

# Sport and Leisure in North Tyneside

**price list**  
2010/11



**WIDENING HORIZONS**  
Sport North Tyneside



# Ease Card

Get great discounts on activities with your Ease card

Ease Card	Adult	Senior	Junior
Resident	£5.50	£3.50	Free
Resident Priority*	Free	Free	Free
Non Resident	£10.50	£5.50	£5.50
North Tyneside Council Employee	£3.50	£3.50	

\* Please check additional Ease information regarding eligibility of proof for these cards and/or ask at reception for further details of our Ease scheme.

## Contours Membership Price Package

Contours is a fitness and relaxation membership package which gives you unlimited access to all of North Tyneside Council's gyms, health suites, exercise classes and swimming pools. The memberships offers excellent value for money and not only access to facilities but to expert advice on how to improve your fitness levels, lose weight and feel more confident.

Membership	Paid in full Price <i>Get £16.00 discount</i>	Direct Debit Price		
		Deposit	Per month for 11 months	Total Cost
Adult Base Price <i>(without an EASE Card)</i>	£356.00	£49.00	£31.00	£390.00
Senior Base Price <i>(without an EASE Card)</i>	£290.00	£43.50	£25.50	£324.00
Adult Standard Price <i>(with an EASE Card)</i>	£296.00	£44.00	£26.00	£330.00
Senior Standard Price <i>(with an EASE Card)</i>	£248.00	£40.00	£22.00	£282.00
Adult Priority/Healthy Heart <i>(with an EASE Card)</i>	£236.00	£39.00	£21.00	£270.00
Senior Priority <i>(with an EASE Card)</i>	£200.00	£36.00	£18.00	£234.00
Junior 6 months	£90.00	£15.00	£15.00 × 5	£90.00
Junior 12 months	£144.00	£12.00	£12.00 × 11	£144.00
Joint Membership <i>(can be either one or two accounts details for direct debit)</i>	£544.00	£66.00	£48.00	£594.00 <i>(note if payable from 2 accounts, a further £18.00 administration fee will be charged)</i>
Off Peak <i>(9.00am-4.00pm every day)</i>	£242.00	£39.50	£21.50	£276.00
Flexible (min 3 month term)	please ask at reception for details			
Flexible off peak (min 3 month term)	please ask at reception for details			

Please see terms and conditions of Contours membership for full information. Direct debit deposits include £18.00 administration charge and 1st months payment. All access subject to normal opening hours.

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Swimming</b>								
Swimming	£4.20	£3.30	£1.90	£2.80	£2.20	£1.60	£2.80	£1.80
Off Peak Swim*			£1.10		£1.10	£1.10	£1.10	£1.10
Family Swim	£14.10	£10.10	£7.40					
Under 5's							£0.95	£0.50
Swimming lessons	£5.00	£3.90	£3.00	£4.50	£3.20	£3.00	£4.20	£2.90
Swimming lessons (adult & child)							£3.70	£2.30
Spectators	£1.20	Free	Free	£0.80	Free	Free	£0.80	Free
<b>Contours Fitness Studio and The Spa</b>								
Contours Gym	£5.40	£4.20	£3.20	£3.60	£2.70	£2.30	£3.60	£2.40
The Spa	£6.90	£5.60	£4.10	£4.90	£3.70	£3.30		
Hydrotherapy bath	£3.70							
<b>Adult and Junior Activities</b>								
Aquafit/Hydrofit	£4.60	£3.50	£2.50	£4.40	£3.30	£2.40		
Pilates/Yoga (1 hour)	£4.70	£3.70	£2.80	£3.40	£2.60	£1.70		
Pilates/Yoga (1 1/2 hours)	£7.05	£5.55	£4.20	£5.10	£3.90	£2.55		
Body Pump	£4.70	£3.80	£2.80	£4.40	£3.30	£2.40		
Aerobics/Circuits/Salsa	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Soft Play							£2.30	£1.50

\*Off peak swim times apply between 9.00am - 12noon and 1.00pm - 4.00pm weekdays (excluding school holidays). For details on parties available, please ask at reception.

