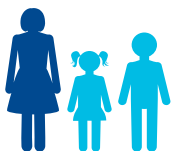


ADMISSION GUIDANCE



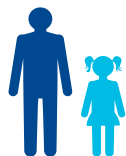
Parent supervision
ratio for children under
eight should be:

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.



School Holiday Pool Timetables

Monday 27 – Friday 31 October 2025



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





School Holiday Pool Timetables

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			Staff Training ⑥		Mats ⑥	PS ③*	Flume & mats ⑥	Flume & mats ⑥		Public Swim ③				
		Lane Swim ③					LS ③*				Lane Swim ③	Learn to Swim ③			Lane Swim ③	
TUE		Public Swim ③			Aqua Fit ⑥	Flume & mats ⑥	Aqua Jog ⑥	Flume & mats ⑥	Flume & mats ⑥		Public Swim ③		Flume & mats ⑥	Aqua Fit ⑥	Public Swim ③	
		Lane Swim ③									Lane Swim ③	Learn to Swim ③			Lane Swim ③	
WED		Adult Swim ③				Flume & mats ⑥	PS ③*	Mats ⑥	Flume & mats ⑥		Public Swim ③		PS 2* ③	Aqua Jog ⑥	Public Swim ③	
		Adult Lane Swim ③					LS ③*				Lane Swim ③	Learn to Swim ③	LtS 4* ③		Fitness Swim ③	
THU		Public Swim ③		Aqua Fit ⑥	PS ③*	Flume & mats ⑥	PS ③*	Mats ⑥	Flume & mats ⑥		Aqua Fit ⑥	Learn to Swim ③			Lane Swim ③	
		Lane Swim ③			LS ③*		LS ③*					Public Swim ③				
FRI		Public Swim ③				Mats ⑥	PS ③*	Mats ⑥	Flume & mats ⑥		Lane Swim ③	Learn to Swim ③	Flume & mats ⑥	Aqua Jog ⑥	Aqua Fit ⑥	
		Lane Swim ③					LS ③*				Public Swim ③					
SAT				Learn to Swim ③				Flume & inflatable ⑥	Flume & inflatable ⑥		Party Hire ⑥	Party Hire ⑥	Party Hire ⑥			
			Lane Swim ③	Public Swim ③												
SUN			Public Swim ③		Family Swim and Flume Session ⑥						Public Swim ③		Private Hire ⑥			
			Lane Swim ③							Learn to Swim ③	Lane Swim ③					

Small Pool Timetable

MON	POOL CLOSED			Staff Training		Adult & Child Learn to Swim	Flume ⑥	Flume ⑥	Adult & Child Learn to Swim	Learn to Swim		Public Swim	
TUE	POOL CLOSED		A&C LtS*	POOL CLOSED	Flume ⑥	POOL CLOSED	Flume ⑥	Flume ⑥	Adult & Child Learn to Swim	Learn to Swim	Flume & mats ⑥	POOL CLOSED	
WED	POOL CLOSED		Toddler & Toys Swim		Flume ⑥	Public Swim	A&C LtS*	Flume ⑥	Adult & Child Learn to Swim	Learn to Swim		POOL CLOSED	
THU	POOL CLOSED		Public Swim		Flume ⑥	Public Swim	A&C LtS*	Flume ⑥	POOL CLOSED	Learn to Swim		Public Swim	
FRI	POOL CLOSED		Public Swim		Adult & Child Learn to Swim*		Flume ⑥	Public Swim	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	

October 2025

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

*PS=Public Swim, LS=Lane Swim, A&C=Adult and Child, LtS=Learn to Swim, F&I=Flume and inflatable