



## 20th April - 24th May 2026 Spring 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**  
 15:30 - 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 - 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**  
 15:30 - 17:00 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 - 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.

\*Friday night Ladies Only boys must be 7 years old or under.

*Please Contact Reception for more information*

*Timetable subject to change*