



Here for young people
Here for communities
Here for you

Adult: Sport, Wellbeing, Creative & Social

From February 1st 2023

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Sport, Wellbeing, Creative & Social

Legends
10:30-11:30
Gym

Silver Surfers Drop-In
10:00-11:00
Café
Table Tennis
10:30-11:30
Dance Studio

Awaken
09:30-10:30
Dance Studio
55+ Open Climb
10:00-13:00
Climbing Centre

Walking Football
10:00-11:00
Football Pitches

Legends
10:30-11:30
Gym

Health +
10:30-11:30
Gym
Walking Group
11:00-12:00
Outdoors (Meet in Reception)

Tai Chi Beginner
11:00-12:00
Dance Studio

Games Club
11:00-13:00
Café

Games Club
13:00-15:00
Café
Tennis
13:00-15:00
MUGA

Walking Football
13:00-14:00
Football Pitches

Pickleball
14:30-15:30
MUGA

Tai Chi Established
13:00-14:00
Dance Studio

Table Tennis
19:00-20:00
Dance Studio



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Adult: Open Sessions

From February 1st 2023

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Open Gym
07:00-20:00
Gym

Open Gym
07:00-20:00
Gym

Open Gym
07:00-20:00
Gym

Open Gym
07:00-20:00
Gym

Open Gym
07:00-20:00
Gym

Open Gym
09:00-14:00
Gym

Open Climb
16:00-21:00
Climbing Centre

Open Climb
10:00-21:00
Climbing Centre

Open Climb
16:00-21:00
Climbing Centre

Open Climb
16:00-21:00
Climbing Centre

Open Climb
10:00-17:00
Climbing Centre

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Track
All day
Athletics Track

Open Sessions



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Adult: Functional Fitness

From February 1st 2023

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Functional Fitness

Strength & Conditioning
07:30-08:30
Gym

Strength & Conditioning
07:30-08:30
Gym

Strength & Conditioning
07:30-08:30
Gym

Strength & Conditioning
07:30-08:30
Gym

Strength & Conditioning
07:30-08:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
09:30-10:30
Gym

