2nd November - 20th December 2026
Winter 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 - 21:00	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 - 21:15	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 - 20:45	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
12:30 - 13:30	Family Swim
13:45 - 14:45	Inflatable Session
14:50 - 15:50	POOL PARTY HIRE SLOT
16:00 - 17:00	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	Inflatable Session
13:20 - 14:20	POOL PARTY HIRE SLOT
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.

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

Please Contact Reception for more information

Timetable subject to change

