



**Northumbria
University**
NEWCASTLE



SPORT CENTRAL SWIMMING TIMETABLE

Opening Times

Monday	07:00 - 10:00	12:00 - 14:00	16:00-19:00
Tuesday	07:00 - 10:00	12:00 - 14:00	16:00-19:00
Wednesday	07:00 - 12:00		17:00-19:00
Thursday	07:00 - 10:00	12:00 - 14:00	16:00-19:00
Friday	07:00 - 10:00	12:00 - 14:00	16:00-19:00
Saturday	07:00 - 09:00	15:00 - 17:00	
Sunday	07:00 - 09:00	15:00 - 17:00	

Pool Classes

Wednesday

Aqua Jog

12:15 - 13:00

**Swim,
Sauna & Steam**
Free for Members
£3 Pay & Go

PRICES

Member	Free
Associate Non-Member	£3.00

Price includes Swim, Sauna & Steam

INFORMATION

Aqua Jog

Low impact activity. Exercise in water is great for recovery due to the natural massage on the muscles. The low impact helps protect joints, and the water resistance helps tone, shape and increase muscular endurance.

Sauna & Steam

Our sauna & steam room opening times coincide with the swimming pool timetable. Access is included in your membership or pay as you go rate.

LESSONS



If you're looking for swimming lessons, look no further than our partners Swim North East. For group classes, one to one lessons, adult lessons and junior SwimFit. Contact the swim coordinator team on 0191 281 7678 or coordinator@swimne.co.uk



A minimum of 3 lanes will always be available during open swim sessions.

Children under the age of 8 must be accompanied by a parent or responsible adult (over 16 years of age) and supervised (one adult to a maximum of two children). It is recommended that children under the age of 5 are supervised on a one to one basis.

Northumbria Sport reserves the right to change scheduled open sessions.