

Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Monday 17th – Sunday 23rd February 2025



Includes 2 FREE activity sessions!

Places limited so book now at
www.active4today.co.uk/leisurehub

You can pay at reception on the day, subject to availability

Telephone 01636 655780

Email enquiries@active4today.co.uk



Newark Sports and Fitness Centre Swimming

Main Pool

Monday 17th February

9:30am - 10:30am Fun Swim (half pool)
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]

Tuesday 18th February

1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]

Wednesday 19th February

10:30am - 11:15am Disability Swim**
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]
6:45pm - 7:30pm Public Swim
7:30pm - 8:15pm Public Swim

Thursday 20th February

9:30am - 10:30am Kayaks/Floats
2pm - 2:45pm Public Swim
5:00pm - 5:45pm Fun Swim

Friday 21st February

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim*
12pm - 12:45pm Kayaks/Floats
2pm - 2:45pm Public Swim

Saturday 22nd February

11am - 12:30pm Public Swim
2pm - 3pm Inflatable Swim*
3:15pm - 4:15pm Public Swim

Sunday 23rd February

10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim

* Height restrictions apply, max 1.7m & able to swim 25m on their front. Max age 14yrs.

**An open session for adults and juniors with disabilities.

[^] Partially laned off for private hire.

Public Swims have fun floats and rafts available.

Pool policy applies to all of our swim sessions

Teaching Pool

Monday 17th February

9:30am - 10:30am Public Swim
11:30am - 12:30pm Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim
7:15pm - 8pm Public Swim

Wednesday 19th February

10:30am - 11:15am Disability Swim**
11:45am - 12:30pm Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Thursday 20th February

9am - 9:45am Public Swim
10am - 10:45am Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Friday 21st February

10am - 10:45am Public Swim
11am - 11:45am Public Swim
12pm - 12:45pm Public Swim
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
6:45pm - 7:30pm Public Swim

Saturday 22nd February

11am - 12:30pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim

Sunday 23rd February

9:15am - 10:15am Public Swim
10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Public Swim
3:15pm - 4:15pm Public Swim
Public Swims have fun floats and rafts available.

Newark Sports and Fitness Centre Sports

Sports Camp (8-13yrs)

Monday 17th & Thursday 20th February

9:30am - 1pm
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time. Places must be booked in the child's name.

Public swim prices:

Juniors £4.50 (without Active Card £5.50)
Adults £6 (without Active Card £7.50)
Concession £5 (without Active Card £6)
Inflatable Sessions £5.50 with an Active Card.
Public swimming is included in most memberships. Check website for details.
Active Cards are free for new customers and available at reception.

Family Sport Session

Wednesday 19th & Friday 21st February

10am - 12 noon
£5.50 per family

Come along for a morning of fun for all the family. Choose from badminton, short tennis, squash* or table tennis. Maximum 5 people per booking.

(*Squash only available on Wednesday)



Dukeries Leisure Centre Swimming

Swimming

Monday 17th February

1pm - 2pm Family Fun Swim
6:45pm - 7:30pm Public Swim

Tuesday 18th February

1pm - 2pm Splash

Wednesday 19th February

9am - 10am Inflatable Swim
1pm - 2pm Family Fun Swim

Thursday 20th February

10am - 11am Inflatable Swim
1pm - 2pm Family Fun Swim
2:30pm - 3:30pm Splash
6:30pm - 7:15pm Family Fun Swim

Friday 21st February

9:15am - 10:15am Public Swim
1pm - 2pm Family Fun Swim
6:45pm - 7:45pm Public Swim

Saturday 22nd February

11:15am - 12:45pm Family Fun Swim
3:15pm - 4:15pm Family Fun Swim

Sunday 23rd February

10:30am - 11:30am Family Fun Swim
2pm - 3pm Family Fun Swim

*Family Fun Swims have fun floats and rafts available
Pool policy applies to all our swim sessions.*

FREE Fun Swim Session!

Tuesday 18th February
10:45am - 11:45am

Come and make a splash in this free swim session! Places available in both the main and teaching pools.

Book online through the app or Leisurehub. Subject to availability.

Splash! (8-15yrs)

Tuesdays & Thursdays
£5.50 per session *(free to XP members)*

An exciting session offering a mix of water activities including Snorkelling, Kayaking and Water Polo. Main pool. Must be able to swim 25m unaided.



