

Walk in Water

Clearly marked, separate lanes for those who wish to gently exercise
by walking through water

**Walking in water relieves pressure
and weight from the body,
specifically our joints, meaning that
those experiencing pain from health
conditions or recovering from
surgery may find a reduction in pain
when in the water.**

Lakeside Centre

Monday 09.00-10.00

Friday 09.00-10.00*

Hadrian Leisure Centre

Tuesday 08.30-09.15

Friday 08.35-09.05*

* Friday Sessions will be supported by Age UK North Tyneside and coincide with Free
Swim Friday for over 60s

To find out more about the Walking in Water sessions please contact the Age UK
North Tyneside Active Age Coordinator on 0191 287 7027

To find out more information about your local leisure centre facilities, contact:

Hadrian Leisure Centre, Wallsend - 0191 643 2025

Lakeside Centre, Killingworth - 0191 643 4177