

Newark Sports and Fitness Centre
and Dukeries Leisure Centre

HALF-TERM TIMETABLE

Monday 19th October – Sunday 1st November 2026



FREE SESSIONS AVAILABLE!

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

Mondays

9:30am - 10:30am	Fun Swim (half pool)
2pm - 2:45pm	FREE Fun Swim

Tuesdays

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

Wednesdays

10:30am - 11:15am	Inclusive Swim**
2pm - 2:45pm	Fun Swim
6:45pm - 7:30pm	Public Swim

Thursdays

11am - 11:45am	Inflatable Swim*
2pm - 2:45pm	FREE Fun Swim
5pm - 5:45pm	Fun Swim

Fridays

10am - 10:45am	Fun Swim
11am - 11:45am	Fun Swim
12pm - 12:45pm	Fun Swim
2pm - 2:45pm	Public Swim

Saturdays

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

Sundays

10:30am - 11:30am	Public Swim
11:45am - 12:45pm	Public Swim
2pm - 3pm	Fun Swim

Teaching Pool

Mondays

9:30am - 10:30am	Public Swim
11:30am - 12:30pm	Public Swim
2pm - 2:45pm	FREE Fun Swim
7:15pm - 8pm	Public Swim

Tuesdays

12pm - 12:45pm	Public Swim
1:15pm - 2pm	Public Swim

Wednesdays

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

Thursdays

10am - 10:45am	Public Swim
11am - 11:45am	Public Swim
2pm - 2:45pm	FREE Fun Swim

Fridays

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
7pm - 7:45pm	Public Swim

Saturdays

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

Sundays

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

FREE Fun Swim Sessions!

Mondays & Thursdays, 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.

* Height restrictions apply, max 1.7m & able to swim 25m on their front. Max age 14yrs.

**A session aimed at individuals with disabilities and those with additional needs

^ Partially laned off for private hire.

Public Swims have fun floats and rafts available.

Pool policy applies to all of our swim sessions

Newark Sports and Fitness Centre

Sports

Junior Fitness (8-15yrs)

Weekdays

6am - 6pm

Weekends

8am - 2:30pm

XP Synrgy

Mondays & Thursdays, 4:30pm - 5pm

£6 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.

Sports Camp (8-13yrs)

Mondays & Thursdays

9:30am - 1pm

£8.50 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

Fridays

10:30am - 12:30pm

£6 per family

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

FREE Family Sports Session!

Thursdays

1:20pm - 2pm

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

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



Dukeries Leisure Centre

Swimming

Swimming

Mondays

1:15pm - 2:15pm Inflatable Swim

Tuesdays

10:45am - 11:45am FREE Fun Swim
1pm - 2pm Splash

Wednesdays

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

Thursdays

10am - 10:45am Inclusive Swim**
12:15pm - 1pm Public Swim
1pm - 1:45pm Splash
6:30pm - 7:15pm Family Fun Swim

Fridays

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

Saturdays

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

Sundays

10:45am - 11:45am 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.*

***A session aimed at individuals with disabilities and those with additional needs*

FREE Fun Swim Session!

Tuesdays

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 and Thursdays

£6 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

Active Air-X Sports Camp (8-13yrs)

Friday 23rd October, 9:30am - 1pm

Get set for a whirlwind of fun! Our indoor Air-X Camp offers a mix of activities including using equipment in the fitness suite, multi skill games, an exciting swim session and the ultimate indoor inflatable adventure with an Air-X session included. 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.

£8.50 per session

Book via the app or at <https://leisurehub.active4today.co.uk/live/en/Public/bookings>

Active Air-X

**Friday 23rd, Saturday 24th
& Sunday 25th October**

9am - 10:30am (*up to 9yrs - Weekend only*)

10:45am - 12:15pm (*11yrs and under*)

12:30pm - 2pm (*11 yrs and under*)

2:15pm - 3:45pm (*11yrs and under*)*

3:45pm - 5:45pm (*Private Parties*)

Child £8 (£7 online)

Additional Adult £4 (£3 online)

FREE to XP members (excludes XP Student)

Book via the app or at <https://leisurehub.active4today.co.uk/live/en/Public/bookings>

*** 12-15yrs on Saturdays**

FREE Family Sports Session!

**Tuesdays
2pm - 3pm**

Come along and enjoy a FREE session in our sports hall. Choose from badminton, short tennis, table tennis or pickleball.

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

Junior Fitness (8-15yrs)

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

XP Synrgy (11-15yrs)

Wednesdays, 4:30pm - 5pm

£6 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.



Visit

ACTIVE AIR-X



The **Ultimate** Indoor Inflatable Adventure!



Get ready to bounce, climb, slide and
race your way through Air-X!



**FREE to XP
members**
(excludes XP
Student)

Child £8 (£7 online),
Additional Adult £4 (£3 online)

Book online and save!

Book online
here



Save money by booking online via the app or at
<https://leisurehub.active4today.co.uk/live/en/Public/bookings>

T&Cs apply. Children under 6yrs must be supervised on the inflatable by a responsible person aged 16yrs or over on a 1 to 2 basis. (1 adult included in each child admission)

Children under 8yrs must be accompanied by a responsible person aged 16yrs or over on a 1 to 3 basis.

Children aged 8yrs and over are permitted to attend appropriate aged sessions

Dukeries Leisure Centre, Ollerton



Active Birthday Parties

Book Now!

From £4 per child

AIR-X Inflatable | Fun Floats
Pool Inflatable | Sports and Football



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

Parties available at Newark and Ollerton
www.active4today.co.uk/activities/childrensparties
enquiries@active4today.co.uk



Xperience 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 under the child's own account name.

Public swim prices:

Juniors £5.50 (without Active Card £6.50)

Adults £7 (without Active Card £8.50)

Concession £5.50 (without Active Card £6.50)

Inflatable Sessions £6 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

