



**No Limits** 

# SUMMER

## HOLIDAY ACTIVITIES



**23<sup>RD</sup> JULY - 1<sup>ST</sup> SEPTEMBER 2018**



NTCleisure   
[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)



North Tyneside Council

No Limits

# SUMMER HOLIDAY ACTIVITIES

23<sup>RD</sup> JULY - 1<sup>ST</sup> SEPTEMBER

For activities operated by Indoor Sport and Leisure please complete the form below to enable your child to participate. This is for activities when your child is left with us. Please hand this form in when you arrive to take part.

Please note: North Tyneside Council reserves the right to cancel any course that is under subscribed, giving a minimum of three days notice. North Tyneside Council cannot be held responsible for any loss, damage or injury suffered whilst taking part in activities.

Name	<input type="text"/>	Parent/carer name	<input type="text"/>
Age	<input type="text"/>	Date of birth	<input type="text"/>
		Tel no.	<input type="text"/>
Address	<input type="text"/>	Mobile	<input type="text"/>
	<input type="text"/>	Email	<input type="text"/>
	<input type="text"/>		
Postcode	<input type="text"/>	Does your child have a medical condition or disability that we need to be aware of?	YES <input type="checkbox"/> NO <input type="checkbox"/>
		If yes, please specify:	<input type="text"/>
ease EXTRA card no.	<input type="text"/>		<input type="text"/>

ACTIVITY	DATE OF ACTIVITY	ACTIVITY VENUE	COST
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>TOTAL AMOUNT</b>			<input type="text"/>

**BEHAVIOUR SCHEME** North Tyneside Council has a behaviour scheme which any child accessing our service must abide by. If your child behaves in an unacceptable manner they may be asked to leave an activity session. If this situation occurs a parent or guardian will be contacted to collect the child from the delivery venue. Please tick the following box to highlight you have read and understood this information and are happy with the behaviour scheme in place

### Safeguarding Children

All sessions are led by trained coaches with enhanced DBS checks.

### Equipment

All equipment for sessions is provided. Please wear suitable clothing and footwear to the sessions you are attending, as well as plenty of drinks, snacks and lunch if needed.

Signature (parent/guardian/carer)	<input type="text"/>	Date	<input type="text"/>
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# POOL PARTIES

SEE THE BACK COVER FOR DETAILS OF OUR GREAT VALUE SUMMER SWIMMING PASSPORT!

## Tynemouth Pool

Wednesday 8 August, 1pm-3pm

Enjoy pool toys and floats, take on the Tynemouth Destroyer giant inflatable and see the pool turn purple. Our mascot Dexter will also be on hand to join in the summer fun.



## Lakeside Centre

Wednesday 15 August, 1pm-3pm

Join us for a beach-themed party, where you can see the pool water change colour. There will be lots of fun, including toys, floats and beach inflatables in the pool for all to use. Featuring a beach ball drop from the balcony by our mascot, Lakey Lion.

## Hadrian Leisure Centre

### Summer Pool Party

Wednesday 1 August, 5.30pm – 7pm

See the pool turn yellow at our party, float around on our inflatable ice lollies and try the giant pool inflatable.

### End of Summer Disco Pool Party

Friday 31 August, 1pm – 3pm

Celebrate summer at our disco party with music, disco lights, our giant inflatable, toys and floats.

# relax Kids

North Tyneside

Give them tools for life!

**FREE!**

A healthy mind is just as important as a healthy body for children and young people, but sometimes it can be harder to achieve.

Active North Tyneside has teamed up with Relax Kids to offer sessions for young people who may be struggling with anxiety issues, or low self-esteem.

This free six-week course will help your child:

- Relax and be calm
- Feel confident
- Focus and concentrate
- Be imaginative
- Develop creativity

Classes are delivered by Relax Kids trainers and take place in a welcoming, supportive environment. The course covers mindfulness and relaxation, movement and dance, massage, games, yoga stretching, positive affirmations and calming breathing.

