



5th January - 15th February 2026

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  
**Swimming Lessons**  
15:30 - 17:00 Public Swim (space shared with lessons)  
18:00 - 19:00 Adults Only Lane Swim  
19:00 - 20:00 Tyne Triathlon Club  
19:00 - 21:00 Gateshead Artistic Swim Club (deep end only)  
20:00 - 21:30 Public Swim (deep end not available) / **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  
**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  
**Swimming Lessons**  
18:00 - 19:00 Adults Only Lane Swim/ **Rookies**  
19:00 - 21:30 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 - 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 - 20:45 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 - 12:00 **Swimming Lessons**  
09:00 - 12:00 Public Swim  
12:15 - 13:15 **POOL PARTY HIRE SLOT**  
13:20 - 14:20 Inflatable Session  
14:30 - 15:30 Family Swim  
15:30 - 16:30 Disability Friendly 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  
Children's 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*

*Timetable subject to change*