

Gosforth Leisure Centre

Gosforth Leisure Centre has a range of facilities including:

- 2 swimming pools
- a fitness suite
- an exercise studio
- sauna suite

Gosforth Leisure Centre has a [Changing Place accessible toilet](#). These toilets have equipment is to help you to get on and off the toilet, or to change your continence pad. Such as a hoist, a height-adjustable changing bench and a shower. These toilets have more space so your carer or carers can help you if needed. There is a changing area with screens or curtains to give you some privacy.

There is car parking and bike storage nearby at [Gosforth Library and Pool Car Park](#)

Last updated: October 7, 2025

Telephone: 0191 255 9828

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

Facebook: <https://www.facebook.com/GosforthLeisure>

Opening Hours: Monday to Thursday 6:30am to 9pm, Friday 6:30am to 8:30pm, Saturday 8am to 5pm, Sunday 8am to 2pm
Changing Places toilet open 9am to 9pm

Cost: There may be a cost to this service/support

Address:
Regent Farm Road
Gosforth
Newcastle upon Tyne
NE3 3HD

Related Articles

[Swimming Pools in Newcastle](#)

Leisure Centres in Newcastle