

Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

SUMMER TIMETABLE

Monday 4th – Sunday 31st August 2025
(Bank Holiday Monday 25th August)



8 FREE SESSIONS

Places limited so book now at
www.active4today.co.uk/leisurehub

You can pay at reception on the day, subject to availability

Telephone 01636 655780

Email enquiries@active4today.co.uk



Newark Sports and Fitness Centre Swimming

Main Pool

Mondays

9:30am - 10:30am Fun Swim (half pool)
2pm - 2:45pm Public Swim

Tuesdays

9:30am - 10:15am Public Swim
2pm - 2:45pm Kayaks/Floats

Wednesdays

10:30am - 11:15am Disability Swim**
2pm - 2:45pm Fun Swim
6:45pm - 7:30pm Public Swim

Thursdays

9:30am - 10:30am Kayaks/Floats
2pm - 2:45pm Public Swim
5:00pm - 5:45pm Fun Swim

Fridays

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim*
12noon - 12:45pm Fun Swim
2pm - 2:45pm Public Swim

Saturdays

11am - 12:30pm Public Swim
2pm - 3pm Inflatable Swim*
3:15pm - 4:15pm Public Swim

Sundays

10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim

* Height restrictions apply, max 1.7m & able to swim 25m on their front. Max age 14yrs.

**An open session for adults and juniors with disabilities.

^ Partially laned off for private hire.

Public Swims have fun floats and rafts available.

Pool policy applies to all of our swim sessions

Teaching Pool

Mondays

9:30am - 10:30am Public Swim
11:30am - 12:30pm Public Swim
2pm - 2:45pm Public Swim
7:15pm - 8pm Public Swim

Tuesdays

12noon - 12:45pm Public Swim
1:30pm - 2:30pm Public Swim

Wednesdays

10:30am - 11:15am Disability Swim**
11:45am - 12:30pm Public Swim
2pm - 2:45pm Public Swim

Thursdays

9am - 9:45am Public Swim
10am - 10:45am Public Swim
2pm - 2:45pm Public Swim

Fridays

10am - 10:45am Public Swim
11am - 11:45am Public Swim
12noon - 12:45pm Public Swim
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
6:45pm - 7:30pm Public Swim

Saturdays

11am - 12:30pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Sundays

9:15am - 10:15am Public Swim
10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Public Swims have fun floats and rafts available.

Newark Sports and Fitness Centre Sports

Junior Fitness (8-15yrs)

Weekdays

6am - 6pm

Weekends

8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Fun Swim Session!

Thursday 7th August

2pm - 2:45pm

Come and make a splash in this free swim session! Places available in both the main and teaching pools.

Book online through the app or Leisurehub. Subject to availability.

FREE Family Sports Session!

Thursday 7th August

1:20pm - 2pm

Come along and enjoy a FREE session in our sports hall. Choose from squash or racketball.

Book online through the app or Leisurehub. Subject to availability.

Sports Camp (8-13yrs)

Mondays & Thursdays

9:30am - 1pm

£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Family Sport Session

Wednesdays & Fridays

10am - 12noon

£5.50 per family

Come along for a morning of fun for all the family. Choose from badminton, short tennis, squash* table tennis, pickleball or basketball. Maximum 5 people per booking.

(*Squash available on Wednesday)



Dukeries Leisure Centre

Swimming

Swimming

Mondays

1pm - 2pm Inflatable Swim
6:45pm - 7:45pm Public Swim

Tuesdays

10:45am - 11:45am Public Swim
1pm - 2pm Splash

Wednesdays

9am - 10am Inflatable Swim
1pm - 2pm Family Fun Swim

Thursdays

1pm - 2pm Family Fun Swim
2:30pm - 3:30pm Splash
6:30pm - 7:15pm Family Fun Swim

Fridays

9:15am - 10:15am Inflatable Swim
1pm - 2pm Family Fun Swim
6:45pm - 7:45pm Public Swim

Saturdays

11:15am - 12:45pm Family Fun Swim
3:15pm - 4:15pm Family Fun Swim

Sundays

10:30am - 11:30am Family Fun Swim
2pm - 3pm Family Fun Swim

*Family Fun Swims have fun floats and rafts available
Pool policy applies to all our swim sessions.*

**New inflatable session starting
this summer!**

FREE Fun Swim Session!

Tuesday 12th & 26th August
10:45am - 11:45am

Come and make a splash in this free swim session! Places available in both the main and teaching pools.

