

# The Lakeside Centre

SOUTHGATE, KILLINGWORTH, NE12 6SA

## POOL PROGRAMME



with you every  
**SPLASH**  
of the way



North Tyneside Council



@NTCLeisure



(0191) 643 4177

# MONDAY

## Public swimming:

| <b>Main Pool</b>                           |
|--------------------------------------------|
| 6.30am – 9.30pm                            |
| <b>Lane Swimming Available (Main Pool)</b> |
| 6.30am – 9am                               |
| 9.45am–10.30am                             |
| 12pm – 1.15pm                              |
| 2.45pm – 3.45pm                            |
| 5.30pm – 9.30pm                            |
| <b>Small Pool</b>                          |
| 6.30am – 10.30am                           |
| 2.45pm – 3.45pm                            |

## Activities:

| <b>Main Pool</b>  |                                         |
|-------------------|-----------------------------------------|
| 9am – 9.45am      | Aquafit (deep end only open for public) |
| 10.30am–12pm      | School Swimming                         |
| 1.15pm – 2.45pm   | School Swimming                         |
| 3.45pm – 7pm      | Swimming Lessons                        |
| 7pm – 8pm         | Adults Only Swim                        |
| 8pm – 9.30pm      | Twilight Swim (Female Only)             |
| <b>Small Pool</b> |                                         |
| 10.30am –12pm     | School Swimming                         |
| 12pm – 12.30pm    | Baby Time (0 – 2) Toys & floats         |
| 1.15pm – 2.45pm   | School Lessons                          |
| 3.45pm – 7pm      | Swimming Lessons                        |
| 7pm – 8pm         | Adults Only Swim                        |
| 8pm – 9.30pm      | Twilight Swim (Female Only)             |

## Public swimming:

| <b>Main Pool</b>                           |
|--------------------------------------------|
| 6.30am – 6.30pm                            |
| 7.30pm – 9.30pm                            |
| <b>Lane Swimming Available (Main Pool)</b> |
| 6.30am – 10am                              |
| 12.30pm – 1.15pm                           |
| 2.45pm – 6.30pm                            |
| 8.30pm – 9.30pm                            |
| <b>Small Pool</b>                          |
| 6.30am – 10am                              |
| 11.30am – 1.15pm                           |
| 2.45pm – 3.45pm                            |
| 7.45pm – 9.30pm                            |

## Activities:

| <b>Main Pool</b>  |                                          |
|-------------------|------------------------------------------|
| 10am – 11.30am    | School Swimming                          |
| 11.45am – 12.30pm | Aqua Fit (deep end only open for public) |
| 1.15pm – 2.45pm   | School Swimming                          |
| 3.45pm – 6pm      | Swimming Lessons                         |
| 6.30pm – 7.30pm   | Club Hire (Closed to Public)             |
| 7.30pm – 8pm      | Club Hire (Closed to Public)             |
| 8.00pm – 8.30pm   | Tri Club Hire (1 Public Lane Available)  |
| 8.30pm – 9.30pm   | Swim to Trim (Adult only swim – 5 lanes) |
| <b>Small Pool</b> |                                          |
| 10am – 11.30am    | School Swimming                          |
| 1.15pm – 2.45pm   | School Swimming                          |
| 3.45pm – 7pm      | Swimming Lessons                         |
| 8.30pm – 9.30pm   | Swim to Trim (Adult only lane swim)      |

## Public swimming:

| <b>Main Pool</b>                           |
|--------------------------------------------|
| 6.30am – 6.30pm                            |
| <b>Lane Swimming Available (Main Pool)</b> |
| 6.30am – 9.30am                            |
| 12.00 – 1.15pm                             |
| 2.45pm – 3.45pm                            |
| 5.30pm – 6.30pm                            |
| <b>Small Pool</b>                          |
| 6.30am – 10.30am                           |
| 12.30pm – 1.15pm                           |
| 2.45pm – 3.45pm                            |
| 8.30pm – 9.30pm                            |

## Activities:

| <b>Main Pool</b>  |                                     |
|-------------------|-------------------------------------|
| 6.30am–7.15am     | Club Hire                           |
| 9.30am – 10.15am  | Aqua Mams (deep end open to public) |
| 10.30am – 12pm    | School Swimming                     |
| 1.15pm – 2.45pm   | School Swimming                     |
| 3.45pm – 8.30pm   | Swimming Lessons                    |
| 6.30pm – 9.30pm   | Club Hire (Closed to public)        |
| <b>Small Pool</b> |                                     |
| 10.30am – 12pm    | School Swimming                     |
| 12.15pm – 1pm     | Baby Time 0-4 (Toys and Floats)     |
| 1.15pm – 2.45pm   | School Swimming                     |
| 3.45pm – 8.30pm   | Swimming Lessons                    |

