



Sport and leisure in North Tyneside

Price list



North
Tyneside
Council

www.northtyneside.gov.uk

Contours membership

A Contours membership gives you unlimited access to all North Tyneside Council's gyms, exercise classes and swimming pools. You can also get expert advice on how to achieve your goals from our qualified gym colleagues.

You can opt to pay in full or pay by Direct Debit.

Pay in full

If you pay in full for an adult membership there is no administration fee, and you get a further £15 discount compared to opting for monthly Direct Debit payments.

Membership	Cost
Adult	£345
Senior	£297
Adult Priority	£261
Senior Priority	£225
Joint membership for two people	£642
Corporate	£309
Six week package	£60
One week package	£15

Paid in full junior membership	Cost
Junior for 6 months	£108
Junior for 12 months	£180

Pay by Direct Debit

All adult Direct Debit memberships are for a minimum term of 12 monthly payments, except for the non-contract membership; this can be cancelled after one monthly payment.

Membership type	Administration fee	Monthly direct debit payment	Pro rata payment
Adult	£10	£30	The daily cost of your membership is calculated by dividing your monthly Direct Debit payment amount by the number of days in the month.
Non-contract	£10	£35	
Adult Priority	£10	£23	
Senior	£10	£26	The pro rata amount you pay on joining is calculated by multiplying the daily cost of your membership by the number of days left in the month.
Senior Priority	£10	£20	
Junior for 6 months	£10	£18	
Junior for 12 months	£10	£15	The pro rata amount required on joining is dependent on the date you join.
Joint membership for two people	£10	£56	
Corporate	£10	£27	

The amount you initially pay when joining by Direct Debit depends on the date you join:

Date of joining	Initial amount to pay	Date of first Direct Debit payment
On or before the 15th of the month	£10 administration fee and a pro rata payment for the remaining days of the month.	1st of the following month.
On or after the 16th of the month	£10 administration fee, a pro rata payment for the remaining days of the month, plus your first monthly payment.	Your Direct Debit will not be set up in time for the 1st of the following month and will commence the month after.

Bank account details are required to set up a Direct Debit.
All our memberships are available online.

Employees of our registered corporate businesses can access discounted membership rates. You can view the full list of registered businesses on the Leisure Hub; click view prices and join online on the 'Accessing Contours' page on the North Tyneside Council website, navigate to 'Corporate Contours Membership' and click 'more information'.

easecard

Get great discounts on activities with your easecard

easecard	Adult	Senior	Junior
Resident	£8.00	£4.90	Free
Resident Priority*	£4.80	£3.80	
Non-resident	£16.20	£8.30	£8.30
Replacement card	£2.50	£2.50	£2.50

* Please check additional information regarding eligibility criteria and what proof is required for easecards.

Hadrian Leisure Centre

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Swimming								
Swimming	£6.40	£4.60	£2.50	£4.30	£3.20	£2.20	£4.30	£2.50
Off peak swim*		£2.00	£2.00		£2.00	2.00		£2.00
Family swim	£21.70	£14.30	£9.50					
Under 5							£1.50	£0.70
Swimming lessons	£9.60	£7.10	£5.00	£8.70	£5.90	£4.80	£8.30	£5.70

*Off peak swim times apply between 9am-3pm weekdays (excluding school holidays)

