



Term Time Pool Programme - all GoGateshead centres

Applies from 11/09/23. Updated 07/09/23. Subject to change.

Swim for All Lane swim Drop in swimming session restricted to stated user groups
Where Small pool shows 'Half pool' this pool is shared with Duckling lessons for four-year-olds and 1:1s

Swim Lessons School Swim Lessons Aquatic Fitness Classes Clubs Closed
 Pool currently open for public swimming but other activities are planned in the future

Blaydon	MONDAY	06:30	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											
	Lane 1															Blaydon Swimming Club											
	Lane 2																										
	Lane 3																										
	Lane 4																										
	Lane 5						Schools							Rookie Lifeguard, Swim Challenge, 9-15													
	Lane 6																										
	Small Pool						Half pool																				
Dunston	MONDAY	06:30	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											
	Lane 1									Schools							Male Only										
	Lane 2																										
	Lane 3																										
	Lane 4						Schools		Adults		Aquafit		Stage 1-7														
	Lane 5																										
	Lane 6																										
	Small pool						Age 0-3 lessons										Beth Jacobs Boys										
Heworth	MONDAY	06:30	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											
	Lane 1					Schools			Schools																		
	Lane 2																										
	Lane 3																										
	Lane 4											Rookie Lifeguard			Adults												
	Small pool												Half pool														
Blaydon	TUESDAY	06:30	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											
	Lane 1																										
	Lane 2																										
	Lane 3																										
	Lane 4				Aquafit								Stage 1-7			Adults											
	Lane 5																										
	Lane 6																										
	Small Pool					Age 0-3 lessons																					
Dunston	TUESDAY	06:30	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											
	Lane 1	GAWASC					Schools			Schools					Kestrels		GAWASC		GSSC								
	Lane 2																										
	Lane 3																										
	Lane 4																										
	Lane 5																										
	Lane 6																										
	Small pool											Half pool															
Heworth	TUESDAY	06:30	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											
	Lane 1					Schools			Schools					Stage 1-7			Aquafit	Female Only									
	Lane 2																										
	Lane 3																										
	Lane 4																										
	Small pool					Age 0-3 lessons																					

Blaydon	WEDNESDAY	06:30	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							
	Lane 1																						
	Lane 2																						
	Lane 3																						
	Lane 4												Stage 1-7										
	Lane 5																						
	Lane 6															Stage 4							
	Small Pool					Age 0-3 lessons																	
Dunston	WEDNESDAY	06:30	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							
	Lane 1					Schools			Schools							Female Only							
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Lane 5									Staff Training		GAWASC											
	Lane 6																						
	Small pool										Half pool												
Heworth	WEDNESDAY	06:30	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							
	Lane 1				Aquafit	Schools					Schools				Stage 1-7								
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Small pool																						
Blaydon	THURSDAY	06:30	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							
	Lane 1															Female Only							
	Lane 2																						
	Lane 3																						
	Lane 4												Stage 1-7					Aquafit					
	Lane 5					Schools																	
	Lane 6																						
	Small Pool																						
Dunston	THURSDAY	06:30	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							
	Lane 1															GSSC							
	Lane 2																						
	Lane 3																						
	Lane 4				Aquafit	Schools					Schools			Rookie Lifeguard Learn to Swim age 9-15				Adults					
	Lane 5																						
	Lane 6																						
	Small pool													Half pool			Adults						
Heworth	THURSDAY	06:30	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							
	Lane 1					Schools			Schools							GAWASC Masters							
	Lane 2																						
	Lane 3																						
	Lane 4																						
	Small pool					Age 0-3 lessons								Half pool									

Blaydon	FRIDAY	06:30	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	
	Lane 1																
	Lane 2																
	Lane 3																
	Lane 4					Aquafit											
	Lane 5					Schools											
	Lane 6																
Small Pool																	
Dunston	FRIDAY	06:30	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	
	Lane 1								Schools			GAWASC					
	Lane 2																
	Lane 3																
	Lane 4					Schools					Stage 1-7						
	Lane 5																
	Lane 6																
Small pool					Age 0-3 lessons												
Heworth	FRIDAY	06:30	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	
	Lane 1					Schools			Schools								
	Lane 2																
	Lane 3					Aquafit					Learn to Swim age 9-15					Aquafit	
	Lane 4																
Small pool											Half pool						

Blaydon	SATURDAY	06:30	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	
	Lane 1																
	Lane 2																
	Lane 3			Stage 1-7 Lessons													
	Lane 4																
	Lane 5																
	Lane 6																
Small Pool																	
Dunston	SATURDAY	06:30	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	
	Lane 1															SEND Family Swim	
	Lane 2																
	Lane 3			Stage 1-7 Lessons													
	Lane 4																
	Lane 5																
	Lane 6			GAWASC	GSSC alternate weeks												
Small pool		Shared with Duckling and 1:1 lessons															
Please check web site and social media for updates on weekend swimming at Dunston due to galas.																	
Heworth	SATURDAY	06:30	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	
	Lane 1																
	Lane 2																
	Lane 3			Stage 1-7 Lessons													
	Lane 4																
Small pool																	
Blaydon	SUNDAY	06:30	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	
	Lane 1		SEND Family Session (Main pool only)														
	Lane 2																
	Lane 3			Stage 1-7 Lessons													
	Lane 4																
	Lane 5																
	Lane 6																
Small Pool		Duckling	Half pool														
Dunston	SUNDAY	06:30	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	
	Lane 1											GSSC		Beth Jacobs (public access available on certain dates, check website/social media)	Female Only		
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5			Stage 1-7													
	Lane 6																
Small pool						Half pool		Ducklings									
Please check web site and social media for updates on weekend swimming at Dunston due to galas.																	
Heworth	SUNDAY	06:30	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	
	Lane 1											SEND Family Swim					
	Lane 2																
	Lane 3																
	Lane 4							Stage 1-7 Lessons									
Small pool			Half pool														