

Newark Sports and Fitness Centre,  
Dukeries and Blidworth Leisure Centres

# HALF-TERM TIMETABLE

23<sup>rd</sup> – 27<sup>th</sup> October 2017



**BLIDWORTH** 01623 466266  
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**NEWARK** 01636 655780

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# Newark Sports and Fitness Centre

## Swimming

Sessions in addition to the main swimming timetable. See website for full timetable.

### Main Pool

#### Monday 23<sup>rd</sup> October

10am-11:30am Inflatable Swim

#### Tuesday 24<sup>th</sup> October

10am-11:30am Public Swim

1:30pm-2:30pm Inflatable

#### Wednesdays 25<sup>th</sup> October

1:30pm - 2:30pm Inflatable

#### Thursdays 26<sup>th</sup> October

10am-11:30am Inflatable Swim

1:30pm-3pm Public Swim

#### Friday 27<sup>th</sup> October

10am-12 noon Public Swim

1pm-2:30pm Inflatable Swim



### Teaching Pool

#### Monday 23<sup>rd</sup> October

9:30am-11:30am Parent and Toddler Swim

1:30pm-3pm Public Swim

#### Tuesday 24<sup>th</sup> October

1:30pm-3pm Public Swim

#### Wednesdays 25<sup>th</sup> October

1:30pm-3pm Parent and Toddler Swim

#### Thursdays 26<sup>th</sup> October

10am-11:30am Parent and Toddler Swim

1:30pm-3pm Public Swim

#### Friday 27<sup>th</sup> October

10am-12 noon Public Swim

1:30pm-3:00pm Parent and Toddler Swim

#### Public swim prices:

Juniors £3.30 (£2.70 with Active Card)

Adults £4.70 (£3.90 with Active Card)

Seniors £3.80 (£3.10 with Active Card)

XP and Activo Members free\*

\*Public swimming is included in some memberships. Check website for details.  
Active Cards available at reception.



# Sports and Play



**NEW** at Newark Academy

## Active Sports Camp (8yrs +)

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**9am - 3pm**  
**£10 per session\***

Structured indoor and outdoor sports giving children a great opportunity to try a variety of sports with their friends. Please ensure children wear appropriate clothing and footwear including waterproofs. Bring plenty to drink and a packed lunch.

Must be pre-booked at Newark Sports and Fitness Centre before 8am on the day of the activity. We will not accept bookings after this time or take payment at Newark Academy.

**At Newark Academy,  
London Road, Newark**

## Activity Sessions (5-7yrs)

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**9:30am - 11:30am**  
**£3 per session\***

An exclusive mixture of fun sports and playground games. Booking essential. Please bring a drink and a snack.

**NEW** Crash Course  
**Swimming (4-8yrs)**

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**Available at 8:15am and 8:45am**  
**£25 for 5 day course**

Specifically for children in beginners 1-4, this course will fast track your child to the next level. Daily 30 minute lessons to perfect technique and progress strokes whilst improving ability and confidence.

## Junior Fitness (8-15yrs)

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**1pm - 5:30pm**  
**£2.50 per session\***

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction. Responsible adult supervision required outside Junior times.



# Newark Sports and Fitness Centre

## Sports and Play

### Gymnastics (4-11yrs)

**Monday 23<sup>rd</sup>, Wednesday 25<sup>th</sup> &  
Thursday 26<sup>th</sup> October**  
**1:30pm - 2:45pm**  
**£2.50 per session\***

A fantastic session introducing a wide range of gymnastics skills with our team of qualified coaches.



### Athletics (6-11yrs)

**Friday 27<sup>th</sup> October**  
**1:30pm - 2:45pm**  
**£2.50 per session\***

Come and enjoy the range of athletics disciplines - running, jumping and throwing in a safe and fun environment.

### Trampolining (4-7yrs)

**Wednesday 25<sup>th</sup> October**  
**1:30pm - 2:45pm**  
**£2.50 per session\***

A fun trampolining taster session where you can learn basic moves and techniques with our qualified coaches.

### Dance (6-11yrs)

**Friday 27<sup>th</sup> October**  
**3pm - 4:15pm**  
**£2.50 per session\***

Learn new skills and bust out some moves, a taster of what is included in our weekly dance class.