Eligibility criteria apply, ask for details.

If you think your child could benefit from the course, call (0191) 643 7453 to find out more.



North Tyneside Council



 Active North Tyneside

 @active\_NT

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)



Get the family **ACTIVE**  
at our ...



**SUMMER  
FUN DAYS**



There will be fun games, challenges, music, dance, family fitness, inflatables, face painting, sports tasters and giant games. Plus try out our smoothie bike! All ages welcome.

Children must be supervised at all times. Each ACTIVE family fun day runs from 11am-2pm. **All activities are FREE.**

Please note: parking at venues may be limited.

**Friday 27 July  
Springfield Park, Forest Hall**

**Friday 3 August  
Richardson Dees Park, Wallsend**

**Friday 10 August  
Churchill Playing Fields, Whitley Bay**

**Friday 17 August  
Northumberland Park, North Shields**

## Stride out to the Lighthouse



A family 10k walk from  
North Shields to  
St Mary's Lighthouse

**FREE**

**Saturday 1 September | Starts 10.30am**

Residents and visitors are invited to join Elected Mayor Norma Redfearn CBE for a scenic walk along our beautiful coastline, setting off from The Parks Sports Centre in North Shields and ending at St Mary's Lighthouse.



Our route takes in the Fish Quay, Tynemouth Priory, Cullercoats and the Spanish City.

The event is FREE and will support North Tyneside Young Carers Project, with any donations to the charity welcome on the day.

Bring a picnic to enjoy at the end of the route and relax with live music and children's entertainment.

Register in advance at [www.eventbrite.co.uk](http://www.eventbrite.co.uk) (search 'stride out to the lighthouse').

Walkers will receive a FREE gift.

Free coach transport will be available back to The Parks.

Places may be available on the day. Dogs on leads welcome. The route is accessible for pushchairs and wheelchairs.

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)



Active North Tyneside



@active\_NT



(0191) 643 7171

# ACTIVITY DESCRIPTIONS AND PRICES

Places may be available on the day for our activities but to avoid disappointment please book in advance.

- H** Hadrian Leisure Centre, Wallsend (0191) 643 2025
- L** The Lakeside Centre, Killingworth (0191) 643 4177
- P** The Parks, North Shields (0191) 643 2700
- T** Tynemouth Pool (0191) 643 2900
- W** Waves, Whitley Bay (0191) 643 2600

## AAA Gymnastics

- L** Whether you're a beginner or a pro, our qualified gymnastics coaches will teach you new skills or improve skills you already have (parents must stay on site during the activity). Ensure legs are covered and socks are worn, no jewellery.

Ages: 4-8 Years. Price: £7.60

## Animal Show

- T** 'The zoo that comes to you!' A hands-on animal experience which includes rabbits, guinea pigs, rats, mice, a bearded dragon, geckos, tortoises and snakes! (Children must be accompanied by an adult at the Waves session).

Ages: Under 12s. Price: £5

## Bounce with Burney

- H** A bouncy castle and movement session for younger children, with our qualified coach (parents must stay on site during the activity).

Ages: 3-7 Years. Price: £7.50 with an @B@EXTRA card £10.60 without

## Bounce and Splash

- L** A morning of trampolining followed by a supervised lunch and an afternoon of splashing about in the pool (bring a drink, packed lunch and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an @B@EXTRA card or £15.60 without

## Captain Jack's Kids Club

- W** A range of sessions at Waves, with Captain Jack himself often making an appearance! Sessions include Arts & Crafts, Soft Play, Messy Art and Mini Games. Watch out for our balloon modelling session!!

Age: 5-7 (under 5s welcome with an adult)

Price: £4.00 with @B@EXTRA card or £6.60 without

## Climb and Splash

- H** A full morning with the climbing wall, followed by an afternoon session in the pool. Participants are advised to wear a top covering the elbows and trousers covering the knees. Includes supervised lunch (bring a packed lunch, drink and swimming kit).

