

Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

POOL PROGRAMME



February 2025
24th February – 2nd March



North Tyneside Council



@NTCleisure



(0191) 643 2600

MONDAY

Public swimming:

Main pool
6.30am–9.30pm (adult only from 8pm)
Lane swimming
6.30am–9.15am
6pm–7.50pm
8.55pm–9.30pm
Small pool
10am–7.30pm
Waves and slide
10am–7.30pm
Aquatic play
9am–7.30pm

Activities:

Main pool	
9.25am–10.10am	Aquafit*
8pm–8.45pm	Aquafit*
Small pool	
8am–10am	Swimming lessons

* section of main pool closed for activity

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

TUESDAY

Public swimming:

Main pool
6.30am–9.30pm (adult only from 8pm)
Lane swimming
6.30am–10am
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

* section of main pool closed for activity

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

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

* section of main pool closed for activity

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

THURSDAY

Public swimming:

Main pool
6.30am–9.30pm
Lane swimming
6.30am–8.05am
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

* section of main pool closed for activity

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

FRIDAY

Public swimming:

Main pool
6.30am–7.30pm
Lane swimming
6.30am–10am
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

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

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

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