Book online through the app or Leisurehub. Subject to availability.

Splash! (8-15yrs)

Tuesdays & Thursdays
£5.50 per session (free to XP members)

An exciting session offering a mix of water activities including Snorkelling, Kayaking and Water Polo. Main pool. Must be able to swim 25m unaided.



Dukeries Leisure Centre

Sports

Family Sport Session

Fridays

1pm - 3pm
£5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

Sports Camp (8-13yrs)

Tuesdays

9:30am - 1pm
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!



Junior Fitness (8-15yrs)

Weekdays 6:30am - 6pm
Weekends 8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Family Sports Session!

Tuesday 12th & 26th August
2pm - 3pm

Come along and enjoy a FREE session in our sports hall. Choose from badminton, short tennis or table tennis.

Book online through the app or Leisurehub. Subject to availability.



Southwell Leisure Centre

Swimming

Teaching Pool

Mondays

12:15pm - 1:15pm Public Swim
3pm - 3:45pm Public Swim
7pm - 7:45pm Public Swim

Tuesdays

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Fun Swim

Wednesdays

1pm - 1:45pm Public Swim
1:45pm - 2:30pm Public Swim

Thursdays

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Fun Swim

Fridays

12noon - 12:45pm Public Swim
1:30pm - 2:15pm Public Swim
7pm - 8pm Public Swim

Saturdays

2pm - 3pm Public Swim

Sundays

10:15am - 11:15am Public Swim
11:15am - 12:15pm Public Swim
2:15pm - 3:15pm Public Swim
3:30pm - 4:30pm Public Swim

Public Swims have fun floats and rafts available. Fun swims will have even more added extras!



Southwell Leisure Centre

Sports

Junior Fitness (13yrs+)

Weekdays 6:30am - 6pm
Weekends 9am - 2:30pm
£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Mini Trampolining (3-4yrs)

Fridays
4pm - 4:45pm £5.50 per session

Bouncing fun! Come and have a go and learn the basics, balance and co-ordination.

Mini Gymnastics (3-4yrs)

Mondays
4pm - 4:45pm £5.50 per session

A fun introduction to fundamental movement for early years.

FREE Squash Session!

Wednesday 20th August
3pm - 3:40pm

Come along and enjoy a FREE session.

Book online through the app or Leisurehub. Subject to availability.

Sports Camp (8-13yrs)

Wednesdays
9:15am - 12:45pm
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Family Sport Session

Tuesdays (excluding 5th August)
12:15pm - 2:15pm £5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, squash, table tennis or pickleball. Maximum 5 people per booking.

FREE Family Sports Session!

Wednesday 20th August
1pm - 3pm

Come along and enjoy a FREE session in our sports hall.

Book online through the app or Leisurehub. Subject to availability.

Active Birthday Parties

Book Now!

From £4 per child

Splash Teaching pool parties
Inflatable Main pool parties
Bouncy Castle and Soft play
Pool Pirates/Mermaids Parties
Sports and Football parties

Parties available at
Newark - Ollerton - Southwell

*Parties vary at each site so check our website
or email us for further information*

Book online at
www.active4today.co.uk/leisurehub



Xperience **ONE**
Xperience **TWO**
Xperience **Student**

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline

Quality coaching at an affordable price!

All Xperience memberships include free public swimming sessions!

For further information visit our website

www.active4today.co.uk/memberships/juniormemberships



Bookings

Pre-book and pay for your activity online through www.active4today.co.uk/leisurehub to guarantee a spot! You can also pay at reception by 8am on the day of the activity if spaces are available. Places must be booked in the child's name.

Public swim prices:

Juniors £5 (without Active Card £6)
Adults £6.50 (without Active Card £8)
Concession £5.50 (without Active Card £6.50)
Inflatable Sessions £5.50 with an Active Card.

Public swimming is included in most memberships. Check website for details. Active Cards are free for new customers and available at reception.

Terms and Conditions

A parent/guardian may be required to complete an information form regarding contact details and code of conduct.

Photographs may be taken during activities to be used on our social media, please speak to a member of staff if you do not wish your child to have their photo taken.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception.

All activities must be paid for at the time of booking.

Active4Today Ltd reserves the right to alter/withdraw activities at any time.

Pool policy applies to all our swim sessions.

WE ARE CLOSED BANK HOLIDAYS

www.active4today.co.uk/leisurehub
enquiries@active4today.co.uk

