



Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

EASTER TIMETABLE

Tuesday 2nd – Friday 12th April 2024



Includes 4 FREE activity sessions!

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

Bookings open from 18th March

Telephone 01636 655780

Email enquiries@active4today.co.uk

ACTIVE 4 TODAY
LTD

Newark Sports and Fitness Centre Swimming

Main Pool

Monday 8th April

9am - 9:45am Public Swim
10am - 10:45am Public Swim

Tuesday 2nd & 9th April

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

Wednesday 3rd & 10th April

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 4th & 11th April

1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim*
5pm - 5:45pm Fun Swim

Friday 5th & 12th April

10am - 10:45am Inflatable Swim
11am - 11:45am Inflatable Swim
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim

Saturday 6th & 13th April

11am - 12 noon Public Swim
3:15pm - 4:15pm Public Swim

Sunday 7th & 14th April

10:30am - 11:30am 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

*FREE Swim Session!

Thursday 11th April: 2pm - 2:45pm

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

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

Teaching Pool

Monday 8th April

9am - 9:45am Public Swim
10am - 10:45am Public Swim
7:15pm - 8pm Public Swim

Tuesday 2nd & 9th April

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

Wednesday 3rd & 10th April

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

Thursday 4th & 11th April

1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim*

Friday 5th & 12th April

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

Saturday 6th & 13th April

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

Sunday 7th & 14th April

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

Rafts and floats available in teaching pool public swims

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 3rd & 10th April

Friday 5th & 12th April

10am - 12 noon

£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.

FREE Sports Session!

Thursday 11th April

1:20pm - 2pm

Come along and enjoy a FREE game of racket ball or squash.

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

Sports Camp (8-13yrs)

Monday 8th April

Thursday 4th & 11th April

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.



Dukeries Leisure Centre

Swimming



Swimming

Monday 8th April

1:45pm - 2:45pm Family Fun Swim
7:45pm - 8:30pm Public Swim

Tuesday 2nd & 9th April

10:45am - 11:45am Public Swim*
1pm - 2pm Public Swim

Wednesday 3rd & 10th April

1pm - 2pm Family Fun Swim

Thursday 4th & 11th April

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

Friday 5th & 12th April

1pm - 2pm Family Fun Swim
6:45pm - 7:45pm Public Swim

Saturday 6th & 13th April

11:15am - 12 noon Family Fun Swim
12:15pm - 1pm Public Swim
3:15pm - 4:15pm Family Fun Swim

Sunday 7th & 14th April

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

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.

FREE Swim Session!

Tuesday 2nd April
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 2nd & 9th April

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 5th & 12th April

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 2nd April
1pm - 2pm

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 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.



Southwell Leisure Centre Swimming

Swimming (Teaching Pool)

Monday 8th April

3pm - 3:45pm Public Swim
7pm - 7:45pm Public Swim*

Tuesday 2nd & 9th April

12:15pm - 1:15pm Public Swim*
3pm - 3:45pm Public Swim

Wednesday 3rd & 10th April

12:15pm - 1:15pm Public Swim*

Thursday 4th & 11th April

12:15pm - 1:15pm Public Swim*
3pm - 3:45pm Public Swim

Friday 5th & 12th April

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

Saturday 6th & 13th April

2pm - 3pm Public Swim*

Sunday 7th & 14th April

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

*With Fun Floats



Southwell Leisure Centre Sports



Family Sport Session

Monday 8th, Tuesday 2nd & 9th, Friday 5th & 12th April

12:30pm - 2:30pm

Thursday 4th April

12 noon - 2pm

£5.50 per session

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, squash 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 3rd & 10th April

12pm - 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 (3-5yrs)

Sunday 14th April

9am - 9:45am

£5.50 per session

A fun introduction to fundamental movement for early years.

Mini Trampolining (3-5yrs)

Monday 8th April

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 £20 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 18th March



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



ACTIVE 4 TODAY

Holiday activities and food



The Holiday Activity & Food Programme (HAF) is funded by the Department for Education. The programme aims to support the wellbeing of children focussing on physical and mental wellbeing by providing a variety of activities and food during school holidays.

Active4Today are running sessions at Newark Sports & Fitness Centre and Dukeries Leisure Centre that are FREE for children and young people aged 8 – 16 years, receiving benefits-related free school meals.

HAF sessions are only bookable through our website using the QR code at the bottom of the next page. Please note the Nottinghamshire County Council HAF code is required at the time of booking. To access your HAF code please call 0115 9774999 (Mon-Fri 10am-2pm).

HAF Gym and Swim (12-16yrs)

This activity takes place over two sessions*. Participants will complete an induction and enjoy a swim.

HAF Sports Camps (8-13yrs)

Participants will join our Sports Camps and be given the opportunity to experience a variety of fun, indoor sports activities including access to the fitness suite and a fun swim - so don't forget your kit!

Family Sports Sessions

Participants can come along for a morning of family fun! Choose from badminton, short tennis or table tennis. Maximum of 5 people per booking.

*Both sessions must be attended.

Holiday activities and food



Dukeries Leisure Centre

Session Name	Date	Time	Age
Gym and Swim (Part 1)*	Fri 5th April	9:30-13:00	12-16 Years
Gym and Swim (Part 2)*	Tues 9th April	13:00-15:30	12-16 Years
Family Sports Session	Fri 5th April	13:00-15:30	Any Age
Family Sports Session	Fri 12th April	13:00-15:30	Any Age

Newark Sports & Fitness Centre

Session Name	Date	Time	Age
Gym and Swim (Part 1)*	Wed 3rd April	12:00-15:30	12-16 Years
Gym and Swim (Part 2)*	Friday 5th April	13:00-15:30	12-16 Years
Sports Camp	Thurs 4th April	9:30-13:30	8-13 Years
Sports Camp	Thurs 11th April	9:30-13:30	8-13 Years

Spaces are limited and can be booked via our website www.active4today.co.uk or via the app

Scan QR code to book your place now!



SCAN ME