Leisure Centres in Newcastle

There are lots of leisure facilities in Newcastle. Here's the list of leisure centres in Newcastle. There may be one near you.

Some leisure centres run sessions for certain groups of people like: babies, children, carers or older people often at a reduced cost. Contact them or visit their website to find out more.

Check the accessibility of the centre before you visit

AccessAble can help you to plan your trips to places like cinemas, theatres, restaurants, railway stations and more. They visit and review the accessibility of places in Newcastle. Use their directory of venues to find wheelchair friendly venues, read more about facilities and disabled access available. Such as:

- photos of the facilities
- entrance to the building
- accessible toilets or changing places
- how easy it is to move around the venue
- lifts
- transport and parking
- dementia friendly
- quiet or safe space
- sign language

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.

The City Baths

The City Baths reopen in January 2020 with a health and fitness suite, swimming baths and Turkish baths.

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

CLOSED UNTIL FURTHER NOTICE

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.

Gosforth Leisure Centre

Gosforth Leisure Centre is based near Regent Centre and has various facilities, including a state-of-the-art fitness room and a sauna suite. Activities such as aquafit, women only sessions and life-saving classes are also available.

Jesmond Pool and Gym

Jesmond Pool and Gymhas 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, Pilates, cardio and weights, aikido, karate, and circuit challenges. They have sessions designed for over 50s.

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

Newcastle Trampoline Park and Gym offers trampolining for all the family and a gym with a cycling suite.

West Denton Leisure Centre

Closed for renovations

West Denton Leisure Centre in Newcastle features a gym, and a fitness class programme. The gym features Technogym cardio and resistance equipment including a deadlifting platform plus skills mill and climb machines in the functional training area. The indoor fitness class programme features classes such as Group Cycle, Zumba, Power Pump and Yoga.

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.

Exercise and fitness classes

Events and activities section on InformationNOW has a range of activities including tai chi, chair based activities, zumba, men's fitness, women's fitness, aqua and more.

Fitness on InformationNOW

Benefits of being physically active

Self care and disability.

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.

Last updated: May 16, 2024

Useful Organisations

Benfield Sports Centre

Email: enquiries@benfieldsportscentre.co.uk

Website: www.benfieldsportscentre.co.uk

Telephone: 0191 275 5115

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

Website: https://www.kentonparksportscentre.co.uk/

Telephone: 07592 363 131

Address: Anfield Road, NE3 3LL

Healthworks – The Lemington Centre

Email: hwn@hwn.org.uk

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

Telephone: 0191 264 1959

Address: The Lemington Centre, NE15 8RZ

Walker Activity Dome

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

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

Telephone: 0191 389 8820

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

Healthworks – The Health Resource Centre

Email: hwn@hwn.org.uk

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

Telephone: 0191 272 4244

Address: Healthworks - The Health Resource Centre, NE4 8BE

Newcastle Trampoline Park and Gym

Email: Newcastle.TrampolineGym@GLL.ORG

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

Telephone: 0191 260 0508

Address: Newcastle Trampoline Park and Gym, NE4 9LG

Jesmond Pool and Gym

Email: info@jesmondpool.online

Website: http://jesmondpool.online

Telephone: 0191 281 2482

Address: St Georges Terrace, NE2 2DL

Elswick Community Pool and Gym

Email: info@elswickpool.co.uk

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

Telephone: 0191 481 4101

Address: Elswick Park, NE4 6RS

The City Baths

Email: ncb-sales@fusion-lifestyle.com

Website: https://www.city-baths.co.uk/

Telephone: 0191 261 7207

Address: Northumberland Road, NE1 8SG

Gosforth Leisure Centre

Website: https://www.better.org.uk/leisure-centre/newcastle/gosforth

Telephone: 0191 255 9828

Address: Regent Farm Road, NE3 3HD

AccessAble

Email: hello@accessable.co.uk

Website: https://www.accessable.co.uk/organisations/newcastle-city-council/

Telephone: 01438 842 710

Address: Unit 7 Arlington Court, SG1 2FS

Leisure United Blakelaw

Email: info.blakelaw@leisureunited.com

Telephone: 0191 300 3224

Address: Lesiure united Blakelaw, NE5 3TS

Leisure United Bullocksteads

Email: info.bullocksteads@leisureunited.com

Website: https://leisureunited.com/locations/newcastle-bullocksteads/

Telephone: 0191 300 3223

Address: Leisure United Bullockstead, NE13 8AH

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Benefits of being physically active