



# Important information about your Crèche session



Before your first visit and every year, you will be required to complete a Pre-Activity Questionnaire for each junior member. Please make sure your child always has an up to date form by making us aware of any changes so that we have your current details and consents. This is an Ofsted requirement.

### What do I need to bring?

Please always bring essentials such as a labelled changing bag with nappies, wipes and spare clothes if needed.  
Children will need their own-labelled water bottle.  
We do not accept snacks however; we can milk feed if your baby requires this. Please make sure bottles are labelled.  
No toys from home or electronic devices please however a comfort toy is fine!  
Please make sure your child wears suitable shoes and clothing-they may get messy! Socks will be required for soft play.

### What is the drop off and collection procedure?

Parents/guardians must sign in/out with a team member at N STARS reception and let us know where in the building they expect to be in case we need to find you.  
If there is no one on reception please press the bell and wait for a team member. The same adult member must drop off and collect.  
Parents/guardians must remain on site at all times.

We are happy to help! If you have any questions about your visit or would like to speak to a member of the team before you join, please come and see us at N STARS reception or give us a call on: 01332 287938.

We look forward to seeing you soon!



# NUFFIELD HEALTH CRÈCHE DERBY



01332 287938  
Term – Time Opening Hours:

School/Bank Holiday Opening Hours:

Age group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6weeks-4yrs (Crèche)	09:00-16:00	09:00-16:00	09:00-15:00	09:00-15:00	09:00-15:00		
6 weeks-2yrs (Crèche)	16:00-18:00	16:00-18:00				09:00-14:00	09:00-14:00
3-11yrs (Soft play/Crafts)	16:00-19:00	16:00-19:00	16:00-19:00	16:00-19:00	16:00-19:00	09:00-14:00	09:00-14:00

Our weekend opening hours will be in operation during Derby City School and Bank holidays. Please see our School holiday time table at the desk when booking for special activities.

### Price information:

Please pay for Crèche sessions and Crèche Passes at Front of House and hand your receipt to the Crèche team. Please pay for your sessions on booking.

### Booking and cancellation information:

Joining Fee	£5 all ages
Under 3years per month direct debit	£9p/m (then pay per hour for crèche)
3-15 years per month direct debit	£20p/m (all inclusive)
Under 3years Crèche per hour	£4.75
Under 3years Crèche 12 hour block (3 month expiry)	£52.25

Bookings can be made up to **7 days in advance** for a minimum of **1 hour** and maximum of **2 hours**.

These may be done on the phone or in person at our reception desk.

Sessions start and finish on the hour and half past the hour.

Please **cancel** any unwanted sessions **24 hours** in advance. Crèche charges will still apply for no-shows and late cancellations made with less than 24 hours' notice.

If you are more than 15 minutes late to your session we may give your session to another waiting member if we do not hear from you.

Please do not attend your session if your child is unwell. If in doubt about illness exclusion periods then please ask a member of the team before attending your visit.





