

Newark Sports and Fitness Centre,
Dukeries and Southwell Leisure Centre

SUMMER TIMETABLE

Monday 29th July – Friday 30th August 2024



Includes 8 FREE activity sessions!

**Pre-book and pay for your activity online through
www.active4today.co.uk/leisurehub**

Telephone 01636 655780

Email enquiries@active4today.co.uk

Newark Sports and Fitness Centre Swimming

Main Pool

Mondays

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

Tuesdays

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

Wednesdays

10:30am - 11:15am Disability/Public Swim**
1pm - 1:45pm Public Swim[^]
2pm - 2:45pm Public Swim[^]
6:45pm - 7:30pm Public Swim
7:30pm - 8:15pm Public Swim (2 Lanes Only)

Thursdays

9:30am - 10:30am Kayaks & Floats
2pm - 2:45pm Public Swim
5pm - 5:45pm Family Fun Swim (Rafts & Floats)

Fridays

10am - 10:45am Inflatable Swim*
(Excludes 2nd/30th August)
11am - 11:45am Inflatable Swim*
12 noon - 12:45pm Public 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 Public Swim

* Height restrictions apply, max 1.7m and 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

Mondays

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

Tuesdays

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

Wednesdays

10:30am - 11:15am Disability/Public Swim**
11:45am - 12:30pm Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Thursdays

9am - 9:45am Public Swim
10am - 10:45am Public Swim
1pm - 1:45pm Public Swim
2pm - 2:45pm Public Swim

Fridays

10am - 10:45am Public Swim
11am - 11:45am Public Swim
12 noon - 12:45pm Public Swim
2pm - 2:45pm Public Swim
3pm - 3:45pm Public Swim
6:45pm - 7:30pm 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

Public Swims have fun floats and rafts available

Newark Sports and Fitness Centre Swimming

Distance Swim

Fridays 2nd & 30th August

8:30am - 10:30am. £3 per session.

Timed swims and the chance for the advanced swimmers from our swim school to attain their distance badges.

By invitation only. Book at Reception.

FREE Swim Session!

Thursday 22nd August

2pm - 2:45pm

Come and make a splash in this free swim session!

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



Kayaks and floats swim 8-15yrs

Thursdays 9.30am-10.30am

£5.50 per session (free to XP members)

Come and try out a kayak or just float about in this fun session. Main pool

Must be able to swim 25m unaided. Up to 20 minutes per person in a Kayak and 40 minutes Fun Swim.



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.

Network Sports and Fitness Centre

Sports

Junior Fitness (8-15yrs)

Weekdays 6am - 6pm
Weekends 8am - 2:30pm
£5.50 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.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.

Family Sports Session

Wednesdays & Fridays
10am - 12noon
£5.50 per session

Come along for a morning of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 5 people per booking. Squash and Racketball available on Wednesdays

Sports Camp (8-13yrs)

Mondays & Thursdays
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.

FREE Sports Session!

Thursday 22nd August
1:20pm - 2pm

Come along and enjoy a FREE game of squash. 8yrs and above unless accompanied by a responsible adult.

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



Dukeries Leisure Centre

Swimming

Swimming

Mondays

1pm - 2pm Family Fun Swim
6:45pm - 7:30pm Public Swim

Tuesdays

10:45am - 11:45am Public Swim
1pm - 2pm Splash

Wednesdays

9am - 10am Public Swim
1pm - 2pm Family Fun Swim

Thursdays

10am - 11am Public Swim
1pm - 2pm Family Fun Swim
2:30pm - 3:30pm Splash (Excludes 15th August)
6:30pm - 7:15pm Family Fun Swim

Fridays

9:15am - 10:15am Public Swim
1pm - 2pm Family Fun Swim
6:45pm - 7:45pm Public Swim

Saturdays

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

Sundays

10:30am - 11:30am Family Fun Swim
2pm - 3pm Family Fun Swim

Family Fun Swims have fun floats and rafts available

Distance Swim

Thursday 15th August

2pm - 4pm. £3 per session.

Timed swims and the chance for the advanced swimmers from our swim school to attain their distance badges. By invitation only.

FREE Swim Session!

Tuesday 6th August

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 (Excludes 15th August)

£5.50 per session (free to XP members)

An exciting session offering a mix of water activities including Sea Scooters, Snorkelling, Kayaking and Water Polo. Main pool. Must be able to swim 25m unaided.



Dukeries Leisure Centre

Sports

Sports Camp (8-13yrs)

Tuesdays

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.

Family Sports Session

Fridays

1pm - 3pm

£5.50 per session

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 Sports Session!

Tuesday 6th August

2pm - 3pm

Come along and enjoy a FREE game of badminton. 8yrs and above unless accompanied by a responsible adult. Book online through the app or Leisurehub. Subject to availability.

Junior Fitness (8-15yrs)

Weekdays

6:30am - 6pm

Weekends

8am - 2:30pm

£5.50 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.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.



Southwell Leisure Centre Swimming

Swimming (Teaching Pool)

Mondays

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

Tuesdays

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim

Wednesdays

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

Thursdays

12:15pm - 1:15pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim

Fridays

12 noon - 12:45pm Public Swim
1:30pm - 2:15pm Public Swim
3pm - 3:45pm Public Swim
7pm - 8pm Public Swim

Saturdays

2pm - 3pm Public Swim

Sundays

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 rafts and floats available



Southwell Leisure Centre Sports

Family Sports Session

Mondays, Tuesdays, Thursdays & Fridays (Excludes Tues 6th and Thurs 15th August)
12:30pm - 2:30pm
£5.50 per session

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, racketball or table tennis. Maximum 5 people per booking.

Junior Fitness (13yrs+)

Weekdays 6:30am - 6pm
Weekends 9am - 2:30pm
£5.50 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.

Juniors must attend an induction with an adult/carer prior to using the fitness suite. Please book this at reception. Normal admissions policy applies.

2 FREE Sports Sessions!

Wed 14th Aug & Wed 28th Aug
15:20-16:00 (Squash)
16:30-17:30 (Badminton)

Come along and enjoy a FREE game of badminton or squash with the family. 8yrs and above unless accompanied by a responsible adult.

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

Sports Camp (8-13yrs)

Wednesdays
12noon - 3:30pm
£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.

Mini Gymnastics (3-4yrs)

Sundays
9am - 9:45am
£5.50 per session

A fun introduction to fundamental movement for early years.

Mini Trampolining (3-4yrs)

Fridays
4pm - 4:45pm
£5.50 per session

Bouncing fun! Come and have a go and learn the basics, balance and co-ordination.

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

Xperience memberships
from £19 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



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