Ages: 8-15 Years. Price: £9.10 with an @B@EXTRA card or £15.60 without

## Climbing Wall

- H** Sessions are run by qualified instructors. All equipment is supplied, participants are asked to wear a top covering the elbows and trousers covering the knees.

Age: 8-15 Years. Price: £8.80 with an @B@EXTRA card or £11.90 without

## ENERGY (Lunch provided)



**H** Have fun trying lots of different activities, learn about healthy eating and make your own healthy lunch. Team games in the morning are followed by pool activities in the afternoon. Swimming kit required. Lunch provided.

Ages: 8-13 Years. Price: £9.10 with an EXTRA card or £15.60 without



## Family Gym Sessions

Juniors aged 11-13 can use the gym with a parent/guardian

**H** Hadrian Leisure Centre  
**P** The Parks Sports Centre  
**T** Tynemouth Pool  
**L** The Lakeside Centre  
**W** Waves

**Monday - Friday**  
**10am - 3pm**

**Price:**  
Juniors £1.70,  
Adults £4.10,  
Seniors £3.00

Please note: All participants must book in for an induction on their first visit. Tynemouth Pool, The Parks and The Lakeside Centre are closed on Monday 27 August.



## Family Mini Games

**W** Bring the family to get active together at our session of sporty, fun mini games. Children must be accompanied by an adult.

Ages: 7+ Years. Price: £2.10 with an EXTRA card or £2.60 without



## FootGolf & Splash / Sport and Splash



**W** Meet at Waves for a supervised walk along to the FootGolf course on The Links or Churchill Playing fields for team games and activities. The group will then walk back along to Waves for lunch. Please note this is an outdoor session followed by a supervised lunch and swim session. Children must wear appropriate clothing and sun protection (bring a packed lunch, drink and swimming kit).

Ages: 9-15 Years. Price: £9.10 with an EXTRA card or £15.60 without



## Lakey Lions

**L** Parents can leave their children to participate in supervised games and play activities. These can include bouncy castle, messy art, parachute games, creative fun and soft play. Children learn to enjoy activities in a team environment while having fun.

Ages: 4-7 Years. Price: £4.00 with an EXTRA card or £6.60 without



## Laser Tag

**L** Challenge your friends to a game of '2hyper laser tag' in our giant inflatable area.

Ages: 8+ Years. Price: £5.80

## Mister Twister's Magic Show

**T** A magic show with fun for all ages. Balloon modelling, tricks and many more surprises.  
**W** Children must be accompanied by an adult.


Ages: Under 12s. Price: £5





## Sport and Splash Camp


- L** A half day of structured fun and games in the sports hall and a half day in the pool. Includes supervised lunch hour (bring packed lunch, drink and swimming kit).
- H**


Ages: See timetable. Price: £9.10 with an  EXTRA card or £15.60 without

## Trampolining

- L** Come for a bounce and learn new trampoline skills, no experience necessary. Our qualified coaches will provide support and assistance.
- H**

Ages: 8-13 Years


Price: One hour – £4.00 with an  EXTRA card or £6.60 without

Two hours – £8.00 with an  EXTRA card or £10.80 without




## The Tynemouth Destroyer

- T** Take on your friends with our dual run giant pool inflatable...

Ages: 8-15 Years. Price: £2.30 with an  EXTRA card or £3.80 without

## Wave Rave

- W** Have a splashing time with pool floats and waves every 15 minutes.

All ages. Price: £2.50 with an  EXTRA card or £4.40 without



## Inclusive Activities



The Inclusive Sport North Tyneside team has a variety of inclusive and disability-specific sporting opportunities for both disabled and non-disabled people to take part in over the summer holidays.

Please note: A parent/carer must remain on site with their child throughout the activity.



