Newark Sports and Fitness Centre Xperience Timetable

Monday				
06.00 - 18.00	Junior Fitness - (Fitness Suite*)	8yrs-15yrs		
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs		
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs-16yrs		
Tuesday				
06.00 10.00		0		
06.00 - 18.00	· · · · · · · · · · · · · · · · · · ·	8yrs-15yrs		
08.45 - 11.45	Aquatots/Aquababes/Pre-School Swimming	3months-4yrs		
	Lessons (Teaching Pool)	Auro Quro		
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs		
16.00 - 18.30	Active Swimming Lessons (Main Pool)	9yrs-16yrs		
Wednesday				
06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs		
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs		
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs-16yrs		
16.00 - 17.00	Active Trampoline	5yrs-8yrs		
17.00 - 18.00	Active Trampoline	9yrs+		
18.00 - 19.00	Active Trampoline	9yrs+		
Thursday				
06 00 - 18 00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs		
	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs		
13.13 10.43		.,		

5yrs-18yrs

15.45 - 18.45 Active Gymnastics

Friday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)
15.15 - 18.45	Active Gymnastics
15.45 - 18.45	Active Swimming Lessons (Teach
15.45 - 18.45	Active Swimming Lessons (Main

Saturday

08.00 - 11.00	Active Swimming Lessons
08.00 - 11.00	Active Swimming Lessons
08.00 - 14.30	Junior Fitness – (Fitness Su

Sunday

08.00 - 14.30 Junior Fitness – (Fitness Suite*)

CUSTOMER INFORMATION

* Fitness Suite is open outside of Junior Fitness times if supervised by a responsible adult. Access to the Fitness Suite requires an induction. Juniors cannot use the free weights without the additional induction.

Active swimming lessons are operated by STA qualified Instructors

CLEANING PROGRAMME - All activity areas and equipment cleaned regularly throughout the day.

WE ARE CLOSED ON BANK HOLIDAYS

hing Pool) Pool)

8yrs-15yrs 5yrs-18yrs 4yrs-8yrs 9yrs-16yrs

(Teaching Pool) (Main Pool) uite*)

4yrs-8yrs 9yrs-16yrs 8yrs-15yrs

8yrs-15yrs

Timetable version: NSFC 14th October 2024