

# Newark Sports and Fitness Centre

22nd November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquababes/Pre School</b> <b>Swimming Lessons</b> 3months-4yrs 11:45-13:15	<b>Creche</b> 3months-4yrs 09:30-11:30	<b>Creche</b> 3months-4yrs 09:30-11:30	<b>Creche</b> 3months-4yrs 09:30-11:30	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	<b>Swimming Lessons</b> 4yrs-18yrs 08:00-11:00	<b>Swimming Lessons</b> <b>Parent &amp; Toddlers</b> 3yrs+ 08:30-10:30
<b>Active Mini's</b> 3yrs-4yrs 15:00-16:30	<b>Aquababes/Pre School</b> <b>Swimming Lessons</b> 3months-4yrs 09:15-11:45	<b>Aquababes/Pre School</b> <b>Swimming Lessons</b> 3months-4yrs 09:30-10:30	<b>Aquababes/Pre School</b> <b>Swimming Lessons</b> 3months-4yrs 11:45-13:15	<b>Active Football</b> <b>At the Newark Academy</b> 4yrs-6yrs 17.00-17.45 7yrs-10yrs 18.00-18.45	<b>Active Trampolineing</b> 5yrs-18yrs 08:30-14:30	<b>Active Tots Tennis</b> 2yrs-4yrs 09:00-09:30
<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	<b>Active Mini's</b> 3yrs-4yrs 15:00-16:30	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Active Gymnastics</b> 5yrs-18yrs 08:30-12:30	<b>Active Mini Tennis</b> 5yrs-7yrs 09:30-10:15 8yrs + 10:15-11:00
<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30 Activo Fitness Suite**	<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Gymnastics</b> 5yrs-18yrs 16:00-17:30	<b>Active Junior Ballet</b> 4yrs-6yrs 09:30-10:15 7yrs-18yrs 10:15-11:00	<b>Junior Fitness</b> 8yrs-15yrs 11:30-13:00 Activo Fitness Suite**
<b>Gymnastics</b> 5yrs-18yrs 16:30-18:45	<b>Active Indoor Athletics</b> 5yrs-10yrs 16:00-16:45	<b>Gymnastics</b> 5yrs-18yrs 16:00-18:15	<b>Gymnastics</b> 5yrs-18yrs 16:00-19:00	<b>Lifeguard Academy *</b> 8yrs+ 16:30-17:30	<b>Junior Fitness</b> 8yrs-15yrs 11:30-13:00 Activo Fitness Suite**	
	<b>Active Tag Rugby</b> 5yrs-10yrs 17:00-17:45	<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Gymnastics</b> <b>(Elite Squad Training)</b> 5yrs-18yrs 17:00-19:00	<b>Active Street Dance</b> 4yrs-6yrs 16.30-17.15 7yrs-10yrs 17.15-18.00	<b>Active Mini's</b> <b>2yrs-3yrs</b> 12:45-13:45	
	<b>Active Junior Badminton</b> 7yrs-18yrs 18:00-18:45	<b>Active Trampolineing</b> 5yrs-18yrs 17:00-19:15		<b>Gymnastics</b> <b>(Elite Squad Training)</b> 5yrs-18yrs 17:00-19:00	<b>Active Mini's</b> <b>3yrs-4yrs</b> 13:45-14:30	
		<b>Lifeguard Academy *</b> 8yrs+ 17:30-18:30		<b>Active Karate</b> 4yrs-6yrs 17:30-18:15 7yrs + 18.15-19:00	<b>Active Football</b> 2yrs-4yrs 15:00-15:45	
		<b>Disability Gymnastics</b> 8yrs-18yrs 18:15-19:00			<b>Active Football</b> 5yrs-7yrs 15:45-16:30	

\* Must have gained their 200m badge

\*\* Fitness Suite is open at all other times if supervised by a responsible adult

Swim School operated by STA qualified Instructors