



Dunston Leisure Centre - Term Time Pool Programme

Applies from 6th Jan 2025. Subject to change.

Swim for All
 Lane swim
 Drop in swimming session restricted to stated user groups
 Swim Lessons
 School Swim Lessons
 Aquatic Fitness Classes
 Clubs
 Closed

Where Small pool shows 'Half pool' this pool is shared with lessons

		MONDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Swim for All															
	Lane 5	Swim for All															
	Lane 6	Swim for All															
	Small pool	Age 0-3 lessons						AquaFit in shallow end public swimming in deep end		Schools		Lessons			Male Only		
		TUESDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Schools						Schools						GAWASC		GSSC	
	Lane 5	Schools						Schools						GAWASC		GSSC	
	Lane 6	Schools						Schools						GAWASC		GSSC	
	Small pool	Schools						Schools						Lessons			
		WEDNESDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Swim for All															
	Lane 5	Schools						Schools						GAWASC		Female Only	
	Lane 6	Schools						Schools						GAWASC		Female Only	
	Small pool	Schools						Schools						Staff Training		Half Pool	
		THURSDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Swim for All															
	Lane 5	Schools						Schools						Lessons		Adults	
	Lane 6	Schools						Schools						Lessons		Adults	
	Small pool	Schools						Schools						Half Pool		Adults	
		FRIDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Adult Lessons						Schools						Lessons		GAWASC	
	Lane 5	Adult Lessons						Schools						Lessons		GAWASC	
	Lane 6	Adult Lessons						Schools						Lessons		GAWASC	
	Small pool	Age 0-3 lessons						Schools						Half Pool			
		SATURDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	GAWASC						Lessons						SEND Family Swim			
	Lane 5	GAWASC						Lessons						SEND Family Swim			
	Lane 6	GSSC alternate weeks						Lessons						SEND Family Swim			
	Small pool	Half Pool						Lessons						SEND Family Swim			
		SUNDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Dunston	Lane 1	Swim for All															
	Lane 2	Swim for All															
	Lane 3	Swim for All															
	Lane 4	Swim for All															
	Lane 5	Lessons						GSSC						Female Only			
	Lane 6	Lessons						GSSC						Female Only			
	Small pool	Half pool						Half pool						Ducklings			

Please check web site and social media for updates on weekend swimming at Dunston due to galas.

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