

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 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
08.45 - 11.45	Aquatots/Aquababes/Pre-School Swimming Lessons (Teaching Pool)	3months-4yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs
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
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
15.45 - 18.45	Active Gymnastics	5yrs-18yrs

Friday

06.00 - 18.00	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
15.15 - 18.45	Active Gymnastics	5yrs-18yrs
15.45 - 18.45	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
15.45 - 18.45	Active Swimming Lessons (Main Pool)	9yrs-16yrs

Saturday

08.00 - 11.00	Active Swimming Lessons (Teaching Pool)	4yrs-8yrs
08.00 - 11.00	Active Swimming Lessons (Main Pool)	9yrs-16yrs
08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs-15yrs

Sunday

08.00 - 14.30	Junior Fitness – (Fitness Suite*)	8yrs-15yrs
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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