

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





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		Adult LtS* 3 Fitness Swim 3	Public Swim 3 Lane Swim 3	Schools 4 Lane Swim 2	Public Swim 3 Learn to Swim 3 Lane 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			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

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			Public 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					