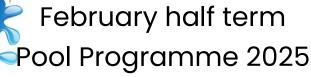
Hadrian Leisure Centre ST PETER'S ROAD, WALLSEND, NE28 7LQ

POOL PROGRAMME





North Tyneside Council

hadrianleisure

with you every

of the way

@NTCLeisure

(0191) 643 2025

MONDAY

24 February 2025 Public swimming:

Main pool public swimming	
7.15am–9.30pm (adults only from 8.30pm)	
Main pool lane swimming	
7.15am – 11am	
3pm – 7pm	
8.30pm–9.30pm (adults only)	
Small pool public swimming	
7.15am-8am	
8.45am-9.30pm (adults only from 8.30pm)	

Main pool	
llam-lpm	Lifeguard Course (2 lanes)
7pm – 8.30pm	North Tyneside swimming club (4 lanes)
	Public also swimming available
8.30pm – 9.30pm	Swim to Trim (£1 per session)
Small pool	
8am - 8.45am	Aqua HIIT

TUESDAY

25 February 2025 Public swimming:

Main pool public swimming	
7.15am – 9.30pm (adults only from 8.30pm)	
Main pool lane swimming	
7.15am – 10am	
1pm-2.30pm	
5pm-7pm	
8pm-9.30pm (adults only from 8.30pm)	
Small pool public swimming	
7.15am – 9.30pm (adults only from 8.30pm)	

Main pool	
7.15pm-8pm	Aquafit
10am-1pm	Lifeguard course 2 lanes
2.30pm-5pm	Lifeguard course 2 lanes

WEDNESDAY

26 February 2025

7.15am – 9.30pm (adults only from 8.30pm)

Main pool lane swimming

7.15am – 9.25am

3pm-6.55pm

Small pool public swimming

7.15am – 8am

8.45am - 9.30pm (adults only from 8.30pm)

Main pool	
9.30am-10.15am	Aquafit
10.15am-1pm	Lifeguard course 2 lanes
7pm-7.45pm	Aquafit
Small pool	
8am-8.45am	Aquafit

THURSDAY

27 February 2025

Main pool public swimming	
7.15am – 9.30pm (adults only from 8.30pm)	
Main pool lane swimming	
7.15am – 9.25am	
11.30am-6.55pm	
8pm-9.30pm (adults only from 8.30pm)	
Small pool public swimming	
7.15am – 9.30pm (adults only from 8.30pm)	

Main pool	
9.30am-10.15am	Aquafit
10.15am-11.15am	Lifeguard course 2 lanes
7pm-7.45pm	Aquafit



28 February 2025

Public swimming:

Main pool public swimming	
7.15am – 6.30pm	
Main pool lane swimming	
7.15am – 9.25am	
10.30am – 12pm	
5.30pm-6.30pm	
Small pool public swimming	
7.15am – 6.30pm	

Main pool	
9.30am - 10.15am	Aqua Zumba
1.30-2.45pm	Pool Inflatable session
3pm-5.30pm	Lifeguard assessment (3 lanes)
6.30-8.30pm	Club hire
Small pool	
1.30-2.45pm	Toys and Floats

SATURDAY

1 March 2025 Public swimming:

Main pool	
8.15am - 3.15pm	
Lane swimming (main pool)	
8.15am - 9.55am	
10.50 – 1.30pm	
Small pool	
8.15am - 3.15pm	

Activities:

Main pool	
10am - 10.45am	Aquafit
2.15pm - 3.15pm	Pool Inflatable (public swimming available on
	the left side of the pool)
3.45pm - 4.45pm	Pool parties (bookable)
5.00pm - 6.00pm	Additional Needs Session*
Small pool	
2.15pm - 3.15pm	Toys and Floats
3.45pm – 4.45pm	Pool parties (bookable)
5.00pm - 6.00pm	Additional Needs Session*

*Please call if access to 'changing places' facilities is required before the start time of the session

SUNDAY

2 March 2025 Public swimming:

Main pool public swimming	
8.15am - 3.15pm	
Main pool lane swimming	
8.15am – 3.15pm	
Small pool public swimming	
8.15am - 3.15pm	

Main pool	
3.45pm - 4.45pm	Pool parties (bookable)
5.00pm – 6.00pm	Club Hire
Small pool	
3.45pm - 4.45pm	Pool Parties (bookable)