**Call (0191) 643 7446  
TO BOOK**



### Outdoor Archery

Rising Sun Sports Pavilion, Wallsend  
Date to be confirmed – call for details  
Price: £2.10. Ages 6+ Years

### Inclusive Bikes

The Parks Sports Centre, North Shields  
Tues 31 July, 1pm-3pm  
Price: £2.10. Ages 6+ Years  
(Please wear suitable outdoor clothing)

### Multi Sports Club

The Parks Sports Centre, North Shields  
Wed 8 August, 3pm-5pm  
Price: £2.10. Ages 6+ Years

### Indoor Archery

John Willie Sams Centre, Dudley  
Tues 14 August, 10am-12pm  
Price: £2.10. Ages 6+ Years

### Tennis and Volleyball

The Parks Sports Centre, North Shields  
Thurs 23 August, 1pm-3pm  
Price: £2.10. Ages 6+ Years

### Multi Sports Session

The Parks Sports Centre, North Shields  
Thurs 30 August, 1pm-3pm  
Price: £2.10. Ages 6+ Years







# CYCLE SAFETY TRAINING

## Level 2 Bikeability

This summer, Sport North Tyneside are offering children aged 9-14 years the chance to complete their Level 2 Bikeability Award **free** of charge. The one-day course is instructive and gives young people the skills, confidence and knowledge to cycle safely in modern road conditions.

Prior to children attending, they are required to be able to confidently demonstrate level 1 learning outcomes (please visit [www.bikeability.org.uk](http://www.bikeability.org.uk) for further information on this). On arrival at ALL sessions, children will be asked to complete a short informal competence test to ensure that they are ready to progress onto level 2. All parents will be asked to stay for this which will last approximately 15 minutes. If a child is unable to demonstrate competence at level 1, they will not be permitted to remain at the session to progress on to level 2 on that day.

All sessions begin at 9:15am and end at 3pm. To take part, you will need the following:

- A bike in a safe and roadworthy condition with **two** working brakes
- A cycle helmet
- A packed lunch and plenty of water
- Appropriate clothing for the weather and sun cream (when required)

**Please contact the venues on the numbers below to book your place:**

### **Rising Sun Country Park Benton**

Tuesdays: 24 July, 31 July,  
7 August, 14 August

Book online:

[www.risingsuncountrypark.eventbrite.com](http://www.risingsuncountrypark.eventbrite.com)

### **Whitley Bay Customer First Centre York Road, Whitley Bay**

Wednesdays: 25 July, 1 August,  
8 August, 15 August

Book over the phone:

(0191) 643 5390



Sport North Tyneside

[www.sportnorthtyneside.org.uk](http://www.sportnorthtyneside.org.uk)



@sportNT

**Email:** [Sport@northtyneside.gov.uk](mailto:Sport@northtyneside.gov.uk)

# THE LAKESIDE CENTRE

## WEEK 1

23RD – 27TH JULY

### MONDAY

#### AAA Gymnastics

9.30am-12.30pm, Ages 4-8 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### TUESDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Lakey Lions: Messy Art

10am-12pm, Ages 4-7 years

#### Pool Toys and Floats

1.30pm- 3pm, All ages

### THURSDAY

#### Laser Tag

10am-11am, 11am-12pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Pool Toys and Floats

1.30pm-3pm, All ages

## WEEK 2

30TH JULY– 3RD AUGUST

### MONDAY

#### AAA Gymnastics

9.30am-12.30pm, Ages 4-8 years

#### Trampolining

1pm-2pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### TUESDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Lakey Lions: Imagination, Creation and Soft Play

10am-12pm, Ages 4-7 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

### THURSDAY

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

## WEEK 3

6TH – 10TH AUGUST

### MONDAY

#### Bounce and Splash

10am-3pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### TUESDAY

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Lakey Lions: Bouncy Castle and Mini Games

