

Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

POOL PROGRAMME



Term Time 2025

Updated March 25



North Tyneside Council



@NTCleisure



(0191) 643 2600

MONDAY

Public swimming:

Main pool
6.30am–9.30pm (adults only from 8pm)
Lane swimming
6.30am–9.15am
10.30am–1pm
2.30pm–3.45pm
8.50pm–9.30pm
Small pool
9am–7.30pm
Slide and Waves (intermittent)
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
9.25am–10.10am	Aquafit*
1pm–2.30pm	School swimming*
3.45pm–8pm	Swimming lessons*
8pm–8.45pm	Aquafit*
Small pool	
12.15pm–12.45pm	Ducklings (0-2)*
1pm–2.30pm	School swimming*
3.45pm–8pm	Swimming lessons*
Aquatic play	
9am–3pm	Toy Time

*Section of main pool closed for activity / small pool closed for activity

TUESDAY

Public swimming:

Main pool
6.30am–9.30pm (adults only from 8pm)
Lane swimming
6.30am–7.45am
9am–1pm
3pm–3.45pm
8pm – 9.30pm
Small pool
9am–7.30pm
Slide and Waves (intermittent)
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
8am–8.45am	Aquafit*
1pm–3pm	School swimming*
3.45pm–8pm	Swimming lessons*
7.30pm – 8.30pm	Staff training*
Small pool	
12.45pm–1.15pm	Ducklings (2-4)*
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
Aquatic play	
9am–3pm	Toy Time

*Section of main pool closed for activity / small pool closed for activity

WEDNESDAY

Public swimming:

Main pool
6.30am–5.50pm
7.30pm–9.30pm (adults only)
Lane swimming
6.30am–9.15am
10.20am–11.10am
11.45am–1pm
3pm–3.45pm (one lane)
8.30pm–9.30pm
Small pool
9am–5.50pm
Slide and Waves (intermittent)
10am–7.20pm
Aquatic play
9am–5.50pm

Activities:

Main pool	
9.25am–10.10am	Aquafit*
11.15am–11.45am	School swimming*
1pm–3pm	School swimming*
2.30pm–3.30pm	Staff training*
3.45pm–6.30pm	Swimming lessons*
4pm–5.50pm	Toys and floats
6.20pm–7.20pm	Additional Needs Session
7.30pm–8.15pm	Aquafit*
Small pool	
11am–11.45am	School swimming*
12pm–12.30pm	Ducklings (0-2)*
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
Aquatic play	
9am–3pm	Toy Time

*Section of main pool closed for activity / small pool closed for activity

THURSDAY

Public swimming:

Main pool
6.30am–9.30pm
Lane swimming
6.30am–8am
9.10am–11.20am
12pm–1pm
3pm–3.45pm
8.30pm–9.30pm
Small pool
9am–7.30pm
Slide and Waves (intermittent)
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
8.15am–9am	Aquafit*
11am–12pm	Water Wellness
11.30am–12pm	School swimming*
1pm–3pm	School swimming*
3.45pm–6.20pm	Swimming lessons*
6.20pm–7.20pm	No Limits
7.30pm–8.30pm	Lifeguard Club**
8.30pm–9.30pm	Swim to Trim
Small pool	
10.15am–10.45am	Ducklings (0-2)*
10.45am–11.15am	Ducklings (2-4)*
11.15am–12pm	School swimming*
1pm–3pm	School swimming*
3.45pm–7pm	Swimming lessons*
Aquatic play	
9am–3pm	Toy Time

*Section of main pool closed for activity / small pool closed for activity

**Speak to reception for further information

FRIDAY

Public swimming:

Main pool
6.30am–7.30pm
Lane swimming
6.30am–1pm
Small pool
9am–7.30pm
Slide and Waves (intermittent)
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
6.30pm–7.30pm	Wild Waves with toys and floats
Small pool	
12.45pm–1.15pm	Ducklings (2-4)*
1.15pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
Aquatic play	
9am–3pm	Toy Time

*Section of main pool closed for activity / small pool closed for activity

SATURDAY

Public swimming:

Main pool
8am–6pm
Lane swimming
8am–8.40am
Small pool**
8.45am–9.50am
11.50am–6pm
Slide and Waves (intermittent)
10am–6pm
Aquatic play
8am–6pm

Activities:

Main pool	
8.45am–9.50am	Swimming lessons*
5pm–6pm	Toys and floats
Small pool	
8.10am–8.40am	Swimming lessons*
10.00am–11.50am	Swimming lessons*

Parties**	
12pm–5pm	Small pool
6pm–6.45pm	Main pool

*Section of main pool closed for activity / small pool closed for activity

**Please check ahead with reception for any small pool party bookings which may limit use of this area

SUNDAY

Public swimming:

Main pool
8am–5pm
Lane swimming
8am–10am
Small pool**
8am–5pm
Slide and Waves (intermittent)
10am–5pm
Aquatic play
8.30am–5pm

Activities:

Main pool	
5pm–6.30pm	Additional Needs Session
Small pool**	
8am–5pm	Toys and floats
Parties**	
12pm–4pm	Small pool

**Please check ahead with reception for any small pool party bookings which may limit use of this area