

# The Lakeside Centre

SOUTHGATE, KILLINGWORTH, NE12 6SA

## POOL PROGRAMME



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 - 9.30am                            |
| 12pm - 1.15pm                              |
| 2.45pm - 3.45pm                            |
| 5.30pm - 9.30pm                            |
| <b>Small Pool</b>                          |
| 6.30am - 10.30am                           |
| 2.45pm - 3.45pm                            |

## Activities:

|                   |   |
|-------------------|---|
| <b>Main Pool</b>  |   |
| 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)             |
| <b>Small Pool</b> |   |
| 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:

|  |
|--|
| <b>Main Pool</b>                           |
| 6.30am - 6.30pm                            |
| 7.30pm - 9.30pm                            |
| <b>Lane Swimming Available (Main Pool)</b> |
| 6.30am - 10am                              |
| 12.30pm - 1.15pm                           |
| 2.45pm - 6.30pm                            |
| 7.30pm - 9.30pm                            |
| <b>Small Pool</b>                          |
| 6.30am - 10am                              |
| 11.30am - 1.15pm                           |
| 2.45pm - 3.45pm                            |
| 7.45pm - 9.30pm                            |

## Activities:

|                   |  |
|-------------------|--|
| <b>Main Pool</b>  |  |
| 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 (2 Public Lanes Available)     |
| 8.00pm - 8.30pm   | Tri Club Hire (3 Public lanes Available) |
| 8.30pm - 9.30pm   | Swim to Trim (Adult only swim - 5 lanes) |
| <b>Small Pool</b> |  |
| 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:

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

## Activities:

|                   |                                     |
|-------------------|-------------------------------------|
| <b>Main Pool</b>  |                                     |
| 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)        |
| <b>Small Pool</b> |                                     |
| 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:

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

## Activities:

|                   |   |
|-------------------|---|
| <b>Main Pool</b>  |   |
| 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)  |
| <b>Small Pool</b> |   |
| 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:

|  |
|--|
| <b>Main Pool</b>                           |
| 6.30am – 6.30pm                            |
| <b>Lane Swimming available (Main Pool)</b> |
| 6.30am – 10.20am                           |
| 12.00 – 1.15pm                             |
| 2.45pm – 3.45pm                            |
| 4.30pm – 6pm                               |
| <b>Small Pool</b>                          |
| 6.30am – 10.30am                           |
| 12pm – 1.15pm                              |
| 2.45pm – 3.45pm                            |
| 7pm – 8.30pm                               |

## Activities:

|                   |                                      |
|-------------------|--------------------------------------|
| <b>Main Pool</b>  |                                      |
| 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)              |
| <b>Small Pool</b> |                                      |
| 10.30am – 12pm    | School Swimming                      |
| 1.15pm – 2.45pm   | School Swimming                      |
| 3.45pm – 7pm      | Swimming Lessons                     |

## Public swimming:

|  |
|--|
| <b>Main Pool</b>                           |
| 8.15am – 3.30pm                            |
| <b>Lane Swimming Available (Main Pool)</b> |
| 8.30am - 10.30am (1 Lane Available)        |
| 12.00pm – 2.30pm                           |
| <b>Small Pool</b>                          |
| 8.15am – 9.45am                            |
| 11.45am – 3.30pm                           |

## Activities:

|                   |   |
|-------------------|---|
| <b>Main Pool</b>  |   |
| 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) |
| <b>Small Pool</b> |   |
| 9.30am – 11.45am  | Swimming Lessons                            |
| 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)     |