10am-12pm, Ages 4-7 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

### THURSDAY

#### Lakey Lions: Soft Play, Arts and Crafts

10am-12pm, Ages 4-7 years

#### Laser Tag

1pm-2pm, 2pm-3pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

TO BOOK ANY OF THE ACTIVITIES LISTED BELOW PLEASE CONTACT THE LAKESIDE CENTRE ON (0191) 643 4177

Pool child admission policy applies. See page 18

## WEEK 4

13TH – 17TH AUGUST

### MONDAY

#### AAA Gymnastics

9.30am-12.30pm, Ages 4-8 years

#### Trampoline

1pm-2pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### TUESDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Summer Pool Party

1pm-3pm, All ages



#### Pool Toys and Floats

1.30pm-3pm

### THURSDAY

#### Lakey Lions: Soft Play,

#### Arts and Crafts

10am-12pm, Ages 4-7 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

## WEEK 5

20TH – 24TH AUGUST

### MONDAY

#### AAA Gymnastics

9.30am-12.30pm, Ages 4-8 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### TUESDAY

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Lakey Lions: Imagination,

#### Creation and Soft Play

10am-12pm, Ages 4-7 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

### THURSDAY

#### Bounce and Splash

10am-3pm, Ages 8+

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Laser Tag

1pm-2pm, 2pm-3pm, Ages 8+

#### Pool Toys and Floats

1.30pm-3pm, All ages

## WEEK 6

27TH – 31ST AUGUST

### BANK HOLIDAY

No activities

### TUESDAY

#### Sport and Splash Camp

9.30am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### WEDNESDAY

#### Lakey Lions: Messy Art

10am-12pm, Ages 4-7 years

#### Pool Toys and Floats

1.30pm-3pm, All ages

### THURSDAY

#### Giant Pool Inflatable

1.30pm-2.45pm, All ages

### FRIDAY

#### Pool Toys and Floats

1.30pm-3pm, All ages



# HADRIAN LEISURE CENTRE

## WEEK 1

23RD – 27TH JULY

### MONDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Pool Toys and Floats

1pm-3pm, All ages

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Pool Toys and Floats

1pm-3pm, All ages

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Giant Pool Inflatable

1.30pm-3pm, All ages

### THURSDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Giant Pool Inflatable

1.30pm-3pm, All ages

## WEEK 2

30TH JULY – 3RD AUGUST

### MONDAY

#### Bounce and Splash

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Bounce with Burney

10am-12pm, Ages 3-7 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampolining

1pm-3pm, Ages 8+

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampolining

1pm-3pm, Ages 8+



#### Pool Party

5.30pm-7pm, All ages



### THURSDAY

#### ENERGY (lunch provided)

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

## WEEK 3

6TH – 10TH AUGUST

### MONDAY

#### Bounce and Splash

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Bounce with Burney

10am-12pm, Ages 3-7 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampolining

1pm-3pm, Ages 8+

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampolining

1pm-3pm, Ages 8+

### THURSDAY

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

## WEEK 4

13TH – 17TH AUGUST

### MONDAY

#### Bounce and Splash

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Bounce with Burney

10am-12pm, Ages 3-7 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampoline

