GATESHEAD LEISURE CENTRE - Pool Programme [Turn up and swim, no booking required Busy sessions, pre-booking advised Aquatic Fitness Classes Clubs Lessons [Lang swims no longer need to be backed you say just turn up Last admirstion 45 mg.]													Applies from 17/04/23. Subject to change.				
OTTES	SHEAD	Turn up and swir	n, no booking	required Busy	sessions, pre-b	ooking ad	lvised	Aquatic Fitnes			sons Lessons			swim in holiday	s Close	d	
					Larie Swiffs	no longe	i need to be				n 45 minutes befor						
MONDAY Lane 1	07:00	08:00	09:00	10:00	11:00	12:00		13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Lane 2				Swim for All			Swim for All				Swim for All						
Lane 3 Lane 4				Lane Swim			Medium Fast	Lane Swim			Slow Medium/Fast						
Lane 5							Slow					Stage 6-7 Stag	je 5 Stage	4			
Lane 6 Medium Pool							Swim for All				Swim for All		,				
Small Pool				Swim for All		,	Swim for All				Stage 1-3 Stage 1	-3 Stage 1-3 Stage	1-3 Stage 1-3 Sta	ge 1-3			
TUESDAY	07:00	08:00	09:00	10:00	11:00	12:00)	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Lane 1		Swim for All		Swim for All			Swim for All				Kestrels	Swim for All		Male Only			
Lane 2 Lane 3		Medium		Lane Swim			Medium	Lane Swim			Kestrels	Medium		Lane Swim			
Lane 4 Lane 5		Fast		Adult &			Fast					Fast		Male Only			
Lane 6		Slow		Toddler			Slow					Slow		Male Offig			
Medium Pool Small Pool				Adult & Ba	DV.		_				Beth Jacob	Swim for All		Male Only Male Only			
				,							· ·						
WEDNESDAY Lane 1	07:00	08:00	09:00	10:00	11:00	12:00)	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Lane 2				Swim for All		,	Aquafit	Swim for All									
Lane 3 Lane 4				Lane Swim	_		Medium/Fast	Lane Swim	_								
Lane 5							Slow										
Lane 6 Medium Pool	1						Swim for All										
Small Pool				Swim for All			Swim for All										
THURSDAY	07:00	08:00	09:00	10:00	11:00	12:00)	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Lane 1 Lane 2		Swim for All		Swim for All			Swim for All	ı			Swim for All			Female Only			
Lane 3		Medium		Lane Swim			Medium	Lane Swim			Medium		La	ne Swim			
Lane 4 Lane 5		Fast		_			Fast				Slow Rookie S	Swim Roo	kie Fe	male Only			
Lane 6		Slow					Slow				Bronze C	Challenge Silve	er				
Medium Pool Small Pool							Swim for All							male Only			
							Swim for All				Swim for All (s	hared use with le					
EDIDAY							Swim for Al				Swim for All (s	hared use with le	essons) Fe	male Only			
FRIDAY Lane 1	07:00	08:00	09:00	10:00	11:00	12:00		13:00	14:00	15:00	Swim for All (s	hared use with le			20:00	21:00	
Lane 1 Lane 2	07:00	08:00	09:00	Swim for All	11:00	12:00		Swim for All	14:00	15:00	Swim for All (s 16:00 Swim for All	17:00	18:00	19:00	20:00	21:00	
Lane 1 Lane 2 Lane 3	07:00	08:00	09:00		11:00	12:00)				Swim for All (s 16:00 Swim for All Stage 7	17:00 Stage 7 Stag	18:00 ge 7 Stage	19:00	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5	07:00	08:00	09:00	Swim for All	11:00	12:00	Aquafit Medium/Fast	Swim for All	Aduli		Swim for All (s 16:00 Swim for All Stage 7 S Stage 6 S	17:00 Stage 7 Stag Stage 6 Stag	18:00 ge 7 Stage ge 6 Stage	19:00 7	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4		08:00	09:00	Swim for All	11:00	12:00) Aquafit	Swim for All	Adult		Swim for All (s 16:00 Swim for All Stage 7	17:00 Stage 7 Stag Stage 6 