### Cheerleading (6-11yrs)

**Monday 23<sup>rd</sup> October**  
**1:30pm - 2:45pm**  
**£2.50 per session\***

Come along to cheer, jump and spring your way in a fun cheerleading taster session. The sessions will provide an introduction to cheerleading, incorporating basic moves and techniques of the activity.

# Blidworth Leisure Centre

## Sports and Play

### Fun Tunnel (4-7yrs)

**Wednesdays 25<sup>th</sup> October**  
**9:30am - 10:15am**  
**£2.50 per session\***

Enjoy our popular Fun Tunnel Inflatable. Lots of softplay fun including ball pit.



### Junior Circuits (5-12yrs)

**Tuesday 24<sup>th</sup>, Thursday 26<sup>th</sup> &  
Friday 27<sup>th</sup> October**  
**9:30am - 10:15am**  
**£2.50 per session\***

A fun circuit session for all abilities.

### Junior Fitness (8-15yrs)

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**11am - 5pm**  
**£2.50 per session\***

A chance for young adults to experience using the equipment in the gym under supervision. Entry to the gym requires an induction. Responsible adult supervision required outside Junior times.



# Dukeries Leisure Centre

## Sports and Play



### Activity Day (8-12yrs)

**Monday 23<sup>rd</sup>, Wednesday 25<sup>th</sup> &  
Friday 27<sup>th</sup> October**

**9am - 3pm**

**£7 per session\***

Indoor and outdoor sports and games.  
Bring a drink and packed lunch.

### Junior Fitness (8-15yrs)

**Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October**  
**10am - 4pm**

**£2.50 per session\***

A chance for young adults to experience using the equipment in the gym under supervision.

Entry to the gym requires an induction.  
Responsible adult supervision required outside junior times.

### Racket Sports (5-14yrs)

**Tuesday 24<sup>th</sup> October**

**10am - 12 noon**

**£3 per session\***

Try badminton, squash, racketball and table-tennis.

### Go Karting (4 - 9yrs)

**Tuesday 24<sup>th</sup> October**

**1pm - 3pm**

**£3 per session\***

Learn to drive like a F1 driver and speed round our indoor/outdoor track with GoKart Party Company.





## Activity Session (5-7yrs)

**Tuesday 24<sup>th</sup> & Thursday 26<sup>th</sup>  
October**  
**10am – 12 noon**  
**£3 per session\***

An exclusive mixture of fun sports,  
playground games.

## Gymnastics (5-14yrs)

**Thursday 26<sup>th</sup> October**  
**1pm - 3pm**  
**£3 per session\***

A fantastic session introducing a wide  
range of skills in a safe, relaxed and  
playful environment.



## Trampolining (5-14yrs)

**Thursday 26<sup>th</sup> October**  
**10am - 12 noon**  
**£3 per session\***

A fantastic session that will bounce you  
along to learning new and fun skills.

## Fancy Dress Party (5-14yrs)

**Friday 27<sup>th</sup> October**  
**1pm - 3pm**  
**£3 per session\***

Games, prizes and disco dancing!

## Swimming at South Forest Complex

XP members can swim for free with a full paying adult in public sessions. Please visit  
our website for times: [www.active4today.co.uk/activities/swimming](http://www.active4today.co.uk/activities/swimming)

Xperience **One**  
Xperience **Energy**  
Xperience **Max**  
Xperience **Student**

Our Xperience courses include:

- Active Swimming Lessons
- Active Dance
- Active Gymnastics
- Active Football
- Active Tennis
- Active Minis
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**from £17** per month



Saving you money on your sports courses! Quality coaching!  
**For further information visit our website [www.active4today.co.uk](http://www.active4today.co.uk)**



### Terms and Conditions

\* Included in XP Max membership

To help with a quick, hassle-free transaction, PARENTS please ensure you have your child's membership/Active cards to hand when booking.

Parent/Guardian will be required to fill out an information form regarding contact details, code of conduct and photograph consent.

For swimming at South Forest Leisure Centre please refer to our swimming Timetable.

Sports Camp must be pre-booked and paid for at Newark Sports and Fitness Centre before 8am on the day of the activity. We will not accept bookings after this time or payment at Newark Academy.

Payment must be made at the time of booking.

Activities correct at time of printing and subject to change.