# Junior Timetable (6 Weeks+)\*

Monday			
6 Weeks-4 Years (Crèche)	3-11 years (N STARS)	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-18:00	16:00-17:00 Soft Play	16:15-17:00 Family Circuit (8+)	09:00-12:00 Main Pool
(*16:00-18:00 6weeks-2yrs)	17:00-18:00 Crafts Room	17:00-18:00 Junior Fitness (8+)	14:00-20:00 Main Pool
	18:00-19:00 Soft Play		
		09:00-20:00 Gym Floor (11+)	11:00-19:00 Kid's Pool
Tuesday			
6 Weeks-4 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-18:00	16:00-17:00 Crafts Room	17:00-18:00 Junior Fitness (8-12)	09:00-12:00 Main Pool
(*16:00-18:00 6weeks-2yrs)	17:00-18:00 Soft Play		14:00-20:00 Main Pool
	18:00-19:00 Crafts Room		
		09:00-20:00 Gym Floor (11+)	11:00-19:00 Kid's Pool
Wednesday			
6 Weeks-4 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-15:00	16:00-17:00 Soft Play	10:35-11:00 Parent and Baby Yoga	09:00-12:00 Main Pool
	17:00-18:00 Crafts Room	16:15-17:00 Family Circuit (8+)	14:00-20:00 Main Pool
	18:00-19:00 Soft Play		
		09:00-20:00 Gym Floor (11+)	11:00-19:00 Kid's Pool
Thursday			
6 Weeks-4 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-15:00	16:00-17:00 Crafts Room	16:00-17:00 Junior Fitness (8-12)	09:00-12:00 Main Pool
	17:00-18:00 Soft Play		14:00-20:00 Main Pool
	18:00-19:00 Crafts Room		
		09:00-20:00 Gym Floor (11+)	11:00-19:00 Kid's Pool
Friday			
6 Weeks-4 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-15:00	16:00-17:00 Soft Play	17:00-18:00 Junior Fitness (8-12)	09:00-12:00 Main Pool
	17:00-18:00 Crafts Room		14:00-20:00 Main Pool
	18:00-19:00 Soft Play		
		09:00-20:00 Gym Floor (11+)	11:00-19:00 Kid's Pool
Saturday			
6 Weeks-2 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-14:00	09:00-10:00 Crafts Room	11:00 - 12:00 Junior Fitness (8-12)	08:00-20:00 Main Pool
	10:00-11:00 Soft Play	13:00-13:45 Family Circuits (8+)	
	11:00-12:00 Crafts Room		08:00-16:00 Kid's Pool
	12:00-13:00 Soft Play		
	13:00-14:00 Crafts Room	09:00-20:00 Gym Floor (11+)	
Sunday			
6 Weeks-2 Years (Crèche)	3-11 years (N STARS)*	Junior/Family Fitness Classes and Gym Floor Access**	Pool- Family/ 8+ Years (Once Shark test complete)
09:00-14:00	09:00-10:00 Soft Play	11:00- 12:00 Junior Fitness (8-12)	08:00-20:00 Main Pool
	10:00-11:00 Crafts Room	13:00- 14:00 Junior Fitness (8-12)	
	11:00-12:00 Soft Play		08:00-16:00 Kid's Pool
	12:00-13:00 Crafts Room		
	13:00-14:00 Soft Play	09:00-20:00 Gym Floor (11+)	

\*Term Time Timetable- Please be aware times and activities change alongside the Derby City school and Bank Holidays.

\*\*Junior Fitness classes are subject to availability and change. Please see the Nuffield Health app for class availability and to book. Junior Fitness Classes may be reduced on bank holidays.

Usual T&C's apply to all sessions including bookings, cancellations and parents staying on site.

## Nuffield Health Derby Junior Program

### Shark Test – Swimming

Available 8+ years. The junior and their guardian (18+) simply approach the lifeguard and ask to complete a 'Shark Test'. The lifeguard will then assess the junior and upon passing the below criteria, the junior will be issued with a red wrist band which they must wear on each visit along with reporting to the lifeguard each time.

- Hold a submerged mushroom float position for 10 seconds
- Tread water for 1 minute
- Swim 50m using recognised arm and leg actions in under 2 minutes
- Demonstrate the ability to swim on their front and back
- Answer 2 questions on poolside safety

### 11– 15 Years Old Gym Floor Access

- Ask at reception to book a junior gym induction
- Once inducted and guidelines issued on safe exercise for their age, they can use the gym 0900-2000
- 11 & 12 year olds must exercise alongside a guardian (18+)
- 13-15 year olds can exercise in separate areas of the gym to guardian
- Wrist bands will be issued and must be worn at all times and code of conduct followed

### Supervised Junior Gym Sessions & Family Classes

- Bookable at reception & on the Nuffield Health app
- Family Circuits Class – Studio 1
  - 8-15 years
  - Guardian must be present
- Junior Gym- Supervised Session on the gym floor
  - 8-12 years
  - Drop-off and collection at N STARS reception desk

### Swimming Lessons

- Available for members and non-members. Ask at reception as we have various days and times covering all ages and stages including adult lessons
- Members receive a discounted rate-ask at reception for more information