Contours								
Contours (gym and swim)	£9.20	£6.60	£4.30	£6.20	£4.20	£3.20	£6.20	£3.80
Sports hall (hourly rates)								
Badminton	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Table Tennis	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Half sports hall	£68.20	£51.50					£54.10	£33.80
Netball	£72.00	£54.90					£56.70	£34.30
Cricket nets	£72.00	£54.90					£56.70	£34.30
Outdoor activities (hourly rates)								
11-a-side	£92.70	£66.80					£72.00	£45.30
7-a-side synthetic	£63.00	£46.60					£45.10	£30.70
Basketball	£32.30	£24.50					£22.00	£15.70
Netball	£32.30	£24.50					£22.00	£15.70
Adult and junior activities								
Aquafit	£7.50	£5.20	£3.50	£7.30	£4.80	£3.30	£4.80	£3.50
Pilates/Yoga (60 minutes)	£7.60	£5.50	£3.80	£5.50	£4.10	£2.60	£4.00	£3.30
Body Pump/Combat/Balance	£7.60	£5.60	£3.80	£7.30	£4.80	£3.30	£4.80	£3.50
Boxercise/Circuits/Aerobics	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Step/Spin	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Tennis (per person)	£9.30	£6.70	£4.50	£7.20	£4.90	£3.90	£7.20	£4.30
Trampolining	£6.20	£4.30	£3.10				£4.70	£3.00
Parties								
60 minutes (no coach)	£77.10							
60 minutes (with coach)	£93.50							
Small pool party	£93.50							
Main pool party (no inflatable)	£197.60							
Main pool party (with inflatable)	£241.00							

Tel: (0191) 643 2025

Activities can vary, please ask for details.

The Parks

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Sports hall (hourly rates)								
Badminton	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Table Tennis	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Half sports hall	£68.20	£51.50					£54.10	£33.80
Netball	£72.00	£54.90					£56.70	£34.30
Cricket nets	£72.00	£54.90					£56.70	£34.30
Outdoor activities (hourly rates)								
11-a-side	£92.70	£66.80					£72.00	£45.30
Half pitch, 7-a-side	£63.00	£46.60					£45.10	£30.70
5-a-side 3G	£55.40	£37.60					£44.00	£29.50

Contours								
Contours	£9.20	£6.60	£4.30	£6.20	£4.20	£3.20	£6.20	£3.80
Adult and junior activities								
Pilates (60 minutes)	£7.60	£5.50	£3.80	£5.50	£4.10	£2.60	£4.00	£3.30
Body Pump/Combat	£7.60	£5.60	£3.80	£7.30	£4.80	£3.30	£4.80	£3.50
Circuits/HIIT	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Nifty Fifties/Healthy Hearts	£5.30	£3.20	£2.00	£5.00	£3.00	£1.90		
Pre-school gymnastics							£4.30	£2.90
Soft Play							£3.80	£2.20
Multi-sensory room	£6.10 (for up to 4 people)							

Activities can vary, please ask for details.

Tel: (0191) 643 2700

The Parks

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Parties								
60 minutes (no coach)	£77.10							
60 minutes (with coach)	£93.50							
Giant inflatable party	£159.90							
Indoor bowling								
Indoor bowls membership	£64.40	£46.90	£31.40	£53.00	£36.60	£30.90	£33.80	£23.60
Rink fees (member)	£5.20	£3.90	£2.30	£5.00	£3.80	£2.60	£2.70	£1.60
Rink fees (non-member)	£7.50	£6.70	£4.30	£7.40	£5.20	£4.20	£7.20	£4.70
League fees (member)	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50
Jumbles	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50	£3.50
Bowls locker hire	£7.70							

Activities can vary, please ask for details.

Tel: (0191) 643 2700

Tynemouth Pool

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Swimming								
Swimming	£6.40	£4.60	£2.50	£4.30	£3.20	£2.20	£4.30	£2.50
Off peak swim*		£2.00	£2.00		£2.00	2.00		£2.00
Family swim	£21.70	£14.30	£9.50					
Under 5							£1.50	£0.70
Swimming lessons	£9.60	£7.10	£5.00	£8.70	£5.90	£4.80	£8.30	£5.70
Contours and Health Suite								
Contours (gym and swim)	£9.20	£6.60	£4.30	£6.20	£4.20	£3.20	£6.20	£3.80
Health Suite	£11.50	£8.70	£5.70	£8.10	£5.60	£4.50		
Adult and junior activities								
Aquafit	£7.50	£5.20	£3.50	£7.30	£4.80	£3.30	£4.80	£3.50
Pilates/Yoga (60 minutes)	£7.60	£5.50	£3.80	£5.50	£4.10	£2.60	£4.00	£3.30
Pilates/Yoga (90 minutes)	£11.50	£8.40	£5.80	£8.30	£6.10	£3.80	£6.20	£4.70
Body Pump/Combat/Balance	£7.60	£5.60	£3.80	£7.30	£4.80	£3.30	£4.80	£3.50
Boxercise/Circuits/Aerobics	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Step and Tone/Zumba	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Parties								
Small pool party	£93.50							
Main pool party (diving boards optional)	£197.60							

