4	Aqua Jog 6	Public Swim 3 Fitness Swim 3	
THU		Public Swim 3 Lane Swim 3		Aqua Fit 6		Schools 4 Lane Swim 2	Public Swim 3 Lane Swim 3	Schools 4 Lane Swim 2	Aqua Fit 6		Learn to Swim 3 Public Swim 3		LtS* 2	Lane Swim 2 Public Swim 2		Chesterfield Swimming Club 2
FRI		Public Swim 3 Lane Swim 3			Schools 4 Lane Swim 2		Public Swim 3 Lane Swim 3	Schools 4 Lane Swim 2		Learn to Swim 3 Public Swim 3		Aqua Fun Flume Session 6	Aqua Jog 6	Aqua Fit 6		
SAT			Lane Swim 3	Learn to Swim 3	Public Swim 3		Aqua Fun 6	Aqua Fun 6	Party Hire 6	Party Hire 6	Party Hire 6					
SUN		Public Swim 3 Lane Swim 3		Family Swim and Flume Session 6					Learn to Swim 3	Public Swim 3 Lane Swim 3		Private Hire 6				

## Small Pool Timetable

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
MON	POOL CLOSED			Staff Training		Adult & Child Learn to Swim		Schools	Adult & Child Learn to Swim	Learn to Swim		Public Swim				
TUE	POOL CLOSED		A&C LtS*	POOL CLOSED	Public Swim	POOL CLOSED		Schools	Adult & Child Learn to Swim	Learn to Swim	Aqua Fun Flume Session		POOL CLOSED			
WED	POOL CLOSED		Toddler & Toys Swim				A&C LtS*	Schools	Adult & Child Learn to Swim	Learn to Swim		POOL CLOSED				
THU	POOL CLOSED			Schools	Public Swim	A&C LtS*	Schools	POOL CLOSED	Learn to Swim		Public Swim					
FRI	POOL CLOSED			Schools	Adult & Child Learn to Swim		Schools		Learn to Swim	Aqua Fun Flume Session		POOL CLOSED				
SAT	POOL CLOSED		Learn to Swim		Aqua Fun	Aqua Fun							POOL CLOSED			
SUN	POOL CLOSED		Family Swim and Flume Session					Learn to Swim					POOL CLOSED			