Information NOW
Information for people in Newcastle upon Tyne

Swimming Pools in Newcastle

We have listed below the swimming pools in the city so you can find one near you. Many of them have sessions especially for older people and discounted rates, so it is always worth contacting them or visiting their website before you visit.

To go straight to information on a particular pool click on the list to the right.

You may also be interested to read our sections on **Fitness** and **Keeping physically active**.

Check the accessibility of the swimming pool before you visit

AccessAble can help you to plan your trips to places like cinemas, theatres, restaurants, railway stations, hotels, colleges, universities, hospitals 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

The City Baths

17th May 2021 – Now open

Northumberland Rd, Newcastle upon Tyne NE1 8SF

Facilities include swimming baths, a health and fitness suite, exercise classes and Turkish Baths. There are adult and children/family activities. Membership fees apply.

East End Pool

17th May 2021 – Now open

Corbridge Road, Byker, Newcastle upon Tyne, NE6 1DY

The East End Pool facilities include a swimming pool, a studio pool, a sauna, a Lifestyles Suite and it also provides fun facilities. You can take part in various activities, including public swimming sessions, adult only swimming, Pilates, and boxercise. You can enjoy a hot or cold snack in the Street Cafe or step into the East End Library without even leaving the building.

The East End Pool currently offers several different activities including a Body Positive and Friendship Swimming Group and groups specifically for people aged over 50.

Elswick Pool

17th May 2021 – Now open

73 Beech Grove Rd, Newcastle upon Tyne, NE4 6RS.

This is a charitable organisation which is community led. They are open seven days a week and have a gym as well as a swimming pool. Their programme is on their Facebook page.

Gosforth Leisure Centre

17th May 2021 – Now open

Regent Centre, Newcastle upon Tyne, NE3 3HD

Various facilities are available at Gosforth Leisure Centre, 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

17th May 2021 – Now open

St Georges Terrace, Jesmond, Newcastle upon Tyne, NE2 2DL

Various facilities are available at Jesmond Pool, including a fitness suite and a multi-use activity room.

Jesmond Pool also has special 60+ gym sessions, which are available to anyone aged 60 and over who has been inducted into the Jesmond Pool gym.

Sport Central

Sport Central Swimming Pool, Northumbria University, Northumberland Road, NE1 8SG

The swimming pool and fitness suite are available to everyone. The Sport Central Swimming Pool has been designed to accommodate a whole range of pool activities including open access swimming, lessons, aqua jog classes, water polo and competitions.

West Denton Pool & Fitness Centre (Outer West Pool)

> CLOSED UNTIL FURTHER NOTICE
>
> The Fitness Centre ONLY has now re-opened (May 2021) – See Leisure Centres Article

Outer West Pool, West Denton Way, Newcastle upon Tyne, NE5 2QZ

You can take part in many activities and sessions at the Outer West Pool. Activities and facilities include swimming and lessons, aquafit, a sauna, gym, cardiac rehabilitation, healthy lifestyle programmes and a community area.

Last updated: December 5, 2023

Useful Organisations

East End Pool

Email: eastend.leisure@gll.org

Website: http://www.better.org.uk/leisure-centre/newcastle/east-end-pool

Telephone: 0191 260 0507

Address: Hadrian Square, NE6 1AL

Gosforth Leisure Centre

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

Telephone: 0191 255 9828

Address: Regent Farm Road, NE3 3HD

West Denton Pool & Fitness Centre (Outer West Pool)

Email: customerservices@gll.org

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

Telephone: 0330 123 1500

Address: Outer West Pool, NE5 2QZ

Sport Central

Email: northumbriasport@northumbria.ac.uk

Website: www.nusportcentral.com

Telephone: 0191 227 4700

Address: Northumbria University, NE1 8ST

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

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

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