

# Newark Sports and Fitness Centre

## Xperience Timetable

### Monday

06.00 - 17.30	Junior Fitness - (Fitness Suite*)	8yrs-13yrs
11.30 - 13.00	Aquababes/Pre-School Swimming Lessons	6months-4yrs
15.15 - 18.45	Active Gymnastics	3yrs-18yrs
15.45 - 18.45	Active Swimming Lessons	4yrs-16yrs

### Tuesday

06.00 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs
09.15 - 12.15	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-7yrs
16.00 - 18.30	Active Swimming Lessons (Main Pool)	8yrs-16yrs
17.30 - 18.30	Active Multi Sports (Newark Academy)	5yrs-10yrs

### Wednesday

06.00 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs
09.30 - 12.00	Pre-School Swimming Lessons	3yrs-4yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs
15.45 - 18.45	Active Swimming Lessons (Both pools)	4yrs-16yrs
15.45 - 16.30	Active Street Dance (Squash Courts)	4yrs-6yrs
16.30 - 17.15	Active Street Dance (Squash Courts)	7yrs-10yrs

### Thursday

06.00 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs
11.45 - 13.15	Pre-School Swimming Lessons	3yrs-4yrs
15.45 - 18.15	Active Swimming Lessons (Main Pool)	8yrs-16yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-7yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs

### Friday

06.00 - 17.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs
15.15 - 18.45	Active Gymnastics	3yrs-18yrs
15.45 - 18.45	Active Swimming Lessons	4yrs-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	4yrs-18yrs
10.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs
10.15 - 16.15	Active Trampoline	5yrs-18yrs
10.15 - 16.15	Active Gymnastics (1 group)	3yrs-18yrs
13.00 - 13.45	Active Junior Ballet (Squash Courts)	4yrs-6yrs
14.00 - 14.45	Active Junior Ballet (Squash Courts)	7yrs-14yrs

### Sunday

10.00 - 12.15	Active Tennis	3yrs-10yrs
10.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs-13yrs

#### CUSTOMER INFORMATION

\* Fitness Suite is open at all other times for juniors if supervised by a responsible adult. Access to the Fitness Suite requires an induction  
Active swimming lessons are operated by STA qualified Instructors

#### CLEANING PROGRAMME

Gymnastics - Equipment cleaned every 40mins  
Swimming - Cubicles and changing facilities cleaned every 30mins  
Fitness Suite and general areas cleaned regularly throughout the day