



Sharley Park Leisure Centre

Main Pool Swimming Timetable

Programme is subject to change during school holidays.

	7-00am	7-15am	7-30am	7-45am	8-00am	8-15am	8-30am	8-45am	9-00am	9-15am	9-30am	9-45am	10-00am	10-15am	10-30am	10-45am	11-00am	11-15am	11-30am	11-45am	12-00noon	12-15pm	12-30pm	12-45pm	1-00pm	1-15pm	1-30pm	1-45pm	2-00pm	2-15pm	2-30pm	2-45pm	3-00pm	3-15pm	3-30pm	3-45pm	4-00pm	4-15pm	4-30pm	4-45pm	5-00pm	5-15pm	5-30pm	5-45pm	6-00pm	6-15pm	6-30pm	6-45pm	7-00pm	7-15pm	7-30pm	7-45pm	8-00pm	8-15pm	8-30pm	8-45pm	9-00pm	9-15pm	9-30pm	9-45pm
Monday	Lane Swimming	General Swimming				School Swimming					Swim Fit Lane Swimming					School Swimming					General Swimming					Lessons					Lane Swimming					Rykneld Swimming Club Pool Closed					Closed																			
Tuesday	Staff Training Pool closed				School Swimming					General Swimming					General Swimming					Lessons					Lane Swimming					Aqua Jog					Rykneld Swimming Club Pool Closed																									
Wednesday	Lane Swimming	General Swimming			Lane Swimming		General Swimming Deep end only			Adult Lessons		Swim Fit Lane Swimming		School Swimming			General Swimming					Lessons					Rykneld Swimming Club Pool Closed																																	
Thursday	Lane Swimming	General Swimming					Ladies Only Swimming		School Swimming			General Swimming					Lessons					Aqua Jog		Adults Only Swimming																																				
Friday	Lane Swimming	General Swimming				School Swimming					Aqua Jog		Swim Fit Lane Swimming		General Swimming					Lessons					Adult Lessons		Rykneld Swimming Club Pool Closed																																	
Saturday	Closed		Rykneld Swimming Club Pool Closed		Lessons			General Swimming					Closed		Aqua Fun		Available for private hire		Rykneld Synchro Club Pool Closed					Closed																																				
Sunday	Closed		General Swimming															Lane Swimming		Rykneld Swimming Club Pool Closed					Closed																																			

Small Pool Swimming Timetable

Some lessons use the Pool Boom to separate main pool.
Please ring for details of times/dates.



	8:00am	8:15am	8:30am	8:45am	9:00am	9:15am	9:30am	9:45am	10:00am	10:15am	10:30am	10:45am	11:00am	11:15am	11:30am	11:45am	12:00noon	12:15pm	12:30pm	12:45pm	1:00pm	1:15pm	1:30pm	1:45pm	2:00pm	2:15pm	2:30pm	2:45pm	3:00pm	3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm	10:15pm	10:30pm
Monday	Closed	General Swimming										General Swimming										Lessons										Swimming Club Pool Closed										Closed																	
	School Swimming										School Swimming																																																
Tuesday	Closed	School Swimming					General Swimming					Otter Lessons					General Swimming					Lessons					Swimming Club Pool Closed					Closed																											
Wednesday	Closed	General Swimming		Otter Pups Lessons		Parent & Toddler		General Swimming					Otter Lessons					General Swimming					Lessons					Swimming Club Pool Closed					Closed																										
Thursday	Closed	General Swimming		Otter Pups Lessons		Otter Lessons					General Swimming					School Swimming		Parent & Toddler			Lessons					Closed																																	
Friday	Closed	General Swimming					Parent & Toddler					General Swimming										Lessons					Swimming Club Pool Closed					Closed																											
	School Swimming																																																										
Saturday	Closed	Otter Lessons										General Swimming										Aquafun			Available for private hire					Closed																													
Sunday	General Swimming																														Closed																												

We speak your language



North East Derbyshire District Council

Polish
Mówimy Twoim językiem

French
Nous parlons votre langue

Spanish
Hablamos su idioma

Slovak
Rozprávame Vaším jazykom

Chinese
我们会说你的语言

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- General Swimming: Open session for all ages & abilities.
- Lane swimming: Sections of the pool will be laned for customers to swim lengths.
- Adults Only: Session for 16+ years of age.
- Women only: Session for women 16+ years of age.
- Aquacise: Water based low impact Aerobics (Shallow end only).
- Family Swimming: Family orientated swimming open to everyone.

- Lessons and School Swimming: Sections of the pool with ways or lanes allocated to lessons. Deep and shallow end. This could include the full shallow end width of the large pool. Please contact reception for further details.
- Aquafun: Wet & wild fun with the rafts and floats.

Splash Factor

- Calm session suitable for all
- Active session/fair amount of splashing
- Fun kids session lots of splashing

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