

# No Limits AQUA CLUB

**@ Waves**

(0191) 643 2600  
MONDAYS, 4-5PM

**@ Lakeside**

(0191) 643 4177  
THURSDAYS, 5.30-6.30PM

**@ Hadrian**

(0191) 643 2025  
FRIDAYS, 3.45-4.45PM

**@ Tynemouth Pool**

(0191) 643 2900  
FRIDAYS, 4-5PM

**FREE**  
for kids  
ALL AGES



A valid @EXTRA card is required

**TERM TIME ONLY**

**POOL ADMISSION POLICY APPLIES**

# No Limits

**FREE**  
for kids age  
**8-13**  
years



**@ The Lakeside Centre**

KILLINGWORTH

MONDAYS 4PM - 5.30PM

**@ The Parks**

NORTH SHIELDS

TUESDAYS 4.30PM - 6PM

**@ Hadrian Leisure Centre**

WALLSEND

WEDNESDAYS 5PM - 6.30PM

**@ Marden Bridge Sports Centre**

WHITLEY BAY

FRIDAYS 5.30PM - 7PM

**Activities include**

- Trampolining
- Multi Sports
- NUFC Football
- Dodgeball
- Badminton

A valid **oas@EXTRA** card is required.

Activities run during term time only and can vary, please check with the centre for details. Follow us on Facebook for the latest updates.

**www.activenorthtyneside.org.uk**



Active North Tyneside



@active\_NT



(0191) 643 7171