

Hadrian Leisure Centre

ST PETER'S ROAD, WALLSEND, NE28 7LQ

POOL PROGRAMME



North Tyneside Council

Term Time Pool
Programme
2025



hadrianleisure



@NTCLeisure



(0191) 643 2025

MONDAY

Public swimming:

Main pool
7.15am–9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am–9.40am
12pm–1.15pm
5pm–6.30pm
8.30pm–9.30pm (adults only)
Small pool
7.15am–8am
8.45am–10.30am
3.15pm–3.50pm
7.40pm–9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.45am - 10.15am	Water Wellness (public swim available)
10.30am - 12pm	School swimming (public swimming available)
1.15pm - 3.15pm	School swimming (public swimming available)
3.50pm - 7pm	Swimming lessons (public swimming available)
7pm - 8.30pm	North Tyneside swimming club (4 lanes) Public also swimming available
8.30pm - 9.30pm	Swim to Trim (£1 a session)
Small pool	
8am - 8.45am	Aqua HIIT
10.30am - 12pm	School swimming
12pm - 12.45pm	Ducklings (0-4)
1.15pm - 3.15pm	School swimming
3.50pm - 6.20pm	Swimming lessons
6.30pm - 7.00pm	Adult advanced bookable swimming lessons
7pm - 7.30pm	Adult beginner bookable swimming lessons

TUESDAY

Public swimming:

Main pool
7.15am – 9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am – 10.25am
12pm – 1.15pm
3.15pm – 3.50pm
5pm – 6.30pm
8pm – 9.30pm (adults only from 8.30pm)
Small pool
7.15am – 10.30am
12.30pm – 1.15pm
3.15pm – 3.50pm
7pm – 9.30pm (adults only from 8.30pm)

Activities:

Main pool	
10.30am – 12pm	School swimming (public swimming available)
12pm – 12.30pm	Adult drop in swimming lessons mixed ability (public swimming available)
1.15pm – 3.15pm	School swimming (public swimming available)
3.50pm – 6.20pm	Swimming lessons (public swimming available)
7.15pm – 8pm	Aquafit (shallow end)
Small pool	
10.30am – 12pm	School swimming
12pm – 12.30pm	Adult swimming lessons
1.15pm – 3.15pm	School swimming
3.50pm – 7pm	Swimming lessons

WEDNESDAY

Public swimming:

Main pool
7.15am - 9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am - 9.20am
3.15pm - 3.50pm
5pm - 6.30pm
8pm - 9.30pm (adults only from 8.30pm)
Small pool
7.15am - 8am
8.45am - 10.30am
12pm - 1.15pm
3.15pm - 3.50pm
7pm - 9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.30am - 10.15am	Aquafit (shallow end)
10.30am - 12pm	School swimming (public swimming available)
12.30pm - 1.30pm	Staff Training
1.15pm - 3.15pm	School swimming (public swimming available)
3.50pm - 6.30pm	Swimming lessons (public swimming available)
6.30pm - 7pm	Young persons advanced swim lesson (drop in)
7pm - 7.45pm	Aquafit (shallow end)
Small pool	
8am - 8.45am	Aqua HIIT
10.30am - 12pm	School swimming
1.15pm - 3.15pm	School swimming
3.50pm - 7pm	Swimming lessons

THURSDAY

Public swimming:

Main pool
7.15am - 9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am - 9.20am
12pm - 1.15pm
3.15pm - 3.50pm
5pm - 6.30pm
8.30pm - 9.30pm (adults only)
Small pool
7.15am - 10.30am
3.15pm - 3.50pm
7.40pm - 9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.30am - 10.15am	Aquafit (shallow end)
10.30am - 12pm	School swimming (public swimming available)
1.15pm - 3.15pm	School swimming (public swimming available)
3.50pm - 7pm	Swimming lessons (public swimming available)
7.45pm - 8.30pm	Aquafit (shallow end)
8.30pm - 9.30pm	Twilight Swim (dimmed lighting)
Small Pool	
10.30am - 12pm	School swimming
12pm - 12.45pm	Ducklings (0-4)
1.15pm - 3.15pm	School swimming
3.50pm - 6.20pm	Swimming lessons
6.30pm - 7.00pm	Young person's beginner swim lesson (drop in)

Public swimming:

Free swim Friday every week for over 60's. Ask for details.

Main pool
7.15am - 6.30pm
Lane swimming (main pool)
7.15am - 9.20am
12.00pm - 1.15pm
5pm - 6.30pm
Small pool
7.15am - 10.30am
3.15pm - 6.30pm

Activities:

Main pool	
9.30am - 10.15am	Aqua Zumba (shallow end)
10.30am - 12pm	School swimming (public swimming available)
1.15pm - 3.15pm	School swimming (public swimming available)
3.45pm - 4.45pm	Private lane hire x 2 lanes (public swimming available)
6.30pm-8.30pm	Club hire
Small pool	
10.30am - 12.00pm	School swimming
12.00pm - 12.45pm	Ducklings (0-4)
1.15pm - 3.15pm	School swimming

SATURDAY

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	No Limits - 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	No Limits - Toys and Floats**
3.45pm - 4.45pm	Pool parties (bookable)
5.00pm - 6.00pm	Additional Needs Session*

No Limits runs term time only.

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

**Children go free with a valid Ease card. Child Admission Policy applies.

SUNDAY

Public swimming:

Main pool
8.15am - 3.15pm
Lane swimming (main pool)
8.15am - 12pm
1.00pm - 3.15pm
Small pool
8.15am - 3.15pm

Activities:

Main pool	
12.00pm - 1.00pm	Free Family Splash* (Toys and Floats, shallow end)
3.45pm - 4.45pm	Pool parties (bookable)
5.00pm - 6.00pm	Club Hire
Small pool	
12.00pm - 1.00pm	Free Family Splash* (Toys and Floats)
3.45pm - 4.45pm	Pool Parties (bookable)

*Family Splash – This session is for families only and runs term time. Juniors can only attend when accompanied by a guardian. Adults and children go free with a valid Ease card. Child Admission Policy applies.