* Off peak swim times apply between 9am-3pm weekdays (excluding school holidays)

Tel: (0191) 643 2900

Waves

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Swimming								
Swimming	£7.30	£4.70	£2.70	£4.90	£3.40	£2.30	£4.90	£2.90
Off peak swim*		£2.00	£2.00		£2.00	£2.00		£2.00
Family swim	£24.60	£14.90	£9.90					
Under 5							£1.70	£0.80
Swimming lessons	£9.60	£7.10	£5.00	£8.70	£5.90	£4.80	£8.30	£5.70
Contours								
Contours (gym and swim)	£9.20	£6.60	£4.30	£6.20	£4.20	£3.20	£6.20	£3.80
Adult and junior activities								
Aquafit	£7.50	£5.20	£3.50	£7.30	£4.80	£3.30	£4.80	£3.50
Pilates/Yoga (60 minutes)	£7.60	£5.50	£3.80	£5.50	£4.10	£2.60	£4.00	£3.30
Pilates/Yoga (90 minutes)	£11.50	£8.40	£5.80	£8.30	£6.10	£3.80	£6.20	£4.70
Body Pump/Combat/Balance	£7.60	£5.60	£3.80	£7.30	£4.80	£3.30	£4.80	£3.50
Zumba/Step and Tone	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Healthy Hearts/Low Impact Circuits	£5.30	£3.20	£2.00	£5.00	£3.00	£1.90		
Soft Play							£3.80	£2.20
Table Tennis	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Parties								
Small pool party	£93.50							
Main pool party	£241.00							
Soft play party	£77.10							

*Off peak swim times apply between 9am-3pm weekdays (excluding school holidays)

Tel: (0191) 643 2600

The Lakeside Centre

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Swimming								
Swimming	£6.40	£4.60	£2.50	£4.30	£3.20	£2.20	£4.30	£2.50
Off peak swim*		£2.00	£2.00		£2.00	2.00		£2.00
Family swim	£21.70	£14.30	£9.50					
Under 5							£1.50	£0.70
Swimming lessons	£9.60	£7.10	£5.00	£8.70	£5.90	£4.80	£8.30	£5.70
Pool hire	Price on application							

*Off peak swim times apply between 9am-3pm weekdays (excluding school holidays)

Contours								
Contours (gym and swim)	£9.20	£6.60	£4.30	£6.20	£4.20	£3.20	£6.20	£3.80
Adult and junior activities								
Aquafit	£7.50	£5.20	£3.50	£7.30	£4.80	£3.30	£4.80	£3.50
Pilates/Yoga (60 minutes)	£7.60	£5.50	£3.80	£5.50	£4.10	£2.60	£4.00	£3.30
Body Pump/Combat/Balance	£7.60	£5.60	£3.80	£7.30	£4.80	£3.30	£4.80	£3.50
Boxercise/Circuits/Aerobics	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Step/Spin	£7.20	£5.20	£3.50	£6.70	£4.70	£3.10	£3.70	£3.10
Healthy Hearts/Zumba Gold /Low Impact Circuit	£5.30	£3.20	£2.00	£5.00	£3.00	£1.90		
Soft Play							£3.80	£2.20
Parties								
60 minutes (no coach)	£77.10							
60 minutes (with coach)	£93.50							
Small pool party	£93.50							
Main pool party (no inflatable)	£197.60							
Main pool party (with inflatable)	£241.00							

Activities can vary, please ask for details.

