



1st September - 26th October 2025

Autumn 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 - 20:00 Public Swim
20:15 - 21:45 Male Only Session

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 - 20:30 Public Swim / **Aquafit**
20:30 - 21:30 Divecor

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 - 10:30 School Swimming
10:30 - 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 (1 lane)
18:00 - 19:00 Tyne Triathlon Club
19:15 - 20:15 Female Only Session 1 (children allowed)
20:15 - 21:15 Female Only Session 2 (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.

Friday night ladies only- boys MUST be 7 or under

Swimming Lessons

Children's 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

Timetable subject to change