



Living Well North Tyneside

Supporting Health and Wellbeing



[gym](#) | [fitness](#) | [exercise](#) | [sport](#)

The Parks Leisure Centre



(0191) 643 2700



the.parks@northtyneside.gov.uk



The Parks Leisure Centre
Howdon Road
North Shields
NE29 6TL



<https://my.northtyneside.gov.uk/category/259/parks>



Last Updated - 18th July 2024

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)