

Leisure Centres in Newcastle

There are many places where it is possible to access leisure facilities. We have listed below the main leisure centres in the city so that you can find one near you. You may also be interested to read our section on [Fitness, Benefits of being physically active](#) and [self care and disability](#). Many of the centres listed have sessions especially for older people and discounted rates, so it is always worth contacting them or visiting their website before your visit. You may also find it useful to visit our [events and activities](#) section on Information NOW for a wide range of activities including tai chi, chair based activities, zumba, men's fitness, women's fitness, aqua and many more options.

Benfield Sports Centre

Benfield Sports Centre has a wide range of activities including archery, yoga as well as an astro turf for hire to football teams. They also have a fitness suite and if you pay for membership then you may be able to access activities such as yoga for free.

Chillingham Road Sports and Arts Centre

Chillingham Road Sports and Arts Centre has several sports groups that meet regularly and are open to the public. These include yoga, keep fit, kendo, women's keep-fit, capoeira and other martial arts. They also have a sports hall, art studio and community room that are available for hire.

Eldon Leisure

Eldon Leisure is a city centre facility based in Eldon Square shopping centre. It has a climbing wall, table tennis, ten pin bowling, a sports hall and squash facilities. They offer a wide range of fitness classes to choose from, as well as a fitness suite and a sauna.

Elswick Community Leisure Centre

Elswick Community Leisure Centre is a charitable organisation with a pool and gym.

Jesmond Community Leisure

Water activities include lane swimming, children's group swimming lessons, private swimming lessons, adult swimming lessons, and Masters competitive swimming and late evening chillout sessions. Dry activities include: spinning classes, yoga, pilates, dancing, circuits and many more.

Kenton Park Sports Centre

You can take part in various activities at the Kenton Park Sports Centre such as gentle exercise, bums & tums, aikido, sculpt & tone, karate, and circuit challenges. They have sessions designed for over 50s. Get in touch on email, the website is under review.

The Lemington Centre

The Lemington Centre is a HealthWORKS Newcastle centre. Their exercise options include: exercise to music, family gym, football, karate, next steps ? easy exercise, staying steady (Falls Prevention) and yoga.

They also have an Internet Cafe and run IT courses.

Walker Activity Dome

Walker Activity Dome has a gym, indoor cycling, squash, outdoor pitches and a sports hall with a range of activities to keep you fit.

Newburn Activity Centre

Newburn Activity Centre offers a range of activities including: over 50s sessions, table

tennis, trampolining, martial arts, basketball, badminton, football, dancing, indoor rock climbing, mountain biking, aerobics, walking, cycling, climbing, archery, abseiling, and water sports such as open canoeing, bell boating, windsurfing, power boating and water skiing. There is also a fitness suite which has a mixture of weights and cardio vascular equipment available. They also have adapted bikes for those with a disability.

Newcastle Trampoline Park and Gym

Part of the Better Group, this facility offers trampolining for all the family and a gym with a cycling suite.

Scotswood Sports Centre

Grainger Park Boys Club has now taken over the management of Scotswood Sports Centre and is hoping to expand on the current services of Football and Boxing. They currently offer a Walking Football session for the over 50s, free of charge.

West End Health Resource Centre

West End Health Resource Centre provides activities and services for people to help them keep well, to get better after being ill, and also to improve their fitness under the HealthWORKS banner. The facilities include a small gym and exercise studio with a programme of different classes. There are special health and fitness sessions for particular groups of people, including women only sessions, men only sessions, sessions for people who suffer from stress, and sessions for the over 50s.

You can be referred from your GP to the centre for exercise on referral, cardiac rehabilitation and type 2 diabetes support. The centre also provides healthy eating advice, information and practical sessions. It also employs health trainers who can offer support and advice to groups and individuals about health and healthy activities.

Additional information:

[Age UK Newcastle](#) runs activities across Newcastle. The Active Ageing programme offers a varied range of activities enabling people over 50 to keep active and well, make new friends and, most of all, have fun. Visit the [events and activities section](#) on Information NOW and search on Age UK Newcastle.

[Active Newcastle](#) offer a wide range of activities ranging from Nordic walking to basketball, from cycling to swimming as well as [men's activities](#).

Last updated: November 12, 2019

Useful Organisations

Active Newcastle

Email: info@activenewcastle.co.uk

Website: www.activenewcastle.co.uk

Telephone: 0191 278 3129

Address: Leisure Services, NE6 2SZ

Benfield Sports Centre

Email: enquiries@benfieldsportscentre.co.uk

Website: www.benfieldsportscentre.co.uk

Telephone: 0191 275 9009

Address: Benfield Road, NE6 4NU

Chillingham Road Sports and Arts Centre

Email: sdale69@gmail.com

Website: <http://www.chillinghamroadsportsandartscentre.co.uk/>

Telephone: 0191 224 4356

Address: Chillingham Road , NE6 5XL

Eldon Leisure

Website: <http://www.better.org.uk/leisure-centre/newcastle/eldon>

Telephone: 0191 269 9200

Address: Grey's Quarter, NE1 7XY

Kenton Park Sports Centre

Email: kentonpark@live.co.uk

Telephone: 0191 271 5143

Address: Anfield Road, NE3 3LL

The Lemington Centre

Email: hwn@hwn.org.uk

Website: <http://www.healthworksnewcastle.org.uk/our-centres/lemington-centre/>

Telephone: 0191 264 1959

Address: Tyneview, NE15 8DE

Walker Activity Dome

Email: <http://www.better.org.uk/contactus>

Website: <http://www.better.org.uk/leisure-centre/newcastle/walker-activity-dome>

Telephone: 0191 260 0506

Address: Wharrier Street,, NE6 3BR

Newburn Activity Centre

Email: neal.thompson@newburnactivity.co.uk

Website: www.newburnactivity.co.uk

Telephone: 0191 264 0014

Address: Grange Road, NE15 8ND

West End Health Resource Centre

Email: hwn@hwn.org.uk

Website: www.healthworksnewcastle.org.uk/our-centres/health-resource-centre

Telephone: 0191 272 4244

Address: Adelaide Terrace, NE4 8BE

Newcastle Trampoline Park and Gym

Email: Contact us: <https://www.better.org.uk/contactus>

Website: <https://www.better.org.uk/leisure-centre/newcastle/trampoline-gym>

Telephone: 0191 260 0508

Address: Newcastle Trampoline Park and Gym, NE4 9LG

Jesmond Community Leisure

Email: info@jesmondcommunityleisure.co.uk

Website: www.jesmondcommunityleisure.co.uk

Telephone: 0191 281 2482

Address: St Georges Terrace, NE2 2DL

Elswick Community Leisure Centre

Email: info@elswickpool.co.uk

Website: <https://elswickpool.co.uk/>

Telephone: 0191 481 4101

Address: 73 Beech Grove Rd, NE4 6RS

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