

Newark Sports and Fitness Centre
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Monday 16th – Sunday 22nd February 2026



4 FREE SESSIONS!

Places limited so book now at
www.active4today.co.uk/leisurehub

You can pay at reception on the day, subject to availability

Telephone 01636 655780

Email enquiries@active4today.co.uk



Newark Sports and Fitness Centre Swimming

Main Pool

Monday 16th February

9:30am - 10:30am Fun Swim (half pool)
2pm - 2:45pm Public Swim

Tuesday 17th February

9:30am - 10:15am Public Swim
2pm - 2:45pm Kayaks/Floats

Wednesday 18th February

10:30am - 11:15am Disability Swim**
2pm - 2:45pm Fun Swim
6:45pm - 7:30pm Public Swim

Thursday 19th February

9:30am - 10:30am Fun Swim
5pm - 5:45pm Fun Swim

Friday 20th February

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim*
12pm - 12:45pm Fun Swim
2pm - 2:45pm Public Swim

Saturday 21st February

11am - 12:30pm Public Swim
2pm - 3pm Inflatable Swim*
3:15pm - 4:15pm Public Swim

Sunday 22nd February

10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Fun Swim

* Height restrictions apply, max 1.7m & able to swim 25m on their front. Max age 14yrs.

**An open session for adults and juniors with disabilities.
^ Partially laned off for private hire.

Public Swims have fun floats and rafts available.
Pool policy applies to all of our swim sessions

Teaching Pool

Monday 16th February

9:30am - 10:30am Public Swim
11:30am - 12:30pm Public Swim
2pm - 2:45pm Public Swim
7:15pm - 8pm Public Swim

Tuesday 17th February

12pm - 12:45pm Public Swim
1:30pm - 2:30pm Public Swim

Wednesday 18th February

10:30am - 11:15am Disability Swim**
11:45am - 12:30pm Public Swim
2pm - 2:45pm Public Swim

Thursday 19th February

9am - 9:45am Public Swim
10am - 10:45am Public Swim

Friday 20th February

10am - 10:45am Public Swim
11am - 11:45am Public Swim
12pm - 12:45pm Public Swim
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
6:45pm - 7:30pm Public Swim

Saturday 21st February

11am - 12:30pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Sunday 22nd February

9:15am - 10:15am Public Swim
10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Public Swims have fun floats
and rafts available.

Newark Sports and Fitness Centre Sports

Junior Fitness (8-15yrs)

Weekdays 6am - 6pm
Weekends 8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Fun Swim Sessions!

Thursday 19th February
2pm - 2:45pm

Come and make a splash in this free swim session! Places available in both the main and teaching pools.

Book online through the app or Leisurehub. Subject to availability.

FREE Family Sports Session!

Thursday 19th February
1:20pm - 2pm

Come along and enjoy a FREE session of squash or racketball.

Book online through the app or Leisurehub. Subject to availability.

Sports Camp (8-13yrs)

Monday 16th & Thursday 19th February

9:30am - 1pm
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Family Sport Session

Wednesday 18th & Friday 20th February

10am - 12pm
£5.50 per family

Come along for a morning of fun for all the family. Choose from badminton, short tennis, squash, table tennis, pickleball or basketball. Maximum 5 people per booking.



Dukeries Leisure Centre

Swimming

Swimming

Monday 16th February

1:15pm - 2:15pm Inflatable Swim

Tuesday 17th February

1pm - 2pm Splash

Wednesday 18th February

9am - 10am Family Fun Swim

1:15pm - 2:15pm Inflatable Swim

Thursday 19th February

1pm - 2pm Family Fun Swim

2:30pm - 3:30pm Splash

6:30pm - 7:15pm Family Fun Swim

Friday 20th February

9:15am - 10:15am Family Fun Swim

1:15pm - 2:15pm Inflatable Swim

6:45pm - 7:45pm Public Swim

Saturday 21st February

11:15am - 12:45pm Family Fun Swim

3:15pm - 4:15pm Inflatable Swim

Sunday 22nd February

10:30am - 11:30am Family Fun Swim

2pm - 3pm Family Fun Swim

*Family Fun Swims have fun floats and rafts available
Pool policy applies to all our swim sessions.*

FREE Fun Swim Session!

Tuesday 17th February

10:45am - 11:45am

Come and make a splash in this free swim session!

Book online through the app or Leisurehub. Subject to availability.

Splash! (8-15yrs)

Tuesdays and Thursdays

£5.50 per session (free to XP members)

An exciting session offering a mix of water activities including Snorkelling, Kayaking and Water Polo. Main pool. Must be able to swim 20m unaided.



Dukeries Leisure Centre

Sports

Family Sport Session

Thursday 19th February

1pm - 3pm

£5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

Sports Camp (8-13yrs)

Tuesday 17th February

9:30am - 1pm

£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Junior Fitness (8-15yrs)

Weekdays

6:30am - 6pm

Weekends

8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Family Sports Session!

Tuesday 17th February

2pm - 3pm

Come along and enjoy a FREE session in our sports hall. Choose from badminton, short tennis or table tennis.

Book online through the app or Leisurehub. Subject to availability.

