



[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk) [twitter.com/NTCouncilTeam](https://twitter.com/NTCouncilTeam)

North Tyneside Council

water games . vertical limit . inflatable themed islands  
slides, waves . interactive pirate ship . waterwalkerz

# FREE No Limits aqua club



All ages up to 17 years can dive into no limits for FREE!

Sport North Tyneside

For further information please contact the pools below:

Take part in water games, vertical limit, inflatable themed islands, slides, waves, diving boards, interactive pirate ship and waterwalkerz!

POOL ADMISSION POLICIES APPLY FOR THIS SESSION

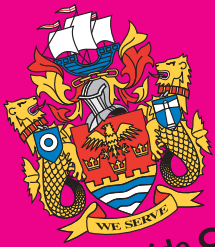
The club takes place at the following pools during term time only:

Waves (0191) 643 2600  
Mondays 4.30pm-5.30pm

The Lakeside Centre (0191) 643 4177  
Thursdays 5.30pm-6.30pm

Hadrian Leisure Centre (0191) 643 2025  
Fridays 3.45pm-4.45pm

Tynemouth Pool (0191) 643 2900  
Fridays 4.30pm-5.30pm



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dance mats . climbing . extreme dodge ball . team games  
clay modelling . glass painting . jewellery making

# FREE No Limits activity club

No Limits is a new and exciting weekly club with a mixture of sport and play activity sessions for young people aged 8-13 years.

Try out brand new activities such as dance mats, climbing, extreme dodge ball, team games, clay modelling, glass painting, jewellery making and much much more!

The club takes place at the following centres during term time only:

**The Lakeside Centre (0191) 643 4177**  
Mondays 4pm-4.45pm and 4.45pm-5.30pm

**The Parks Sports Centre (0191) 643 2700**  
Tuesdays 4.30pm-5.15pm and 5.15pm-6pm

**Hadrian Leisure Centre (0191) 643 2025**  
Wednesdays 5pm-5.45pm and 5.45pm-6.30pm

**Marden Bridge Sports Centre (0191) 643 2929**  
Fridays 5.30pm-6.15pm and 6.15pm-7pm

## Stay and Play Sessions

CHILDREN MUST BE ACCOMPANIED BY AN ADULT

Ages 4-7 years

The Parks  
Tuesdays from  
3.45-4.30pm

Lakeside Centre  
Mondays from  
3.45-4.30pm

For further information please contact the centres below:

Sport North Tyneside