



Sport and leisure activities for wellbeing

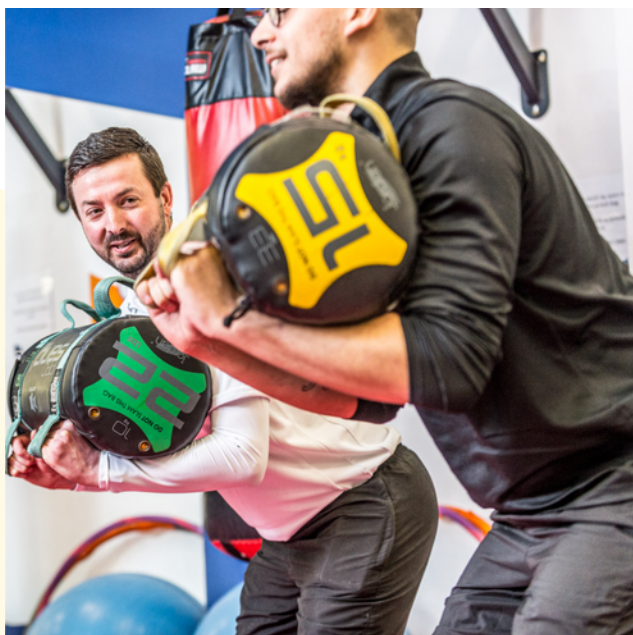


North
Tyneside
Council



There are lots of opportunities for different age groups to be active in different ways in North Tyneside.

If you feel nervous or worried that you won't fit in, there's something for everyone and support is available every step of the way.



A warm welcome

In North Tyneside there are five indoor sport and leisure centres, four of them home to swimming pools. All five have a gym and a schedule of exercise classes. Plus there's space to grab a cuppa and have a chat afterwards.

Stepping foot in leisure centres can feel intimidating, especially the first time. But be assured, the teams at our leisure centres will make you feel very welcome.

It's a known fact that moving more, whether that's going for a walk, swimming a length or two, playing some table tennis or doing a session in the gym, can make a big difference to all of us.

It's not about fitness, it's about wellbeing. You will always be encouraged to take things at the pace that's right for you.

Our teams are highly qualified:

- Gym Instructors can show you how to use equipment safely in line with your abilities and goals
- Teams on poolside are there to keep you safe in the water whether you're alone or with friends and family
- Classes are led by instructors who are quality assured by our team





Swimming

Exercise in water can help with joint pain and mobility problems. You can swim at Hadrian Leisure Centre, Tynemouth Pool, Waves and The Lakeside Centre.

Waves is best suited for families as it is a recreational pool with a children's play area, a slide, and of course, waves.

There is a low-level water based exercise session which takes place during term time at Hadrian Leisure Centre. The class, called 'Water Wellness' takes place on a Monday at 9.45am. A member of the team is on hand to support you through this session.

Free swim Fridays

If you are over 60 you can swim for free every Friday at any North Tyneside leisure centre pool.

Contours gyms

It's not all about running on a treadmill or lifting heavy weights, our Gym Instructors are available to support you regardless of your experience or current level of fitness.

Building your muscle strength can help you when it comes to carrying out day to day activities, protect your joints, help you with maintaining your balance, preserve your bone density, and overall keep you healthy.

The gym is a great place to catch up and have a chat too.



Curious?

You can get a free day pass to any North Tyneside leisure centre so you can check out the facilities. You can take the opportunity to use the gym, enjoy a swim or try a class.

To get your free pass, search 'One day free pass' on the North Tyneside Council website, or email active@northtyneside.gov.uk



Exercise classes

All five leisure centres have a programme of exercise classes for all abilities. There are over 200 classes available each week.

Low impact circuits are great for beginners or if you're not feeling too confident. The days, times and locations of when these take place are:

| Day | Time | Venue |
|-----------|-----------------|---------------------|
| Tuesday | 11.30am-12.30pm | Waves |
| Wednesday | 10.45-11.45am | Waves |
| Wednesday | 1-2pm | The Lakeside Centre |
| Friday | 1.45-2.45pm | The Parks |
| Friday | 10.45-11.30am | Waves |

Please note, times of classes may change, we recommend you check the North Tyneside Council website for the most up to date class programme.

Prices

A full price list can be found on the sport and leisure pages of the North Tyneside Council website or via our teams who can provide a hard copy or discuss options with you (in person or over the phone).

There are opportunities to receive discounts depending on your status. If you have a disability you can add people to your account to support you when you're visiting any of our leisure centres.

Other activities available include indoor bowling (The Parks), table tennis and badminton (Hadrian Leisure Centre, The Parks, and The Lakeside Centre).

Free activities

Active North Tyneside, supported by North Tyneside public health, delivers a wide range of programmes which are specifically designed to be free or low cost.



For example, there are free walking groups which take place right across the borough every week, led by qualified Walk Leaders. Being outdoors is good for the mind and body so walking is the perfect activity for wellbeing. There are shorter and longer walks available so you can choose what suits you best.

Other activities include swimming and multi-sport sessions for children and young people, and a comprehensive programme of antenatal and postnatal sessions for expectant and new parents.

You can find out more at www.activenorthtyneside.org.uk or by:

- Calling 0191 643 7171
- Emailing active@northtyneside.gov.uk



| Venue | Address | Telephone number |
|------------------------|---|------------------|
| Hadrian Leisure Centre | St Peter's Road Wallsend NE28 7LQ | 0191 643 2025 |
| The Parks | Howdon Road North Shields NE29 6TL | 0191 643 2700 |
| Tynemouth Pool | Preston Road North North Shields NE29 9PX | 0191 643 2900 |
| Waves | The Links Whitley Bay NE26 1TQ | 0191 643 2600 |
| The Lakeside Centre | Southgate Killingworth NE12 6SA | 0191 643 4177 |

More information can be found on the North Tyneside Council website by searching the 'sport and leisure' pages.

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