

Hadrian Leisure Centre

ST PETER'S ROAD, WALLSEND, NE28 7LQ

POOL PROGRAMME



North Tyneside Council

Term Time Pool
Programme
25/26



hadrianleisure



@NTCLeisure



(0191) 643 2025

MONDAY

Public swimming:

Main pool
7.15am–9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am–10.30am
12pm–1.15pm
3pm–3.50pm
5pm–7pm
8.30pm–9.30pm (adults only)
Small pool (available for public swim at these times)
7.15am–8am
8.45am–10.30am
12.45pm–1.15pm
3pm–3.50pm
7.30pm–9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.45am – 10.15am	Water Wellness (public swim available)
10.30am – 12pm	School swimming (public swimming available)
1.15pm – 3pm	School swimming (public swimming available)
3.50pm – 7pm	Swimming lessons (public swimming available)
7pm – 8.30pm	North Tyneside swimming club (4 lanes) Public swimming available (no lanes)
8.30pm – 9.30pm	Swim to Trim (£1 a session)
Small pool	
8am – 8.45am	Aqua HIIT
10.30am – 12pm	School swimming
12pm – 12.45pm	Ducklings (0–4 years)
1.15pm – 3pm	School swimming
3.50pm – 6.20pm	Swimming lessons
6.30pm – 7pm	Adult advanced bookable swimming lessons
7pm – 7.30pm	Adult beginner bookable swimming lessons

Public swimming:

Main pool	
7.15am – 9.30pm (adults only from 8.30pm)	
Lane swimming (main pool)	
7.15am – 10.30am	
12pm – 1.15pm	
3pm – 3.50pm	
5pm – 7pm	
8pm – 9.30pm (adults only from 8.30pm)	
Small pool (available for public swim at these times)	
7.15am – 10.30am	
12.30pm – 1.15pm	
3pm – 3.50pm	
7pm – 9.30pm (adults only from 8.30pm)	

Activities:

Main pool	
10.30am – 12pm	School swimming (public swimming available)
12pm – 12.30pm	Adult drop in swimming lessons mixed ability (public swimming available)
1.15pm – 3pm	School swimming (public swimming available)
3.50pm – 6.20pm	Swimming lessons (public swimming available)
7.15pm – 8pm	Aquafit (shallow end – public swimming available deep end)
Small pool	
10.30am – 12pm	School swimming
12pm – 12.30pm	Adult swimming lessons
1.15pm – 3pm	School swimming
3.50pm – 7pm	Swimming lessons

Public swimming:

Main pool
7.15am – 9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am – 9.20am
3pm – 3.50pm
5pm – 6.30pm
8pm – 9.30pm (adults only from 8.30pm)
Small pool (available for public swim at these times)
7.15am – 8am
8.45am – 10.30am
12pm – 1.15pm
3pm – 3.50pm
7pm – 9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.30am – 10.15am	Aquafit (shallow end – public swimming available deep end)
10.30am – 12pm	School swimming (public swimming available)
12.30pm – 1.30pm	Staff Training
1.15pm – 3pm	School swimming (public swimming available)
3.50pm – 6.30pm	Swimming lessons (public swimming available)
6.30pm – 7pm	Young persons advanced swim lesson (drop in)
7pm – 7.45pm	Aquafit (shallow end – public swimming available deep end)
Small pool	
8am – 8.45am	Aqua HIIT
10.30am – 12pm	School swimming
1.15pm – 3pm	School swimming
3.50pm – 7pm	Swimming lessons

Public swimming:

Main pool
7.15am – 9.30pm (adults only from 8.30pm)
Lane swimming (main pool)
7.15am – 9.20am
12pm – 1.15pm
3pm – 3.50pm
5pm – 7.30pm
8.30pm – 9.30pm (adults only)
Small pool (available for public swim at these times)
7.15am – 10.30am
12.45pm – 1.15pm
3pm – 3.50pm
7pm – 9.30pm (adults only from 8.30pm)

Activities:

Main pool	
9.30am – 10.15am	Aquafit (shallow end – public swimming available deep end)
10.30am – 12pm	School swimming (public swimming available)
1.15pm – 3pm	School swimming (public swimming available)
3.50pm – 7pm	Swimming lessons (public swimming available)
7.45pm – 8.30pm	Aquafit (shallow end – public swimming available deep end)
8.30pm – 9.30pm	Twilight Swim (dimmed lighting)
Small Pool	
10.30am – 12pm	School swimming
12pm – 12.45pm	Ducklings (Ages 0-4)
1.15pm – 3pm	School swimming
3.50pm – 6.20pm	Swimming lessons
6.30pm – 7.00pm	Young person's beginner swim lesson (drop in)

FRIDAY

Public swimming:

Free swim Friday every week for over 60's. Ask for details.

Main pool	
7.15am – 6.30pm	
Lane swimming (main pool)	
7.15am – 9.20am	
12pm – 1.15pm	
3pm – 6.30pm	
Small pool (available for public swim at these times)	
7.15am – 10.30am	
12.45pm – 1.15pm	
3pm – 6.30pm	

Activities:

Main pool	
9.30am – 10.15am	Aqua Zumba (shallow end)
10.30am – 12pm	School swimming (public swimming available)
1.15pm – 3pm	School swimming (public swimming available)
6.30pm–8.30pm	Club hire
Small pool	
10.30am – 12.00pm	School swimming
12.00pm – 12.45pm	Ducklings (0-4)
1.15pm – 3pm	School swimming

SATURDAY

Public swimming:

Main pool
8.15am – 3pm
Lane swimming (main pool)
8.15am–9.55am
10.50 – 1.30pm
Small pool (available for public swim at these times)
8.15am – 3pm

Activities:

Main pool	
10am–10.45am	Aquafit
2pm – 3pm	No Limits – Pool Inflatable (public swimming available on the left side of the pool) **
3.30pm – 4.30pm	Pool parties (private bookings)
5.00pm – 6.00pm	Additional Needs Session*
Small pool	
2pm – 3pm	No Limits – Toys and Floats**
3.30pm – 4.30pm	Pool parties (private bookings)
5.00pm – 6.00pm	Additional Needs Session*

No Limits runs term time only

**Children go free with a valid Ease card. Child Admission Policy applies.

*Please call if access to 'changing places' facilities is required before the start time of the session

SUNDAY

Public swimming:

Main pool	
8.15am – 3pm	
Lane swimming (main pool)	
8.15am – 12pm	
1.00pm – 3pm	
Small pool (available for public swim at these times)	
8.15am – 12pm	
1pm – 3pm	

Activities:

Main pool	
12pm – 1pm	Free Family Splash* (Toys and Floats, shallow end)
3.30pm – 4.30pm	Pool parties (private bookings)
5pm – 6pm	Club Hire
Small pool	
12pm – 1pm	Free Family Splash* (Toys and Floats)
3.30pm – 4.30pm	Pool Parties (private bookings)

*Family Splash – This session is for families only and runs term time. Juniors can only attend when accompanied by a guardian. Adults and children go free with a valid Ease card. Child Admission Policy applies.

Pool Parties – please contact reception if you would like information about private party bookings 0191 6432025

Additional training dates:

NPLQ lifeguard course:

Saturday 20th and 27th September – small section of main pool and small pool will be used between 8.15–11am

Sunday 21st and 28th September – small section of main pool and small pool will be used between 8.15–11am and 2.15–3.30pm

Saturday 4th October – 2 lanes in Main pool will be used between 8.15–10am

Sunday 5th October – 2 lanes in Main pool will be used between 8.15–10am