



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
15:30 - 18:00 [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
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 - 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