

Dukeries Swimming Timetable

Monday

07.00 - 08.00	Laned Swim*
08.15 - 09.00	Laned Swim*
09.30 - 10.00	AquaTots/Pre-School Lessons
10.00 - 10.30	1-2-1 Swimming Lessons
10.30 - 11.15	Adult Swimming Lessons
12.00 - 12.45	Laned Swim*
13.15 - 14.45	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*
10.00 - 11.15	Private Hire
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
12.15 - 13.00	Laned Swim*
15.00 - 15.45	Laned Swim*
16.00 - 18.30	Active Swimming Lessons
18.45 - 19.30	Active AquaTone
19.45 - 20.30	Ladies Swim*

Thursday

07.00 - 08.00	Laned Swim*
10.00 - 10.45	Inclusive Swim**
11.30 - 12.15	Active AquaFit (parent & child)~
12.15 - 13.00	Public Swim
14.00 - 15.00	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
13.15 - 13.45	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 Inflatable Pool Parties
14.30 - 15.30	Inflatable Swim^
16.30 - 17.30	Laned Swim*

Sunday

08.15 - 09.15	Laned Swim*
09.30 - 10.30	Laned Swim*
10.45 - 11.45	Family Fun Swim (rafts and floats)
13.00 - 14.00	Available for Family Fun Swim 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. plastic sinkers are not permitted during public swimming sessions.
- ** A session aimed at individuals with disabilities and those with additional needs.
- ~ Active Aqua Fit (parent & child) child age up to 18 months.
- 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.