

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
12pm - 1.15pm
2.45pm - 3.45pm
5.30pm - 9.30pm
Small Pool
6.30am - 10.30am
2.45pm - 3.45pm

Activities:

Main Pool	
9.30am - 10.15am	Aquafit (deep end only open for public)
10.30am-12pm	School Swimming
1.15pm - 2.45pm	School Swimming
3.45pm - 7pm	Swimming Lessons
7pm - 8pm	Adults Only Swim
8pm - 9.30pm	Twilight Swim (Female Only)
Small Pool	
10.30am -12pm	School Swimming
12pm - 12.30pm	Baby Time (0 - 2) Toys & floats
1.15pm - 2.45pm	School Lessons
3.45pm - 7pm	Swimming Lessons
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 - 10am
12.30pm - 1.15pm
2.45pm - 6.30pm
8.30pm - 9.30pm
Small Pool
6.30am - 10am
11.30am - 1.15pm
2.45pm - 3.45pm
7.45pm - 9.30pm

Activities:

Main Pool	
10am - 11.30am	School Swimming
11.45am - 12.30pm	Aqua Fit (deep end only open for public)
1.15pm - 2.45pm	School Swimming
3.45pm - 6pm	Swimming Lessons
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	
10am - 11.30am	School Swimming
1.15pm - 2.45pm	School Swimming
3.45pm - 7pm	Swimming Lessons
8.30pm - 9.30pm	Swim to Trim (Adult only lane swim)

Public swimming:

Main Pool
6.30am - 6.30pm
Lane Swimming Available (Main Pool)
6.30am - 9.30am
12.00 - 1.15pm
2.45pm - 3.45pm
5.30pm - 6.30pm
Small Pool
6.30am - 10.30am
12.30pm - 1.15pm
2.45pm - 3.45pm
8.30pm - 9.30pm

Activities:

Main Pool	
6.30am-7.15am	Club Hire
9.30am - 10.15am	Aqua Mams (deep end open to public)
10.30am - 12pm	School Swimming
1.15pm - 2.45pm	School Swimming
3.45pm - 8.30pm	Swimming Lessons
6.30pm - 9.30pm	Club Hire (Closed to public)
Small Pool	
10.30am - 12pm	School Swimming
12.15pm - 1pm	Baby Time 0-4 (Toys and Floats)
1.15pm - 2.45pm	School Swimming
3.45pm - 8.30pm	Swimming Lessons

Public swimming:

Main Pool
6.30am- 8.30pm
Lane Swimming Available (Main Pool)
6.30am – 10.30am
12.00 – 1.15pm
2.45pm – 3.45pm
5pm – 5.45pm
6.30pm-7.45pm
Small Pool
6.30am – 10.30am
12.30am – 1.15pm
2.45pm – 3.45pm
8.30pm – 9.30pm

Activities:

Main Pool	
10.30am – 11.30am	School Swimming
11.45am – 12.15pm	Adult Swimming Lessons
1.15pm – 2.45pm	School Lessons
3.45pm – 5pm	Swimming Lessons
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	
10.30am – 11.30am	School Swimming
12pm – 12.30pm	Baby Time (0 – 2) Toys & Floats
1.15pm – 2.45pm	School Swimming
3.45pm – 5.45pm	Swimming Lessons

Public swimming:

Main Pool
6.30am – 6.30pm
Lane Swimming available (Main Pool)
6.30am – 10.20am
12.00 – 1.15pm
2.45pm – 3.45pm
4.30pm – 6pm
Small Pool
6.30am – 10.30am
12pm – 1.15pm
2.45pm – 3.45pm
7pm – 8.30pm

Activities:

Main Pool	
6.30am – 7am	Club Hire
10.20am – 12pm	School Swimming
1.15pm – 2.45pm	School Swimming
3.45pm – 6.30pm	Swimming Lessons
6pm – 6.30pm	Club Hire (4 Public Lanes Available)
6.30pm – 8.30pm	Club Hire (Pool Closed)
Small Pool	
10.30am – 12pm	School Swimming
1.15pm – 2.45pm	School Swimming
3.45pm – 7pm	Swimming Lessons

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 – 9.45am
11.45am – 3.30pm

Activities:

Main Pool	
8.30am – 10am	Swimming Lessons (2 Lanes)
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	
9.30am – 11.45am	Swimming Lessons
12.00pm – 3.30pm	Toys and Floats
4pm – 5pm	Pool Parties (Bookable)

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)