Tel: (0191) 643 2600

## Whitley Bay Mini Golf

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
Mini Golf	£4.20	£3.60	£2.20	£3.20	£2.70	£2.20	£3.20	£2.70
Family Ticket	£11.20							
Rookie Golf member	£2.20							
10 Week Pass*	£64.00	£54.00	£38.00	£48.00	£42.00	£34.00	£48.00	£42.00
Family Ticket (10 Week Pass)*	£170.00							

\*Pass entitles you to unlimited use during a 10 week period

Tel: (0191) 643 7450

# Sport and Leisure @ Burnside

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Swimming</b>								
Swimming	£4.00	£3.20	£1.80	£2.70	£2.00	£1.60	£2.70	£1.70
Off Peak Swim*		£1.10	£1.10		£1.10	£1.10		£1.10
Under 5							£0.95	£0.50
Family	£13.70	£9.60	£7.20					
Swimming lessons	£5.00	£3.90	£3.20	£4.50	£3.20	£3.00	£4.40	£3.00
Swimming lessons (adult & child)							£3.70	£2.30
Aquafit	£4.60	£3.50	£2.50	£4.40	£3.30	£2.40	£2.90	£2.30
Spectators	£1.20	Free	Free	£0.80	Free	Free	£0.80	Free
Pool Hire	Price on application							

\*Off peak swim times apply between 9.00am - 12noon and 1.00pm - 4.00pm weekdays (excluding school holidays)

<b>Contours Fitness Studio</b>								
Contours Gym	£5.40	£4.20	£3.20	£3.60	£2.70	£2.30	£3.60	£2.40
<b>Sports Hall (Hourly Rates)</b>								
Badminton	£8.50	£6.50	£4.60	£5.30	£4.20	£3.50	£5.30	£3.50
Table Tennis	£4.00	£3.40	£2.30	£2.80	£2.40	£2.00	£2.80	£2.00
Half Sports Hall	£42.30	£35.10					£33.60	£23.10
Netball	£45.20	£37.80					£34.90	£23.50
Cricket Nets	£45.20	£35.70					£37.80	£26.30
Gymnastics							£2.70	£1.80
<b>Outdoor Activities (Hourly Rates)</b>								
11-a-side	£57.80	£45.20					£45.20	£30.90
7-a-side synthetic	£39.30	£31.50					£27.30	£21.00
Basketball	£20.00	£16.80					£13.70	£10.60
Netball	£20.00	£16.80					£13.70	£10.60
Tennis	£5.80	£4.50	£3.50	£4.40	£3.50	£2.90	£4.40	£2.90
<b>Adult and Junior Activities</b>								
Pilates/Yoga	£4.70	£3.70	£2.80	£3.40	£2.60	£1.70		
Boxercise/Circuits/Aerobics	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Body Pump	£4.70	£3.80	£2.80	£4.40	£3.30	£2.40		
Step/Salsa/Cycle	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Junior Football Coaching							£3.00	£1.90
Holiday Activity							price on application	
Karate/Judo/Aikido	£3.90	£3.00	£2.00	£2.60	£1.80	£1.70	£2.50	£1.70
Trampoline	£3.90	£3.00	£2.40				£3.00	£1.90
<b>Room Hire Fees (Hourly Rates)</b>								
Activity Room	£27.30							
Activity Room 3 hours or more	£21.00							
Equipment Hire (fixed price)	£0.60							

Please note not all activities listed on the price list may be available

Tel: (0191) 643 2025

**pool and fitness facilities due to open summer 2010**

# Marden Bridge Sports Centre

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Sports Hall (Hourly Rates)</b>								
Badminton	£8.50	£6.50	£4.60	£5.30	£4.20	£3.50	£5.30	£3.50
Table Tennis	£4.00	£3.40	£2.30	£2.80	£2.40	£2.00	£2.80	£2.00
Half Sports Hall	£42.30	£35.10					£33.60	£23.10
Netball	£45.20	£37.80					£34.90	£23.50
Cricket Nets	£45.20	£35.70					£37.80	£26.30
<b>Outdoor Activities</b>								
11-a-side	£57.80	£45.20					£45.20	£30.90
Half Pitch	£39.30	£31.50					£27.30	£21.00
<b>Adult and Junior Activities</b>								
Trampolining	£3.90	£3.00	£2.40				£3.00	£1.90
Football Coaching							£3.00	£1.90
Circuit Training	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Equipment Hire (fixed price)	£0.60							
Gymnastics Club							price on application	
Holiday Activity							price on application	
<b>Parties</b>								
Marden Mouse (inc coach)	£55.70							
Party Food Area	£10.80							
Sports or Roller Skating	£43.10							
Sports Party with coach	£55.70							
Sports Party no coach	£43.10							
Trampoline Party	£55.70							
Sports Party 90min (no coach)	£64.65							
Sports Party 90min (with coach)	£83.55							

