

Dukeries Leisure Centre

Xperience Timetable

Monday

06.30 - 18.00	Junior Fitness - (Fitness Suite*)	8yrs - 15yrs
09.30 - 10.00	AquaTots/Pre-school lessons	18mths - 4yrs
10.00 - 10.30	1-2-1 Swimming Lessons	
10.30 - 11.15	Adult Swimming Lessons	
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Tuesday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Wednesday

06.30 - 18.00	Junior fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs
16.30 – 17.00	Xp Synrgy	11 - 15yrs

Thursday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
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Friday

06.30 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
16.00 - 18.30	Active Swimming Lessons	4yrs - 16yrs

Saturday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
09.00 - 11.00	Active Swimming Lessons	4yrs - 16yrs

Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
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CUSTOMER INFORMATION: (WE ARE CLOSED ON BANK HOLIDAYS)

*Fitness Suite is open at all other times for juniors if supervised by a responsible adult. Access to the Fitness Suite requires an induction. Juniors cannot use the free weights without the additional free weights induction.
Xp Synrgy 11-15 yrs – From school Year 7 and above

CLEANING PROGRAMME

All activity areas and equipment cleaned regularly throughout the day