

Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Monday 20th October – Sunday 2nd November 2025



5 FREE 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 20th & 27th October

9:30am - 10:30am Fun Swim (half pool)
2pm - 2:45pm Public Swim
(excludes 27th October)

Tuesday 21st & 28th October

9:30am - 10:15am Public Swim
2pm - 2:45pm Kayaks/Floats

Wednesday 22nd & 29th October

10:30am - 11:15am Disability Swim**
2pm - 2:45pm Fun Swim
6:45pm - 7:30pm Public Swim
7:30pm - 8:15pm Public Swim (2 lanes)

Thursday 23rd & 30th October

9:30am - 10:30am Kayaks/Floats
2pm - 2:45pm Public Swim
(excludes 23rd October)
5:00pm - 5:45pm Fun Swim

Friday 24th & 31st October

10am - 10:45am Inflatable Swim*
11am - 11:45am Inflatable Swim*
(excludes 31st October)
12noon - 12:45pm Fun Swim
(excludes 31st October)
2pm - 2:45pm Public Swim

Saturday 25th October & 1st November

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

Sunday 26th October & 2nd November

10:30am - 11:30am Public Swim
11:45am - 12:45pm Public Swim
2pm - 3pm Fun 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 20th & 27th October

9:30am - 10:30am Public Swim
11:30am - 12:30pm Public Swim
2pm - 2:45pm Public Swim
(excludes 27th October)
7:15pm - 8pm Public Swim

Tuesday 21st & 28th October

12noon - 12:45pm Public Swim
1:30pm - 2:30pm Public Swim

Wednesday 22nd & 29th October

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

Thursday 23rd & 30th October

9am - 9:45am Public Swim
10am - 10:45am Public Swim
2pm - 2:45pm Public Swim
(excludes 23rd October)

Friday 24th & 31st October

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

Saturday 25th October & 1st November

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

Sunday 26th October & 2nd November

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

Junior Fitness (8-15yrs)

Weekdays 6am - 6pm
Weekends 8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Fun Swim Sessions!

Thursday 23rd & Monday 27th October
2pm - 2:45pm

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.

FREE Family Sports Session!

Thursday 23rd October
1:20pm - 2pm

Come along and enjoy a FREE session of squash or racketball.

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

Sports Camp (8-13yrs)

Mondays & Thursdays

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!

Family Sport Session

Wednesdays & Fridays

2pm - 4pm - 22nd October
10am - 12noon - 24th, 29th & 31st October
£5.50 per family

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

(*Squash available on Wednesday)



Dukeries Leisure Centre Swimming

Swimming

Monday 20th & 27th October

1:15pm - 2:15pm Inflatable Swim
6:45pm - 7:30pm Public Swim

Tuesday 21st & 28th October

10:45am - 11:45am Public Swim
(excludes 28th October)
1pm - 2pm Splash

Wednesday 22nd & 29th October

9am - 10am Family Fun Swim
1:15pm - 2:15pm Inflatable Swim

Thursday 23rd & 30th October

1pm - 2pm Family Fun Swim
2:30pm - 3:30pm Splash
6:30pm - 7:15pm Family Fun Swim

Friday 24th & 31st October

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

Saturday 25th October & 1st November

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

Sunday 26th October & 2nd November

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 28th October
10:45am - 11:45am

Come and make a splash in this free swim session!

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 20m unaided.



Dukeries Leisure Centre Sports

Family Sport Session

Fridays

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.

Sports Camp (8-13yrs)

Tuesdays

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!



Junior Fitness (8-15yrs)

Weekdays 6:30am - 6pm
Weekends 8am - 2:30pm

£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

FREE Family Sports Session!

Tuesday 28th October
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.

Look out for our AIR-X sessions coming soon!!



Southwell Leisure Centre

Swimming



Teaching Pool

Monday 20th & 27th October

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

Tuesday 21st & 28th October

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

Wednesday 22nd & 29th October

1pm - 1:45pm Public Swim
1:45pm - 2:30pm Public Swim

Thursday 23rd & 30th October

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

Friday 24th & 31st October

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

Saturday 25th October & 1st November

2pm - 3pm Public Swim

Sunday 26th October & 2nd November

10am - 11am 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



Junior Fitness (13yrs+)

Weekdays 6:30am - 6pm
Weekends 9am - 2:30pm
£5.50 per session

The fitness suite is open daily for juniors to enjoy a workout!

The fitness suite is open to juniors outside of these times but they must be supervised by a responsible adult.

Mini Trampolining (3-4yrs)

Fridays
4pm - 4:45pm **£5.50 per session**

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

Mini Gymnastics (3-4yrs)

Mondays
4pm - 4:45pm **£5.50 per session**

A fun introduction to fundamental movement for early years.

Sports Camp (8-13yrs)

Wednesdays
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!

Family Sport Session

Mondays & Tuesdays
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, table tennis or pickleball. Maximum 5 people per booking.



Active Birthday Parties

Book Now!

From £4 per child

Splash Teaching pool parties
Inflatable Main pool parties
Bouncy Castle parties
Pool Pirates/Mermaids parties
Sports and Football parties

Parties available at
Newark - Ollerton - Southwell

*Parties vary at each site so check our website
or email us for further information*

Book online at
www.active4today.co.uk/leisurehub



Xperience **one**
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



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 by 8am on the day of the activity if spaces are available. Places must be booked in the child's name.

Public swim prices:

Juniors £5 (without Active Card £6)
Adults £6.50 (without Active Card £8)
Concession £5.50 (without Active Card £6.50)
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.

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. Please book this at reception.

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

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

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

