

# Newark Sports and Fitness Centre

## Xperience Timetable

### Monday

06.00 - 18.00	Junior Fitness - (Fitness Suite*)	8yrs-15yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs-16yrs

### Tuesday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
09.15 - 11.15	Aquababes/Pre-School Swimming Lessons	6months-4yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs
15.45 - 18.45	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
10.00 - 11.30	Aquababes Swimming Lessons	3yrs-4yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs
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	9yrs+
18.00 - 19.00	Active Trampoline	9yrs+

### Thursday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
16.15 - 18.15	Active Swimming Lessons (Main Pool)	9yrs-16yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs

### Friday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
15.15 - 18.45	Active Gymnastics	5yrs-18yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs-16yrs
17.30 - 18.15	Active Football (Newark Academy)	4yrs-6yrs
17.30 - 18.30	Active Football (Newark Academy)	7yrs-10yrs

### Saturday

08.00 - 11.00	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
08.00 - 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.  
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**