

Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

POOL PROGRAMME



Summer 2025
21st July – 31st August inclusive



North Tyneside Council



@NTCLeisure



(0191) 643 2600

MONDAY

Public swimming:

Main pool
6.30am–9.30pm (adults only from 8pm)
Lane swimming
6.30am–9am
6pm–9.30pm
Small pool
10am–7.30pm
Slide and Waves (intermittent)
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
9.10am–9.50am	Aquafit*
8pm–8.45pm	Aquafit*
Small pool	
8am–10am	Swimming lessons*
2.40pm – 4.30pm (week one only)	Swimming lessons*

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

PLEASE NOTE – You DO NOT need to book to swim at Waves, just come along!

Bank Holiday Monday – 25th August 2025

Main pool
8am–4pm
Lane swimming
8am–10am
Small pool
9am–4pm
Waves and slide
10am–4pm
Aquatic play
8am–4pm

TUESDAY

Public swimming:

Main pool
6.30am–9.30pm (adult only from 8pm)
Lane swimming
6.30am– 7.50am
6pm – 9.30pm
Small pool
10am–7.30pm
Waves and slide
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
8am–8.45am	Aquafit*
7.30pm–8.30pm	Staff Training*
Small pool	
8am–10am	Swimming lessons*
2.40pm – 4.30pm (week one only)	Swimming lessons*

* section of main pool closed for activity

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WEDNESDAY

Public swimming:

Main pool
6.30am–6.20pm
7.20pm–9.30pm (adults only)
Lane swimming
6.30am–9.15am
8.25pm–9.30pm
Small pool
10am–7.30pm
Waves and slide
10am–6.15pm
Aquatic play
9am–6.15pm

Activities:

Main pool	
9.25am–10.10am	Aquafit*
2.30pm–3.30pm	Staff Training*
5.15pm–6.15pm	Toys and Floats
6.20pm–7.20pm	Additional Needs Session
7.30pm–8.15pm	Aquafit*
Small pool	
8am–10am	Swimming lessons*
2.40pm – 4.30pm (week one only)	Swimming lessons*

* section of main pool closed for activity

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THURSDAY

Public swimming:

Main pool
6.30am–9.30pm
Lane swimming
6.30am–8am
6pm–9.30pm
Small pool
10am–7.30pm
Waves and slide
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
8.15am–9am	Aquafit*
8.30pm–9.30pm	Swim to Trim
Small pool	
8am–10am	Swimming lessons*
2.40pm – 4.30pm (week one only)	Swimming lessons*

* section of main pool closed for activity

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FRIDAY

Public swimming:

Main pool
6.30am–7.30pm
Lane swimming
6.30am–7am
Small pool
9am–7.30pm
Waves and slide
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
6.30pm–7.30pm	Wild Waves with Toys and Floats

* section of main pool closed for activity

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SATURDAY

Public swimming:

Main pool
8am–6pm
Lane swimming
8am–10am
Small pool**
8am–6pm
Waves and slide
10am–7.30pm
Aquatic play
8am–6pm

Activities:

Main pool	
5pm–6pm	Toys and floats

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

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

PLEASE NOTE – You DO NOT need to book to swim at Waves, just come along!

SUNDAY

Public swimming:

Main pool
8am–5pm
Lane swimming
8am–10am
Small pool**
8am–5pm
Waves and slide
10am–7.30pm
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

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