

Dukeries Leisure Centre

# Sports and Play



## Junior Fitness (8-15yrs)

Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> February  
10am - 12 noon & 2pm-4pm  
£3.00 per session\*

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction which must be booked at reception. Inductions free with XP Three membership or £15 for non-members. Responsible adult supervision required outside junior times.

## Sports Camp (8-11yrs)

Tuesday 19<sup>th</sup> & Thursday 21<sup>st</sup> February  
9am - 3pm £7 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.

## Trampolining (4+ yrs)

Wednesday 20<sup>th</sup> February  
1pm - 3pm  
£4 per session\*

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

## Gymnastics (4-14yrs)

Wednesday 20<sup>th</sup> February  
10pm - 12 noon  
£4 per session\*

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



\*Included in XP Three membership

Xperience ONE  
Xperience TWO  
Xperience THREE  
Xperience Student

Xperience memberships  
from £17 per month

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](http://www.active4today.co.uk)



### Terms and Conditions

\*Included in XP Three 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.

PHOTOGRAPHS - We occasionally take photos of activity sessions for our social media pages, if you do not want your child to be photographed please make this known when you book.

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.

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

18<sup>th</sup> February 2019 - 22<sup>nd</sup> February 2019

ACTIVE  
Leisure Sport Wellbeing

[www.active4today.co.uk](http://www.active4today.co.uk)



Active4Today



@active4today



BLIDWORTH 01623 466266  
DUKERIES 01623 862469  
NEWARK 01636 655780

[enquiries@active4today.co.uk](mailto: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 18<sup>th</sup> February**

1:30pm - 3pm Fun Swim

**Tuesday 19<sup>th</sup> February**

1:30pm - 3pm Public Swim

**Wednesday 20<sup>th</sup> February**

1:45pm - 2:45pm Inflatable Swim

**Thursday 21<sup>st</sup> February**

1:30pm - 3pm Public Swim

**Friday 22<sup>nd</sup> February**

1:30pm - 3pm Fun Swim

Public swim prices:

Juniors £3.50 (£3.00 with Active Card)

Adults £5.00 (£4.00 with Active Card)

Seniors £4.00 (£3.30 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 18<sup>th</sup> February**

1:30pm-3pm Fun Swim

**Tuesday 19<sup>th</sup> February**

1:30pm-3pm Public Swim

**Wednesday 20<sup>th</sup> February**

1:45pm-2:45pm Fun Swim

**Thursday 21<sup>st</sup> February**

1:30pm-3pm Public Swim

**Friday 22<sup>nd</sup> February**

1:30pm-3pm Fun Swim

### Crash Course Swim (4+ yrs)

FREE

#### 'Beginners'

**Tuesday 19<sup>th</sup> - Thursday 21<sup>st</sup> February 9am - 9.30am**

#### 'Improvers'

**Tuesday 19<sup>th</sup> - Thursday 21<sup>st</sup> February 9.30am - 10am**

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

## Sports and Play

### Sports Camp at Newark Academy (8-11yrs)

**Monday 18<sup>th</sup>, Tuesday 19<sup>th</sup> & Thursday 21<sup>st</sup> 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.



### Junior Fitness (8-15yrs)

**Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> February**  
**12pm - 2pm & 2pm - 4pm**

**£3.00 per session\***

Entry to the gym requires an induction, which is free with XP Three membership and must be booked at reception. Responsible adult supervision required outside Junior times.

### Gymnastics (5+ yrs)

**Friday 22<sup>nd</sup> February**

**1:30pm - 3pm £4 per session\***

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

### U8's Mini Camp (4-7yrs)

**Friday 22<sup>nd</sup> 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.

# Blidworth Leisure Centre

## Sports and Play

### Fun Tunnel (4-7yrs)

**Wednesday 20<sup>th</sup> February**

**9:30am - 10:15am**

**£3 per session\***

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



### Junior Fitness (8-15yrs)

**Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> February**

**10am - 12pm & 2pm - 4pm**

**£3 per session\***

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction, which is free with XP Three membership and must be booked at reception. Responsible adult supervision required outside Junior times.



### Junior Circuits (8-15yrs)

**Tuesday 19<sup>th</sup>, Thursday 21<sup>st</sup> - Friday 22<sup>nd</sup> February**

**9:30am - 10:15am**

**£3 per session\***

Structured circuit class specifically for our young members. Led by a qualified instructor.

\*Included in XP Three membership