

Dukeries Leisure Centre

Sports and Play



Junior Fitness (8-12yrs)

Monday - Friday
(closed Fri 19th & Mon 22nd April)
10am - 12 noon & 2pm - 4pm
£3 per session*

Supervised gym session. Induction required prior to using the gym and must be booked at reception (free with XP Three membership.) Adult supervision required outside Junior times.

Tennis (5-12yrs)

Tuesday 16th April
10am - 12 noon £4 per session*

Come and improve your backhand with Caunton Tennis Club.

Trampolining (4-14yrs)

Wednesday 10th/17th April
1pm - 3pm £4 per session*

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

Easter Egg Hunt

Thursday 18th April
12 noon - 1pm
£1 for all

Come and search for some chocolate treats!



Sports Camp (8-11yrs)

Tuesday 9th/16th &
Thursday 11th/18th April
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.

Gymnastics (4-14yrs)

Wednesday 10th/17th April
10am - 12 noon £4 per session*

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

Gymnastics Competition Training (5-14yrs)

Monday 8th/15th April
9am - 10.30am & 10.30am - 12noon
Only available to those booked onto gymnastics competition.
£4 per session*

*Included in XP Three membership

Xperience memberships
from £18 per month

Xperience ONE
Xperience TWO
Xperience THREE
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 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.



Get 10% off at Truly Beauty and Truly Coffee (next door to Newark Sports and Fitness Centre) - just show your Active Card!

www.active4today.co.uk



Active4Today



@active4today

ACTIVE 4 TODAY

BLIDWORTH 01623 466266 DUKERIES 01623 862469 NEWARK 01636 655780

enquiries@active4today.co.uk

ACTIVE
Leisure Sport Wellbeing

ACTIVE 4 TODAY

Newark Sports and Fitness Centre,
Dukeries and Blidworth Leisure Centres

EASTER TIMETABLE

8th - 18th April 2019



Newark Sports and Fitness Centre

Swimming

Sessions in addition to the main swimming timetable. See website for full timetable. **We are closed on Bank Holidays.**

Main Pool

Monday	10am - 11:30am	Public Swim
	1:30pm - 3pm	Fun Swim
Tuesday	10:15am - 11:15am	Kayaking
	1:30pm - 3pm	Public Swim
Wednesday	1:45pm - 2:45pm	Inflatable Swim
Thursday	10:15am - 11:15am	Kayaking
	1:30pm - 3pm	Public Swim
Friday	10am - 11:30am	Public Swim
	1:30pm - 3pm	Fun Swim



Teaching Pool

Monday	10am - 11:30am	Fun Swim
	1:30pm - 3pm	Fun Swim
Tuesday	10:15am - 11:15am	Fun Swim
	1:30pm - 3pm	Fun Swim
Wednesday	1:45pm - 2:45pm	Fun Swim
Thursday	10:15am - 11:15am	Fun Swim
	1:30pm - 3pm	Fun Swim
Friday	10am - 11:30am	Fun Swim
	1:30pm - 3pm	Fun Swim

Swim Camp (8-15yrs)

Friday 12th April 10am - 11:30am
£3 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 £3.50 (£3.00 with Active Card)
 Adults £5.50 (£4.50 with Active Card)
 Seniors £4.50 (£3.50 with Active Card)
 XP and Activo Members free*

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

Sports and Play

Sports Camp (8-12yrs)

Monday 8th/15th & Wednesday 10th/17th April
9am - 3pm £11 per session*

Enjoy a range of indoor and outdoor activities followed by an inflatable fun session in the pool. Please ensure children wear appropriate clothing and footwear. Bring plenty to drink and a packed lunch and don't forget your swim kit!

Sports Camp at Newark Academy (8-12yrs)

Tuesday 9th/16th & Thursday 11th/18th April
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. Bring plenty to drink and a packed lunch. Pre-book at Newark Sports and Fitness Centre.

Tennis

Friday 12th April
9am - 10am (4-6yrs)
10am - 11am (7-12yrs)
£5 per session*

Come and improve your back hand with Caunton Tennis Club at Newark Academy.



Junior Circuits

Friday 12th April
10am - 10:45am £3 per session*

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

Junior Fitness (8-15yrs)

Monday - Friday (closed Fri 19th & Mon 22nd April)
10am - 12 noon & 2pm - 4pm
£3 per session*

Supervised gym session. Induction required prior to using the gym and must be booked at reception (free with XP Three membership.) Adult supervision required outside Junior times.

U8's Mini Camp (4-7yrs)

Tuesday 9th/16th, Wednesday 10th/17th & Thursday 11th/18th April
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.

Archery at Newark Academy

Tuesday 9th/16th April
1pm - 2pm (5-7yrs)
2pm - 3pm (8+yrs)
£5 per session*

Come and learn how to use a bow and arrow.



Gymnastics (5-15yrs)

Thursday 11th/18th April
1:30pm - 3pm £5 per session*

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

Easter Egg Hunt

Wednesday 17th April
12 noon - 1pm
£1 for all

Come and search for some chocolate treats!



Blidworth Leisure Centre

Sports and Play

Fun Tunnel (4-7yrs)

Wednesday 10th/17th April
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 - Friday
(closed Fri 19th & Mon 22nd April)
10am - 12 noon & 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 9th/16th, Thursday 11th/18th & Friday 12th April
9:30am - 10:15am £3 per session*

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



Get 10% off at Truly Beauty and Truly Coffee (next door to Newark Sports and Fitness Centre) - just show your Active Card!

*Included in XP Three membership