

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 |
| 16.30 - 17.00 | Xp Synrgy | 11yrs - 13 yrs |

Tuesday

| | | |
|---------------|--|--------------|
| 06.00 - 18.00 | Junior Fitness – (Fitness Suite*) | 8yrs - 15yrs |
| 08.45 - 11.45 | Aquatots/Aquababes/Pre-School Swimming Lessons (Teaching Pool) | 3mths - 4yrs |
| 15.45 - 18.15 | 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 | 8yrs - 10yrs |
| 18.00 - 19.00 | Active Trampoline | 10yrs - 15yrs |

Thursday

| | | |
|---------------|---|----------------|
| 06.00 - 18.00 | Junior Fitness – (Fitness Suite*) | 8yrs - 15yrs |
| 15.45 - 18.45 | Active Swimming Lessons (Teaching Pool) | 4yrs - 8yrs |
| 15.45 - 16.30 | Active Pre-School Gymnastics | 3yrs - 4yrs |
| 15.45 - 18.45 | Active Gymnastics | 5yrs - 15yrs |
| 16.30 - 17.00 | Xp Synrgy | 11yrs - 15 yrs |

Friday

| | | |
|---------------|---|--------------|
| 06.00 - 18.00 | Junior Fitness – (Fitness Suite*) | 8yrs - 15yrs |
| 15.15 - 18.45 | Active Gymnastics | 5yrs - 15yrs |
| 15.45 - 16.30 | Active Pre-School Gymnastics | 3yrs - 4yrs |
| 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. Xp Synrgy 11-15 yrs – From school Year 7

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