



# Dunston Leisure Centre - Term Time Pool Programme

Applies from 1st Oct 2024 . Subject to change.

Swim for All
Lane swim
Drop in swimming session restricted to stated user groups
Swim Lessons
School Swim Lessons
Aquatic Fitness Classes
Clubs
Closed

Where Small pool shows 'Half pool' this pool is shared with lessons

		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															Male Only
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		Age 0-3 lessons			AquaFit in shallow end public swimming in deep end		Schools		Stage 1-7			Lessons					
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															GSSC
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		Schools			Schools		Kestrels			GAWASC			Lessons				
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															Female Only
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		AquaFit in shallow end public swimming in deep end			Schools			Schools		Staff Training			GAWASC				
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															GSSC
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		AquaFit in shallow end public swimming in deep end			Schools			Schools		Rookie Lifeguard Learn to Swim age 9-15			Adults				
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															GAWASC
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		Adult Lessons			Schools		Stage 1-7			Lessons							
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															SEND Family Swim
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		GAWASC			GSSC alternate weeks		Stage 1-7 Lessons			Lessons							
		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
Dunston	Lane 1	<div style="background-color: #90ee90; width: 100%; height: 100%;"></div>															Female Only
	Lane 2																
	Lane 3																
	Lane 4																
	Lane 5																
	Lane 6																
	Small pool																
		Stage 1-7			Half pool		Half pool		GSSC			Ducklings					

Please check web site and social media for updates on weekend swimming at Dunston due to galas.

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