

Opportunities to be physically active in North Tyneside

Hadrian Leisure Centre:

Free swimming on a Friday
Adult swimming lessons
Aquafit
Pilates
Badminton

Waves:

Free swimming on a Friday
Aquafit
Pilates
Yoga
Low impact circuits
Wellbeing walking group

The Parks:

Bowls
Pilates
Low impact circuits
Back to fitness
Badminton
Walking football
Wellbeing walking group

The Lakeside Centre:

Free swimming on a Friday
Aquafit
Pilates
Yoga
Low impact circuits
Line dancing
Zumba Gold

Tynemouth Pool:

Free swimming on a Friday
Aquafit
Mobility classes (in the pool)
Pilates
Yoga
Zumba Gold

easecard rates (per year):

Senior resident £4.60
Senior resident (priority) £3.60
Senior non-resident £7.50

Movement and physical activity is good for the mind and body - whatever your age.

But North Tyneside leisure centres have plenty to offer over 60s in the borough.

Starting with free swimming for anyone over the age of 60 all day every Friday, there are also a range of exercise classes and sports to get involved with.

Classes range from water-based Aquafit and mobility sessions; to Pilates, yoga, low impact circuits, line dancing and Zumba Gold.

There are opportunities to take up badminton, walking football and bowls as well as a number of free walking groups which use the leisure centres as a meeting point.

Activities can be accessed at a discounted rate with an easecard which are available for as little as £3.60 per year.

For more information or to book activities, please contact:

Hadrian Leisure Centre - 0191 643 2025

The Parks - 0191 643 2700

Tynemouth Pool - 0191 643 2900

Waves - 0191 643 2600

The Lakeside Centre - 0191 643 4177

For details on free walking groups, please contact Active North Tyneside on 0191 643 7171