

# Newark Swimming Pool Timetable

## Main Pool

### Monday

06.00 - 06.45	Laned Swim*
06.45 - 07.30	Laned Swim*
07.45 - 08.30	Laned Swim*
10.30 - 11.15	Active Aqua
10.30 - 11.15	Adults Only Width Swim*
11.30 - 12.15	Laned Swim*
12.15 - 13.00	Laned Swim*
13.15 - 14.45	School Swimming
15.00 - 15.45	Laned Swim*
15.45 - 18.45	Active Swimming Lessons
18.45 - 19.30	Laned Swim*
19.45 - 20.30	Active Aqua Aerobics
19.45 - 20.30	Adults Only Width Swim*
20.30 - 21.15	Laned Swim*

### Tuesday

06.00 - 06.45	Laned Swim*
06.45 - 07.30	Laned Swim*
07.45 - 08.30	Laned Swim*
08.30 - 09.15	Laned Swim*
09.30 - 10.15	Public Swim (4 lanes)
10.30 - 11.30	Private Hire
11.30 - 12.15	Laned Swim*
12.15 - 13.00	Laned Swim*
13.30 - 14.55	School Swimming
15.00 - 15.45	Laned Swim*
15.45 - 17.45	Active Swimming Lessons
18.00 - 18.45	Laned Swim
18.45 - 21.15	Newark Swimming Club

### Wednesday

06.00 - 07.15	Newark Swimming Club
07.30 - 08.15	Laned Swim*
08.30 - 09.15	Active Aqua Aerobics
08.30 - 09.15	Adults Only Width Swim*
09.30 - 10.15	Deep End Width Swim* (2 lanes)
09.30 - 10.15	Active Aquatic Cycle (pool shoes required)
10.30 - 11.15	Disability Swim
11.30 - 12.15	Laned Swim*
12.15 - 13.00	Laned Swim*
13.15 - 14.55	School Swimming
15.00 - 15.45	Laned Swim*
15.45 - 18.45	Active Swimming Lessons
18.45 - 19.30	Public Swim
19.30 - 20.15	Laned Swim (2 lanes)
19.30 - 21.00	Newark Swimming Club
20.15 - 21.00	Laned Swim* (2 lanes)

## Main Pool

### Thursday

06.00 - 06.45	Laned Swim*
06.45 - 07.30	Laned Swim*
07.45 - 08.30	Laned Swim*
08.30 - 09.15	Laned Swim*
09.30 - 11.45	School Swimming
12.00 - 13.00	Laned Swim*
13.30 - 14.45	School Swimming
15.00 - 15.45	Laned Swim*
16.00 - 16.45	Laned Swim*
17.00 - 17.45	Fun Swim (rafts & floats)
18.00 - 21.15	Newark Swimming Club

### Friday

06.00 - 06.45	Laned Swim*
06.45 - 07.30	Laned Swim*
07.45 - 08.30	Laned Swim*
09.15 - 12.30	School Swimming
13.15 - 14.45	School Swimming
15.00 - 15.45	Laned Swim*
15.45 - 18.15	Active Swimming Lessons
18.30 - 19.15	Adult Learn to Swim
18.30 - 19.15	Tri Club (3 lanes)
19.30 - 20.15	Laned Swim* (1 lane flippers permitted)

### Saturday

06.45 - 08.15	Newark Swimming Club
08.30 - 11.00	Active Swimming Lessons
11.00 - 12.30	Public Swim
13.00 - 14.00	Available for children's pool parties
14.00 - 15.00	Inflatable Swim (H25)
15.15 - 16.15	Public Swim
16.30 - 17.30	Laned Swim*

### Sunday

08.00 - 09.30	Newark Swimming Club
09.30 - 10.15	Laned Swim*
10.30 - 11.30	Public Swim
11.45 - 12.45	Public Swim
13.00 - 14.00	Available for children's pool parties
14.00 - 15.00	Fun Swim (rafts & floats)
15.15 - 16.15	Laned Swim*
16.30 - 17.45	Muskham Swimming Club

## Teaching Pool

### Monday

15.45 - 18.45	Active Swimming Lessons
19.15 - 20.00	Public Swim

### Tuesday

08.45 - 11.45	Aquatots/Aquababes/Pre-School Swimming Lessons
12.00 - 12.45	Public Swim
13.30 - 14.55	School Swimming
15.45 - 18.45	Active Swimming Lessons

### Wednesday

09:30 - 11.30	Private Hire
11.45 - 12.30	Public Swim
13.15 - 14.55	School Swimming
15.45 - 18.45	Active Swimming Lessons

### Thursday

09.30 - 11.45	School Swimming
12.15 - 13.00	Active Aquatone
13.15 - 14.45	School Swimming
15.45 - 18.45	Active Swimming Lessons
18.45 - 20.30	Newark Swimming Club

### Friday

09.30 - 12.30	School Swimming
13.15 - 14.45	School Swimming
15.00 - 15.45	Public Swim
15.45 - 18.45	Active Swimming Lessons
19.00 - 19.45	Public Swim

### Saturday

08.00 - 11.00	Active Swimming Lessons
11.00 - 12.30	Public Swim
13.00 - 14.00	Available for children's pool parties
14.00 - 15.00	Public Swim
15.15 - 16.15	Public Swim

### Sunday

09.15 - 10.15	Public Swim
10.30 - 11.30	Public Swim
11.45 - 12.45	Public Swim
13.00 - 14.00	Available for children's pool parties
14.00 - 15.00	Public Swim
15.15 - 16.15	Public Swim
16.30 - 17.00	Muskham Swimming Club

### CUSTOMER INFORMATION (WE ARE CLOSED ON BANK HOLIDAYS)

**KEY:** \*Must be able to swim 50m unaided. (H25) Height restrictions apply, max 1.7m and able to swim 25m on their front. Max age for inflatables 14yrs. Face masks and goggles are not permitted in the swimming pool. plastic sinkers are not permitted during public swimming sessions.

Pool admissions policy is available on our website: [www.active4today.co.uk](http://www.active4today.co.uk)

Book and pay for sessions via App or Leisure Hub. Pool sessions include customer changing, set up and take down time. Cubicles and changing facilities are cleaned regularly throughout the day

Timetable version: 11<sup>th</sup> May 2026