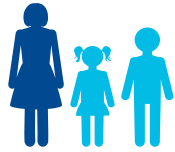


ADMISSION GUIDANCE



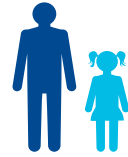
Parent supervision ratio for children under eight should be:

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

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**

Access for All statement

You can request this document or information in another format such as large print or language or contact us by:

● **Phone** – 01246 242424

● **Email** – enquiries@bolsover.gov.uk

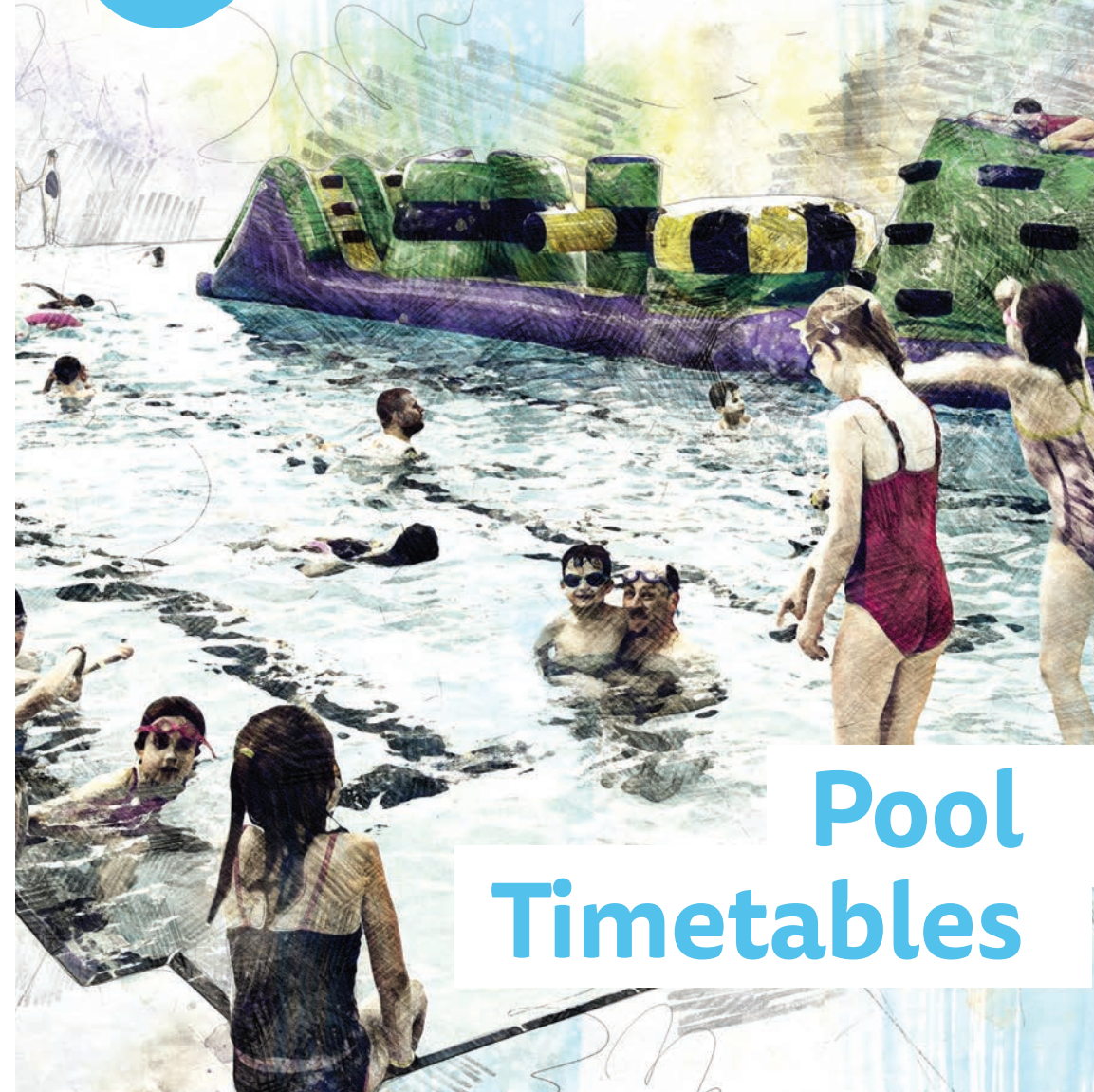
● **BSL Video Call** – a three way video call with us and a BSL interpreter. It is free to call Bolsover District Council with [Sign Solutions](#), you just need wifi or mobile data to make the video call, or call into

one of our Contact Centres.

● **Call with Relay UK** via textphone or app on 0800 500 888 – a free phone service provided by BT for anyone who has difficulty hearing or speaking. It's a way to have a real time conversation with us by text.

● **Visiting one of our offices** at Clowne, Bolsover, Shirebrook and South Normanton.

Go! Swim



Pool Timetables

Go! Active
@The Arc

High Street, Clowne S43 4JY
www.goactive.org.uk

Bolsover
District Council





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

| | 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 3 Lane Swim 3 | | Schools 4 Lane Swim 2 | | Lane Swim 3 | Public Swim 3 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 | | Public Swim 3 Learn to Swim 3 | Flume & mats 6 | Aqua Fit 6 | Public Swim 3 Lane Swim 3 | |
| WED | | | | Public Swim 3 Lane Swim 3 | | | | | Schools 4 Lane Swim 2 | | Lane Swim 3 | Public Swim 3 Learn to Swim 3 | P.S.* 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 | | | Lane Swim 3 | |
| 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 | Flume & mats 6 | Aqua Jog 6 | Aqua Fit 6 | |
| SAT | | | Lane Swim 3 | Learn to Swim 3 Public Swim 3 | | | | Flume & inflatable 6 | Flume & inflatable 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

| 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 | Flume & mats 6 | 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 | Flume & mats 6 | POOL CLOSED | | | |
| SAT | | POOL CLOSED | | Learn to Swim | | F&I* | F&I* | | | POOL CLOSED | | | |
| SUN | | POOL CLOSED | | Family Swim and Flume Session | | | | | Learn to Swim | | POOL CLOSED | | |

6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21

Sept 2023

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

†= Closed for staff training last Monday of each month

*P.S.=Public Swim, A&C=Adult and Child, LtS=Learn to Swim, F&I=Flume and inflatable