

FUSION Programme



December 2009 - February 2010

Benfield Centre for Sporting Excellence 0191 275 9009

Tuesday 5pm - 6.30pm Girls Basketball
Saturday 10am - 12noon Judo Course
Coming soon - Lacrosse taster sessions

Centre for Sport 0191 241 7700

Friday 6.30pm - 8.30pm Dance mats, team games, trampolining

City Pool 0191 277 1844

Saturday Free swims during normal public sessions

East End Pool 0191 278 8844

Tuesday 4pm - 6pm FUSION swim
Saturday 2pm - 3.30pm Impulse FUSION
Sunday 10am - 1pm Family FUSION
Last admission 12.30pm

Eldon Leisure 0191 277 1277

Saturday 2pm - 4pm All Sports - includes badminton, squash, racket ball, table tennis

This session is also included every day during the school holidays

Elswick Pool 0191 277 3456

Sunday 10am - 11.30pm Family Swim *

Gosforth Pool 0191 284 3696

Saturday 8.30am - 3pm Swimming
Sunday 8.30am - 12.30pm Family Swim *

FREE
exercise
& sports
sessions

Kenton Park Sports Centre 0191 271 5143

Monday 5pm - 6pm Badminton
Tuesday 5pm - 6pm Circuit - coached
Wednesday 4pm - 5pm 5 a Side - coached
Thursday 4pm - 5pm Table Tennis
Friday 3.45pm - 4.45pm Roller Disco - supervised
Weekends Outdoor Football, Tennis and Basketball
- subject to availability

Lightfoot Centre 0191 278 2800

Wednesday 4pm - 5.30pm FUSION Football
Thursday 4pm - 5pm FUSION Shokk Gym

Newburn Activity Centre 0191 264 0014

Tuesday 4.30pm - 5.45pm Climbing (book in advance)
5.45pm - 7pm Climbing (book in advance)
Thursday 4.30pm - 5.45pm Climbing (book in advance)
5.45pm - 7pm Climbing (book in advance)
Saturday 12.30pm - 2.30pm
FUSION Mix including dance mats, climbing, trampolining, team games and street dance.

Outer West Pool 0191 277 7980

Saturday 2pm - 3.30pm Impulse FUSION (13 -15 years) Free use of the impulse suite
Sunday 9am - 12noon Family Swim *

Scotswood Sports Centre 0191 274 3716

Saturday 1pm - 2pm Coached Trampoline, Badminton and Football
2.30pm - 3.30pm Coached Badminton



Family Swim sessions *
Parents/guardian swim for free when accompanied by a child holding a FUSION Card.
For further details and booking for sessions available please contact the centres direct.

www.newcastlefusion.co.uk

If you know someone who would like this information in a different language, large print, audio or braille please telephone 277 3648.