



## 24th February to 2nd March 2025 February Half-Term 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  
 12:00 - 13:00 Adults Only Lane Swim  
**13:00 - 15:00 PRIVATE HIRE**  
 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 - 09:30 Adults Only Lane Swim  
 09:30 - 11:45 Public Swim  
 12:00 - 13:00 Adult Only Lane Swim  
 13:15 - 14:15 Inflatable Session  
 14:30 - 15:30 Public Swim  
 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 - 09:30 Adults Only Lane Swim  
 09:30 - 11:45 Public Swim  
 12:00 - 13:00 Adult Only Lane Swim  
 13:15 - 14:15 Inflatable Session  
 14:30 - 15:30 Public Swim  
 15:30 - 18:00 **Swimming Lessons**  
 18:00 - 19:00 Adults Only Lane Swim/ **Rookies**  
 19:00 - 20:30 Public Swim / **Aquafit**  
 20:30 - 21:30 DiveCor

#### Thursday

06:00 - 09:00 Adults Only Lane Swim  
 09:00 - 10:00 Family Swim  
 10:00 - 10:45 AquaFit  
 10:45 - 11:45 Public Swim  
 12:00 - 13:00 Adult Only Lane Swim  
 13:15 - 14:15 Inflatable Session  
 14:30 - 15:30 Public Swim  
 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 - 09:30 Adults Only Lane Swim  
 09:30 - 11:45 Public Swim  
 12:00 - 13:00 Adult Only Lane Swim  
 13:00 - 14:00 Public Swim  
 14:00 - 15:00 **Water Polo Workshop**  
 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 (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

Parent and Baby 0\*-18 months (\*after first injections)  
 Parent and Child 18 months to 3 years old  
 Childrens swimming lessons from 4 years old  
 Adult swimming lessons  
 All with a qualified swimming instructor following the Swim England Learn to Swim programme.

*Please Contact Reception for more information*

**\*\*\* Swimming lessons/ sport camps**

*Timetable subject to change*