Active Air-X

Friday 20th February

10:45am - 12:15pm (11yrs and under)

12:30pm - 2pm (11 yrs and under)

2:15pm - 3:15pm (12-15yrs)

Saturday 21st February

9:30am - 10:30am (Up to 7yrs)

10:45am - 12:15pm (11yrs and under)

12:30pm - 2pm (11yrs and under)

2:15pm - 3:15pm (12-15yrs)

3:30pm - 4:30pm (Party Hire)

4:30pm - 5:15pm (Room Hire)

Sunday 22nd February

9:30am - 10:30am (Up to 7yrs)

10:45am - 12:15pm (11 years and under)

12:30pm - 2pm (11yrs and under)

2:15pm - 3:15pm (12-15yrs)

Child £8 (£7 online)

Additional Adult £4 (£3 online)

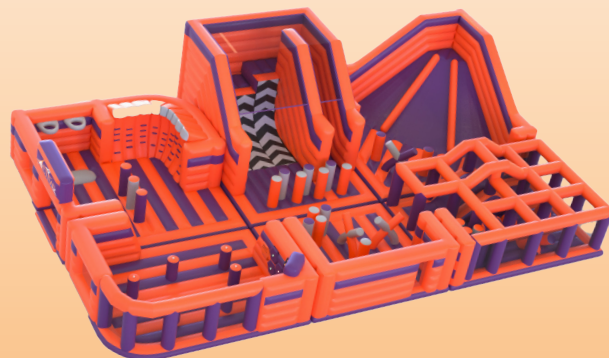
Book via the app or at
<https://leisurehub.active4today.co.uk/live/en/Public/bookings>

Visit

ACTIVE AIR-X



The **Ultimate**
Indoor Inflatable
Adventure!



Get ready to bounce, climb, slide and
race your way through Air-X!



Child £8 (£7 online), Additional Adult £4 (£3 online)

Book online and save!

Save money by booking online via the app or at
<https://leisurehub.active4today.co.uk/live/en/Public/bookings>

T&Cs apply. Children under 6yrs must be supervised on the inflatable by a responsible person aged 16yrs or over on a 1 to 2 basis. (1 adult included in each child admission)

Children under 8yrs must be accompanied by a responsible person aged 16yrs or over on a 1 to 3 basis.

Children aged 8yrs and over are permitted to attend appropriate aged sessions

Dukeries Leisure Centre, Ollerton



Southwell Leisure Centre Sports

Sports Camp (8-13yrs)

Wednesday 18th February

9:15am - 12:45pm

£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite and multi skill games. Ensure your children are in comfy clothes and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Family Sport Session

Monday 16th & Tuesday 17th
February

12:15pm - 2:15pm

£5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, squash, table tennis or pickleball. Maximum 5 people per booking.

Mini Gymnastics (3-4yrs)

Monday 16th February

4pm - 4:45pm £5.50 per session

A fun introduction to fundamental movement for early years.

Junior Fitness (13yrs+)

Weekdays

6:30am - 6pm

Weekends

9am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.



Mini Trampolining (3-4yrs)

Friday 20th February

4pm - 4:45pm

£5.50 per session

Bouncing fun! Come and have a go and learn the basics, balance and co-ordination.



www.active4today.co.uk/leisurehub



Active Birthday Parties

Book Now!

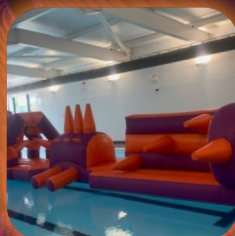
From £4 per child

AIR-X Inflatable parties
Splash Teaching pool parties
Inflatable Main pool parties
Bouncy Castle parties
Pool Pirates/Mermaids parties
Sports and Football parties

Parties available at
Newark - Ollerton - Southwell

*Parties vary at each site so check our website
or email us for further information*

Book online at
www.active4today.co.uk/leisurehub



Xperience **one**
Xperience **student**

Xperience memberships
from £20 per month

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline



Quality coaching at an affordable price!

All Xperience memberships include free public swimming sessions!

For further information visit our website

www.active4today.co.uk/memberships/juniormemberships

Bookings

Pre-book and pay for your activity online through www.active4today.co.uk/leisurehub to guarantee a spot! You can also pay at reception by 8am on the day of the activity if spaces are available. Places must be booked under the child's own account name.

Public swim prices:

Juniors £5 (without Active Card £6)
Adults £6.50 (without Active Card £8)
Concession £5.50 (without Active Card £6.50)
Inflatable Sessions £5.50 with an Active Card.

Public swimming is included in most memberships. Check website for details. Active Cards are free for new customers and available at reception.

Terms and Conditions

A parent/guardian may be required to complete an information form regarding contact details and code of conduct.

Photographs may be taken during activities to be used on our social media, please speak to a member of staff if you do not wish your child to have their photo taken.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception.

All activities must be paid for at the time of booking.

Active4Today Ltd reserves the right to alter/withdraw activities at any time.

Pool policy applies to all our swim sessions.

WE ARE CLOSED BANK HOLIDAYS

www.active4today.co.uk/leisurehub
enquiries@active4today.co.uk

