



# Monday Swimming Pools Programme - all GoGateshead facilities

Applies from 28/02/22. Subject to change.

Turn up and swim, no booking required

Lane swim, pre-booking advised but space usually available to turn up and swim

Busy lane 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 by phoning 0191 433 7111. 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						
Birtley Swimming Centre	Lane 1	Swim for All																				
	Lane 2	Swim for All																				
	Lane 3	Medium	Medium	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim											
	Lane 4	Fast	Fast	Fast				Fast														
	Lane 5	Slow	Slow	Slow				Slow														
	Lane 6																					
	Small pool					Swim For All during school holidays			Swim for All		Swim For All during school holidays											
Slide	Slide open periodically during school holidays																					
Blaydon Leisure Centre	Lane 1	Swim for All													Blaydon SC							
	Lane 2	Swim for All													Blaydon SC							
	Lane 3	Medium	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Medium	Medium	Medium	Medium	Medium	Blaydon SC					
	Lane 4	Fast	Fast				Fast				Fast	Fast	Fast	Fast	Fast	Blaydon SC	Fast					
	Lane 5	Slow	Slow				Slow				Slow	Slow	Slow	Slow	Slow	Blaydon SC	Slow					
	Lane 6																Blaydon SC					
	Small Pool					Swim For All during school holidays			Swim for All		Swim For All during school holidays			Swim for All								
Dunston Leisure Centre	Lane 1	Medium	Swim for All										Staff Training	Swim for All			Slow	Kayak				
	Lane 2	Swim for All										Swim for All			Medium							
	Lane 3	Fast	Medium	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim	Staff Training	Stage 7	Stage 7	Stage 7	Stage 7	Fast					
	Lane 4	Fastest	Fast	Fast				Fast				Staff Training	Stage 6	Stage 6	Stage 6	Stage 6	Sub Aqua					
	Lane 5	Slow	Slow	Slow				Slow				Staff Training	Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5	Sub Aqua					
	Lane 6																Staff Training		Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5
	Small pool					Swim For All during school holidays			Swim for All		Swim For All during school holidays			Stage 1-3		Stage 1-3	Stage 1-3		Stage 1-3	Stage 1-3		
Gateshead Leisure Centre	Lane 1	Swim for All										Swim for All	GAWASC									
	Lane 2	Swim for All										Swim for All	GAWASC									
	Lane 3	Medium	Lane Swim	Lane Swim				Medium	Lane Swim	Lane Swim	Lane Swim	Medium	GAWASC									
	Lane 4	Fast							Fast				Fast	GAWASC								
	Lane 5	Slow							Slow				Slow	GAWASC								
	Lane 6																GAWASC					
	Medium Pool					Swim for All			S4A school holidays		Swim for All		Swim For All during school holidays			Swim for All		GAWASC				
Small pool					Swim for All			Swim for All					Swim for All		Beth Jacobs							
Heworth Leisure Centre	Lane 1											Slow	Slow	Slow	Slow	Slow						
	Lane 2											Medium/Fast					Medium/Fast	Medium/Fast	Medium/Fast	Medium/Fast		
	Lane 3																					
	Lane 4	Swim for All																				
	Small pool					Swim For All during school holidays			Swim for All		Swim For All during school holidays			Swim for All								





# Wednesday Swimming Pools Programme - all GoGateshead facilities

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Turn up and swim, no booking required

Lane swim, pre-booking advised but space usually available to turn up and swim

Busy lane sessions, pre-booking essential

Aquatic Fitness Classes

Clubs

Swim Lessons

School Swim Lessons

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		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	
Birtley Swimming Centre	Lane 1	Swim for All												Birtley Swimming Club				
	Lane 2	Swim for All												Birtley Swimming Club				
	Lane 3				Lane Swim	Lane Swim	Lane Swim	Medium	Fast	Stage 7	Stage 7	Stage 7	Stage 7	Birtley Swimming Club				
	Lane 4								Medium	Stage 6	Stage 6	Stage 6	Stage 6	Birtley Swimming Club				
	Lane 5								Slow	Stage 4/5	Stage 4/5	Stage 4/5	Stage 4/5	Birtley Swimming Club				
	Lane 6										Stage 1-3	Stage 1-3	Stage 1-3	Stage 1-3	Birtley Swimming Club			
	Small pool				Swim For All during school holidays						Stage 1-3	Stage 1-3	Stage 1-3	Stage 1-3	Birtley Swimming Club			
Slide	Slide open periodically during school holidays																	

		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			
Blaydon Leisure Centre	Lane 1	Swim for All														Blaydon SC				
	Lane 2	Swim for All														Blaydon SC				
	Lane 3	Medium		Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Medium/Fast	Medium/Fast	Medium/Fast	Medium/Fast	Blaydon SC	Medium		
	Lane 4	Fast	Fast					Fast					Fast	Slow	Slow	Slow	Slow	Blaydon SC	Fast	
	Lane 5	Slow		Slow					Slow					Slow	Swim Challenge	Rookie Gold	Rookie Silver	Rookie Bronze	Blaydon SC	Slow
	Lane 6	Slow		Slow					Slow					Slow	Swim Challenge	Rookie Gold	Rookie Silver	Rookie Bronze	Blaydon SC	Slow
Small Pool				Swim For All during school holidays				Swim for All	Swim For All during school holidays				Swim for All							

		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		
Dunston Leisure Centre	Lane 1	Medium	Swim for All										GAWASC		Slow	Medium			
	Lane 2	Swim for All																	
	Lane 3	Fast	Medium	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim	Medium	Medium	GAWASC		Fast	Fast		
	Lane 4	Fastest	Fast	Fast					Fast					Fast	Fast	GAWASC		Fastest	
	Lane 5	Slow	Slow	Slow					Slow					Slow	Slow	GAWASC		GAWASC Masters	Slow
	Lane 6	Slow	Slow	Slow					Slow					Slow	Slow	GAWASC		GAWASC Masters	Slow
Small pool				Swim For All during school holidays				Swim for All	Swim For All during school holidays				Swim for All						

		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
Gateshead Leisure Centre	Lane 1	Swim for All						Aquafit	Swim for All								
	Lane 2	Swim for All						Aquafit	Swim for All								
	Lane 3				Lane Swim	Lane Swim	Lane Swim	Medium	Lane Swim	Lane Swim	Lane Swim						
	Lane 4								Fast								
	Lane 5								Slow								
	Lane 6								Slow								
Medium Pool				Swim For All during school holidays				Swim for All	Swim For All during school holidays								
Small pool				Swim for All				Swim for All									

		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
Heworth Leisure Centre	Lane 1							Slow									
	Lane 2							Medium/Fast									
	Lane 3							Swim for All									
	Lane 4							Swim for All									
Small pool				Swim For All during school holidays				Swim for All	Swim For All during school holidays								





