

Newark Sports and Fitness Centre
and Dukeries Leisure Centre

SUMMER TIMETABLE

Monday 27th July – Sunday 30th August 2026



FREE SESSIONS AVAILABLE!

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[^] (excl 27th July)

Tuesdays

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

Wednesdays

10:30am - 11:15am Disability Swim**
2pm - 2:45pm Fun Swim (excl 29th July)
6:45pm - 7:30pm Public Swim

Thursdays

9:30am - 10:30am Fun Swim (excl 27th Aug)
2pm - 2:45pm FREE Fun Swim (excl 27th Aug)
5pm - 5:45pm Fun Swim (excl 27th Aug)

Fridays

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim* (excl 31st July)
12pm - 12:45pm Fun Swim (excl 31st July)
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 Fun Swim

FREE Fun Swim Sessions!

Thursdays, 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.

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

12pm - 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 (excl 29th July)

Thursdays

9am - 9:45am Public Swim (excl 27th Aug)
10am - 10:45am Public Swim (excl 27th Aug)
2pm - 2:45pm FREE Fun Swim (excl 27th Aug)

Fridays

10am - 10:45am Public Swim
11am - 11:45am Public Swim (excl 31st July)
12pm - 12:45pm Public Swim (excl 31st July)
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
7pm - 7:45pm 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

* 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

Newark Sports and Fitness Centre Sports

Junior Fitness (8-15yrs)

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

XP Synrgy

Mondays & Thursdays, 4:30pm - 5pm

£6 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!

Thursdays
1:20pm - 2pm

Come along and enjoy a FREE session of squash or racketball.

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

Sports Camp (8-13yrs)

Mondays & Thursdays

9:30am - 1pm
£8.50 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

Fridays

10:30am - 12:30pm
£6 per family

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



Dukeries Leisure Centre Swimming

Swimming

Mondays

1:30pm - 2:30pm Inflatable Swim

Tuesdays

10:45am - 11:45am FREE Fun Swim
1pm - 2pm Splash

Wednesdays

9am - 10am Family Fun Swim
1:30pm - 2:30pm Inflatable Swim

Thursdays

1pm - 1:45pm Splash (excl 20th Aug)
6:30pm - 7:15pm Family Fun Swim
(excl 20th Aug)

Fridays

1:30pm - 2:30pm Inflatable Swim
6:45pm - 7:45pm Public Swim

Saturdays

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

Sundays

10:45am - 11:45am 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.

FREE Fun Swim Session!

Tuesdays

10:45am - 11:45am

Come and make a splash in this free swim session!

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

Splash! (8-15yrs)

Tuesdays and Thursdays

£6 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 20m unaided.



Dukeries Leisure Centre Sports

Inflatable Camp (8-13yrs)

Monday 24th & Wednesday 26th August

10:45am - 12:15pm - Air-x
1:15pm - 2:15pm - Inflatable Swim

£10 bundle - FREE to XP members
(excludes XP Student)

Active Air-X

Monday 24th - Sunday 30th August

9am - 10:30am (up to 9yrs - Weekend only)
10:45am - 12:15pm (11yrs and under)
12:30pm - 2pm (11yrs and under)
2:15pm - 3:45pm (11yrs and under)*
3:45pm - 5:45pm (Private Parties)

Child £8 (£7 online)
Additional Adult £4 (£3 online)

FREE to XP members (excludes XP Student)

Book via the app or at <https://leisurehub.active4today.co.uk/live/en/Public/bookings>

* 12-15yrs on Saturdays

Junior Fitness (8-15yrs)

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

XP Synrgy (11-15yrs)

Wednesdays, 4:30pm - 5pm

£6 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!

Tuesdays Excluding 25th August
2pm - 3pm

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

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

Air-X and Splash (8-13yrs)

Tuesday 25th & Thursday 27th August

10:45am - 12:15pm - Air-X
1pm - 1:45pm - Splash

£10 bundle - FREE to XP members
(excludes XP Student)

Active Air-X Sports Camp (8-13yrs)

Friday 28th August, 9:30am - 1pm

Get set for a whirlwind of fun! Our indoor Air-X Camp offers a mix of activities including using equipment in the fitness suite, multi skill games, an exciting swim session and the ultimate indoor inflatable adventure with an Air-X session included. 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.

£8.50 per session

Book via the app or at <https://leisurehub.active4today.co.uk/live/en/Public/bookings>



Visit

ACTIVE AIR-X



The **Ultimate**
Indoor Inflatable
Adventure!



Get ready to bounce, climb, slide and
race your way through Air-X!



**FREE to XP
members**
(excludes XP
Student)

Child £8 (£7 online),
Additional Adult £4 (£3 online)

Book online and save!

Book online
here



Save money by booking online via the app or at
<https://leisurehub.active4today.co.uk/live/en/Public/bookings>

T&Cs apply. Children under 6yrs must be supervised on the inflatable by a responsible person aged 16yrs or over on a 1 to 2 basis. (1 adult included in each child admission)

Children under 8yrs must be accompanied by a responsible person aged 16yrs or over on a 1 to 3 basis.

Children aged 8yrs and over are permitted to attend appropriate aged sessions

Dukeries Leisure Centre, Ollerton



Active Birthday Parties

Book Now!

From £4 per child

AIR-X Inflatable | Fun Floats
Pool Inflatable | Sports and Football



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

Parties available at Newark and Ollerton

www.active4today.co.uk/activities/childrensparties
enquiries@active4today.co.uk

Xperience Xperience **Student**

Xperience memberships from **£21** per month

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 under the child's own account name.

Public swim prices:

Juniors £5.50 (without Active Card £6.50)

Adults £7 (without Active Card £8.50)

Concession £5.50 (without Active Card £6.50)

Inflatable Sessions £6 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