## Public swimming:

| <b>Main Pool</b>                           |
|--------------------------------------------|
| 6.30am- 8.30pm                             |
| <b>Lane Swimming Available (Main Pool)</b> |
| 6.30am – 10.30am                           |
| 12.00 – 1.15pm                             |
| 2.45pm – 3.45pm                            |
| 5pm – 5.45pm                               |
| 6.30pm-7.45pm                              |
| <b>Small Pool</b>                          |
| 6.30am – 10.30am                           |
| 12.30am – 1.15pm                           |
| 2.45pm – 3.45pm                            |
| 6pm – 9.30pm                               |

## Activities:

| <b>Main Pool</b>  |                                               |
|-------------------|-----------------------------------------------|
| 10.30am – 11.30am | School Swimming                               |
| 11.45am – 12.15pm | Adult Swimming Lessons                        |
| 1.15pm – 2.45pm   | School Lessons                                |
| 3.45pm – 5pm      | Swimming Lessons                              |
| 5.45pm – 6.30pm   | Aquafit (deep end only open to public)        |
| 7.45pm – 8.30pm   | Aqua Fit Dance (deep end only open to public) |
| 8.30pm – 9.30pm   | Club Hire (Tyne Triathlon) (Pool Closed)      |
| <b>Small Pool</b> |                                               |
| 10.30am – 11.30am | School Swimming                               |
| 12pm – 12.30pm    | Baby Time (0 – 2) Toys & Floats               |
| 1.15pm – 2.45pm   | School Swimming                               |
| 3.45pm – 5.45pm   | Swimming Lessons                              |

Public swimming:

| Main Pool                           |
|-------------------------------------|
| 6.30am – 6.30pm                     |
| Lane Swimming available (Main Pool) |
| 6.30am – 10.20am                    |
| 12.00 – 1.15pm                      |
| 2.45pm – 3.45pm                     |
| 4.30pm – 6pm                        |
| Small Pool                          |
| 6.30am – 10.30am                    |
| 12pm – 1.15pm                       |
| 2.45pm – 3.45pm                     |
| 7pm – 8.30pm                        |

Activities:

| Main Pool       |                                      |
|-----------------|--------------------------------------|
| 6.30am – 7am    | Club Hire                            |
| 10.20am – 12pm  | School Swimming                      |
| 1.15pm – 2.45pm | School Swimming                      |
| 3.45pm – 6.30pm | Swimming Lessons                     |
| 6pm – 6.30pm    | Club Hire (4 Public Lanes Available) |
| 6.30pm – 8.30pm | Club Hire (Pool Closed)              |
| Small Pool      |                                      |
| 10.30am – 12pm  | School Swimming                      |
| 1.15pm – 2.45pm | School Swimming                      |
| 3.45pm – 7pm    | Swimming Lessons                     |

## Public swimming:

| Main Pool                           |
|-------------------------------------|
| 8.15am – 3.30pm                     |
| Lane Swimming Available (Main Pool) |
| 8.30am – 10.30am (1 Lane Available) |
| 12.00pm – 2.30pm                    |
| Small Pool                          |
| 8.15am – 9.45am                     |
| 11.45am – 3.30pm                    |

## Activities:

| Main Pool         |                                             |
|-------------------|---------------------------------------------|
| 8.30am – 10am     | Swimming Lessons (2 Lanes)                  |
| 10.30am – 12.00pm | Toys & Floats                               |
| 2.30pm–3.30pm     | Inflatable or Toys & Floats                 |
| 4pm – 5pm         | Pool Parties (available to book)            |
| 5pm – 6pm         | Available to hire (up to 7 days in advance) |
| Small Pool        |                                             |
| 9.30am – 11.45am  | Swimming Lessons                            |
| 12.00pm – 3.30pm  | Toys and Floats                             |
| 4pm – 5pm         | Pool Parties (Bookable)                     |

## Public swimming:

| Main Pool                           |
|-------------------------------------|
| 8.15am – 3.45pm                     |
| Lane Swimming Available (Main Pool) |
| 9.40am – 11am                       |
| 12pm – 3.45pm                       |
| Small Pool                          |
| 8.15am – 3.45pm                     |

## Activities:

| Main Pool     |                               |
|---------------|-------------------------------|
| 11am -12pm    | Toys & Floats   Family Splash |
| 4pm – 6pm     | Club Hire (Pool Closed)       |
| Small Pool    |                               |
| 11am – 3.45pm | Toys & Floats                 |
| 4pm-6pm       | Club hire (Pool closed)       |