

No Limits

FREE
FOR KIDS
ALL AGES

POOL SESSIONS

**Thursday at
Waves**
6.20-7.20PM

**Friday at
Tynemouth Pool**
4-5PM

**Saturday at
The Lakeside Centre**
11AM-12PM

**Saturday at
Hadrian Leisure Centre**
2.15-3.15PM



No Limits pool sessions are available in term time only.
A valid easecard is required. Children and young people must
behave in accordance with our Customer Charter. Pool admission policy applies.