



## 6th January - 23rd February 2025 Winter Timetable

Address: Elswick Community Pool and Gym, NE4 6RS. Tel: 0191 481 4101 Email: info@elswickpool.co.uk

### Pool Timetable

#### Monday

06:00 - 08:45 Adults Only Lane Swim  
09:00 - 09:45 Ladies Only Aquafit  
09:45 - 10:45 Female Adults Only (**Ladies Swim Lessons**)  
11:00 - 12:00 Public Swim/ **Parent & Child Swim Lessons**  
12:00 - 13:00 Adults Only Lane Swim  
13:00 - 15:00 School Swimming  
15:30 - 18:00 **Swimming Lessons**  
15:45 - 16:45 Public Swim (space shared with lessons)  
16.50 - 17.50 Public Swim (space shared with lessons)  
18:00 - 19:00 Adults Only Lane Swim  
19:00 - 20:00 Tyne Triathlon Club  
20:00 - 21:30 Public Swim / **Aquafit**

#### Tuesday

06:00 - 09:00 Adults Only Lane Swim  
09:00 - 12:00 School Swimming  
12:00 - 13:00 Adults Only Lane Swim  
13:00 - 15:00 School Swimming  
15:30 - 18:00 **Swimming Lessons**  
18:00 - 19:00 Adults Only Lane Swim / **Adult Swim Lessons**  
19:00 - 20:30 Male Only  
20:30 - 20:45 CLOSED for Cleaning  
20:45 - 21:45 Female Only (male staff on duty)

#### Wednesday

06:00 - 08:30 Adults Only Lane Swim  
08:30 - 09:30 Public Swim  
09:30 - 12:00 School Swimming  
12:00 - 13:00 Lane Swim / Public Swim  
13:00 - 15:00 School Swimming  
15:30 - 18:00 **Swimming Lessons**  
18:00 - 19:00 Adults Only Lane Swim/ **Rookies**  
19:00 - 21:00 Public Swim / **Aquafit**

#### Thursday

06:00 - 09:00 Adults Only Lane Swim  
09:00 - 10:00 Public Swim  
10:00 - 10:45 Aquafit  
10:45 - 12:00 Public Swim/Aquafit  
12:00 - 13:00 Adults Only Lane Swim  
13:00 - 15:00 School Swimming  
15:30 - 18:00 **Swimming Lessons**  
15:45 - 16:45 Public Swim (space shared with lessons)  
16.50 - 17.50 Public Swim (space shared with lessons)  
18:00 - 19:00 Adults Only Lane Swim/ **Adult Swim Lessons**  
19:00 - 20:00 DS Coaching  
20:00 - 21:00 Public Swim

#### Friday

06:00 - 09:00 Adults Only Lane Swim  
09:00 - 11:00 School Swimming  
11:00 - 12:00 Public Swim/ **Parent & Child Swim Lessons**  
12:00 - 13:00 Adults Only Lane Swim  
13:00 - 15:00 School Swimming  
15:30 - 18:00 **Swimming Lessons**  
15:45 - 16:45 Public Swim (space shared with lessons)  
16:45 - 17:45 Adults Only Lane Swim (2 lanes)  
18:00 - 19:00 Tyne Triathlon Club  
19:00 - 19:15 CLOSED for Cleaning  
19:15 - 20:45 Female Only Session (children allowed)

#### Saturday

08:00 - 09:00 Adults Only Lane Swim  
09:00 - 12:30 **Swimming Lessons**  
09:00 - 11:30 Public Swim  
12:45 - 13:45 Family Swim  
14:00 - 15:00 Inflatable Session  
15:15 - 16:15 **POOL PARTY HIRE SLOT**  
16:30 - 17:30 Adults Only Lane Swim

#### Sunday

08:00 - 09:00 Adults Only Lane Swim  
09:00 - 10:00 Disability Friendly Swim  
10:15 - 11:15 Family Swim  
11:30 - 12:30 Inflatable Session  
12:45 - 13:45 **POOL PARTY HIRE SLOT**  
14:00 - 15:00 Family Swim

*Where public swimming and swimming lessons are together, public space is limited to one third of the pool.*

#### Swimming Lessons

Childrens swimming lessons starting from age 4 with a qualified swimming instructor following the Swim England Learn to Swim programme.

*Please Contact Reception for more information*

\*\*\* Swimming lessons

*Timetable subject to change*