Please note not all activities listed on the price list may be available

## Tel: (0191) 643 2929

# The Lakeside Centre

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Swimming</b>								
Swimming	£4.00	£3.20	£1.80	£2.70	£2.00	£1.60	£2.70	£1.70
Off Peak Swim*		£1.10	£1.10		£1.10	£1.10		£1.10
Under 5							£0.95	£0.50
Family	£13.70	£9.60	£7.20					
Swimming lessons	£5.00	£3.90	£3.20	£4.50	£3.20	£3.00	£4.40	£3.00
Swimming lessons (adult & child)							£3.70	£2.30
Aquafit	£4.60	£3.50	£2.50	£4.40	£3.30	£2.40	£2.90	£2.30
Spectators	£1.20	Free	Free	£0.80	Free	Free	£0.80	Free
Pool Hire	<i>price on application</i>							

\*Off peak swim times apply between 9.00am - 12noon and 1.00pm - 4.00pm weekdays (excluding school holidays)

<b>Contours Fitness Studio</b>								
Contours Gym	£5.40	£4.20	£3.20	£3.60	£2.70	£2.30	£3.60	£2.40
<b>Adult and Junior Activities</b>								
Bumble Tumble/Bops for Tots							£2.60	£1.80
Gymnastics							£2.70	£1.80
Soft Play							£2.30	£1.50
Trampoline	£3.90	£3.00	£2.40				£3.00	£1.90
Body Pump/Body Combat	£4.70	£3.80	£2.80	£4.40	£3.30	£2.40		
Boxercise/Circuits/Aerobics	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Step/Salsa/Cycle	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Pilates/Yoga	£4.70	£3.70	£2.80	£3.40	£2.60	£1.70		
50 – Club	£2.30	£1.70	£1.20					
<b>Parties - Choose from a variety of activities including soft play bouncy castle, roller skating, football or trampolining</b>								
Party (No Coach) per hour	£43.10							
Party (with Coach) per hour	£55.70							
Party Room	£10.80							
Hairdryers Hire	£0.20							
Equipment hire	£0.60	£0.60	£0.60					
<b>Room Hire Fees (Hourly Rates)</b>								
Meeting Room	£27.30							
Meeting Room (3hours or more)	£21.00							
Dance Studio 1 & 2	£21.00							
Dance Studio 1 & 2 (3hrs/more)	£12.80							

Tel: (0191) 643 4177

# The Lakeside Centre

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Sports Hall (Hourly Rates)</b>								
Badminton*	£8.50	£6.50	£4.60	£5.30	£4.20	£3.50	£5.30	£3.50
Table Tennis*	£4.00	£3.40	£2.30	£2.80	£2.40	£2.00	£2.80	£2.00
Half Sports Hall*	£42.30	£35.10					£33.60	£23.10
Netball*	£45.20	£37.80					£34.90	£23.50
Cricket Nets*	£45.20	£35.70					£37.80	£26.30

\*Off peak prices available for card holders £1.10 per person,  
Monday to Friday 9.00am - 4.00pm (excluding school holidays)

Tel: (0191) 643 4177

## Borough-wide grass pitches

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Tier A Football (per season per team)</b>								
<b>Upgraded changing provision</b>								
With changing	£426.00						£241.00	
<b>Mini Soccer (per season per team)</b>								
With Changing							£109.00	
<b>Casual Use (per game)</b>								
With Changing	£61.00						£38.00	

<b>Tier B Football (per season per team)</b>								
<b>Standard changing provision</b>								
With changing	£382.00						£192.00	
Without changing	£277.00						£138.00	
<b>Mini Soccer (per season per team)</b>								
Under 10s With Changing							£55.00	
<b>Casual Use (per game)</b>								
With changing	£55.00						£31.00	
Without changing	£42.00						£25.00	

Tel: (0191) 643 7450

# The Parks

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Sports Hall (Hourly Rates)</b>								
Badminton*	£8.50	£6.50	£4.60	£5.30	£4.20	£3.50	£5.30	£3.50
Table Tennis*	£4.00	£3.40	£2.30	£2.80	£2.40	£2.00	£2.80	£2.00
Half Sports Hall*	£42.30	£35.10					£33.60	£23.10
Netball*	£45.20	£37.80					£34.90	£23.50
Cricket Nets*	£45.20	£35.70					£37.80	£26.30
<b>Outdoor Activities (Hourly Rates)</b>								
11-a-side*	£57.80	£45.20					£45.20	£30.90
Half Pitch, 7 A side*	£39.30	£31.50					£27.30	£21.00
5-a-side*	£34.70	£25.70					£27.30	£20.20
Basketball*	£20.00	£16.80					£13.70	£10.60
Netball*	£20.00	£16.80					£13.70	£10.60
Tennis*	£5.80	£4.50	£3.50	£4.40	£3.50	£2.90	£4.40	£2.90