Strength & Conditioning
12:00-13:00
Gym

Strength & Conditioning
12:00-13:00
Gym

Strength & Conditioning
12:00-13:00
Gym

Strength & Conditioning
12:00-13:00
Gym

Strength & Conditioning
12:00-13:00
Gym

Strength & Conditioning
17:30-18:30
Gym

Strength & Conditioning
17:30-18:30
Gym

Strength & Conditioning
17:30-18:30
Gym

Strength & Conditioning
17:30-18:30
Gym

Strength & Conditioning
17:30-18:30
Gym

ENGINE
18:30-19:30
Gym

Strength & Conditioning
18:30-19:30
Gym

STRONG
18:30-19:30
Gym

Strength & Conditioning
18:30-19:30
Gym

Barbell Club
18:30-19:30
Gym

CALISTHENICS
19:30-20:30
Gym



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Climbing Centre

From February 1st 2023

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Climbing Centre

Closed

Youth Climb (ages 8-10)
16:00-17:00

Youth Climb (ages 11-17)
16:00-17:00

Open Climb
16:00-19:00

Clip 'n Climb
16:30-17:45

NICAS Level 1-3
16:30-18:30

NICAS Level 4+
16:30-18:30

Clip 'n Climb
17:45-19:00

Tribe: Intro to Climbing
18:00-19:00

Open Climb
18:00-21:00

Tribe: Adult Improver
19:00-21:00

Open Climb
10:00-13:00

55+ Open Climb
10:00-13:00

Open Climb
13:00-16:00

Youth Climb (ages 8-10)
16:00-17:00

Youth Climb (ages 11-17)
16:00-17:00

Open Climb
16:00-19:00

Clip 'n Climb
16:30-17:45

Clip 'n Climb
17:45-19:00

Open Climb
18:00-21:00

Open Climb
10:00-13:00

55+ Open Climb
10:00-13:00

Open Climb
13:00-16:00

Youth Climb (ages 8-10)
16:00-17:00

Youth Climb (ages 11-17)
16:00-17:00

NICAS Level 1-3
16:00-18:00

NICAS Level 4+
16:00-18:00

Open Climb
16:00-19:00

Clip 'n Climb
16:30-17:45

Clip 'n Climb
17:45-19:00

Tribe: Learn to Climb*
18:00-20:00

Open Climb
18:00-21:00

Open Climb
10:00-13:00

55+ Open Climb
10:00-13:00

Open Climb
13:00-16:00

Youth Climb (ages 8-10)
16:00-17:00

Youth Climb (ages 11-17)
16:00-17:00

NICAS Level 1-3
16:00-18:00

NICAS Level 4+
16:00-18:00

Open Climb
16:00-19:00

Clip 'n Climb
16:30-17:45

Clip 'n Climb
17:45-19:00

Open Climb
18:00-21:00

NICAS Level 1-3
10:00-12:00

NICAS Level 4+
10:00-12:00

Open Climb
10:00-13:00

Clip 'n Climb
10:30-11:45

Tribe: Intro to Climbing
11:30-12:30

Clip 'n Climb
11:45-13:00

Open Climb
12:00-15:00

Tribe: Learn to Climb*
13:00-15:00

Open Climb
13:00-16:00

Clip 'n Climb
13:30-14:45

Clip 'n Climb
14:45-16:00

Open Climb
15:00-18:00

Clip 'n Climb
16:30-17:45

Closed

*must have attended 'Tribe: Intro to Climbing' – please contact 01636233125 to book



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Youth: Sport, Wellbeing, Creative & Social

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Mon

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Sat

Sun

Session 1
16:00-17:00

Games Room Drop-In
Education Room 3/4

Drama Club
Dance Studio

Table Tennis
Education Room 3/4

**Strength & Conditioning
(11-14 year olds)**
Gym

Games Room Drop-In
Education Room 3/4

Table Tennis
Dance Studio

Journalism
Function Room

Youth Climbing
Climbing Centre

Strength & Conditioning (15-17 year olds)
Gym

Games Room Drop-In
Education Room 3/4

Dodgeball
MUGA

**Creative Academy
(Performing Arts)**
Double session,
16:00-18:00
Dance Studio

Youth Climbing
Climbing Centre

Games Room Drop-In
Education Room 3/4

Cinema Club
Double session, 16:00-18:30
Conference Space

Homework Club
Education Room 1

Youth Climbing
Climbing Centre

Games Room Drop-In
Education Room 3/4

Youth Football
Double session, 16:00-18:00
Stadia Pitch

Soft Archery
Dance Studio

Youth Climbing
Climbing Centre

Break Time
17:00-17:30

Nutritious Youth Member meals available in the café for just £3.50

Session 2
17:30-18:30

Games Room Drop-In
Education Room 3/4

Drama Club
Dance Studio

Table Tennis
Education Room 3/4

Games Room Drop-In
Education Room 3/4

Table Tennis
Dance Studio

Cooking
Function Room

Games Room Drop-In
Education Room 3/4

Dodgeball
MUGA

**Creative Academy
(Performing Arts)**
Double session, 16:00-18:00
Dance Studio

Games Room Drop-In
Education Room 3/4

Cinema Club
Double session, 16:00-18:30
Conference Space

Homework Club
Education Room 1

Games Room Drop-In
Education Room 3/4

Youth Football
Double session, 16:00-18:00
Stadia Pitch

Soft Archery
Dance Studio

Class Descriptions

Adult Open Sessions:

Open Gym – Not interested in group classes or wanting to do some extra work outside of our classes? This is your time where you can get after it on your own.

Open Climb – Open climbing/bouldering session, for climbers who can complete a competency check

Open Track - Access to our Athletics Track for self-led running, walking or jogging. Sessions are supervised but uncoached.

Adult Functional Fitness

Strength & Conditioning – progressive fitness sessions that help you improve your overall strength and conditioning to be able to maximise your life outside of the gym.

Strong – Build strength in unconventional ways using methods of strongman training.

Barbell Club – Olympic weightlifting class focused on developing the techniques and skills of the Clean & Jerk and Snatch.

Engine - Workouts focused on improving your conditioning and capacity.

Calisthenics - Learn how to master and control your body through learning new skills and building strength with just your bodyweight.

Adult Sport, Wellbeing, Creative & Social

Legends - A strength and conditioning class for older adults who want to move and use their bodies.

Ladies Legends - A strength and conditioning class for older ladies who want to move and use their bodies.