Stag	18:00 ge 7 Stage	19:00 7	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6		08:00	09:00	Swim for All	11:00	12:00	Aquafit Medium/Fast	Swim for All Lane Swim	Adult	bver	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 Stage 4/5 Swim for All	17:00 Stage 7 Stag Stage 6 Stag	18:00 ge 7 Stage ge 6 Stage ge 4/5 Stage	19:00 7 6 44/5	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool		08:00	09:00	Swim for All Lane Swim	11:00	12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult	bver	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 Stage 4/5 Swim for All	17:00 Stage 7 Stage 6 Stage 4/5 Stage 4/5	18:00 ge 7 Stage ge 6 Stage ge 4/5 Stage 1-3 Stage 1-3 Sta	19:00 7 6 44/5	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool Small Pool	09:00	10:00	09:00	Swim for All Lane Swim Swim for All	11:00 13:00	12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult	OVER Seginner	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 Stage 4/5 Swim for All	17:00 Stage 7 Stage 6 Stage 6 Stage 4/5 Stage 1-3 Stage 1-3 Stage	18:00 ge 7 Stage ge 6 Stage ge 4/5 Stage 1-3 Stage 1-3 Sta	19:00 7 6 44/5	20:00	21:00	
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool	09:00 — Swim fo	10:00 or All	11:00	Swim for All Lane Swim Swim for All SATURDAY 12:00		12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult Impre Adult E	Dover Beginner 10:00 Swim for All	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 Stage 4/5 Swim for All Stage 1-3 Stage 1 11:00	17:00 Stage 7 Stage tage 6 Stage 4/5 Stage 1-3 Stage 1-3 Stage 1-2 SUNIT	18:00 ge 7 Stage ge 6 Stage ge 4/5 Stage 1-3 Stage 1-3 Sta OAY 13:00	19:00 7 66 4//5 14:00			
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool Small Pool Lane 1 Lane 2 Lane 3	09:00 Swim fo	10:00 or All		Swim for All Lane Swim Swim for All SATURDAY 12:00		12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult Impre Adult E	Diver Beginner 10:00 Swim for All Stage 7	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 S Stage 4/5 S Swim for All Stage 1-3 Stage 1 11:00 Stage 7 Stage	17:00 Stage 7	18:00 ge 7 Stage ge 6 Stage ge 4/5 Stage 1-3 Stage 1-3 Sta OAY 13:00	19:00 7 6 4/5			
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool Small Pool	09:00 Swim fo Mediun Fast	10:00 or All m	11:00 wim for All (Fa	Swim for All Lane Swim Swim for All SATURDAY 12:00		12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult Impre Adult E	10:00 Swim for All Stage 7 Stage 6 S	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 S Stage 4/5 S Swim for All Stage 1-3 Stage 1 11:00 Stage 7 Stage 6 Stage 6 Stage 6 Stage 6 Stage 6	17:00 Stage 7	je 7 Stage je 6 Stage je 4/5 Stage 1-3 Stage 1-3 Sta OAY 13:00 Swim for All	19:00 7 66 4//5 14:00			
Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Medium Pool Small Pool Lane 1 Lane 2 Lane 3 Lane 4	09:00 Swim fo Medium Fast Slow	10:00 or All m	11:00	Swim for All Lane Swim Swim for All SATURDAY 12:00		12:00	Aquafit Medium/Fast Slow Swim for All	Swim for All Lane Swim	Adult Impre Adult E	10:00 Swim for All Stage 7 Stage 6 S	Swim for All (s 16:00 Swim for All Stage 7 Stage 6 S Stage 4/5 S Swim for All Stage 1-3 Stage 1 11:00 Stage 7 Stage	17:00 Stage 7	je 7 Stage je 6 Stage je 4/5 Stage 1-3 Stage 1-3 Sta OAY 13:00 Swim for All	19:00 7 6 4/5 ge 1-3 14:00 (Family Fun)			