



Welcome – Welcome to the latest edition of our corporate newsletter, where we bring you the highlights of what’s coming up this summer. From exciting events and activities to initiatives designed to support your health and wellbeing, there’s plenty to look forward to.

Wellbeing in the Workplace – Over the past year, we have continued to strengthen our corporate wellbeing offer, supporting our partners to prioritise the health and wellbeing of their teams. We attended 11 corporate partner events, engaging directly with employees and promoting the importance of active lifestyles. Alongside this, we delivered 269 wellbeing checks, providing valuable insights and practical advice to help individuals make positive changes to their health.



Nottinghamshire Show – Our team attended the Nottinghamshire Show in May; it was a fantastic opportunity to engage with the local community. We connected with over 230 people throughout the day, raising awareness of our services and encouraging participation in physical activity.

We gave participants the chance to win a one-month free pass, it was great to see some of our partners getting involved. In addition, we ran a variety of children’s activities, offering young people the opportunity to win Air-X vouchers at Dukeries Leisure Centre, helping to promote fun and active lifestyles from an early age.

Upcoming Courses:

We are delighted to share with you two fantastic training opportunities this July. Ideal for individuals looking to gain nationally recognised qualifications and progress their careers within the leisure and aquatic industry. This is a great opportunity to gain work at Newark Sports and Fitness Centre and Dukeries Leisure Centre (Ollerton).

STA Swim Teacher Course –

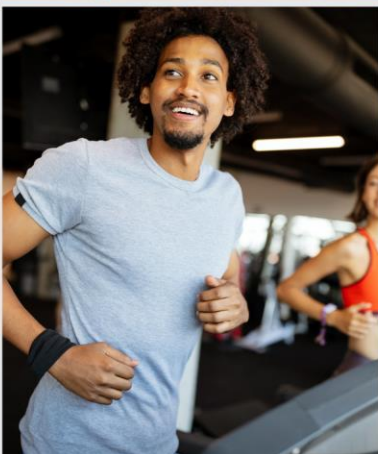
This course provides the skills, knowledge, and confidence to teach swimming effectively, following the STA framework.

Course Schedule

Monday 13 July, 10:30am–7:00pm – Dukeries
Tuesday 14 July, 10:30am–7:00pm – Dukeries
Wednesday 15 July, 10:30am–7:00pm – Newark
Friday 17 July, 9:00am–6:45pm – Newark
Saturday 18 July, 8:00am–3:30pm – Newark

Course Cost

£420 per candidate
£150 for VISPA students



Leisure Centres at: Blidworth – Newark – Ollerton
enquiries@active4today.co.uk www.active4today.co.uk/leisurehub



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STA Pool Lifeguard –

An intensive course designed to equip candidates with essential lifesaving skills and prepare them for working as a pool lifeguard.

Course Schedule

- Monday 27 July, 8:00am–4:00pm – Newark
- Tuesday 28 July, 8:00am–4:00pm – Ollerton
- Wednesday 29 July, 8:00am–4:00pm – Newark
- Thursday 30 July, 8:00am–4:00pm – Ollerton
- Friday 31 July (Assessment Day), 8:00am–4:00pm – Newark

Course Cost

- £315 per candidate
- £150 for VISPA students

Booking Information:

Payment is required in full at the time of booking. Spaces are limited on both courses, so early booking is strongly recommended.

To book or request further information, please email enquiries@active4today.co.uk.

www.active4today.co.uk

ACTIVE
Leisure Sport Wellbeing

COURSES

Pool Lifeguard Course

- *Monday 27th July, 8am-4pm - Newark
- *Tuesday 28th July, 8am-4pm - Ollerton
- *Wednesday 29th July, 8am-4pm - Newark
- *Thursday 30th July, 8am-4pm - Ollerton
- *Friday 31st July (Exam), 8am-4pm - Newark

Course cost: £315 (£150 for VISPA Students) Payment is due in full at the time of booking. To book, email enquiries@active4today.co.uk

