



Living Well North Tyneside

Supporting Health and Wellbeing

The service runs the **Active North Tyneside** programme, created to help everyone moving more, get active and feel the benefits of living a longer and healthier life.

There are a number of different programmes for both **children, adults** and **families**.

More information about Active North Tyneside programmes can be found [here](#).

More information about Sport North Tyneside (including mini golf and footgolf, outdoor pitches and courts, the athletics track and adventure playground) can be found [here](#).

The service also offers great value for money memberships which include:

- Unlimited use and access to all five North Tyneside leisure centres
- Hundreds of instructor-led and virtual exercise classes
- 'In Body' technology to help you understand your own body composition and meet your fitness and weight goals
- Personal advice and exercise programmes from fully qualified instructors

More information on the different membership options is available [here](#).



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<http://my.northtyneside.gov.uk/category/135/sport-and-leisure>



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Services

Contours Gym Membership
No Limits Activity Club
Hadrian Leisure Centre
The Parks Leisure Centre
Tynemouth Pool
Waves
The Lakeside Centre
Healthy4Life
Teen Gym
Family Splash
Kicks Football
Walking Football
Beginners Running
Run North Tyneside
Churchill Community Track
Shiremoor Adventure Playground
Bowls
Swimming lessons
Mini Movers
Stay and Play
Body Benefits
Whitley Bay Mini Golf and Foot Golf
Tennis courts
Club Elevate
Active Bump, Birth, Baby

Things to do

No Activities

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