1pm-3pm, Ages 8+

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampoline

1pm-3pm, Ages 8+

### THURSDAY

#### ENERGY (lunch provided)

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

## WEEK 5

20TH – 24TH AUGUST

### MONDAY

#### Bounce and Splash

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Pool Toys and Floats

1pm-3pm, All ages

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Bounce with Burney

10am-12pm, Ages 3-7 years

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampoline

1pm-3pm, Ages 8+

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

#### Trampoline

1pm-3pm, Ages 8+

### THURSDAY

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

## WEEK 6

27TH – 31ST AUGUST

### BANK HOLIDAY

No activities

### TUESDAY

#### Climbing Wall

10am-12pm, Ages 8+

#### Pool Toys and Floats

1pm-3pm, All ages

### WEDNESDAY

#### Sport and Splash Camp

10am-3pm, Ages 8-15 years

#### Climb and Splash

10am-3pm, Ages 8-15 years

#### Giant Pool Inflatable

1.30pm-3pm, All ages

#### Pool Toys and Floats

1pm-3pm, All ages

### THURSDAY

#### ENERGY (lunch provided)

10am-3pm, Ages 8-15 years

#### Climbing Wall

10am-12pm, Ages 8+

#### Pool Toys and Floats

1pm-3pm, All ages

### FRIDAY

#### End of Summer

#### Disco Pool Party

1pm-3pm, All ages



# TYNEMOUTH POOL

## WEEK 1

23RD – 27TH JULY

### MONDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

## WEEK 2

30TH JULY – 3RD AUGUST

### MONDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

**Animal Show**

2pm-3pm, Under 12s

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

## WEEK 3

6TH – 10TH AUGUST

### MONDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

**Mister Twister**

2pm-3.30pm, Under 12s

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**Summer Pool Party**

1pm-3pm, All ages



### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years



TO BOOK ANY OF THE ACTIVITIES LISTED BELOW PLEASE CONTACT TYNEMOUTH POOL ON (0191) 643 2900

Pool child admission policy applies. See page 18

## WEEK 4

13TH – 17TH AUGUST

### MONDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

**Animal Show**

2pm-3pm, Under 12s

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

## WEEK 5

20TH – 24TH AUGUST

### MONDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

## WEEK 6

27TH – 31ST AUGUST

### BANK HOLIDAY

No activities

### TUESDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### WEDNESDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

### THURSDAY

**Pool Toys and Floats**

10.30am-12pm, All ages

**Mega Boards Fun Sessions and Toys**

1.30pm-2.30pm, All ages

### FRIDAY

**Mega Boards Fun Sessions and Toys**

11am-12pm, All ages

**The Tynemouth Destroyer**

1.30pm-3pm, Ages 8-15 years

## WEEK 1

23RD – 27TH JULY

### MONDAY

**Pool Toys and Floats**  
4pm-5pm, All ages

### TUESDAY

**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Captain Jack's Kids Club:  
Soft Play, Arts and Crafts**  
10.15am-12.15pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

No activities

### FRIDAY

**FootGolf and Splash**  
10am-3pm, Ages 9-15 years  
**Wave Rave**  
6.30pm-7.30pm, All ages

## WEEK 2

30TH JULY – 3RD AUGUST

### MONDAY

**Pool Toys and Floats**  
4pm-5pm, All ages

### TUESDAY

**Sport and Splash at Waves  
(and Churchill Playing Fields)**  
10am-3pm, Ages 9-15 years  
**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Captain Jack's Kids Club:  
Soft Play, Arts and Crafts**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

**Mister Twister's Magic Show**  
2pm-4pm, Under 12s

### FRIDAY

**Captain Jack's Kids Club:  
Messy Art**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Wave Rave**  
6.30pm-7.30pm, All ages

## WEEK 3

6TH – 10TH AUGUST

### MONDAY

**Sport and Splash at Waves  
(and Churchill Playing Fields)**  
10am-3pm, Ages 9-15 years  
**Pool Toys and Floats**  
4pm-5pm, All ages

### TUESDAY

**Captain Jack's Kids Club:  
Soft Play, Arts and Crafts**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Animal Show**  
2pm-3pm, Under 12s  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

No activities

### FRIDAY

**FootGolf and Splash**  
10am-3pm, Ages 9-15 years  
**Wave Rave**  
6.30pm-7.30pm, All ages

**TO BOOK ANY OF THE ACTIVITIES LISTED BELOW  
PLEASE CONTACT WAVES ON (0191) 643 2600**

**Pool child  
admission  
policy applies.  
See page 18**

## WEEK 4

**13TH – 17TH AUGUST**

### MONDAY

**Pool Toys and Floats**  
4pm-5pm, All ages

### TUESDAY

**Sport and Splash at Waves**  
(and Churchill Playing Fields)  
10am-3pm, Ages 9-15 years  
**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Captain Jack's Kids Club:  
Soft Play, Arts and Crafts**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

