

Newark Sports and Fitness Centre,  
Dukeries and Southwell Leisure Centre

# HALF-TERM TIMETABLE

Monday 12<sup>th</sup> – Friday 16<sup>th</sup> February 2024



Pre-book and pay for your activity online through  
[www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub)

Bookings open from 29th January

Telephone 01636 655780

Email [enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)

# Network Sports and Fitness Centre

## Swimming

### Main Pool

#### Monday 12<sup>th</sup> February

9am - 9:45am Public Swim  
10am - 10:45am Public Swim

#### Tuesday 13<sup>th</sup> February

9:30am - 10:15am Public Swim  
1pm - 1:45pm Public Swim<sup>^</sup>  
2pm - 2:45pm Public Swim<sup>^</sup>

#### Wednesday 14<sup>th</sup> February

10:30am - 11:15am Disability/Public Swim\*\*  
1pm - 1:45pm Public Swim<sup>^</sup>  
2pm - 2:45pm Public Swim<sup>^</sup>  
6:45pm - 7:30pm Public Swim  
7:30pm - 8:15pm Public Swim

#### Thursday 15<sup>th</sup> February

1pm - 1:45pm Public Swim<sup>^</sup>  
2pm - 2:45pm Public Swim

#### Friday 16<sup>th</sup> February

10am - 10:45am Inflatable Swim\*  
11am - 11:45am Inflatable Swim\*  
1pm - 1:45pm Public Swim<sup>^</sup>  
2pm - 2:45pm 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.

<sup>^</sup>Partially laned off for private hire

### Teaching Pool

#### Monday 12<sup>th</sup> February

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

#### Tuesday 13<sup>th</sup> February

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

#### Wednesday 14<sup>th</sup> February

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

#### Thursday 15<sup>th</sup> February

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

#### Friday 16<sup>th</sup> February

1pm - 1:45pm Public Swim  
2pm - 2:45pm Public Swim  
3pm - 3:45pm Public Swim  
6:45pm - 7:30pm Public Swim

*Rafts and floats available in teaching pool public swims*

### 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.

# Newark Sports and Fitness Centre

## Sports

### Sports Camp (8-13yrs)

**Monday 12<sup>th</sup> & Thursday 15<sup>th</sup> February**  
**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 Sport Session

**Wednesday 14<sup>th</sup> & Friday 16<sup>th</sup> February**  
**10am - 12 noon**

**£5.50 per session**

Come along for a morning of fun for all the family. Choose from badminton, short tennis or table tennis. Maximum 4 people per booking.



### 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.

# Dukeries Leisure Centre

# Swimming

## Swimming

### Monday 12<sup>th</sup> February

1:45pm - 2:45pm Family Fun Swim

6:45pm - 7:30pm Public Swim

### Tuesday 13<sup>th</sup> February

1pm - 2pm Public Swim

### Wednesday 14<sup>th</sup> February

1pm - 2pm Family Fun Swim

### Thursday 15<sup>th</sup> February

10am - 11am Public Swim

1pm - 2pm Family Fun Swim

### Friday 16<sup>th</sup> February

11:30am - 12:30pm Public Swim

1pm - 2pm Family Fun Swim

6:45pm - 7:45pm Public Swim



# Dukeries Leisure Centre

## Sports

### Sports Camp (8-13yrs)

Tuesday 13<sup>th</sup> February

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 Sport Session

Friday 16<sup>th</sup> February

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 4 people per booking.

### 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.



# Southwell Leisure Centre

# Swimming

## Swimming (Teaching Pool)

### Monday 12<sup>th</sup> February

12:15pm - 1:15pm Public Swim

3pm - 3:45pm Public Swim

### Tuesday 13<sup>th</sup> February

12:15pm - 1:15pm Public Swim

3pm - 3:45pm Public Swim

### Wednesday 14<sup>th</sup> February

12:15pm - 1:15pm Public Swim

### Thursday 15<sup>th</sup> February

3pm - 3:45pm Public Swim

### Friday 16<sup>th</sup> February

11:30am - 12:15pm Public Swim

1:45pm - 2:30pm Public Swim

7pm - 8pm Public Swim



# Southwell Leisure Centre

## Sports

### Family Sport Session

Monday 12<sup>th</sup>, Tuesday 13<sup>th</sup>,  
Thursday 15<sup>th</sup> & Friday 16<sup>rd</sup> February  
12:30pm - 2:30pm

**£5.50 per session**

Come along for an afternoon of fun for all the family. Choose from badminton, short tennis, squash or table tennis. Maximum 4 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.

### Sports Camp (8-13yrs)

Wednesday 14<sup>th</sup> February  
12pm - 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 (3-5yrs)

Sunday 18<sup>th</sup> February  
9am - 9:45am  
**£5.50 per session**

A fun introduction to fundamental movement for early years.

### Mini Trampolining (3-5yrs)

Friday 16<sup>th</sup> February  
4pm - 4:45pm  
**£5.50 per session**

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

# Active Birthday Parties

## Book Now!

### From £4 per child

Splash Teaching pool parties

Inflatable pool parties

Roller Disco

Bouncy Castle and Soft play

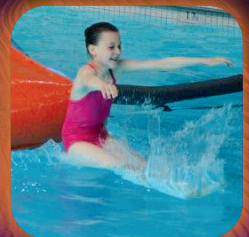
Pool Pirates/Mermaids Parties

Sports and Football parties

Parties available at

Newark - Ollerton - Southwell

[www.active4today.co.uk/activities/childrensparties](http://www.active4today.co.uk/activities/childrensparties)





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

Xperience memberships  
**from £20** per month

Our Xperience courses include:

- Active Swimming Lessons
- Active Gymnastics
- Active Trampoline
- Active Football



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](http://www.active4today.co.uk/memberships/juniormemberships)**

## Bookings

Pre-book and pay for your activity online through [www.active4today.co.uk/leisurehub](http://www.active4today.co.uk/leisurehub)

Activities available to book from 29th January



## 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](http://www.active4today.co.uk/leisurehub)**

**[enquiries@active4today.co.uk](mailto:enquiries@active4today.co.uk)**



**ACTIVE 4 TODAY**