Blidworth Leisure Centre
Belle Vue Lane, Blidworth,
Mansfield NG21 0RD

Dukeries Leisure Centre
Main Bank, Boughdon,
Ollerton NG22 5JJ

Newark Sports & Fitness Centre
Lord Howe Way,
Newark NG24 4FH

Tel: 01636 655780 enquiries@active4today.co.uk

www.active4today.co.uk

ACTIVE
Leisure Sport Wellbeing

SWIM TEACHER COURSES

STA Level 2 Swimming Teacher Course

- Monday 13th July: 10.30am-7pm – Newark Sports and Fitness Centre
- Tuesday 14th July: 10.30am-7pm – Dukeries Leisure Centre
- Wednesday 15th July: 10.30am-7pm – Dukeries Leisure Centre
- Friday 17th July: 9am-6.45pm – Newark Sports and Fitness Centre
- Saturday 18th July: 8am-3.30pm – Newark Sports and Fitness Centre

Course Cost: £350 + £70 for Rescue Test Award (Date TBC)
(£150 for VISPA Students). PAID IN FULL. NON-RETURNS. Pre-requisites apply.
Email us for further information and to book – enquiries@active4today.co.uk

Blidworth Leisure Centre
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Main Bank, Boughdon,
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Newark Sports & Fitness Centre
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Tel: 01636 655780 enquiries@active4today.co.uk

Summer Holiday Activities – Our summer holiday timetable will be going live in July, giving parents plenty of opportunity to book their children onto a wide range of fun and engaging activities across our leisure centres. With something for all the family, the programme includes popular Sports Camps featuring a variety of games, fitness suite access, and swimming sessions, as well as family-friendly activities and opportunities for free fun swims at selected sites. It's the perfect way to keep children active, social and entertained throughout the summer break. [Timetables | Active4Today](#)

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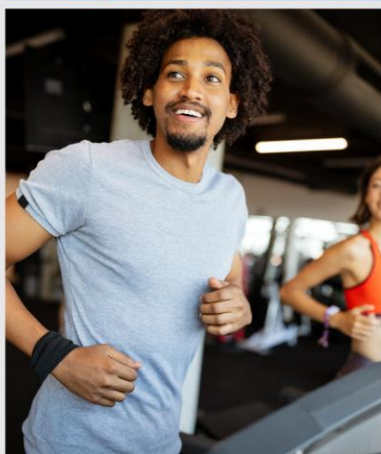


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As a valued member of **Active4Today**, we're pleased to share a **free wellbeing offer** from Newark and Sherwood District Council, designed to help you support your health alongside your activity at the leisure centre.

We're working with **FiveDinners** to offer **FREE membership** to the online meal-planning service created by TV chef Theo Michaels. This is part of a council-supported wellbeing initiative to help local residents eat well, feel better, and make healthier choices at home.

Why sign up?

- **Better nutrition to support your fitness goals** – balanced, home-cooked meals can help improve energy levels, recovery, and overall health.
- **Support heart health, weight management and long-term wellbeing** with meal plans tailored to low-calorie, affordable, vegetarian, menopause-friendly or family-friendly diets.
- **Reduce stress and decision fatigue** – no more last-minute dinner planning, just clear weekly plans and shopping lists.
- **Save money and reduce food waste** by shopping with purpose and cooking what you buy.

Each week you'll receive a **personalised meal plan and shopping list**, tailored to your preferences and lifestyle – completely free.

How to claim your FREE membership

Please visit <https://FiveDinners.com/MyCommunity>

Important: you must use this link to access the free offer – it won't appear if you visit the main website.

There's **no catch, no payment details required, and no commitment** – just a simple way to support your health beyond the gym.

We hope you enjoy using FiveDinners as part of your healthy, active lifestyle.



Get FREE meal plans

FREE FOR EVERYONE LIVING & WORKING IN NEWARK & SHERWOOD
USUALLY £86 PER YEAR - NOW FREE - YOU'LL NEVER BE CHARGED!

