



Eckington Swimming Pool and Fitness Centre

Swimming Timetable

from April 2024



North East
Derbyshire
District Council

Monday

7.00am to 9.00am	Lane Swimming, 3 Lanes
7.00am to 9.00am	General Swimming
9.00am to 10.00am	Pool Closed, Staff Training
10.00am to 1.30pm	General Swimming
12noon to 1.30pm	Lane Swimming, 3 Lanes
1.30pm to 2.15pm	Shallow End Swimming
1.30pm to 2.15pm	Aqua Jog
2.15pm to 4.00pm	General Swimming
4.00pm to 7.00pm	General Swimming, limited shallow end space
4.00pm to 7.00pm	Swimming Lessons, both shallow end and deep water
6.30pm to 7.00pm	Adult Lessons
7.05pm to 8.05pm	Eckington Swimming Club
8.15pm to 9.00pm	Deep End Swimming
8.15pm to 9.00pm	Aquacise, shallow end

Tuesday

7.00am to 9.15am	Lane Swimming, 3 Lanes
7.00am to 9.15am	General Swimming
9.15am to 10.00am	Shallow End Swimming
9.15am to 10.00am	Aqua Jog
10.00am	Aquaphobics
10.00am to 1.30pm	General Swimming, limited shallow end space
10.00am to 1.00pm	Otter and Otter Pups Lessons, shallow end
1.30pm to 3.15pm	General Swimming, limited space, no shallow end
1.30pm to 3.15pm	School Swimming Lessons
3.15pm to 4.00pm	General Swimming
4.00pm to 7.00pm	General Swimming, limited shallow end space
4.00pm to 7.00pm	Swimming Lessons, both shallow end and deep water
7.05pm to 8.05pm	Eckington Swimming Club
7.05pm to 8.05pm	Lane Swimming, 3 Lanes
8.05pm to 9.05pm	North East Derbyshire Sub Aqua Club

Wednesday

7.00am to 9.30am	Lane Swimming, 3 Lanes
7.00am to 9.30am	General Swimming
9.30am to 10.15am	Deep End Swimming
9.30am to 10.15am	Aquacise
10.15am to 1.30pm	General Swimming, limited shallow end space
10.15am to 1.00pm	Otter and Otter Pups Lessons, shallow end
10.30am to 11.30am	Water Wellbeing
11.30am to 12.30am	Swim Buddy
1.30pm to 3.15pm	General Swimming
1.30pm to 3.15pm	School Swimming Lessons
3.15pm to 4.00pm	General Swimming
4.00pm to 7.00pm	General Swimming, limited shallow end space
4.00pm to 7.00pm	Swimming Lessons, both shallow end and deep water
6.30pm to 7.00pm	Adult Lessons
7.05pm to 8.05pm	General Swimming
7.05pm to 8.05pm	Spinkhill Swimming Club, 2 lanes
8.05pm to 9.05pm	Eckington Swimming Club

Thursday

7.00am to 9.30am	Lane Swimming, 3 Lanes
7.00am to 9.30am	General Swimming
9.30am to 1.30pm	General Swimming, no shallow end space
9.30am to 1.00pm	Parent and Baby, shallow end
1.30pm to 3.15pm	General Swimming, limited space, no shallow end
1.30pm to 3.15pm	School Swimming Lessons
3.15pm to 4.00pm	General Swimming
4.00pm to 7.00pm	General Swimming, limited shallow end space
4.00pm to 7.00pm	Swimming Lessons, both shallow end and deep water
7.05pm to 8.05pm	Lane Swimming, 6 Lanes
8.05pm to 9.05pm	Eckington Swimming Club



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Friday

7.00am to 9.30am	Lane Swimming, 3 Lanes
7.00am to 9.30am	General Swimming
9.30am to 2.30pm	General Swimming, limited shallow end space
9.30am to 2.30pm	Otter and Otter Pups Lessons, shallow end
2.30pm to 4.00pm	Lane Swimming, 3 Lanes
2.30pm to 4.00pm	General Swimming
4.00pm to 6.30pm	General Swimming, limited shallow end space
4.00pm to 6.30pm	Swimming Lessons, both shallow end and deep water
6.45pm to 9.05pm	Eckington Swimming Club

Saturday

8.00am to 12noon	General Swimming, limited shallow end space
8.00am to 12noon	Swimming Lessons
12noon to 1.45pm	General Swimming
12noon to 1.45pm	Lane Swimming, 3 Lanes
2.00pm to 3.30pm	Aqua Fun (tickets sold 30 minutes before session starts)
4.00pm to 5.00pm	Inflatable or Pool Party Hire
5.00pm onwards	Private Hire

Sunday

8.00am to 9.30am	General Swimming
8.00am to 9.30am	Lane Swimming, 3 Lanes
9.30am to 1.00pm	General Family Swimming, (with floats and rafts, shallow end only)
1.15pm to 2.15pm	Inflatable or Pool Party Hire
2.45pm to 4.00pm	General Swimming
2.45pm to 4.00pm	Lane Swimming, 3 Lanes
4.00pm to 6pm	Eckington Swimming Club

Aquacise

Water based low impact aerobics (shallow end only).

Aquafun

Wet and wild fun with rafts, floats and large inflatable*.

Aquajog

Deep end aerobic exercise supported by a flotation belt, done to music.

General swimming

Open session for all ages and abilities.

Lane swimming

Sections of the pool will be laned for customers to swim lengths.

Lessons

Sections of the pool with ways or lanes allocated to lessons. Deep and shallow end.



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Admissions ratio

1 Adult = 2 children aged 4-7 years

1 Adult = 1 child under 4 years

*Inflatable rules

- Non or weak swimmers will not be allowed on the inflatable unless they can pass a water competency test which will mean jumping into 3m deep water and swimming at least 50m unaided, without stopping.
- Only get on the inflatable when instructed to do so by the Lifeguard.
- Once on the inflatable make your way directly to the end.
- Exit the slide safely and then quickly swim away from the end (depth 1.8m).
- If you fall off during your run, swim away from the inflatable.
- Do not swim under or around the inflatable.
- Do not attempt to re-climb on the inflatable at any point other than the start.
- Any dangerous actions or boisterous behaviour may result in not being allowed on.
- Please abide by all rules and instructions from staff so everyone has a SAFE and ENJOYABLE time.

Polite Notice:

The inflatable has weight restrictions and anyone who at the discretion of the Lifeguard Team compromise health and safety will not be allowed on the inflatable.

Please note

During school holidays the programme may change slightly due to holiday activities. Please check before attending.


In the evenings, Monday to Thursday from 7pm, sessions will start approximately 5 minutes after the hour, as indicated on the timetable.

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 231111](tel:01246231111)
- Email: connectne@ne-derbyshire.gov.uk
- Text: [07800 00 24 25](tel:07800002425)
- BSL Video [Call](#): a FREE, three way video call with us and a BSL interpreter.



- Call with [Relay UK](#) via textphone or app on [0800 500 888](tel:0800500888). FREE phone service for anyone who has difficulty hearing or speaking. 
- Visiting our [offices](#) at Wingerworth: 2013 Mill Lane, [S42 6NG](tel:01246666666).