Dukeries Leisure Centre Sports

Family Sport Session

Friday 21st February

1pm - 3pm
£5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking.

FREE Family Sports Session!

Tuesday 18th February
2pm - 3pm

Come along and enjoy a FREE session in our sports hall. Choose from badminton, short tennis or table tennis.

Book online through the app or Leisurehub. Subject to availability.

Sports Camp (8-13yrs)

Tuesday 18th February

9:30am - 1pm
£7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time. Places must be booked in the child's name.



Southwell Leisure Centre

Swimming

Teaching Pool

Monday 17th February

12:15pm - 1:15pm Public Swim
 3pm - 3:45pm Public Swim
 7pm - 7:45pm Public Swim

Tuesday 18th February

12:15pm - 1:15pm Public Swim
 1:30pm - 2:15pm Fun Swim

Wednesday 19th February

12:15pm - 1:15pm Public Swim
 1:30pm - 2:15pm Fun Swim

Thursday 20th February

12:15pm - 1:15pm Public Swim
 1:30pm - 2:15pm Public Swim

Friday 21st February

12pm - 12:45pm Public Swim
 1:30pm - 2:15pm Public Swim
 7pm - 8pm Public Swim

Saturday 22nd February

2pm - 3pm Public Swim

Sunday 23rd February

10:15am - 11:15am Public Swim
 11:15am - 12:15pm Public Swim
 2:15pm - 3:15pm Public Swim
 3:30pm - 4:30pm Public Swim

Public Swims have fun floats and rafts available. Fun swims will have even more added extras!



Southwell Leisure Centre

Sports

Family Sport Session

Monday 17th, Tuesday 18th &
 Friday 21st February

12:15pm - 2:15pm
 £5.50 per family

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, squash or table tennis. Maximum 5 people per booking.

Sports Camp (8-13yrs)

Wednesday 19th February
 9:15am - 12:45pm
 £7.50 per session

Get set for a whirlwind of fun! Our indoor sports programme offers a mix of activities including using equipment in the fitness suite, multi skill games and an exciting swim session. Don't forget your swim kit! Ensure your children are in comfy clothes, swimwear, and suitable footwear. Pack plenty of drinks and a light snack to keep them fuelled and ready for action!

Must be pre-booked and paid for on Leisurehub or at reception by 8am on the day of the activity. We will not accept bookings after this time. Places must be booked in the child's name.

Mini Gymnastics (3-4yrs)

Monday 17th February
 4pm - 4:45pm
 £5.50 per session

A fun introduction to fundamental movement for early years.

Mini Trampolining (3-4yrs)

Friday 21st February
 4pm - 4:45pm
 £5.50 per session

Bouncing fun! Come and have a go and learn the basics, balance and co-ordination.



Xperience **ONE**
Xperience **TWO**
Xperience **Student**

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline

Quality coaching at an affordable price!

All Xperience memberships include free public swimming sessions!

For further information visit our website

www.active4today.co.uk/memberships/juniormemberships

Xperience memberships
from £20 per month



Bookings

Pre-book and pay for your activity online through www.active4today.co.uk/leisurehub to guarantee a spot! You can also pay at reception on the day of the activity if spaces are available. Places must be booked in the child's name.

Terms and Conditions

A parent/guardian may be required to complete an information form regarding contact details and code of conduct.

Photographs may be taken during activities to be used on our social media, please speak to a member of staff if you do not wish your child to have their photo taken.

Juniors must attend an induction with an adult/carer prior to using the fitness suite.

All activities must be paid for at the time of booking.

Bookings can be made online via Leisurehub or at reception.

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

Pool policy applies to all our swim sessions.

WE ARE CLOSED BANK HOLIDAYS

Active Birthday Parties
Book Now!

From £4 per child

- Splash Teaching pool parties
- Inflatable pool parties
- Bouncy Castle and Soft play
- Pool Pirates/Mermaids Parties
- Sports and Football parties

Parties available at Newark - Ollerton - Southwell
Book online at: www.active4today.co.uk/leisurehub

www.active4today.co.uk/leisurehub
enquiries@active4today.co.uk

