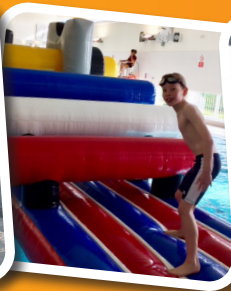


Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

HALF-TERM TIMETABLE

Monday 21st October – Sunday 3rd November 2024



Includes 4 FREE activity sessions!

Guarantee your place

**Pre-book and pay online from 9th September 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

ACTIVE 4 TODAY

Newark Sports and Fitness Centre

Swimming

Main Pool

Monday 21st & 28th October

9:30am - 10:30am	Fun Swim <i>(excludes 28th October)</i>
10:45am - 11:30am	Fun Swim (half pool)
1pm - 1:45pm	Public Swim [^] <i>(excludes 28th October)</i>
2pm - 2:45pm	Public Swim [^] <i>(excludes 28th October)</i>

Tuesday 22nd & 29th October

9:30am - 10:15am	Public Swim
1pm - 1:45pm	Public Swim [^]
2pm - 2:45pm	Public Swim [^]

Wednesday 23rd & 30th October

10:30am - 11:15am	Disability Swim**
1pm - 1:45pm	Public Swim [^]
2pm - 2:45pm	Public Swim [^] <i>(excludes 23rd October)</i>
6:45pm - 7:30pm	Public Swim
7:30pm - 8:15pm	Public Swim

Thursday 24th & 31st October

9:30am - 10:30am	Kayaks/Floats
2:00pm - 2:45pm	Public Swim <i>(excludes 31st October)</i>
5:00pm - 5:45pm	Fun Swim

Friday 25th October & 1st November

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

Saturday 26th October & 2nd November

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

Sunday 27th October & 3rd November

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.

Teaching Pool

Monday 21st & 28th October

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

Tuesday 22nd & 29th October

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

Wednesday 23rd & 30th October

10:30am - 11:15am	Disability Swim
11:45am - 12:30pm	Public Swim
1pm - 1:45pm	Public Swim <i>(excludes 23rd October)</i>
2pm - 2:45pm	Public Swim

Thursday 24th & 31st October

9am - 9:45am	Public Swim
10am - 10:45am	Public Swim
1pm - 1:45pm	Public Swim
2pm - 2:45pm	Public Swim <i>(excludes 31st October)</i>

Friday 25th October & 1st November

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 26th October & 2nd November

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

Sunday 27th October & 3rd 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

FREE Fun Swim Session!

Thursday 31st 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.

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.



FREE Family Sports Session!

Thursday 31st October
1:20pm - 2pm

Come along and enjoy a FREE squash/racketball session in our squash courts.

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

Sports Camp (8-13yrs)

Monday 21st & 28th &

Thursday 24th & 31st October

9:30am - 1pm

£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

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.

Family Sport Session

Wednesday 23rd & 30th October &

Friday 25th October & 1st November

10am - 12 noon

£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.

Dukeries Leisure Centre

Swimming

Swimming

Monday 21st & 28th October

1pm - 2pm Family Fun Swim

6:45pm - 7:30pm Public Swim

Tuesday 22nd & 29th October

10:45am - 11:45am Public Swim
(excludes 22nd October)

1pm - 2pm Splash

Wednesday 23rd & 30th October

9am - 10am Inflatable Swim

1pm - 2pm Family Fun Swim

Thursday 24th & 31st October

10am - 11am Inflatable Swim

1pm - 2pm Family Fun Swim

2:30pm - 3:30pm Splash

6:30pm - 7:15pm Family Fun Swim

Friday 25th October & 1st November

9:15am - 10:15am Public Swim

1pm - 2pm Family Fun Swim

6:45pm - 7:45pm Public Swim

Saturday 26th October & 2nd November

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

3:15pm - 4:15pm Family Fun Swim

Sunday 27th October & 3rd November

10:30am - 11:30am Family Fun Swim

2pm - 3pm Family Fun Swim

Family Fun Swims have fun floats and rafts available.

FREE Fun Swim Session!

Tuesday 22nd 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 25m unaided.

Dukeries Leisure Centre

Sports

Sports Camp (8-13yrs)

Tuesday 22nd & 29th October

9:30am - 1pm

£7.50 per session

Structured indoor sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

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.

Family Sport Session

Friday 25th October & 1st November

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 22nd 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.



Southwell Leisure Centre

Swimming

Teaching Pool

Monday 21st & 28th October

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

Tuesday 22nd & 29th October

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

Wednesday 23rd & 30th October

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

Thursday 24th & 31st October

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

Friday 25th October & 1st November

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

Saturday 26th October & 2nd November

2pm - 3pm Public Swim

Sunday 5th November

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 21st & 28th and Friday 25th October & Friday 1st November.

12:30pm - 2:30pm

£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 23rd & 30th October

9:15am - 12:45pm

£7.50 per session

Structured sports giving children a great opportunity to try a variety of activities including access to the fitness suite plus a fun swim session so don't forget your kit! Please ensure children wear appropriate clothing, swimwear and footwear. Bring plenty to drink and a light snack.

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 Trampolining (3-4yrs)

Friday 25th October and 1st November

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)

Monday 21st & 28th October

4pm - 4:45pm

£5.50 per session

A fun introduction to fundamental movement for early years.



Active Birthday Parties

Book Now!

From £4 per child

Splash Teaching pool parties

Inflatable pool parties

Roller Disco

Bouncy Castle and Soft play

Sports and Football parties

Parties available at

Newark - Ollerton - Southwell

www.active4today.co.uk/activities/childrensparties



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

Xperience memberships
from £20 per month

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 from 9th September 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.

WE ARE CLOSED BANK HOLIDAYS

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



ACTIVE 4 TODAY