**Sport and Splash Camp**  
(A special edition with games, swimming  
and learning balloon modelling)  
10am-3pm, Ages 9-15 years  
**Captain Jack's Kids Club:  
Balloon Modelling and  
Mini Games**  
1.30pm-3.30pm, Ages 5-7 years  
(under 5s welcome with an adult)

### FRIDAY

**Wave Rave**  
6.30pm-7.30pm, All ages

## WEEK 5

**20TH – 24TH AUGUST**

### MONDAY

**Pool Toys and Floats**  
4pm-5pm, All ages

### TUESDAY

**Captain Jack's Kids Club:  
Messy Art**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Captain Jack's Kids Club:  
Arts, Crafts and Mini Games**  
1pm-3pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

No activities

### FRIDAY

**FootGolf and Splash**  
10am-3pm, Ages 9-15 years  
**Wave Rave**  
6.30pm-7.30pm, All ages

## WEEK 6

**27TH – 31ST AUGUST**

### BANK HOLIDAY

No activities

### TUESDAY

**Family Mini Games**  
3pm-4pm, Ages 7+

### WEDNESDAY

**Captain Jack's Kids Club:  
Soft Play, Arts and Crafts**  
10am-12pm, Ages 5-7 years  
(under 5s welcome with an adult)  
**Pool Toys and Floats**  
5.30pm-6.30pm, All ages

### THURSDAY

**Mister Twister's Magic Show**  
2pm-4pm, Under 12s

### FRIDAY

**Wave Rave**  
6.30pm-7.30pm, All ages



**Activities from inflatable fun to toys and floats.**

**Why not come along for an activity then have a splash about in the pool after.**

# **POOL ACTIVITIES & PRICES**

## **Mega Boards Fun Sessions**

Full use of the one metre, three metre and five metre diving boards. Challenge your mam, dad, aunty, uncle or just your mate to dive off the top. Have they got the bottle?

## **Inflatable Fun, Toys and Floats**

Slide and glide along our inflatable bouncy castles in the water. We have fun themed inflatables for the whole family to enjoy.

Please note: Pool admission policy applies for these sessions.

## **How do I book onto a course/session?**

All sessions are operated on a first come, first served, basis. To book a place:

- Contact your local sports centre for more information if required
- Complete the consent form
- Call into the centre you wish to attend with a completed consent form and payment
- Keep your receipt from reception as proof of purchase



## **POOL CHILD ADMISSION POLICY**

### **Waves**

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis. Children aged between 4 and 8 years old must be accompanied in the water by an adult on a two children to one adult basis. Children aged 9 years or over may attend the pool without adult supervision.

**Price: £2.50 with an easeEXTRA card or £4.40 without.**

### **Tynemouth Pool, The Lakeside Centre and Hadrian Leisure Centre**

Children aged between 0 and 3 years old must be accompanied in the water by an adult on a one child to one adult basis. Children aged between 4 and 7 years old must be accompanied in the water by an adult on a two children to one adult basis. Children aged 8 years or over may attend the pool without adult supervision.

