

Gateshead Leisure Centre

	07.00 - 08.00	08.00 - 09.00	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00	21.00 - 22.00
Mon															
Main Pool			Public Swimming										Ladies Only		Men Only
			School Swimming		School Swimming	Lane Swimming		School Swimming		Public Swimming	Lane Swimming				
Small Pool 1			School Swimming	S. Lessons	School Swimming	Public Swimming		School Swimming		Swimming Lessons			Ladies Only		Men Only
Small Pool 2			Public Swimming										Aquafit		
Tues															
Main Pool	Public Swimming			School Swimming	Aqua Zumba	Lane Swimming	School Swimming			Swimming Club			Adults Only		
Small Pool 1		School Swimming	Public Swimming			School Swimming	Public Swimming	Swimming Lessons	Swimming Club			Adults Only			
Small Pool 2		Public Swimming	School Swimming	Public Swimming	Swimming Club							Aquafit	Aquafit		
Wed															
Main Pool	Public and Lane Swimming	Ladies Only	Public Swimming										Lane Swimming		
			School Swimming	Lane Swimming	School Swimming										
Small Pool 1		Ladies Only	School Swimming	Public Swimming	School Swimming	Public Swimming	Swimming Lessons								
Small Pool 2		Ladies Only	Aquafit	Swimming Club	Public Swimming										
Thur															
Main Pool	Public and Lane Swimming		Public Swimming				Swimming Lessons			Swimming Club	Ladies Only				
			School Swimming	Lane Swimming	School Swimming										
Small Pool 1		School Swimming	Swimming Lessons	School Swimming	Swimming Club	School Swimming	Public Swimming	Swimming Lessons			Swimming Club	Ladies Only			
Small Pool 2		Public Swimming	School Swimming	Aquafit	Public Swimming	Public Swimming			Swimming Lessons			Swimming Club	Aquafit		
Fri															
Main Pool	Swimming Club	Public Swimming										Swimming Club			
		School Swimming	Lane Swimming	School Swimming		Public Swimming	Lane Swimming	Swimming Club							
Small Pool 1		School Swimming	Public Swimming	School Swimming	Public Swimming							Swimming Club			
Small Pool 2		Swimming Club	Public Swimming												
Sat															
Main Pool	Swimming Club	Public and Lane Swimming	Rafts and Rings Fun Session	Public Swimming	Aquarun Fun Session	Public Swimming									
Small Pool 1		Public Swimming													
Small Pool 2		Public Swimming													
Sun															
Main Pool		Public and Lane Swimming	Public Swimming	Rafts and Rings Fun Session			Public Swimming	Swimming Clubs						Ladies Only	
Small Pool 1		Public Swimming							Swimming Clubs						Ladies Only
Small Pool 2		Public Swimming							Swimming Clubs						Ladies Only

For further information please contact Gateshead Leisure Centre • Tel: 0191 433 5733

Up to two children under 8 yrs must be accompanied in the water at all times by a responsible person over 16 yrs.