



# GATESHEAD LEISURE CENTRE - Pool Programme

Applies from 15/05/2022. Subject to change.

Turn up and swim, no booking required

Pre-booking advised but space usually available to turn up and swim

Busy sessions, pre-booking essential

Aquatic Fitness Classes

Clubs

Swim Lessons

School Swim Lessons

Closed

Lane swim sessions can be booked (up to one week in advance) online or at reception. For more booking info go to [bit.ly/GoSwimBooking](http://bit.ly/GoSwimBooking)

MONDAY	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				
Lane 2			Swim for All				Swim for All				Swim for All				
Lane 3			Medium	Lane Swim	Lane Swim		Medium	Lane Swim	Lane Swim	Lane Swim		Medium	Medium	Medium	Medium
Lane 4			Fast				Fast					Fast	Fast	Fast	Fast
Lane 5															
Lane 6			Slow				Slow					Slow	Slow	Slow	Slow
Medium Pool			Swim for All S4A school holidays				Swim for All Swim For All during school holidays				Swim for All				
Small Pool			Swim for All				Swim for All				Swim for All				

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				Swim for All			
Lane 2		Swim for All		Swim for All				Swim for All				Swim for All			
Lane 3		Medium	Medium		Lane Swim	Lane Swim	Lane Swim		Medium	Lane Swim	Lane Swim	Lane Swim		Medium	Medium
Lane 4		Fast	Fast						Fast					Fast	Fast
Lane 5															
Lane 6		Slow	Slow						Slow					Slow	Slow
Medium Pool			Swim For All during school holidays				Swim For All during school holidays				Swim for All				
Small Pool			Swim For All				Swim for All				Beth Jacobs				

WEDNESDAY	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				Aquafit	Swim for All				Swim for All			
Lane 2			Swim for All				Aquafit	Swim for All				Swim for All			
Lane 3			Lane Swim	Lane Swim	Lane Swim		Medium	Lane Swim	Lane Swim	Lane Swim		Swim for All			
Lane 4							Fast					Swim for All			
Lane 5							Slow					Swim for All			
Lane 6												Swim for All			
Medium Pool			Swim For All during school holidays				Swim for All Swim For All during school holidays				Swim for All				
Small Pool			Swim for All				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		Swim for All		Swim for All				Swim for All				Swim for All			
Lane 2		Swim for All		Swim for All				Swim for All				Swim for All			
Lane 3		Medium	Medium		Lane Swim	Lane Swim	Lane Swim		Medium	Lane Swim	Lane Swim	Lane Swim		Medium	Medium
Lane 4		Fast	Fast		Fast				Fast					Fast	Fast
Lane 5															
Lane 6		Slow	Slow		Slow				Slow					Slow	Slow
Medium Pool			Swim for All S4A school holidays				Swim for All Swim For All during school holidays				Swim for All				
Small Pool			Swim for All				Swim for All				Swim for All				

FRIDAY	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					
Lane 2			Swim for All				Swim for All				Swim for All					
Lane 3			Lane Swim	Lane Swim	Lane Swim		Medium	Lane Swim	Lane Swim	Lane Swim		Stage 7	Stage 7	Stage 7	Stage 7	
Lane 4							Fast					Stage 6	Stage 6	Stage 6	Stage 6	
Lane 5												Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5	
Lane 6							Slow					Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5	
Medium Pool			Swim For All during school holidays				Swim for All Swim For All during school holidays				Stage 3	Stage 3	Stage 3	Stage 3	Stage 3	Stage 3
Small Pool			Swim for All				Swim for All				Stage 1-2	Stage 1-3	Stage 1-4	Stage 1-5	Stage 1-6	Stage 1-7

SATURDAY	09:00	10:00	11:00	12:00	13:00	14:00	SUNDAY	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
Lane 1	Swim for All		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane 1		Swim for All				Lane Swim	Lane Swim	Lane Swim
Lane 2	Swim for All		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane 2		Swim for All				Lane Swim	Lane Swim	Lane Swim
Lane 3	Medium	Medium	Swim for All (Family Fun)				Lane 3		Stage 7	Stage 7	Stage 7	Stage 7	Swim for All (Family Fun)		
Lane 4	Fast	Fast					Lane 4		Stage 6	Stage 6	Stage 6	Stage 6			
Lane 5	Slow	Slow					Lane 5		Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5			
Lane 6	Slow	Slow					Lane 6		Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5			
Medium Pool	Swim for All		Swim for All (Family Fun)				Medium Pool		Stage 3	Stage 3	Stage 3	Stage 3	Stage 3	Stage 3	Swim for All
Small Pool	Swim for All		Swim for All (Family Fun)				Small Pool		Stage 1-2	Stage 1-3	Stage 1-4	Stage 1-5	Stage 1-6	Stage 1-7	Swim for All