

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
11.45 - 12.30	Active AquaDiscs
11.45 - 12.30	Adults Only Width Swim
12.30 - 13.15	Laned Swim*
13.15 - 14.00	Laned Swim*
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	Inclusive 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 - 19.45	Public Swim
19.45 - 20.30	Laned Swim (2 lanes)
19.45 - 21.30	Newark Swimming Club
20.30 - 21.15	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*
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
18.00 - 20.00	Newark 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

12.15 - 13.00	Active AquaTone
13.15 - 14.45	School Swimming
15.45 - 18.45	Active Swimming Lessons
18.45 - 20.00	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

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.

^A session aimed at individuals with disabilities and those with additional needs.

Pool admissions policy is available on our website. 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.

Timetable version: 21st September 2026