

# Newark Sports and Fitness Centre

24th January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquababes/Pre School</b>	<b>Creche</b>	<b>Creche</b>	<b>Creche</b>	<b>Junior Fitness</b>	<b>Swimming Lessons</b>	<b>Swimming Lessons</b>
<b>Swimming Lessons</b> 3months-4yrs 11:45-13:15	3months-4yrs 09:30-11:30	3months-4yrs 09:30-11:30	3months-4yrs 09:30-11:30	8yrs-15yrs 15:30-17:30	4yrs-18yrs 08:00-11:00	<b>Parent &amp; Toddlers</b> 3yrs+ 08:30-10:30
	<b>Aquababes/Pre School</b>	<b>Aquababes/Pre School</b>	<b>Aquababes/Pre School</b>	Activo Fitness Suite**	<b>Active Trampoline</b>	
<b>Active Mini's</b> 3yrs-4yrs 15:00-16:30	<b>Swimming Lessons</b> 3months-4yrs 09:15-11:45	<b>Swimming Lessons</b> 3months-4yrs 09:30-10:30	<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	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	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30	<b>Active Mini's</b> 3yrs-4yrs 15:00-16:30	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30	<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
Activo Fitness Suite**	Activo Fitness Suite**		Activo Fitness Suite**		<b>Active Junior Ballet</b> 4yrs-6yrs 09:30-10:15 7yrs-18yrs 10:15-11:00	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>Pre School</b> <b>Trampoline</b> 3yrs-4yrs 15:00-16:00	<b>Swimming Lessons</b> 4yrs-18yrs 16:00-18:30	<b>Gymnastics</b> 5yrs-18yrs 16:00-17:30		<b>Junior Fitness</b> 8yrs-15yrs 11:30-13:00
<b>Gymnastics</b> 5yrs-18yrs 16:30-18:45	<b>Active Indoor Athletics</b> 5yrs-10yrs 16:00-16:45	<b>Junior Fitness</b> 8yrs-15yrs 15:30-17:30	<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	Activo Fitness Suite**	<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	Activo Fitness Suite**	
	<b>Active Junior</b> <b>Badminton</b> 7yrs-18yrs 18:00-18:45	<b>Gymnastics</b> 5yrs-18yrs 16:00-18:15			<b>Active Mini's</b> <b>2yrs-3yrs</b> 12:45-13:45	
		<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 Mini's</b> <b>3yrs-4yrs</b> 13:45-14:30	
		<b>Active Trampoline</b> 5yrs-18yrs 17:00-19:15			<b>Active Football</b> 2yrs-4yrs 15:00-15:45	
		<b>Lifeguard Academy *</b> 8yrs+ 17:30-18:30			<b>Active Football</b> 5yrs-7yrs 15:45-16:30	
		<b>Disability Gymnastics</b> 8yrs-18yrs 18:15-19:00				

\* 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