



Newark Sports and Fitness Centre,  
Dukeries and Southwell Leisure Centre

# EASTER TIMETABLE

Monday 7<sup>th</sup> – Sunday 20<sup>th</sup> April 2025



**Includes 4 FREE activity sessions!**

Places limited so book now at  
[www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub)

You can pay at reception on the day, subject to availability

Telephone 01636 655780

Email [enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)



# Newark Sports and Fitness Centre Swimming



## Main Pool

### Monday 7<sup>th</sup> & 14<sup>th</sup> April

9:30am - 10:30am Fun Swim (half pool)  
2pm - 2:45pm Public Swim<sup>^</sup>

### Tuesday 8<sup>th</sup> & 15<sup>th</sup> April

9:30am - 10:15am Public Swim<sup>^</sup>  
2pm - 2:45pm Kayaks/Floats

### Wednesday 9<sup>th</sup> & 16<sup>th</sup> April

10:30am - 11:15am Disability Swim\*\*  
2pm - 2:45pm Public Swim  
6:45pm - 7:30pm Public Swim  
7:30pm - 8:15pm Public Swim (2 lanes)

### Thursday 10<sup>th</sup> April

9:30am - 10:30am Kayaks/Floats  
5:00pm - 5:45pm Fun Swim

### Friday 11<sup>th</sup> April

10am - 10:45am Inflatable Swim\*  
11am - 11:45am Inflatable Swim\*  
12pm - 12:45pm Fun Swim  
2pm - 2:45pm Public Swim

### Saturday 12<sup>th</sup> & 19<sup>th</sup> April

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

### Sunday 13<sup>th</sup> & 20<sup>th</sup> April

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

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

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

<sup>^</sup> Partially laned off for private hire.

Public Swims have fun floats and rafts available.

Pool policy applies to all of our swim sessions

## Teaching Pool

### Monday 7<sup>th</sup> & 14<sup>th</sup> April

9:30am - 10:30am Public Swim  
11:30am - 12:30pm Public Swim  
2pm - 2:45pm Public Swim  
7:15pm - 8pm Public Swim

### Tuesday 8<sup>th</sup> & 15<sup>th</sup> April

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

### Wednesday 9<sup>th</sup> & 16<sup>th</sup> April

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

### Thursday 10<sup>th</sup> April

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

### Friday 11<sup>th</sup> April

10am - 10:45am Public Swim  
11am - 11:45am Public Swim  
12pm - 12:45pm Public Swim  
2pm - 2:45pm Public Swim  
3pm - 3:45pm Public Swim  
6:45pm - 7:30pm Public Swim

### Saturday 12<sup>th</sup> & 19<sup>th</sup> April

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

### Sunday 13<sup>th</sup> & 20<sup>th</sup> 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  
Public Swims have fun floats and rafts available.

# Newark Sports and Fitness Centre Swimming and 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.

## FREE Fun Swim Sessions!

Thursday 10<sup>th</sup> April  
2pm - 2:45pm

Come and make a splash in these free swim sessions! Places available in both the main and teaching pools.

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

## FREE Family Sports Session!

Thursday 10<sup>th</sup> April  
1:20pm - 2pm

Come along and enjoy a FREE squash/ rackets session in our squash courts.

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

## Sports Camp (8-13yrs)

Monday 7<sup>th</sup> & 14<sup>th</sup> &  
Thursday 10<sup>th</sup> & 17<sup>th</sup> (no fun swim on 17<sup>th</sup>)

9:30am - 1pm  
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

## Family Sport Session

Wednesday 9<sup>th</sup> & 16<sup>th</sup> Friday 11<sup>th</sup> April

10am - 12noon  
£5.50 per family

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

(\*Squash only available on Wednesday)



# Dukeries Leisure Centre Swimming



## Swimming

### Monday 7<sup>th</sup> & 14<sup>th</sup> April

1pm - 2pm Family Fun Swim  
6:45pm - 7:30pm Public Swim

### Tuesday 8<sup>th</sup> & 15<sup>th</sup> April

10:45am - 11:45am Public Swim  
(excluding 15<sup>th</sup> April)  
1pm - 2pm Splash

