

Dukeries Swimming Timetable

Monday

07.00 - 08.00	Laned Swim*
08.15 - 09.00	Laned Swim*
09.30 - 11.30	Aquababes/Pre-School Lessons
12.00 - 12.45	Laned Swim*
13.30 - 15.00	School Swimming
15.00 - 15.45	Laned Swim*
16.00 - 18.30	Active Swimming Lessons
18.30 - 19.30	Newark Swimming Club
19.45 - 20.30	Laned Swim*

Tuesday

07.00 - 08.00	Laned Swim*
12.00 - 12.45	Laned Swim*
15.00 - 15.45	Laned Swim*
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Active Aqua Aerobics
19.45 - 20.30	Laned Swim* (3 Lanes)

Wednesday

07.00 - 07.45	Laned Swim*
07.45 - 08.30	Laned Swim*
10.15 - 11.00	Over 55's Swim
11.15 - 12.00	Active Aqua Aerobics
12.00 - 12.45	Laned Swim*
15.00 - 15.45	Laned Swim*
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Active Aqua Aerobics
19.45 - 20.30	Ladies Swim*

Thursday

07.00 - 08.00	Laned Swim*
10.30 - 11.30	Private Hire
12.00 - 12.45	Laned Swim*
13.15 - 14.45	School Swimming
15.00 - 16.00	Private Hire
16.30 - 17.15	Laned Swim
17.30 - 18.15	Active Aqua Aerobics
18.30 - 19.15	Family Fun Swim (rafts and floats)
19.30 - 20.15	Laned Swim*

Friday

07.00 - 08.00	Laned Swim*
10.30 - 11.15	Active Aqua Aerobics
14.00 - 15.30	Private Hire
15.00 - 15.45	Laned Swim
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.45	Public Swim

Saturday

09.00 - 11.00	Active Swimming Lessons
11.15 - 12.45	Family Fun Swim (rafts and floats)
13.00 - 14.00	Available for children's Pool Parties
15.15 - 16.15	Public Swim
16.30 - 17.30	Laned Swim*

Sunday

08.00 - 09.00	Laned Swim*
09.15 - 10.15	Laned Swim*
10.30 - 11.30	Family Fun Swim (rafts and floats)
13.00 - 14.00	Available for children's Pool Parties
14.00 - 15.00	Family Fun Swim (rafts and floats)
15.15 - 16.15	Laned Swim*

CUSTOMER INFORMATION (WE ARE CLOSED ON BANK HOLIDAYS)

KEY:	*	Must be able to swim 40m unaided
	^	Height restrictions apply – max 1.5m. Must be able to swim 15m on their front. Max age for inflatables – 13yrs. Face masks and goggles are not permitted in the swimming pool

Pool admissions policy available on our website: www.active4today.co.uk

Book and pay for sessions online on Leisure Hub.

All pool sessions include customer changing, set up and take down time

Cubicles and changing facilities are cleaned regularly throughout the day