

Newark Sports and Fitness Centre

Swimming Timetable

Main Pool

Monday

06.30 - 07.15	Laned Swim *	
07.30 - 08.15	Laned Swim *	
12.00 - 13.00	Laned Swim * (2 double lanes)	
12.15 - 13.00	Active Aquatic Cycle	MA
14.45 - 15.30	Laned Swim *	
19.15 - 20.00	Laned Swim * (1 double lane)	
19.15 - 20.00	Active Aqua Aerobics	DC
20.30 - 21.30	Laned Swim *	

Tuesday

06.30 - 07.15	Laned Swim *	
07.30 - 08.15	Laned Swim *	
11.45 - 13.00	Laned Swim *	
15.00 - 15.45	Over 50's Swim	
18.30 - 19.15	Laned Swim * (3 lanes from 7pm)	
19.30 - 20.15	Hydrofighter	DC
20.30 - 21.30	Laned Swim * (3 lanes until 9pm)	

Wednesday

06.30 - 07.15	Laned Swim *	
07.30 - 08.15	Laned Swim *	
08.30 - 09.15	Active Aquatic Cycle	MA
08.30 - 09.15	Laned Swim * (2 double lanes)	
09.30 - 10.15	Over 50's Swim (for 6 weeks)	
10.30 - 11.30	Disability Public Swim	
11.45 - 13.00	Laned Swim *	
15.00 - 15.30	Laned Swim *	

Thursday

06.30 - 07.15	Laned Swim *	
07.30 - 08.15	Laned Swim *	
12.00 - 13.00	Laned Swim *	
15.00 - 15.30	Laned Swim *	

Main Pool

Friday

06.30 - 07.15	Laned Swim *	
07.30 - 08.15	Laned Swim *	
14.45 - 15.30	Over 50's Swim	
18.45 - 19.45	Public Swim	
20.00 - 21.00	Public Swim (3 lanes)	

Saturday

11.15 - 12.00	Public Swim	
12.15 - 13.00	Public Swim	
14.15 - 15.00	Public Swim	
15.15 - 16.00	Public Swim	
16.15 - 17.00	Laned Swim *	
17.15 - 18.00	Laned Swim *	

Sunday

08.00 - 09.00	Laned Swim * (3 lanes)	
09.00 - 10.15	Laned Swim * (3 lanes)	
10.30 - 11.15	Public Swim	
11.30 - 12.15	Public Swim	
12.30 - 13.15	Laned Swim *	
13.45 - 14.30	Inflatable Swim (H25)	
14.45 - 15.30	Inflatable Swim (H25)	
15.45 - 16.30	Laned Swim	

CUSTOMER INFORMATION

Children's swimming lessons are available Mon - Sat for all ages. Please speak to Customer Services for times and availability.

KEY:

* Must be able to swim 50m unaided

(U8's) Children of 7 years and under

(H25) Height restrictions apply, max 1.7m and able to swim 25m on their front. Max age for inflatables 14yrs

Correct footwear is required for Active Aquatic Cycle Classes.

All pool sessions include customer changing, set up and take down time.

Swimming cleaning times

Cubicles and changing facilities will be cleaned every 30mins.

Teaching Pool

Monday

14.45 - 15.30	Family Swim	
19.00 - 20.00	Public Swim	

Tuesday

19.00 - 20.00	Public Swim	
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Wednesday

12.15 - 13.00	Family Swim	
19.00 - 20.00	Public Swim	

Thursday

No sessions

Friday

14.45 - 15.30	Family Swim	
19.00 - 20.00	Public Swim	

Saturday

11.15 - 12.00	Public Swim	
12.15 - 13.00	Public Swim	
14.15 - 15.00	Family Swim	
15.15 - 16.00	Family Swim	

Sunday

10.30 - 11.15	Public Swim	
11.30 - 12.15	Public Swim	
13.45 - 14.30	Family Swim	
14.45 - 15.30	Family Swim	