

# 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 - 14.30 | 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 Inflatable Pool Parties |
| 15.15 - 16.15 | Inflatable 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 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)

|             |   |                                                                                                                                                                                  |
|-------------|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>KEY:</b> | * | Must be able to swim 40m unaided                                                                                                                                                 |
|             | ^ | Height restrictions apply – max 1.5m. Must be able to swim 15m on their front.<br>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](http://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