

The Lakeside Centre

SOUTHGATE, KILLINGWORTH, NE12 6SA

POOL PROGRAMME



North Tyneside Council



@NTCLEISURE



(0191) 643 4177

MONDAY

Public swimming:

Main Pool
6.30am - 9.30pm
Lane Swimming Available (Main Pool)
6.30am - 9.30am
10.15am-1.30pm
3.00pm-9.30pm
Small Pool
6.30am - 9.30pm

Activities:

Main Pool	
9.30am - 10.15am	Aquafit (deep end only open for public)
1.30pm-2.45pm	Inflatable
7pm - 8pm	Adults Only Swim
8pm - 9.30pm	Twilight Swim (Female Only)
Small Pool	
1.30pm-2.45pm	Toys and Floats
7pm - 8pm	Adults Only Swim
8pm - 9.30pm	Twilight Swim (Female Only)

TUESDAY

Public swimming:

Main Pool
6.30am - 6.30pm
7.30pm - 9.30pm
Lane Swimming Available (Main Pool)
6.30am - 11.45am
12.30pm - 1.30pm
3.00pm - 6.30pm
7.30pm - 9.30pm
Small Pool
6.30am - 9.30pm

Activities:

Main Pool	
11.45am - 12.30pm	Aqua Fit (deep end only open for public)
1.30pm-2.45pm	Toys and Floats
6.30pm - 7.30pm	Club Hire (Closed to Public)
7.30pm - 8pm	Club Hire (Closed to Public)
8.00pm - 8.30pm	Tri Club Hire (1 Public lane Available)
8.30pm - 9.30pm	Swim to Trim (Adult only swim - 5 lanes)
Small Pool	
1.30pm-2.45pm	Toys and Floats
8.30pm - 9.30pm	Swim to Trim

WEDNESDAY

Public swimming:

Main Pool
6.30am - 6.30pm
Lane Swimming Available (Main Pool)
6.30am - 9.30am
10.15am - 6.30pm
Small Pool
6.30am - 9.30pm

Activities:

Main Pool	
6.30am - 7.15am	Club Hire
9.30am - 10.15am	Aqua Mams (deep end open to public)
6.30pm - 9.30pm	Club Hire (Closed to public)
Small Pool	

THURSDAY

Public swimming:

Main Pool
6.30am- 8.30pm
Lane Swimming Available (Main Pool)
6.30am – 1.30pm
3.00pm-5.45pm
6.30pm-7.45pm
Small Pool
6.30am – 8.30pm

Activities:

Main Pool	
1.30pm-2.45pm	Toys & Floats
5.45pm – 6.30pm	Aquafit (deep end only open to public)
7.45pm – 8.30pm	Aqua Zumba (deep end only open to public)
8.30pm – 9.30pm	Club Hire (Tyne Triathlon) (Pool Closed)
Small Pool	
1.30pm-2.45pm	Toys and Floats

FRIDAY

Public swimming: Good Friday Bank Holiday

Main Pool
6.30am – 2.30pm
Lane Swimming available (Main Pool)
6.30am – 2.30pm
Small Pool
6.30am – 2.30pm

Activities:

Main Pool	
6.30am – 7am	Club Hire
Small Pool	

SATURDAY

Public swimming:

Main Pool
8.15am – 3.30pm
Lane Swimming Available (Main Pool)
8.30am – 10.30am (1 Lane Available)
12.00pm – 2.30pm
Small Pool
8.15am – 3.30pm

Activities:

Main Pool	
10.30am – 12.00pm	Toys & Floats
2.30pm – 3.30pm	Inflatable or Toys & Floats
4pm – 5pm	Pool Parties (available to book)
5pm – 6pm	Available to hire (up to 7 days in advance)
Small Pool	
12.00pm – 3.30pm	Toys and Floats
4pm – 5pm	Pool Parties (Bookable)

SUNDAY

Public swimming:

Main Pool
8.15am – 3.45pm
Lane Swimming Available (Main Pool)
9.40am – 11am
12pm – 3.45pm
Small Pool
8.15am – 3.45pm

Activities:

Main Pool	
11am – 12pm	Toys & Floats Family Splash
4pm – 6pm	Club Hire (Pool Closed)
Small Pool	
11am – 3.45pm	Toys & Floats
4pm – 6pm	Club hire (Pool closed)