Awaken - A guide through floor and standing postures, breath work and relaxations with modifications given for different levels.

Health+ - A specialist fitness class for those with health conditions to allow them to exercise in a safe environment.

Table Tennis – Come and play a session with challenges, games, and match play.

Silver Surfers Drop In - Computer support & basic tuition for the over 55's.

Gym Referral –

55+ Open Climb – A fun climbing session that is suitable for older adults of all levels of fitness

Walking Group – A gentle, social walk around areas of Newark close to the village. Enjoy nature and the company of friends.

Walking Football – Relaxed, fun football sessions, played at walking pace. All abilities welcome.

Games Club – A friendly, fun board game session to improve mental and social wellbeing.

Tennis –

Pickleball – Pickle Ball has become very popular in the US and is a game that mirrors short tennis and is good for all ages.

Tai Chi – Moving meditation and gentle exercises, designed to reduce stress and create harmony between the mind and body.

Climbing

Open Climb Adults 18+ - An open climbing session for competent experienced climbers to climb independently.

Competent adults can bring up to 2 young people with them to open climb but must accompany, monitor and lead young people at all times.

Tribe: Intro to Climbing 18+ - An introduction for novices to the climbing community and different activities in the climbing wall. This session is perfect for anyone who has never climbed before and would like to give climbing a try before learning.

Tribe: Learn to Climb 18+ - Want to learn how to become a competent climber? Want to gain access to all the walls within our facility, then this session is for you. Ideal for anyone looking to learn how to become a competent climber. To attend this session you must have attended a 'Tribe: Intro to Climbing' session first.

Tribe: Adult Improver 18+ - Meet our coaches and develop your skills, within every community is a wide range of knowledge and experience. Every week we select a topic and share our knowledge, answer your questions and help you improve as a climber. Aimed at competent adult climbers.

Open Climb Youth (ages 14-17) - For competent, coach assessed youth climbers wanting to climb in open climbing sessions. Young climbers supervised by a competent parent.

Youth Climb (ages 11-17) - A great taster session for any youths wanting to give climbing a try and experience climbing to new heights at the Village.

Clip 'n Climb (4+) - Fun filled climbing activity for ages 4+ clip n climb is a great introduction to climbing, building confidence and pushing your limits to reach new heights. The first 15 minutes of the session time are to sign in, complete waivers and safety briefings before the climbing fun begins!

NICAS Level 1-4 (ages 8-18) - NICAS is an ongoing award scheme, aimed at development and progression of young climbers, providing opportunities to build independence, skills, strength and knowledge. This scheme is national recognised by DofE, Scouts association, GCSE and more.

Youth Membership

Games Room Drop In - A comfortable, relaxed space with bean bags and a PS5, board games, and table tennis – for gaming, relaxing, and socialising.

Drama Club – A place to develop your acting skills, build confidence, and collaborate with other creatives.

Glow In The Dark Football – Evening football sessions on the 3G pitches, where players and the ball glow brightly in the darkness.

Strength & Conditioning – Coached strength sessions in the gym, using barbells, powerlifting facilities, and functional fitness techniques.

Table Tennis – Guided table tennis sessions, including mini competitions as well as fun, less competitive play.

Journalism - Sessions where you can learn journalism skills, including topic research and creating your own content and media.

Intro To Climbing – Coached sessions to build confidence and learn fundamental skills on our state-of-the-art climbing wall.

Dodgeball – Fun, non-competitive dodgeball sessions. Come prepared to have a laugh.

Creative Academy – The next step up from Drama Club – mixed performing arts workshops led by experienced industry professionals! Sing, act, and dance!

Cinema Club – Settle in and enjoy a weekly film with friends – lasts for 2 sessions.

Soft Archery – Coached archery games and skills, without the risk of fast-moving pointy bits. The safest way to learn how to shoot an arrow!

Homework Club - A quiet space to concentrate and produce your best homework, with help on hand from our role-model staff.

Youth Football - Coached open football sessions on our 3G pitches where you can learn football skills and build confidence.

Basketball – Coached sessions on our multi-use courts, where you can learn basketball skills and play games and mini tournaments.

Arts & Crafts Club - Creativity let loose! There's plenty of paper, glue, paint, glitter, and pipe cleaners on hand for arts & crafts projects.