

31st August - 4th October 2026 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**
 15:30 - 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)

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 - 20:00 Public Swim / **Aquafit**
 20:00 - 21:00 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 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

