

# The Lakeside Centre

SOUTHGATE, KILLINGWORTH, NE12 6SA

## POOL PROGRAMME



with you every  
**SPLASH**  
of the way



North Tyneside Council



@NTCLeisure



(0191) 643 4177

# MONDAY

## Public swimming:

<b>Main Pool</b>
6.30am – 9.30pm
<b>Lane Swimming Available (Main Pool)</b>
6.30am – 9am
9.45am – 1.15pm
3.00pm – 9.30pm
<b>Small Pool</b>
6.30am – 9.30pm

## Activities:

<b>Main Pool</b>	
9am – 9.45am	Aquafit (deep end only open for public)
1.30-2.45pm	Inflatable
7pm – 8pm	Adults Only Swim
8pm – 9.30pm	Twilight Swim (Female Only)
<b>Small Pool</b>	
1.30-2.45pm	Toys and Floats
7pm – 8pm	Adults Only Swim
8pm – 9.30pm	Twilight Swim (Female Only)

## Public swimming:

<b>Main Pool</b>
6.30am – 6.30pm
8.00pm – 9.30pm
<b>Lane Swimming Available (Main Pool)</b>
6.30am – 11.45am
12.30pm – 1.15pm
3.00pm – 6.30pm
8.30pm – 9.30pm
<b>Small Pool</b>
6.30am – 9.30pm

## Activities:

<b>Main Pool</b>	
11.45am – 12.30pm	Aqua Fit (deep end only open for public)
1.30–2.45pm	Toys & 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)
<b>Small Pool</b>	
1.30–2.45pm	Toys & Floats
8.30pm – 9.30pm	Swim to Trim (Adult only lane swim)

## Public swimming:

<b>Main Pool</b>
6.30am – 6.30pm
<b>Lane Swimming Available (Main Pool)</b>
6.30am – 6.30pm
<b>Small Pool</b>
6.30am–9.30pm

## Activities:

<b>Main Pool</b>	
6.30am–7.15am	Club Hire
6.30pm – 9.30pm	Club Hire (Closed to public)
<b>Small Pool</b>	

## Public swimming:

<b>Main Pool</b>
6.30am- 8.30pm
<b>Lane Swimming Available (Main Pool)</b>
6.30am – 1.15pm
3.00pm – 5.45pm
6.30pm-7.45pm
<b>Small Pool</b>
6.30am – 9.30pm

## Activities:

<b>Main Pool</b>	
1.30pm-2.45pm	Inflatable
5.45pm – 6.30pm	Aquafit (deep end only open to public)
7.45pm – 8.30pm	Aqua Fit Dance (deep end only open to public)
8.30pm – 9.30pm	Club Hire (Tyne Triathlon) (Pool Closed)
<b>Small Pool</b>	
1.30pm-2.45pm	Toys & Floats



# FRIDAY

## Public swimming:

<b>Main Pool</b>
6.30am – 6.30pm
<b>Lane Swimming available (Main Pool)</b>
6.30am – 1.15pm
3.00pm–6.00pm
<b>Small Pool</b>
6.30am – 8.30pm

## Activities:

<b>Main Pool</b>	
6.30am – 7am	Club Hire
1.30pm–2.45pm	Toys & Floats
6pm – 6.30pm	Club Hire (4 Public Lanes Available)
6.30pm – 8.30pm	Club Hire (Pool Closed)
<b>Small Pool</b>	
1.30pm–2.45pm	Toys & Floats

# SATURDAY

## Public swimming:

Main Pool
8.15am – 3.30pm
Lane Swimming Available (Main Pool)
8.30am – 10.30am
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)

Public swimming:

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

Activities:

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