Fed up of deciding what to cook every night?

Want to save money on food shopping?

Want to eat healthier?

Then this is for you!

Every week you'll get:

- personalised meal plan
- complete shopping list
- designed just for you!

FiveDinners

Join 40,000+ people enjoying FiveDinners - Usually £86 per year - 100% FREE for you!



Scan the QR code or visit the link to get instant access:
FiveDinners.com/MyCommunity



How does it work?

FREE FOR EVERYONE LIVING & WORKING IN NEWARK & SHERWOOD

Fed up with deciding what to cook every night? Want to save money on food or eat more healthily?

Then this is for you!

How to sign up:

- Visit fivedinners.com/mycommunity (or scan the QR code)
- Click on your Council
- Enter your postcode and choose your food preferences
- That's it! Receive a new meal plan every week, just for you.

What you'll get:

- Weekly personalised meal plans
- A complete shopping list for each week
- Easy, delicious recipes to take the stress out of mealtimes
- Access to a **FREE chef hotline** – message for help whenever you need it!

Meal plans can be tailored to suit your needs, including:
Veggie • Low-calorie • Menopause meals • Kids • Quick & easy • + lots more!

FiveDinners.com/MyCommunity

FREE access to personalised meal planning is now available to all residents of Newark & Sherwood Council.

There's no catch, no trial period – just **completely FREE membership**, usually costing £86 per year - join over 40,000 other members!

Leisure Centres at: Blidworth – Newark – Ollerton
enquiries@active4today.co.uk www.active4today.co.uk/leisurehub



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Promotions:

Summer FIT

Make the most of summer with Active4Today's Summer FIT 2026! Enjoy one month of unlimited swimming, gym and classes across Blidworth, Newark and Ollerton, just £30 for adults and £20 for juniors. Adult passes include induction and body stats tracking. Sign up via the app or at [Home Page - Leisure Hub](#) and get active this summer!

SummerFIT
Enjoy 1 month for only **£30!**

Sign up via the app or at www.active4today.co.uk/leisurehub

Receive an in-depth induction and have your body stats taken (adults) at the start of your pass and at end of the programme

Enjoy unlimited access to swimming, classes and fitness suites

Leisure centres at Blidworth – Newark – Ollerton

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SummerFIT
Enjoy 1 month for only **£20!**

Sign up via the app or at www.active4today.co.uk/leisurehub

Enjoy unlimited access to swimming, classes and fitness suites

Leisure centres at Blidworth – Newark – Ollerton

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Summer Fitness Stack –

20-20-20 Fitness Stack is back! Get fitter and stronger with our 3-in-1 fitness stack, which packs a punch without being a full blown HIIT. Enjoy a blend of 20 minutes of muscle tone, 20 minutes of cardio, and 20 minutes of balance and stretch for a complete body workout. Sessions will run for 2 weeks throughout July. Secure your place by visiting [Home Page - Leisure Hub](#)

20-20-20 FITNESS STACK
The 3-in-1 workout packs a punch without being a full blown HIIT!

The fun stacked interval format is sure to elevate your heart rate, get those muscles working, and keep you on your toes!

Enjoy a blend of 20 minutes muscle tone, 20 minutes cardio and 20 minutes balance and stretch for a complete body workout.

GET FITTER, STRONGER AND BURN UP TO 1000 CALORIES IN ONE WORKOUT!

Blidworth 9:30-10:30am Sunday 21st & 28th June & 5th July
Dukeries 9:30-10:30am Sunday 21st & 28th June & 5th July
Newark 10:00-11:00am Sunday 21st & 28th June & 5th July

Book your place via the app or at www.active4today.co.uk/leisurehub

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Stay Connected

Keep up to date with our latest news and promotions via the Active4Today App and follow us on social media for daily updates @active4today.

Not a Member Yet?

Still unsure? Try our facilities for FREE with a 3-day guest pass. Get yours today by scanning the QR Code. Explore our full programme if activities at [Timetables | Active4Today](#)



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