

# Newark Sports and Fitness Centre

## Xperience Timetable

### Monday

06.00 - 18.00	Junior Fitness - (Fitness Suite*)	8yrs - 15yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs - 16yrs
16.30 - 17.00	Xp Synrgy	11yrs - 13 yrs

### Tuesday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
08.45 - 11.45	Aquatots/Aquababes/Pre-School Swimming Lessons (Teaching Pool)	3mths - 4yrs
15.45 - 18.15	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
16.00 - 18.30	Active Swimming Lessons (Main Pool)	9yrs - 16yrs

### Wednesday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs - 16yrs
16.00 - 17.00	Active Trampoline	5yrs - 8yrs
17.00 - 18.00	Active Trampoline	8yrs - 10yrs
18.00 - 19.00	Active Trampoline	10yrs - 15yrs

### Thursday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
15.45 - 16.30	Active Pre-School Gymnastics	3yrs - 4yrs
15.45 - 18.45	Active Gymnastics	5yrs - 15yrs
16.30 - 17.00	Xp Synrgy	11yrs - 15 yrs

### Friday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
15.45 - 18.15	Active Swimming Lessons (Main Pool)	9yrs - 16yrs

### Saturday

08.00 - 11.00	Active Swimming Lessons (Teaching Pool)	4yrs - 8yrs
08.30 - 11.00	Active Swimming Lessons (Main Pool)	9yrs - 16yrs
08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs

### Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs - 15yrs
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#### CUSTOMER INFORMATION

\* Fitness Suite is open outside of Junior Fitness times if supervised by a responsible adult. Access to the Fitness Suite requires an induction. Juniors cannot use the free weights without the additional induction. Xp Synrgy 11-15 yrs – From school Year 7

Active swimming lessons are operated by STA qualified Instructors

**CLEANING PROGRAMME** - All activity areas and equipment cleaned regularly throughout the day.

**WE ARE CLOSED ON BANK HOLIDAYS**