

Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Tuesday 28th May – Sunday 2nd June 2024



Includes 2 FREE activity sessions!

**Pre-book and pay for your activity online through
www.active4today.co.uk/leisurehub**

Bookings open from 29th April

Telephone 01636 655780

Email enquiries@active4today.co.uk

Newark Sports and Fitness Centre Swimming

Main Pool

Tuesday 28th May

9:30am - 10:15am Public Swim
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]

Wednesday 29th May

10:30am - 11:15am Disability/Public Swim**
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]
6:45pm - 7:30pm Public Swim
7:30pm - 8:15pm Public Swim (2 Lanes Only)

Thursday 30th May

9:30am - 10:30am Public Swim
2pm - 2:45pm Public Swim
5pm - 5:45pm Fun Swim

Friday 31st May

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim*
2pm - 2:45pm Public Swim

Saturday 1st June

11am - 12:30pm Public Swim
2pm - 3pm Inflatable Swim*
3:15pm - 4:15pm Public Swim

Sunday 2nd June

10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim

* Height restrictions apply, max 1.7m and able to swim 25m on their front. Max age 14yrs.

** An open session for adults and juniors with disabilities.

[^] Partially laned off for private hire

Public Swims have fun floats and rafts available

Teaching Pool

Tuesday 28th May

12 noon - 12:45pm Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Wednesday 29th May

10:30am - 11:15am Disability/Public Swim**
11:45am - 12:30pm Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Thursday 30th May

9:30am - 10:30am Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Friday 31st May

10am - 10:45am Public Swim
11am - 11:45am Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
6:45pm - 7:30pm Public Swim

Saturday 1st June

11am - 12:30pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Sunday 2nd June

9:15am - 10:15am Public Swim
10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Public Swims have fun floats and rafts available

Newark Sports and Fitness Centre Sports

Junior Fitness (8-15yrs)

Weekdays 6am - 6pm
Weekends 8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.

Family Sport Session

Wednesday 29th & Friday 31st May
10am - 12noon
£5.50 per session

Come along for a morning of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

Sports Camp (8-13yrs)

Thursday 30th May
9:30am - 1pm
£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time.



Public swim prices:

Juniors £4.50 (without Active Card £5.50) Adults £6 (without Active Card £7.50)
Concession £5 (without Active Card £6) Inflatable Sessions £5.50 with an Active Card.
Public swimming is included in most memberships. Check website for details. Active Cards are free for new customers and available at reception.

Dukeries Leisure Centre

Swimming

Swimming

Tuesday 28th May
1pm - 2pm Public Swim

Wednesday 29th May
9am - 10am Public Swim
1pm - 2pm Family Fun Swim

Thursday 30th May
10am - 11am Public Swim
1pm - 2pm Family Fun Swim
6:30pm - 7:15pm Family Fun Swim

Friday 31st May
9:15am - 10:15am Public Swim
1pm - 2pm Family Fun Swim
6:45pm - 7:45pm Public Swim

Saturday 1st June
11:15am - 12:45pm Family Fun Swim
3:15pm - 4:15pm Family Fun Swim

Sunday 2nd June
10:30am - 11:30am Family Fun Swim
2pm - 3pm Family Fun Swim

Family Fun Swims have fun floats and rafts available

FREE Swim Session!

Tuesday 28th May
10:45am - 11:45am

Enjoy a FREE swim in the main pool and teaching pool on this date.

Book online through Leisurehub or the app. Subject to availability.



Dukeries Leisure Centre

Sports

Sports Camp (8-13yrs)

Tuesday 28th May
9:30am - 1pm
£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time.

Family Sport Session

Friday 31st May
1pm - 3pm
£5.50 per session

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

FREE Sports Session!

Tuesday 28th May
2pm - 3pm

Come along and enjoy a FREE game of badminton with the family.

Book online through Leisurehub or the app. Subject to availability.

Junior Fitness (8-15yrs)

Weekdays 6:30am - 6pm
Weekends 8am - 2:30pm
£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.



Southwell Leisure Centre Swimming

Swimming (Teaching Pool)

Tuesday 28th May

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim

Wednesday 29th May

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Public Swim

Thursday 30th May

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim

Friday 31st May

12noon - 12:45pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim
7pm - 8pm Public Swim

Saturday 1st June

2pm - 3pm Public Swim

Sunday 2nd June

10:15am - 11:15am Public Swim
11:15am - 12:15pm Public Swim
2:15pm - 3:15pm Public Swim
3:30pm - 4:30pm Public Swim

Public Swims have rafts and floats available



Southwell Leisure Centre Sports

Family Sport Session

**Tuesday 28th, Thursday 30th &
Friday 31st May**
12:30pm - 2:30pm
£5.50 per session

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, racketball or table tennis. Maximum 5 people per booking.

Junior Fitness (13yrs+)

Weekdays 6:30am - 6pm
Weekends 9am - 2:30pm
£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.

Sports Camp (8-13yrs)

Wednesday 29th May
12noon - 3:30pm
£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time.

Mini Gymnastics (3-4yrs)

Sunday 2nd June
9am - 9:45am
£5.50 per session

A fun introduction to fundamental movement for early years.

Mini Trampolining (3-4yrs)

Friday 31st May
4pm - 4:45pm
£5.50 per session

Bouncing fun! Come and have a go and learn the basics, balance and co-ordination.

Xperience **ONE**
Xperience **TWO**
Xperience **Student**

Xperience memberships
from £19 per month

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline
- Active Football

Quality coaching at an affordable price!

All Xperience memberships include free public swimming sessions!

For further information visit our website

www.active4today.co.uk/memberships/juniormemberships



Bookings

Pre-book and pay for your activity online through
www.active4today.co.uk/leisurehub

Activities available to book from 29th April



Terms and Conditions

A parent/guardian may be required to complete an information form regarding contact details and code of conduct.

Photographs may be taken during activities to be used on our social media, please speak to a member of staff if you do not wish your child to have their photo taken.

Juniors must attend an induction with an adult/carer prior to using the fitness suite.

All activities must be paid for at the time of booking.

Bookings can be made online via Leisurehub or at reception.

Active4Today Ltd reserves the right to alter/withdraw activities at any time.

WE ARE CLOSED BANK HOLIDAYS

www.active4today.co.uk/leisurehub
enquiries@active4today.co.uk