\*Off peak prices available for card holders £1.10 per person, Monday to Friday 9.00am - 4.00pm (excluding school holidays)

<b>Contours Fitness Studio and Health Suite</b>								
Contours Gym	£5.40	£4.20	£3.20	£3.60	£2.70	£2.30	£3.60	£2.40
Contours Health Suite	£4.10	£3.30	£2.40	£2.70	£2.30	£1.50		
<b>Adult and Junior Activities</b>								
Karate/Judo	£3.90	£3.00	£2.00	£2.60	£1.80	£1.70	£2.50	£1.70
Gymnastics							£2.70	£1.80
Club Gymnastics							£7.40	£4.70
Bumble Tumble							£2.60	£1.80
Soft Play							£2.30	£1.50
Junior Football Coaching							£3.00	£1.90
Trampoline	£3.90	£3.00	£2.40				£3.00	£1.90
Body pump	£4.70	£3.80	£2.80	£4.40	£3.30	£2.40		
Boxercise	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Aerobics/Circuits/Salsa	£4.30	£3.50	£2.50	£4.10	£3.20	£2.30	£2.20	£1.90
Nifty Fifties/50 Club	£2.30	£1.70	£1.20					

Tel: (0191) 200 6364

# The Parks

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Adult and Junior Activities</b>								
Pilates/Yoga	£4.70	£3.70	£2.80	£3.40	£2.60	£1.70		
Holiday Activities (3 - 8 yrs)							price on application	
Holiday Activities (full day)							price on application	
Variety Club	£1.60							
Multi Sensory Room	Group £5.30 Pair £4.20			Single £2.40				
<b>Parties</b> - Choose from a variety of activities including soft play bouncy castle, football or trampolining								
Party (No Coach) per hour	£43.10							
Party (with Coach) per hour	£55.70							
Party Room	£10.80							
Hairdryers	£0.30							
Equipment hire	£0.60	£0.60	£0.60					
<b>Indoor Bowling</b>								
Indoor Bowls Membership	£39.90	£31.00	£23.00	£32.00	£24.30	£21.80	£20.50	£15.60
Rink Fees Member	£3.30	£2.60	£1.70	£3.30	£2.60	£1.70	£1.70	£1.20
Rink Fees Non Member	£4.70	£3.70	£3.30	£4.70	£3.70	£3.30	£4.70	£3.30
League Fees/Jumbles	£2.40	£2.40	£2.40	£2.40	£2.40	£2.40	£2.40	£2.40
Bowls Locker Hire	£5.40							
<b>Room Hire Fees (Hourly Rates)</b>								
Main Sports Hall	£84.60	£70.20					£67.20	£46.20
Terrace/Pine	£27.30							
Terrace/Pine (3 hrs or more)	£21.00							
Willow/Mulberry	£21.00							
Willow/Mulberry (3 hrs or more)	£12.80							
Flip Chart/TV & Video/OHP	£5.40 per item							

Tel: (0191) 200 6364

# Tynemouth Pool

Activity	Adult			Senior			Junior	
	No Card	Ease Card	Ease Priority Card	No Card	Ease Card	Ease Priority Card	No Card	Ease Card
<b>Swimming</b>								
Swimming	£4.00	£3.20	£1.80	£2.70	£2.00	£1.60	£2.70	£1.70
Off Peak Swim*		£1.10	£1.10		£1.10	£1.10		£1.10
Under 5							£0.95	£0.50
Family	£13.70	£9.60	£7.20					
Swimming lessons	£5.00	£3.90	£3.20	£4.50	£3.20	£3.00	£4.40	£3.00
Swimming lessons (adult & child)							£3.70	£2.30
Aquaft	£4.60	£3.50	£2.50	£4.40	£3.30	£2.40	£2.90	£2.30
Spectators	£1.20	Free	Free	£0.80	Free	Free	£0.80	Free
<b>Contours Fitness Studio and Health Suite</b>								
Contours Gym	£5.40	£4.20	£3.20	£3.60	£2.70	£2.30	£3.60	£2.40
Contours Health Suite	£6.90	£5.60	£4.10	£4.90	£3.70	£3.30		

\*Off peak swim times apply between 9.00 am - 12 noon and 1.00 pm - 4.00 pm weekdays (excluding school holidays)

Tel: (0191) 643 2900

## Sports Development

The sports development and physical activity team organise a wide programme of activities during the year. For details of sessions and prices please contact number below

Tel: (0191) 643 7446  
or (0191) 643 7439

# Where to find us...

## The Parks Sports and Leisure Centre

Howdon Road, North Shields,  
NE29 6TL.

