

# Tynemouth Pool

BEACH ROAD, NORTH SHIELDS, NE29 9PX

## POOL PROGRAMME



with you every  
**SPLASH**  
of the way

January 2025



North Tyneside Council



@NTCleisure



(0191) 643 2900

# MONDAY

## Public swimming:

<b>Main pool</b>
7.15am-6pm
8.30pm-9.45pm (adults only)
<b>Lane lines available (main pool)</b>
7.15am-6pm
8.30pm-9.45pm
<b>Small pool</b>
7.15am-1.15pm
2.45pm-4pm
<b>Boom pool</b>
*Please note availability of boom pool can differ subject to school swimming lessons
7.15am-12pm
3.15pm-4pm

## Activities:

<b>Main pool</b>	
4pm-6pm	Swimming lessons
8.30pm-9.45pm	Adult only swim
<b>Small pool</b>	
1.15pm-2.45pm	School lessons
4pm-6pm	Swimming lessons
<b>Boom pool</b>	
12pm-12.45pm	Aqua Fit
4pm-6pm	Swimming lessons

# TUESDAY

## Public swimming:

<b>Main pool</b>
7.15am-5.30pm
<b>Lane lines available (main pool)</b>
7.15am-4pm
<b>Small pool</b>
7.15am-10.15am
2.45pm-4pm
<b>Boom pool</b>
*Please note availability of boom pool can differ subject to school swimming lessons
7.15am-9am
2.45pm-4pm

## Activities:

<b>Main pool</b>	
10am-12pm	School swimming
1.15pm-2.45pm	School swimming
4pm-6pm	Swimming lessons
<b>Small pool</b>	
10.15am-2.45pm	School swimming
4pm-6pm	Swimming lessons
<b>Boom pool</b>	
9am-9.45am	Aquafit
9.45am-10.30am	Aquafit
10.30am-2.45pm	School swimming
4pm-5.30pm	Swimming lessons
7.45pm-8.30pm	Aquafit

# WEDNESDAY

## Public swimming:

<b>Main pool</b>
7.15am-5.30pm
<b>Lane lines available (main pool)</b>
7.15am-2.30pm
3.30pm-5.30pm
<b>Small pool</b>
7.15am-10.30am
<b>Boom pool</b>
*Please note availability of boom pool can differ subject to school swimming lessons
7.15am-9.30am
10.15am-1.15pm
2.45pm-4pm

## Activities:

<b>Main pool</b>	
10.30am-12pm	School swimming
1.15pm-2.45pm	School swimming
2.30pm-3.30pm	Staff training
4pm-5.30pm	Swimming lessons
<b>Small pool</b>	
11.30am-12.15pm	Mobility class
12.15pm-1.00pm	Baby Buoys
1.15pm-2.45pm	School swimming
4pm-5.30pm	Swimming lessons
<b>Boom pool</b>	
9.30am-10.15am	Aqua Zumba
1.15pm-2.45pm	School swimming
4pm - 5.30pm	Swimming lessons

# THURSDAY

## Public swimming:

<b>Main pool</b>
7.15am–5.30pm
<b>Lane lines available (main pool)</b>
7.15am–4pm
<b>Small pool</b>
8.45am–10.30am
11.45am–12.30pm
<b>Boom pool</b>
*Please note availability of boom pool can differ subject to school swimming lessons
7.15am–9.00am

## Activities:

<b>Main pool</b>	
9.30am–12pm	School swimming
1.15pm–3.15pm	School swimming
4pm–5.30pm	Swimming lessons
<b>Small pool</b>	
9.45am-11.30am	School swimming
12.00-12.30pm	Ducklings
1.15pm–3.15pm	School swimming
4pm-5.30pm	Swimming lessons
<b>Boom pool</b>	
9am–9.45am	Aquafit
9.30am–12pm	School swimming
12pm–12.45pm	Aquafit
1.15pm–3.15pm	School swimming
4pm–5.30pm	Swimming lessons

# FRIDAY

## Public swimming:

<b>Main pool</b>
7.15am-5.30pm
<b>Lane lines available (main pool)</b>
7.15am-4.00pm
<b>Small pool</b>
8.45am-11.30am
<b>Boom pool</b>
*Please note availability of boom pool can differ subject to school swimming lessons
7.15am-9.30am
3.15pm-5.30pm

## Activities:

<b>Main pool</b>	
10.30am-12pm	School swimming
1.15pm-3.15pm	School swimming
4pm-5pm	No limits Free swim Session
<b>Small pool</b>	
10.30am-11.00pm	Adult swimming lessons
1.15pm-3.15pm	School swimming
3.45pm-5.15pm	Swimming lessons
<b>Boom pool</b>	
9.30am-10.30am	Aquafit
10.30am-12pm	School swimming
1.15pm-3.15pm	School swimming
4.00pm - 4.30pm	Swimming lessons

# SATURDAY

## Public swimming:

<b>Main pool</b>
8.30am–1pm
<b>Lane lines available (main pool)</b>
8.30am-10.30am
11.30am-1pm
<b>Small pool</b>
8.30am-1pm
<b>Boom pool</b>
9am–1pm

## Activities:

<b>Main pool</b>	
10.30am–11.30am	Diving boards session
1pm–2pm	Pool parties (bookable)
<b>Small pool</b>	
1pm–2pm	Pool parties (bookable)

# SUNDAY

## Public swimming:

<b>Main pool</b>
8.30am–12pm
<b>Lane lines available (main pool)</b>
8.30am–12pm
<b>Small pool</b>
8.30am–12pm
<b>Boom pool</b>
8.30am–12pm