Tel: (0191) 643 4177

The Lakeside Centre

Activity	Adult			Senior			Junior	
	No card	ease card	Priority easecard	No card	ease card	Priority easecard	No card	ease card
Sports hall (hourly rates)								
Badminton	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Table Tennis	£13.70	£9.70	£6.20	£8.30	£6.10	£4.50	£8.30	£4.90
Half sports hall	£68.20	£51.50					£54.10	£33.80
Netball	£72.00	£54.90					£56.70	£34.30
Cricket nets	£72.00	£54.90					£56.70	£34.30

Tel: (0191) 643 4177

Grass pitches

Tier A football (per season per team)	Adult	Junior	Mini (U10's)
With access to changing facilities	£655.00	£407.00	£230.00

Tier B football (per season per team)	Adult	Junior	Mini (U10's)
With access to changing facilities	£596.00	£342.00	
No changing	£455.00	£269.00	£158.00

Tel: (0191) 643 7450

Sport North Tyneside

You can find more information on the ‘Sport and leisure’ pages of the North Tyneside Council website, or by emailing sport@northtyneside.gov.uk

Whitley Bay Mini Golf and FootGolf

Mini Golf	Adult		Senior		Junior	
	No card	ease card	No card	ease card	No card	ease card
18 holes	£6.50	£5.50	£5.50	£4.30	£5.50	£4.30
18 holes (family; 2 adults, 2 children)	£20.00	£17.50				
9 holes	£6.00	£4.90	£4.30	£3.80	£4.30	£3.80
9 holes (family; 2 adults, 2 children)	£15.60	£13.50				
FootGolf						
18 holes	£11.40	£9.70	£8.10	£7.00	£8.10	£7.00
18 holes (family; 2 adults, 2 children)	£31.50	£27.00				
9 holes	£7.50	£6.50	£5.50	£4.30	£5.50	£4.30
9 holes (family; 2 adults, 2 children)	£18.50	£15.60				
Combined Mini golf and FootGolf						
9 hole Mini golf and 9 hole FootGolf	£12.50	£10.50	£9.00	£7.50	£9.00	£7.50

Tel: (0191) 643 7470

Athletics

Churchill Community Track	
Pay as you go	£3.00
Annual pass (12 months from the date of payment)	£40.00

Free access for up to two children (under 16) with each paying adult

Outdoor Bowling Greens

Various Sites	
Season Hire	£1534.00

Tennis

Courts at Crawford Park, Richardson Dees Park and Souter Park	
Price per hour	£3.00

Maximum of four people per court



**Being active at every age
increases quality of life and
everyone's chances of remaining
healthy and independent.**

Find out more at
www.activenorthtyneside.gov.uk



Contours
more than just a gym

**Open early mornings and late nights, take advantage
of over 200 instructor led and virtual classes, five
well-equipped gyms, and four swimming pools
with a Contours membership.**





Where to find us

Hadrian Leisure Centre

St Peter's Road, Wallsend NE28 7LQ

Tel: (0191) 643 2025

Nearest Metro: Hadrian Road

The Parks Sports Centre

Howdon Road, North Shields NE29 6TL

Tel: (0191) 643 2700

Nearest Metro: Meadow Well and North Shields

Tynemouth Pool

Beach Road, North Shields NE29 9PX

Tel: (0191) 643 2900

Nearest Metro: North Shields

Waves

The Links, Whitley Bay NE26 ITQ

Tel: (0191) 643 2600

Nearest Metro: Monkseaton

The Lakeside Centre

Southgate, Killingworth NE12 6SA

Tel: (0191) 643 4177

Nearest Metro: Four Lane Ends

Whitley Bay Mini Golf and FootGolf

The Links, Whitley Bay NE26 ITQ

Tel: (0191) 643 7448

Nearest Metro: Monkseaton

Traveline can help with public transport information
in North Tyneside, visit **www.traveline.info**

Information correct at the time of printing in June 2025. The sport and leisure service reserves the right to amend as and when necessary. North Tyneside Council accepts no liability for any errors, omissions or changes.