Tel: (0191) 200 6364

Buses: 17

Nearest Metro:

Meadow Well and North Shields

## Tynemouth Pool

Beach Road, North Shields,  
NE29 9PX.

Tel: (0191) 643 2900

Buses: 17, 83a, 83c

Nearest Metro: North Shields

## Sport and Leisure @ Burnside

Burnside Business and Enterprise College  
St Peters Road, Wallsend.

NE28 7LQ

Tel: (0191) 643 2025

Buses: 1, 2, 9, 17, 40, 40c, 59, 81

Nearest Metro: Hadrian Road

## Waves Leisure Pool

The Links, Whitley Bay,  
NE26 1TQ.

Tel: (0191) 643 2600

Buses: 308, 309

Nearest Metro: Monkseaton

## The Lakeside Centre

Southgate, Killingworth.  
NE12 6SA.

Tel: (0191) 643 4177

Buses: 62 (link with Metro), X63, 63, 356

Nearest Metro: Four Lane Ends

## Marden Bridge Sports Centre

Hillheads Road, Whitley Bay,  
NE25 8RW.

Tel: (0191) 643 2929

Buses: 10, 10a, 17, 59, 308, 309, 343, N58

Nearest Metro: Whitley Bay

## Rising Sun Countryside Centre & Country Park

Whitley Road, Benton.  
NE12 9SS.

Tel: (0191) 643 2241

Buses: 81, 307, 343, 355

Nearest Metro: Palmersville

## Whitley Bay Mini Golf

North Tyneside Mini Golf,  
The Links, Whitley Bay.

Tel: (0191) 200 8638 / 643 6450

Buses: 308, 309

Nearest Metro: Monkseaton

## For travel information please contact

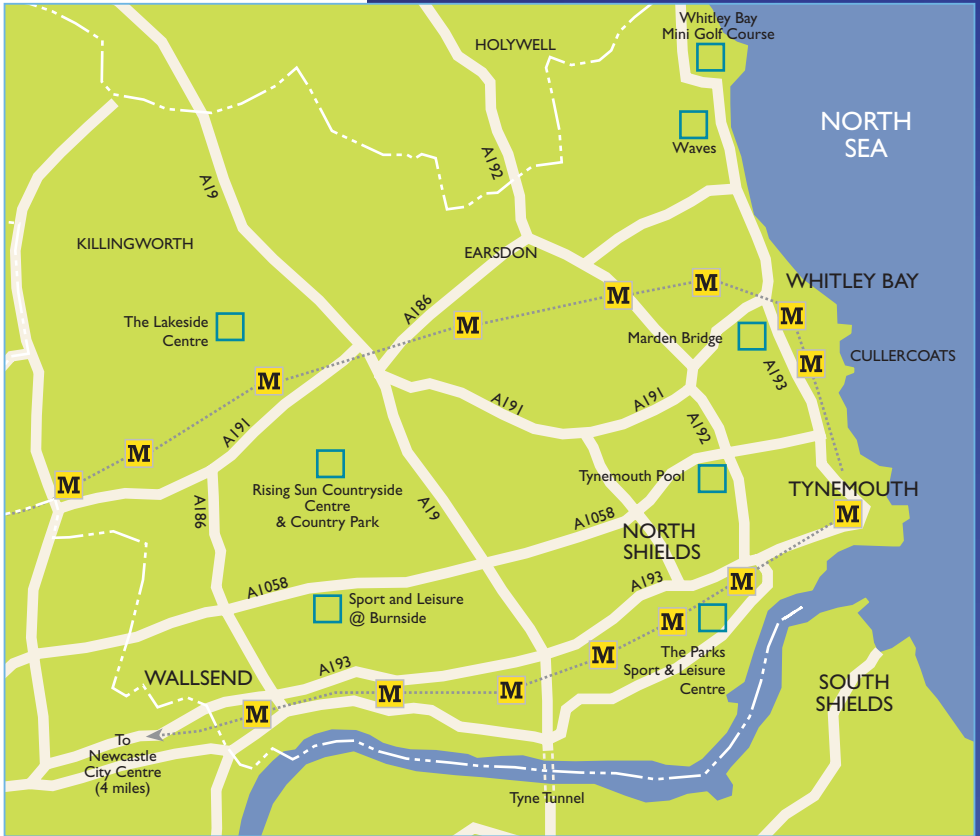
TRAVELINE - Public Transport Information North East

- 0871 200 22 33

- Information on Transport for Mobility Impaired People - 0191 20 20 632

[www.nexus.org.uk](http://www.nexus.org.uk)

# How to find us



North Tyneside Council

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