

# Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

# POOL PROGRAMME



February 2022



North Tyneside Council



@NTCLEisure



(0191) 643 2600

# MONDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm
<b>Lane swimming</b>
6.30am–8.50am
6.30pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves/slides (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
9am–9.45am	Aquafit*
<b>Small pool</b>	
8am-10.30am	Swimming lessons*

\*Section of main pool closed for activity / small pool closed for activity

# TUESDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm
<b>Lane swimming</b>
6.30am–8.15am
6.30pm–8.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves/slides (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8.30am–9.15am	Aquafit*
8.30pm–9.15pm	Aquafit*
<b>Small pool</b>	
8am–10.30am	Swimming lessons*

\*Section of main pool closed for activity / small pool closed for activity

# WEDNESDAY

## Public swimming:

<b>Main pool</b>
6.30am–6.10pm
7.30pm–9.30pm (adults only)
<b>Lane swimming</b>
6.30am–9.15am
7.30pm–9.30pm
<b>Small pool</b>
9am–6.10pm
<b>Waves/slides (intermittent)</b>
10am–6.10pm
<b>Aquatic play</b>
9am–6.10pm

## Activities:

<b>Main pool</b>	
9.10am–9.55am	Aquafit*
6.20pm–7.20pm	Additional Needs Session
8.30pm–9.30pm	Twilight Swim
<b>Small pool</b>	
8am–10.30am	Swimming lessons*

\*Section of main pool closed for activity / small pool closed for activity

# THURSDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm
<b>Lane swimming</b>
6.30am–8am
6.30pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves/slides (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8.15am–9am	Aquafit*
7.30pm–8.30pm	Lifeguard Club*
8.30pm–9.30pm	Swim to Trim
<b>Small pool</b>	
8am–10.30am	Swimming lessons*

\*Section of main pool closed for activity / small pool closed for activity

## Public swimming:

<b>Main pool</b>
6.30am–7.30pm
<b>Lane swimming</b>
6.30am–10am
<b>Small pool</b>
9am–7.30pm
<b>Waves/slides (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
6.30pm–7.30pm	Wild Waves with toys and floats
<b>Small pool</b>	
8am–10.30am	Swimming lessons*

\*Section of main pool closed for activity / small pool closed for activity

# SATURDAY

## Public swimming:

<b>Main pool</b>
8am–6pm
<b>Lane swimming</b>
8am–10am
<b>Small pool**</b>
8am–6pm
<b>Waves/slides (intermittent)</b>
10am–6pm
<b>Aquatic play</b>
8am–6pm

## Activities:

<b>Main pool</b>	
5pm–6pm	Toys and floats

\*\*Please check ahead with reception for any small pool party bookings which may limit use of this area

# SUNDAY

## Public swimming:

<b>Main pool</b>
8am–5pm
<b>Lane swimming</b>
8am–10am
<b>Small pool**</b>
8am–5pm
<b>Waves/slides (intermittent)</b>
10am–5pm
<b>Aquatic play</b>
8am–5pm

## Activities:

<b>Main pool</b>	
5pm–6.30pm	Additional Needs Session
<b>Small pool</b>	
8am–12pm	Toys and floats

\*\*Please check ahead with reception for any small pool party bookings which may limit use of this area