

# 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
---------------	-----------------------------------	--------------

### 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
09.30 - 10.30	Active Air-X Inflatable~	2yrs - 4yrs
10.45 - 11.45	Active Air-X Inflatable~	2yrs - 11yrs
12.00 - 13.00	Active Air-X Inflatable~ - Party Hire	2yrs - 15yrs
13.15 - 14.15	Active Air-X Inflatable~	2yrs - 11yrs
14.30 - 15.30	Active Air-X Inflatable~	12yrs - 15yrs
15.45 - 16.45	Active Air-X Inflatable~ - Party Hire	2yrs - 15yrs

### Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
09.30 - 10.30	Active Air-X Inflatable~	2yrs - 11yrs
10.45 - 11.45	Active Air-X Inflatable~	2yrs - 11yrs
12.00 - 13.00	Active Air-X Inflatable~- Party Hire	2yrs - 15yrs
13.15 - 14.15	Active Air-X Inflatable~	2yrs - 11yrs
14.30 - 15.30	Active Air-X Inflatable~	12yrs - 15yrs

#### **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

#### **Active Air-X**

~Chargeable sessions/not included in membership - See website for prices, admissions policy and conditions of play