

No Limits

**Monday at
The Lakeside Centre
4 – 5.30 PM**

**Tuesday at
The Parks Sports Centre
4.30 – 6 PM ***

**Wednesday at
Hadrian Leisure Centre
5.15 – 6.30 PM**

Activities include:

- Badminton
- Table tennis
- Dodgeball
- Plus football coaching with the Newcastle United Foundation

No Limits activities are available in term time only. A valid easecard is required. Children and young people must behave in accordance with our Customer Charter. *The soft play is available to use free of charge for siblings under 8 years old while this session takes place.

FREE
FOR KIDS AGED
8-13
YEARS



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HERE!**

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Active North Tyneside



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