



Sport and Leisure Service, North Tyneside Council

North Tyneside Council has a vast **sport and leisure** service, with a **wide range of facilities and activities**.

There are four **indoor swimming pools**, five **Contours gyms**, three **sports halls**, multiple **studios for exercise classes and dancing**, and two luxury **spa areas** - complete with saunas, steam room and spa pools. Outdoor facilities include **mini golf and footgolf**, outdoor **pitches** and **courts**, an **athletics track** and **adventure playground**.

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**.

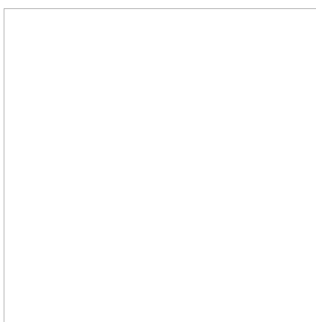
More information about Active North Tyneside programmes can be found [here](#).

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](#).





0345 2000 101



sport@northtyneside.gov.uk



Quadrant East
Cobalt Business Park
The Silverlink North
North Tyneside
NE27 0BY



my.northtyneside.gov.uk



@NTCouncilTeam



@NTCouncilTeam



Last Updated - 21st April 2023

Services

Hadrian Leisure Centre

The Parks Leisure Centre

Tynemouth Pool

Waves

The Lakeside Centre

Mini Movers

Healthy4Life

No Limits Activity Club

Teen Gym

Family Splash

Kicks Football

Walking Football

Wellbeing Walks

Mini golf and footgolf

Stay and Play

Beginners Running

New Mams North Tyneside

Active Mams North Tyneside

Run North Tyneside

Football pitches and courts

Churchill Community Track

Shiremoor Adventure Playground

Tennis courts

Bowls

Swimming lessons

Events

No Events

Activities

No Activities
