

# Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

# POOL PROGRAMME



Term Time 2025

Updated June 25



North Tyneside Council



@NTCleisure



(0191) 643 2600

# MONDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm (adults only from 8pm)
<b>Lane swimming</b>
6.30am–9.15am
10.30am–1pm
2.30pm–3.45pm
8.50pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Slide and Waves (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
9.25am–10.10am	Aquafit*
1pm–2.30pm	School swimming*
3.45pm–8pm	Swimming lessons*
8pm–8.45pm	Aquafit*
<b>Small pool</b>	
12.15pm–12.45pm	Ducklings (0-2)*
1pm–2.30pm	School swimming*
3.45pm–8pm	Swimming lessons*
<b>Aquatic play</b>	
9am–3pm	Toy Time

\*Section of main pool closed for activity / small pool closed for activity

PLEASE NOTE – You DO NOT need to book to swim at Waves, just come along!

# TUESDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm (adults only from 8pm)
<b>Lane swimming</b>
6.30am–7.45am
9am–1pm
3pm–3.45pm
8pm – 9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Slide and Waves (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8am–8.45am	Aquafit*
1pm–3pm	School swimming*
3.45pm–8pm	Swimming lessons*
7.30pm – 8.30pm	Staff training*
<b>Small pool</b>	
12.45pm–1.15pm	Ducklings (2-4)*
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
<b>Aquatic play</b>	
9am–3pm	Toy Time

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# WEDNESDAY

## Public swimming:

<b>Main pool</b>
6.30am–5.50pm
7.30pm–9.30pm (adults only)
<b>Lane swimming</b>
6.30am–9.15am
10.20am–11.10am
11.45am–1pm
3pm–3.45pm (one lane)
8.30pm–9.30pm
<b>Small pool</b>
9am–5.50pm
<b>Slide and Waves (intermittent)</b>
10am–7.20pm
<b>Aquatic play</b>
9am–5.50pm

## Activities:

<b>Main pool</b>	
9.25am–10.10am	Aquafit*
11.15am–11.45am	School swimming*
1pm–3pm	School swimming*
2.30pm–3.30pm	Staff training*
3.45pm–6.30pm	Swimming lessons*
4pm–5.50pm	Toys and floats
6.20pm–7.20pm	Additional Needs Session
7.30pm–8.15pm	Aquafit*
<b>Small pool</b>	
11am–11.45am	School swimming*
12pm–12.30pm	Ducklings (0-2)*
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
<b>Aquatic play</b>	
9am–3pm	Toy Time

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# THURSDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm (adults only from 8pm)
<b>Lane swimming</b>
6.30am–8am
9.10am–11.20am
12pm–1pm
3pm–3.45pm
8.30pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Slide and Waves (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8.15am–9am	Aquafit*
11am–12pm	Water Wellness
11.30am–12pm	School swimming*
1pm–3pm	School swimming*
3.45pm–6.20pm	Swimming lessons*
6.20pm–7.20pm	No Limits
7.30pm–8.30pm	Lifeguard Club**
8.30pm–9.30pm	Swim to Trim
<b>Small pool</b>	
10.15am–10.45am	Ducklings (0-2)*
10.45am–11.15am	Ducklings (2-4)*
11.15am–12pm	School swimming*
1pm–3pm	School swimming*
3.45pm–7pm	Swimming lessons*
<b>Aquatic play</b>	
9am–3pm	Toy Time

\*Section of main pool closed for activity / small pool closed for activity

\*\*Speak to reception for further information

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# FRIDAY

## Public swimming:

<b>Main pool</b>
6.30am–7.30pm
<b>Lane swimming</b>
6.30am–1pm
<b>Small pool</b>
9am–7.30pm
<b>Slide and Waves (intermittent)</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
1pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
6.30pm–7.30pm	Wild Waves with toys and floats
<b>Small pool</b>	
12.45pm–1.15pm	Ducklings (2-4)*
1.15pm–3pm	School swimming*
3.45pm–6.30pm	Swimming lessons*
<b>Aquatic play</b>	
9am–3pm	Toy Time

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# SATURDAY

## Public swimming:

<b>Main pool</b>
8am–6pm
<b>Lane swimming</b>
8am–8.40am
<b>Small pool**</b>
8.45am–9.50am
11.50am–6pm
<b>Slide and Waves (intermittent)</b>
10am–6pm
<b>Aquatic play</b>
8am–6pm

## Activities:

<b>Main pool</b>	
8.45am–9.50am	Swimming lessons*
5pm–6pm	Toys and floats
<b>Small pool</b>	
8.10am–8.40am	Swimming lessons*
10.00am–11.50am	Swimming lessons*

<b>Parties**</b>	
12pm–5pm	Small pool
6pm–6.45pm	Main pool

\*Section of main pool closed for activity / small pool closed for activity

\*\*Please check ahead with reception for any small pool party bookings which may limit use of this area

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# SUNDAY

## Public swimming:

<b>Main pool</b>
8am–5pm
<b>Lane swimming</b>
8am–10am
<b>Small pool**</b>
8am–5pm
<b>Slide and Waves (intermittent)</b>
10am–5pm
<b>Aquatic play</b>
8.30am–5pm

## Activities:

<b>Main pool</b>	
5pm–6.30pm	Additional Needs Session
<b>Small pool**</b>	
8am–5pm	Toys and floats
<b>Parties**</b>	
12pm–4pm	Small pool

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