**Price: £2.30 with an easeEXTRA card or £3.80 without.**

# SWIMMING CRASH COURSES

## TYNEMOUTH POOL

**Five 30-minute lessons: £25.25  
with an @as@EXTRA card or  
£36.75 without**

**(Monday to Friday)**

**Week 1: 23 – 27 July**

Stage 1: 3.30pm-4pm  
Stage 2: 4pm-4.30pm  
Stage 1: 4.30pm-5pm

**Week 2: 30 July – 3 August**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 3: 9.30am-10am

**Week 3: 6 – 10 August**

Stage 1: 3.30pm-4pm  
Stage 3: 4pm-4.30pm  
Stage 4 & 5: 4.30pm-5pm

**Week 4: 13 – 17 August**

Stage 3: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 1: 10am-1pm

**Week 5: 20 – 24 August**

Stage 4 & 5: 8.30am-9am  
Stage 1: 9am-9.30am  
Stage 2: 9.30am-10am

## THE LAKESIDE CENTRE

**Five 45-minute lessons: £37.88  
with an @as@EXTRA card or  
£55.12 without**

**(Monday to Friday)**

**Week 3: 6 – 10 August**

Stage 1: 8.30am-9.15am  
Stage 1: 9.15am-10am  
Stage 2: 10am-10.45am

**Week 4: 13 – 17 August**

Stage 1: 8.30am-9.15am  
Stage 1: 9.15am-10am  
Stage 2: 10am-10.45am

**Week 5: 20 – 24 August**

Stage 1: 8.30am-9.15am  
Stage 2: 9.15am-10am  
Stage 3: 10am-10.45am  
Stage 4: 10.45am-11.30am

## WAVES

**Five 30-minute lessons: £25.25  
with an @as@EXTRA card or  
£36.75 without**

**(Monday to Friday)**

**Week 1: 23 – 27 July**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 4: 9.30am-10am  
Stage 1: 3pm-3.30pm  
Stage 3: 3.40pm-4:10pm  
Stages 5/6, stroke improvement  
lessons: 4.20pm-4.50pm

**Week 2: 30 July – 3 August**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 3: 9.30am-10am  
Stage 4: 10am-10.30am

**Week 3: 6 – 10 August**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 3: 9.30am-10am  
Stage 1: 3pm-3.30pm  
Stage 4: 3.40pm-4.10pm  
Stages 5/6, stroke improvement  
lessons: 4.20pm-4.50pm

**Week 4: 13 – 17 August**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 3: 9.30am-10am  
Stage 4: 10am-10.30am

**Week 5: 20 – 24 August**

Stage 1: 8.30am-9am  
Stage 2: 9am-9.30am  
Stage 3: 9.30am-10am  
Stage 4: 10am-10.30am

## ONE-TO-ONE SWIMMING LESSONS

Available for ages four and over,  
at various times throughout the  
holidays at Waves and Tynemouth  
Pool. Please ask for details.



**To avoid disappointment  
book your places in  
advance! Places may  
be available on the day.**

### THE LAKESIDE CENTRE

Southgate, Killingworth, NE12 6SA

(0191) 643 4177

### TYNEMOUTH POOL

Beach Road, North Shields, NE29 9PX

(0191) 643 2900

### WAVES

The Links, Whitley Bay, NE26 1TQ

(0191) 643 2600



# SUMMER JUNIOR SWIM PASSPORT

Unlimited swimming for just **£18!\***



Use your passport at any North Tyneside Council swimming pool during the school summer holiday, including sessions with pool toys and giant inflatables!

- Waves, Whitley Bay
- Tynemouth Pool
- Hadrian Leisure Centre, Wallsend
- The Lakeside Centre, Killingworth

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)

\*The passport is available to purchase from any North Tyneside Council pool from 9 July, this will be active from 23 July to 2 September inclusive. A valid @NTCLEisure Extra card is required. The passport gives access to general swim sessions only, subject to pool timetable and usual child admission policy. Please ask for full terms and conditions.

**AGES 5-14**  
**23 JULY - 2 SEPTEMBER**

Our best ever junior offer



- The Parks
- Hadrian Leisure Centre
- The Lakeside Centre
- Waves
- Tynemouth Pool

 @NTCLEisure

[www.northtyneside.gov.uk/contours](http://www.northtyneside.gov.uk/contours)



**6 weeks**  
for just **£18\***

**Juniors aged 14-16**  
**gym and swim**

Membership period is fixed from 23 July to 2 September 2018 inclusive. Please see full terms and conditions for details.