

20th July - 16th August 2026 Summer Timetable (First 4 Weeks)

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](#)
15:30 - 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 Artistic Swimming
20:00 - 21:30 Public Swim

Tuesday

06:00 - 09:30 Adults Only Lane Swim
09:30 - 12:00 Public Swim
12:00 - 13:00 Adult Only Lane Swim
13:15 - 14:15 **SUMMER CAMP (NO PUBLIC)**
14:15 - 15:15 Inflatable Session/ **Private Hire 21st July + 4th August**
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 - 09:30 Adults Only Lane Swim
09:30 - 12:00 Public Swim
12:00 - 13:00 Adult Only Lane Swim
13:15 - 14:15 **SUMMER CAMP (NO PUBLIC)**
14:15 - 15:15 Inflatable Session
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 - 12:00 Public Swim/ Deep Aquafit
12:00 - 13:00 Adult Only Lane Swim
13:15 - 14:15 **SUMMER CAMP (NO PUBLIC)**
14:15 - 15:15 Inflatable Session
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 - 21:00 Public Swim

Friday

06:00 - 09:30 Adults Only Lane Swim
09:30 - 12:00 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)
16:45 - 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 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.

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

Please Contact Reception for more information

Timetable subject to change

