

# Pool programme



**DO YOUR BIT  
SAVE PAPER**

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# Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
<b>MON</b>		Early Morning Swim		General Swim	Aquafit	General Swim	Schools	Lane Swimming	Staff Training	Adult Swim School	Swim School		Triathlon Club	General Swim	Ladies Only	Adult Swim	
														Swim School			
<b>TUES</b>		Early Morning Swim		General Swim		Adult Lessons	Lane Swimming	Schools	Adult Swim School	General Swim	Swim School		Swim Club		General Swim	Lane Swimming	
					Deep end only Swim												
<b>WED</b>		Swim Club	Early Morning Swim	General Swim		Schools	Lane Swimming	Schools	Lane Swimming	General Swim	Swim School		General Swim			Lane Swimming	
<b>THURS</b>		Early Morning Swim	Schools				Lane Swimming	Schools	General Swim			Swim Club	Ladies Only	Masters Swimming	Lane Swimming		
											Swim School						
<b>FRI</b>		Swim Club	Early Morning Swim	Schools			General Swim	Lane Swimming	Schools	General Swim	Swim School		Swim Club				
<b>SAT</b>				Swim School			General Swim	Lane Swimming	Kids Crazy		Available for Pool Parties	Available for Hire					
<b>SUN</b>					General Swim			Lane Swimming	Kids Crazy			Swim Club					

Closed to public
  Public Swim
  Bookable Sessions



# Main pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
<b>MON</b>		Early Morning Swim	Swim School	AquaFit	General Swim	Lane Swimming	Staff Training	Adult Swim School	Swim School			Triathlon Club	General Swim	Ladies Only	Adults Swim		
								General Swim					Swim School				
<b>TUES</b>		Early Morning Swim	Swim School Crash Course	General Swim	Adult Lessons	Lane Swimming	General Swim	Adult Swim School	Swim School			Swim Club	General Swim	Lane Swimming			
								General Swim									
<b>WED</b>	Swim Club	Early Morning Swim	Swim School Crash Course	General Swim	Lane Swimming	General Swim	Lane Swimming	Swim School			General Swim	Lane Swimming					
<b>THURS</b>	Swim Club	Early Morning Swim	Swim School Crash Course	General Swim	Lane Swimming	General Swim	General Swim	Swim School		Swim Club	Ladies Only	Masters Swimming	Lane Swimming				
<b>FRI</b>	Swim Club	Early Morning Swim	Swim School Crash Course	General Swim	Lane Swimming	General Swim	Swim School	Swim Club									
<b>SAT</b>	Swim School			General Swim	Lane Swimming	General Swim	Kids Krazy	Available for Pool Parties	Available for Hire								
<b>SUN</b>	General Swim				Lane Swimming	General Swim	Kids Krazy	Swim Club									

Closed to public
  Public Swim
  Bookable Sessions

## Sessions

### Toddler Pool Opening Hours (Term Time)

Monday	10.00 – 11.30 & 18.00 – 19.00
Tuesday	18.00 – 19.00
Wednesday	10.00 – 11.30 & 14.30 – 16.00
Thursday	16.30 – 17.30
Friday	15.00 – 16.00 & 17.00 – 18.00
Saturday	10.00 – 12.00 & 13.00 – 15.00
Sunday	10.00 – 12.00 & 14.00 – 16.00

### Toddler Pool Opening Hours (Holiday Time)

Monday	10.00 – 11.30 & 14.30 – 15.30
Tuesday	10.00 – 11.30 & 14.30 – 15.30
Wednesday	10.00 – 11.30 & 14.30 – 15.30
Thursday	10.00 – 11.30 & 14.30 – 15.30
Friday	10.00 – 11.30 & 14.30 – 15.30
Saturday	10.00 – 12.00 & 14.30 – 15.30
Sunday	10.00 – 12.00 & 14.30 – 15.30

**General Swim** – everyone welcome to these swimming sessions.

**Adult Swim** – general swim for Adults only.

**Lane Swim** – lanes available for those wishing to swim lengths.

**Early Morning Swim** – a great way to start the day with a swim in this early morning session.

**Swim School** – we provide comprehensive and progressive swimming lessons for children and adults. All our lessons are taught by qualified ASA teachers. Book your place today.

## Ponteland Leisure Centre

Callerton Lane, Ponteland,  
Newcastle-upon-Tyne NE20 9EG

# 01661 825441

[ponteland@harpersfitness.co.uk](mailto:ponteland@harpersfitness.co.uk)

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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**Ladies Only** – session for Ladies only.

**Masters Swimming** – pay as you go session with swimming coach.

**Swim Club** – session closed to the public for club usage.

**Aquafit** – an aerobics session in the water.

**Kids Crazy** – children's fun session, all children under 8 years need to be accompanied by an adult in the water.

**Admissions Policy** – Children under the age of eight must be accompanied by a person aged 18+ or a parent.

**Lifeguards** – lifeguards are on poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit.

**Weak and non-swimmers** – all weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other flotation aids are available to purchase at the centre.

**Poolside** – the use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside. Outdoor shoes and pushchairs are not permitted on the poolside at any time.

**Programme** – Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

**Changing Village** – shoes are not permitted in the changing village, however blue overshoes are available at the entrance to the changing village for FREE!