### Wednesday 9<sup>th</sup> & 16<sup>th</sup> April

9am - 10am Inflatable Swim  
1pm - 2pm Family Fun Swim

### Thursday 10<sup>th</sup> & 17<sup>th</sup> April

10am - 11am Inflatable Swim  
1pm - 2pm Family Fun Swim  
2:30pm - 3:30pm Splash  
6:30pm - 7:15pm Family Fun Swim

### Friday 11<sup>th</sup> April

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

### Saturday 12<sup>th</sup> & 19<sup>th</sup> April

11:15am - 12:45pm Family Fun Swim  
3:15pm - 4:15pm Family Fun Swim

### Sunday 13<sup>th</sup> & 20<sup>th</sup> April

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

*Family Fun Swims have fun floats and rafts available  
Pool policy applies to all our swim sessions.*

## FREE Fun Swim Session!

Tuesday 15<sup>th</sup> April  
10:45am - 11:45am

Come and make a splash in this free swim session! Places available in both the main and teaching pools.

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

## Splash! (8-15yrs)

Tuesdays & Thursdays  
£5.50 per session (free to XP members)

An exciting session offering a mix of water activities including Snorkelling, Kayaking and Water Polo. Main pool. Must be able to swim 25m unaided.



# Dukeries Leisure Centre Sports



## Family Sport Session

### Friday 11<sup>th</sup> April

1pm - 3pm  
£5.50 per family

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

## Sports Camp (8-13yrs)

### Tuesday 8<sup>th</sup> & 15<sup>th</sup> April

9:30am - 1pm  
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

## 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.

## FREE Family Sports Session!

Tuesday 15<sup>th</sup> April  
2pm - 3pm

Come along and enjoy a FREE session in our sports hall. Choose from badminton, short tennis or table tennis.

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





# Southwell Leisure Centre Swimming and Sports



# Southwell Leisure Centre Sports



## Teaching Pool

### Monday 7<sup>th</sup> & 14<sup>th</sup> April

12:15pm - 1:15pm Public Swim  
3pm - 3:45pm Public Swim  
7pm - 7:45pm Public Swim

### Tuesday 8<sup>th</sup> & 15<sup>th</sup> April

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

### Wednesday 9<sup>th</sup> & 16<sup>th</sup> April

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

### Thursday 10<sup>th</sup> & 17<sup>th</sup> April

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

### Friday 11<sup>th</sup> April

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

### Saturday 12<sup>th</sup> & 19<sup>th</sup> April

2pm - 3pm Public Swim

### Sunday 13<sup>th</sup> & 20<sup>th</sup> 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

Public Swims have fun floats and rafts available. Fun swims will have even more added extras!



## Junior Fitness (8-15yrs)

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.

## Mini Trampolining (3-4yrs)

Friday 11<sup>th</sup> April  
4pm - 4:45pm  
£5.50 per session

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

## Sports Camp (8-13yrs)

Wednesday 9<sup>th</sup> and 16<sup>th</sup> April  
9:15am - 12:45pm  
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

## Family Sport Session

Monday 7<sup>th</sup> and 14<sup>th</sup> April  
Tuesday 8<sup>th</sup> and 15<sup>th</sup> April  
12:15pm - 2:15pm  
£5.50 per family

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.

## Mini Gymnastics (3-4yrs)

Monday 7<sup>th</sup> and 14<sup>th</sup> April  
4pm - 4:45pm  
£5.50 per session

A fun introduction to fundamental movement for early years.





# Active Birthday Parties

## Book Now!

### From £4 per child

- Splash Teaching pool parties
- Inflatable Main pool parties
- Bouncy Castle and Soft play
- Pool Pirates/Mermaids Parties
- Sports and Football parties

Parties available at  
Newark - Ollerton - Southwell

*Parties vary at each site so check our website  
or email us for further information*

Book online at  
[www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub)



## Xperience memberships from £20 per month

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

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline



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](http://www.active4today.co.uk/memberships/juniormemberships)

### Bookings

Pre-book and pay for your activity online through [www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub) to guarantee a spot! You can also pay at reception by 8am on the day of the activity if spaces are available. Places must be booked in the child's name.

### Public swim prices:

Juniors £5 (without Active Card £6)  
Adults £6.50 (without Active Card £8)  
Concession £5.50 (without Active Card £6.50)  
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.

### 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. Please book this at reception.

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

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

Pool policy applies to all our swim sessions.

**WE ARE CLOSED BANK HOLIDAYS**

[www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub)  
[enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)

