North Tyneside
WAVES, THE LAKESIDE CENTRE, TYNEMOUTH POOL & HADRIAN LEISURE CENTRE

SWIMMING ACTIVITY GUIDE

with you every SPLASH of the way

North Tyneside Council

Waves
(0191) 643 2600
Lakeside
(0191) 643 4177
Tynemouth Pool
(0191) 643 2900
Hadrian
(0191) 643 2025

@NTCLeisure
The aim of this activity guide is to give you some information on all of the available swimming sessions across North Tyneside. This will help you choose the most suitable sessions for yourself or your family to attend.

We have four swimming pools in North Tyneside;

- **Waves**, Whitley Bay  
  (0191) 643 2600
- **The Lakeside Centre**, Killingworth  
  (0191) 643 4177
- **Tynemouth Pool**, North Shields  
  (0191) 643 2900
- **Hadrian Leisure Centre**, Wallsend  
  (0191) 643 2025

If you require any more information on any of the sessions in this guide or in our pool programmes please get in contact with the pool where the session takes place and they will be happy to help. Please use the four coloured letters to help indicate which pool a session is available at.
SWIMMING SESSIONS

Public Swimming
Swimming for all, lots of water fun at various times throughout the week to suit your lifestyle

Lane Swimming
For an uninterrupted swim in our dedicated swimming lanes. Whether you are training for your next triathlon or just trying to get in shape, you can swim at your own pace in our Slow, Intermediate & Fast lanes. Some pools may only be able to offer slow & fast lanes depending on programme

Adult Only Swim
Adult only swimming session. For a more relaxed swim in a child free environment.

Female Only Swim
Exclusive swimming session for females. Whether you want to swim up and down the lanes or relax in the pool with friends.

Swim to Trim
Get more active and swim your way to fitness with our Swim to Trim sessions at a reduced cost of £1.

Additional Needs Session
Sessions open to anyone with a disability and their family/carers. Pool hoists and accessible changing rooms are available.

Twilight Swim
Join us for a tranquil relaxing swim with dimmed lights and soothing music.
Swimming Lessons
Develop a range of skills to be confident, competent and safe in the water. All abilities are catered for. We follow national learn to swim programme as devised and supported by Swim England. There are various stages catering for young non swimmers through to those who want to further develop their skills or move onto club swimming.

School Swimming
Swimming is an important life skill, we offer dedicated pool space for schools in our community to enjoy swimming lessons as part of the curriculum (Term time only).

Adult Swimming Lessons
Obtain the confidence and skills to enjoy swimming whether you are a complete beginner or lack confidence whilst in the water. We provide Adult Learn to Swim sessions regardless of age and ability. (16+) (Term time only)

Young Person Swimming Lessons
Swimming lessons for young people aged 9-15 years old. Suitable for complete beginners or young person’s looking to gain more confidence with some stroke improvement. (Term time only)

Diving Lessons
Diving lessons are for those children looking to develop another skill alongside their swimming. Participants will work towards Swim England Diving awards while learning correct diving technique. Suitable for more confident swimmers.

Ducklings
A water based adult and child session held in our teaching pools. The session helps bring on babies and toddlers water confidence from a young age. Your child can work towards five grades of colourful awards, each with its own certificate and badge. (Term time only)

Swim-a-Song Ducklings
Swim a Song is a fun, innovative and effective programme for introducing babies and young children, accompanied by an adult to the exciting world of aquatics. There are 32 songs in the programme, many adapted from well-known nursery rhymes, to make them more relevant in introducing fundamental basic water skills and confidence. (Term time only)
Baby Buoys
A parent & baby swimming class to help build water confidence for your little ones, suitable from birth to 18 months.

Swimming Crash Courses
Swimming crash courses are held during the school holidays. These instructor lead swimming lessons run over 4 or 5 consecutive days giving children intensive swimming lessons to build confidence or help to develop new swimming skills, working towards the Swim England Learn to swim programme. This will support children to move through the programme at a faster pace.

EXERCISE CLASSES

Aqua Fit
A water-based class suitable for people of all fitness levels. Aqua fit is great for resistance work without straining joints.

Aqua Yoga
A gentle and very low impact water based class. Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch.

Hydrodeep
A water based aerobics class in the deep end of the pool using floatation belts. The water is used as a resistance on aerobic movements. It’s a low impact way to get fit and burn calories.

Mobility Class
A low impact class aimed at people who have any sort of mobility issues. This class aids movement in the water and helps to stretch and relieve muscles. Mainly for people pre or post op having knee and hip replacements but also very beneficial for arthritis sufferers. Suitable for all ages
Family Splash
A fun pool session for all the family you can play games with our pool toys or just swim around the pool with your family. Come along for some quality family time, we have lots of fun waiting for you. (Term time only)

No Limits Aqua Session
A fun FREE session for children and young people up to the age of 16 taking part in and enjoying water games, toys & floats and inflatable fun. (Term time only)

Diving Boards
Enjoy jumping or diving from our 1metre, 3 metre & 5 metre boards in our open diving board sessions. Suitable for swimmers confident in deep water.

Inflatable Fun
Take on the challenge of our pool inflatable.......do you have what it takes to make it to the end? Suitable for confident swimmers.

Toys & Floats
Fun for all ages playing with our giant floats and pool toys.

Wild Wave Session
Love swimming in the wave pool? In this session we increase our Waves so they run every 15 minutes

Toy Time
This session takes place in the aquatic play area at Waves and is suitable for our very youngest swimmers. They can splash about enjoying all of our fun pool toys.

Baby Time
Allocated pool space for parents to enjoy time in the water with their baby, toys and floats available to help build water confidence. Recommended age 0-2 years
Pool Parties
Did you know you can book a pool party with us? We have a range of pool parties available for all ages. Please contact your nearest pool for more details.

Club Hire
We have a variety of clubs and groups that hire out our pools for private bookings. During these times the pool will be closed to the public unless otherwise stated.

Staff Training
This pool time is for our pool lifeguards who train weekly to practise their lifesaving skills.

Lifeguard Club
A training club for existing pool lifeguards to keep up their qualification training hours with a qualified Royal Lifesaving Society trainer and a training club for non-qualified candidates to train to become a lifeguard. For ages 15 years and above. Note new candidates must be 16 years of age to sit lifeguard exam. For further information please contact Waves.

Available to hire
We have availability at various times for individuals, clubs or groups looking to hire the pool as one off bookings or on a regular basis. Please contact your nearest pool for more information.