

Dukeries Leisure Centre

Sports and Play



Sports Camp (8-11yrs)

Monday 19th, Wednesday 21st &
Friday 23rd February
9am - 3pm £7 per session*

Bring a friend on Monday for £1!

Structured indoor and outdoor sports giving children a great opportunity to try a variety of sports with their friends. Please ensure children wear appropriate clothing and footwear including waterproofs. Bring plenty to drink and a packed lunch.

Trampoline (5-14yrs)

Thursday 22nd February
10am - 12 noon
£3 per session*

A fantastic session that will bounce you along to learning new and fun skills.

Gymnastics (5-14yrs)

Thursday 22nd February
1pm - 3pm
£3 per session*

A fantastic session introducing a wide range of skills in a safe, relaxed and playful environment.

Junior Fitness (8-15yrs)

Monday 19th - Friday 23rd February
10am - 4pm
£2.50 per session*

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction. Responsible adult supervision required outside junior times.

Nerf Wars (6+yrs)

Tuesday 20th February
1pm - 3pm
£3 per session*

Commanders will organise the children into teams of ten and run a number of small games such as capture the flag and zombie wars.

U8's Mini Camp

Tuesday 20th February
10am - 12 noon
£2.50 per session*

A combination of structured sports coaching and playground games. Booking essential. Please bring a drink and a snack.

Xperience memberships
from £17 per month

Xperience **One**
Xperience **Energy**
Xperience **Max**
Xperience **Student**

Our Xperience courses include:

- Active Swimming Lessons
- Active Dance
- Active Gymnastics
- Active Football
- Active Tennis
- Active Minis
- And much more



Saving you money on your sports courses! Quality coaching!
For further information visit our website www.active4today.co.uk



Terms and Conditions

*Included in XP Max membership (Sports Camp cancellations must be received by 8.30am on the day or a minimum of 30 minutes prior to the start of the activity otherwise a charge of £3 will be incurred).

A Parent/Guardian may be required to complete an information form regarding contact details, code of conduct and photograph consent.

All payments must be made at the time of booking.

To help with a quick, hassle-free transaction, please ensure you have your child's membership/Active card to hand when booking.

Sports Camp (Newark Academy) must be pre-booked and paid for at Newark Sports and Fitness Centre before 8am on the day of the activity. We are unable to accept bookings after this time. Payments cannot be made at Newark Academy.

For swimming availability at South Forest Complex please refer to our swimming timetable.

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

Newark Sports and Fitness Centre,
Dukeries and Blidworth Leisure Centres

HALF-TERM TIMETABLE

19th February 2018 - 23rd February 2018



ACTIVE
Leisure Sport Wellbeing

*Included in XP Max membership

www.active4today.co.uk



@active4today



BLIDWORTH 01623 466266
DUKERIES 01623 862469
NEWARK 01636 655780

enquiries@active4today.co.uk

ACTIVE4TODAY

Newark Sports and Fitness Centre

Swimming

Sessions in addition to the main swimming timetable. See website for full timetable.

Main Pool

Monday 19th February

1:30pm - 3pm Public Swim

Tuesday 20th February

1:45pm - 2:45pm Inflatable Swim

Wednesday 21st February

1:30pm - 3pm Public Swim

Thursday 22nd February

1:45pm - 2:45pm Inflatable Swim

Friday 23rd February

1:30pm - 3pm Public Swim

Swim Camp (8-15yrs)

Friday 23rd February

10am - 11:30pm £2.50 per session*

A dedicated session for our 8-15 year olds to access a variety of watersports and fun games. Please book in advance.

Public swim prices:

Juniors £3.30 (£2.70 with Active Card)

Adults £4.70 (£3.90 with Active Card)

Seniors £3.80 (£3.10 with Active Card)

XP and Activo Members free*

*Public swimming is included in some memberships. Check website for details. Active Cards available at reception.

Teaching Pool

Monday 19th February

1:30pm-3pm Public Swim

Tuesday 20th February

1:45pm - 2:45pm Fun Swim

Wednesday 21st February

1:30pm-3pm Public Swim

Thursday 22nd February

1:45pm - 2:45pm Fun Swim

Friday 23rd February

1:30pm - 3pm Public Swim

Crash Course Swim- 'Beginners 1/2'

Monday 19th - Friday 23rd February
8:15am - 8:45am and 8:45am - 9:15am £25 for course

An opportunity for new swimmers to have a taste of our programme and current swimmers to have some extra tuition with our qualified teachers.

Distance Swim- 'Advanced 2' (Invitation only)

Thursday 22nd February
8:30pm - 10:30am

An opportunity for children to undertake their 1500m and 2000m badges.

Sports and Play

Sports Camp at Newark Academy (8-11yrs)

Monday 19th - Thursday 22nd February
9am - 3pm

£11 per session*

Structured indoor and outdoor sports giving children a great opportunity to try a variety of sports with their friends. Please ensure children wear appropriate clothing and footwear including waterproofs. Bring plenty to drink and a packed lunch.

Must be pre-booked at Newark Sports and Fitness Centre before 8am on the day of the activity. We will not accept bookings after this time or take payment at Newark Academy.

At Newark Academy,
London Road, Newark

U8's Mini Camp

Monday 19th - Friday 23rd February
9:30am - 11:30am

£3 per session*

A combination of structured sports coaching and playground games. Booking essential. Please bring a drink and a snack.

Gymnastics

Monday 19th February

1:30pm - 2:45pm £2.50 per session*

A fantastic session introducing a wide range of skills in a safe, relaxed and playful environment. 5+ Yrs

Junior Fitness (8-15yrs)

Monday 12th - Friday 16th February

Monday 19th - Friday 23rd February

1pm - 5:30pm

£2.50 per session*

A chance for young adults to experience using the equipment in the gym under supervision.

Entry to the gym requires an induction. Responsible adult supervision required outside Junior times.



Blidworth Leisure Centre

Sports and Play

Fun Tunnel (4-7yrs)

Wednesday 21st February

9:30am - 10:15am

£2.50 per session*

Enjoy our popular Fun Tunnel Inflatable. Lots of softplay fun including ball pit.



Junior Fitness (8-15yrs)

Monday 19th - Friday 23rd February

10am - 4pm

£2.50 per session*

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction. Responsible adult supervision required outside Junior times.



*Included in XP Max membership