

## GROVE LEISURE CENTRE - SWIMMING



### MAIN POOL

#### Monday

9am - 10am Adults only  
 10.15am - 11.45am Fun Swim (Floats & Toys)  
 12 noon - 12.45pm 2 Laned Swim (Swim4Fitness)  
 12.45pm - 1.45pm Public Swimming  
 2pm - 3pm Fun Swim (Floats & Toys)

#### Tuesday

9am - 10am Adults only  
 10.15am - 11.45am Fun Swim (Floats & Toys)  
 12 noon - 12.45pm Laned Swim (Swim4Fitness)  
 12.45pm - 1.45pm Public Swimming  
 2pm - 3pm Fun Swim (Floats & Toys)

#### Wednesday

9am - 10am Adults only  
 10.15am - 11.45am Fun Swim (Floats & Toys)  
 12 noon - 12.45pm 2 Laned Swim (Swim4Fitness)  
 12.45pm - 1.45pm Public Swimming  
 2pm - 3pm Fun Swim (Floats & Toys)  
 3.15pm - 4pm Aqua Aerobics

#### Thursday

9am - 10am Adults only  
 10.15am - 11.45am Fun Swim (Floats & Toys)  
 12 noon - 12.45pm Laned Swim (Swim4Fitness)  
 12.45pm - 1.45pm Public Swimming  
 2pm - 3pm Fun Swim (Floats & Toys)

#### Friday

9am - 10am Adults only  
 10.15am - 11.45am Fun Swim (Floats & Toys)  
 12 noon - 12.45pm Laned Swim (Swim4Fitness)  
 12.45pm - 1.45pm Public Swimming  
 2pm - 3pm Fun Swim (Floats & Toys)

### SMALL POOL

#### Monday

9am - 11.30am Parent & Toddler  
 11.30am - 1pm Aqua-Babes & Pre-School Lessons  
 1pm - 3pm Public Swim  
 3pm - 3.30pm **Xperience Our Swim**  
 & 3.30pm - 4pm **School Lessons**

#### Tuesday

9.30am - 11.30am Aqua-Babes & Pre-School Lessons  
 11.30am - 12.30pm Parent & Toddler  
 1pm - 3pm Public Swim  
 3pm - 3.30pm **Xperience Our Swim**  
 & 3.30pm - 4pm **School Lessons**

#### Wednesday

9am - 12.30pm Parent & Toddler  
 1pm - 3pm Public Swim  
 3pm - 3.30pm **Xperience Our Swim**  
 & 3.30pm - 4pm **School Lessons**

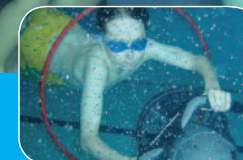
#### Thursday

9am - 10.30am Parent & Toddler  
 10.30am - 12 noon Aqua-Babes & Pre-School Lessons  
 1pm - 3pm Public Swim  
 3pm - 3.30pm **Xperience Our Swim**  
 & 3.30pm - 4pm **School Lessons**

#### Friday

9am - 12.30pm Parent & Toddler  
 1pm - 3pm Public Swim  
 3pm - 3.30pm **Xperience Our Swim**  
 & 3.30pm - 4pm **School Lessons**

# holiday timetable



### Grove Leisure Centre

London Road  
 New Balderton  
 Newark  
 NG24 3AL

Tel: 01636 655780  
[grove@nsdc.info](mailto:grove@nsdc.info)  
[www.groveleisure.co.uk](http://www.groveleisure.co.uk)

Mon 13 Feb - Sun 19 Feb 2012 AND Mon 2 Apr - Sun 15 Apr 2012  
 Closed on Fri 6 AND Mon 9 Apr 2012

**Notes \*Swim Skool distance awards Monday 2nd April 2012 9am - 10am  
 Lifeguard Course 1 - 8 Apr 2012 - £195.  
 Adults only 9am - 10am, limited to 2 lanes; no session on Mon 2 Apr 2012**

## GROVE LEISURE CENTRE - CHILDREN'S ACTIVITY DAYS

**\*Children must be registered prior to arrival and signed in and out by Activity Day Supervisors (Mondays to Fridays 9am till 5pm)**

Are your children aged between 8 and 14 years? Bring them to our activity days where they will enjoy many different organised sports, games, and swimming. Complete supervision throughout the day.

### Xperience

Don't forget if your child is on one of our Xperience packages the activities within this timetable will be discounted or even included in the membership.

- Xperience Max Membership - Included in membership!
- Xperience Energy Membership - Only £1 per DAY!!
- Xperience One Membership - 10% discount on daily fee

*\*Rules and Regulations Apply (Ask Reception for details)*

*\*All this for only £13 per day (Active card discounts apply)*

**Don't forget to bring a packed lunch!**

### Participants Code of Conduct

- Sign in on arrival
- NO bullying or fighting
- NO foul and abusive language
- Always play fair and by the rules
- **Do Not** wear jewellery
- **Do Not** bring mobile telephones
- Listen to and follow instructions from staff
- Respect other people, the facilities and the equipment
- **Do Not** leave the activity areas without permission from a member of staff
- Sign out on leaving

### Cheeky Monkeys Play Zone



Soft Play, Bouncy Castle, Arts & Crafts and Face Painting  
**Monday, Wednesday and Friday (Excluding Bank Holidays)**  
**AFTERNOONS 1pm – 3pm**  
For: Children 7 years and under  
**Must be accompanied by an Adult**  
Price Only £2.50 per child per session

## GROVE LEISURE CENTRE - CHILDREN'S ACTIVITY DAYS

### YOUNG PERSONS FITNESS SESSIONS (8-15YRS) ACTIVO FITNESS SUITE

Selected exercise classes available see Fun and get Fit programme

<b>Monday</b>	6.30am - 10pm	<b>Friday</b>	6.30am - 10pm
<b>Tuesday</b>	6.30am - 10pm	<b>Saturday</b>	8am - 7pm
<b>Wednesday</b>	6.30am - 10pm	<b>Sunday</b>	8am - 7pm
<b>Thursday</b>	6.30am - 10pm		

### Why not Xperience Our Swim School ?



### Pre-School & Beginner Trial Lessons 3yrs - 5yrs

Limited Places (8 Children per session)

**Booking Recommended. Only 1 trial lesson per child.**

### Only £1 per session

- Monday to Friday 3pm-3.30pm & 3.30-4pm (Excluding Bank Holidays)

Mon 13 - Sun 19 Feb 2012 AND Mon 2 - Sun 15 Apr 2012.

Closed on Fri 6 AND Mon 9 Apr 2012

out out

### Voucher

Get your first week of lessons for  
**FREE** if you join up to any XP Package