

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.