

Newark Sports and Fitness Centre

11th June 2018

MAIN POOL

MONDAY

06.30 - 08.30	Laned Swim *
12.00 - 13.00	Laned Swim * (3 lanes)
12.15 - 13.00	Active Aquatic Cycle
15.00 - 15.55	Laned Swim *
17.00 - 18.00	Public Swim
18.00 - 19.00	Laned Swim *
19.15 - 20.00	Active Aquatic Cycle
19.15 - 20.15	Laned Swim * (3 lanes)
20.15 - 21.00	Active Aqua
21.00 - 22.00	Laned Swim * (Flipper session in fast lane)

TUESDAY

06.30 - 08.30	Laned Swim *
11.45 - 13.00	Laned Swim & (3 lanes)
12.15 - 13.00	Active HydroPole
15.00 - 15.55	Over 50's Swim
18.00 - 19.15	Laned Swim *
19.15 - 20.00	Active HydroPole
20.15 - 21.00	Active HydroFighter
21.00 - 22.00	Laned Swim * (3 lanes)

WEDNESDAY

06.30 - 9.30	Laned Swim * (3 lanes from 8.20am)
08.30 - 09.15	Active Aquatic Cycle
10.30 - 11.30	Disability Public Swim
11.45 - 13.00	Laned Swim*
15.10 - 15.55	Active Aqua including Aqua Natal
18.30 - 19.30	Laned Swim *
21.00 - 22.00	Laned Swim *

THURSDAY

06.30 - 08.30	Laned Swim *
12.00 - 13.00	Laned Swim * (3 lanes)
12.15 - 13.00	Active HydroFighter
15.00 - 15.55	Laned Swim *
17.00 - 18.30	Laned Swim *

MAIN POOL

FRIDAY

06.30 - 08.30	Laned Swim *
15.00 - 15.55	Over 50's Swim
18.00 - 19.00	Public Swim
19.00 - 19.45	Adult Swimming Lessons
19.45 - 20.30	Adult Swimming Lessons
20.30 - 22.00	Laned Swim * (4 Lanes)

SATURDAY

11.00 - 13.00	Public Swim
14.15 - 16.00	Inflatable Swim (H25)
16.15 - 17.45	Laned Swim *

SUNDAY

09.00 - 10.30	Laned Swim * (3 lanes)
10.30 - 12.00	Public Swim
12.00 - 13.00	Laned Swim *
14.00 - 15.00	Inflatable Swim (H25)
15.30 - 16.30	Inflatable Swim (H25)
16.45 - 17.45	Laned Swim *

CUSTOMER INFORMATION

Children's swimming lessons are available every day for all ages. Please speak to Customer Services for times and availability.

KEY:

* Must be able to swim 50m unaided

(U8's) Children of 7 yrs and under

(H25) Height restrictions apply, max 1.6m and able to swim 25m.

Correct footwear is required for Active Aquatic Cycle Classes.

All pool sessions include customer changing, set up and take down time.

TEACHING POOL

MONDAY

15.00 - 15.55	Parent / Toddlers Fun Swim (U8's)
18.30 - 20.00	Public Swim

TUESDAY

11.45 - 13.00	Parent / Toddlers Fun Swim (U8's)
15.00 - 15.55	Parent / Toddlers Fun Swim (U8's)
18.30 - 20.00	Public Swim

WEDNESDAY

09.30 - 10.30	Parent / Toddlers Fun Swim (U8's) (Shallow end of pool only)
10.30 - 11.15	Disability Public Swim
11.45 - 13.00	Parent / Toddlers Fun Swim (U8's)
15.00 - 15.55	Parent / Toddlers Fun Swim (U8's)
18.30 - 20.00	Public Swim

THURSDAY

15.00 - 15.55	Parent / Toddlers Fun Swim (U8's)
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FRIDAY

15.00 - 15.55	Parent / Toddlers Fun Swim (U8's)
18.30 - 20.00	Public Swim

SATURDAY

11.00 - 13.00	Public Swim
14.15 - 17.45	Parent / Toddlers Fun Swim (U8's)

SUNDAY

10.30 - 12.00	Public Swim
12.00 - 13.00	Parent / Toddlers Fun Swim (U8's)
14.00 - 17.45	Parent / Toddlers Fun Swim (U8's)

OPENING HOURS

06.30 - 22.00 Monday - Friday

08.00 - 19.00 Saturday & Sunday

Closed Bank Holidays

Newark Sports and Fitness Centre

Bowbridge Road

Newark

NG24 4DH

Tel: 01636 655780