DUNSTON LEISURE CENTRE - Pool Programme from 21 June to 18 July 2021

Public swimming slots | Schools | Clubs

Swim sessions must be booked in advance. Lane swim sessions can be booked at gogateshead.com, for family swims phone 0191 433 5757

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	Slow	Slow	Slow			Slow				Slow	Staff Training			Slow	Slow
Lane 2															
Lane 3	Fast	Fast	Fast			Fast				Staff	Medium			Medium	Medium
Lane 4	Fastest	Fastest	Fastest			Fastest				Training	Fast			Medium	Medium
Lane 5	Medium	Medium	Medium			Medium				Medium	Slow				
Lane 6															
Small pool						Family				Family	Family	Family	Family	Family	

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	Slow	Aquafit	Slow			Slow				Slow	Family	Family	Family		
Lane 2															
Lane 3	Fast		Fast			Fast				Fast	Medium	Medium	Medium		
Lane 4	Fastest		Fastest			Fastest				Fastest	Fast	Fast	Fast		
Lane 5	Medium		Medium			Medium				Medium	Slow	Slow	Slow		
Lane 6															
Small pool						Family				Family	Family	Family	Family	Family	

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	Slow	Slow	Slow			Slow				Slow	Family			Slow	Slow
Lane 2															
Lane 3	Fast	Fast	Fast			Fast				Fast	Medium			Medium	Medium
Lane 4	Fastest	Fastest	Fastest			Fastest				Fastest	Fast			Fast	
Lane 5	Medium	Medium	Medium			Medium				Medium	Slow			Medium	
Lane 6															
Small pool						Family				Family	Family	Family	Family	Family	

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	Slow	Aquafit	Slow			Slow				Slow	Family	Family	Family		
Lane 2															
Lane 3	Fast		Fast			Fast				Fast	Medium	Medium	Medium		
Lane 4	Fastest		Fastest			Fastest				Fastest	Fast	Fast	Fast		
Lane 5	Medium		Medium			Medium				Medium	Slow	Slow	Slow		
Lane 6															
Small pool						Family				Family	Family	Family	Family	Family	

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	Staff Training					Slow				Slow	Family				
Lane 2															
Lane 3						Fast				Fast	Medium				
Lane 4						Fastest				Fastest	Fast				
Lane 5						Medium				Medium	Slow				
Lane 6															
Small pool						Family				Family	Family	Family	Family	AquaHiit	

SATURDAY	08:00	09:00	10:00	11:00	12:00	13:00	14:00
Lane 1		Slow	Family	Family	Family	Family	
Lane 2							
Lane 3		Medium	Medium				
Lane 4			Fast	Fast	Fast	Fast	
Lane 5			Medium	Medium	Medium	Medium	
Lane 6			Slow	Slow	Slow	Slow	
Small pool		Family	Family	Family	Family	Family	

SUNDAY	08:00	09:00	10:00	11:00	12:00	13:00	14:00
Lane 1		Slow	Family	Family	Family	SEND Session	
Lane 2							
Lane 3		Fastest					
Lane 4		Fast	Fast	Fast	Fast		
Lane 5		Medium	Medium	Medium	Medium		
Lane 6			Slow	Slow	Slow		
Small pool		Family	Family	Family	Family	SEND	