

# Waves

THE LINKS, WHITLEY BAY, NE26 1TQ

## POOL PROGRAMME



May Half Term 2025  
26<sup>th</sup> May – 1<sup>st</sup> June inclusive



North Tyneside Council



@NTCLeisure



(0191) 643 2600

# MONDAY

## Public swimming:

<b>Main pool</b>
8am–4pm
<b>Lane swimming</b>
8am–10am
<b>Small pool</b>
9am–4pm
<b>Waves and slide</b>
10am–4pm
<b>Aquatic play</b>
8am–4pm

## Activities:

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 (adult only from 8pm)
<b>Lane swimming</b>
6.30am– 7am
6pm – 9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves and slide</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8am–8.45am	Aquafit*
7.30pm–8.30pm	Staff Training*

\* section of main pool closed for activity

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# WEDNESDAY

## Public swimming:

<b>Main pool</b>
6.30am–6.20pm
7.20pm–9.30pm (adults only)
<b>Lane swimming</b>
6.30am–7am
8.25pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves and slide</b>
10am–6.15pm
<b>Aquatic play</b>
9am–6.15pm

## Activities:

<b>Main pool</b>	
9.25am–10.10am	Aquafit*
2.30pm–3.30pm	Staff Training*
5.15pm–6.15pm	Toys and Floats
6.20pm–7.20pm	Additional Needs Session
7.30pm–8.15pm	Aquafit*

\* section of main pool closed for activity

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# THURSDAY

## Public swimming:

<b>Main pool</b>
6.30am–9.30pm
<b>Lane swimming</b>
6.30am–7am
6pm–9.30pm
<b>Small pool</b>
9am–7.30pm
<b>Waves and slide</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
8.15am–9am	Aquafit*
8.30pm–9.30pm	Swim to Trim

\* section of main pool closed for activity

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# FRIDAY

## Public swimming:

<b>Main pool</b>
6.30am–7.30pm
<b>Lane swimming</b>
6.30am–7am
<b>Small pool</b>
9am–7.30pm
<b>Waves and slide</b>
10am–7.30pm
<b>Aquatic play</b>
9am–7.30pm

## Activities:

<b>Main pool</b>	
6.30pm–7.30pm	Wild Waves with Toys and Floats

\* section of main pool closed for activity

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# SATURDAY

## Public swimming:

<b>Main pool</b>
8am–6pm
<b>Lane swimming</b>
8am–10am
<b>Small pool**</b>
8am–6pm
<b>Waves and slide</b>
10am–7.30pm
<b>Aquatic play</b>
8am–6pm

## Activities:

<b>Main pool</b>	
5pm–6pm	Toys and floats

  

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

\*\*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>Waves and slide</b>
10am–7.30pm
<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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