




# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

**No Limits** is a programme of after school activity sessions for children and young people **under 16** aimed at encouraging physical activity.

Pool based sessions include pool inflatables.

All sessions are free of charge.

Sessions take place in term time only, a valid easecard is required to access the programme.



[kids](#)  
[activities](#)

[Children](#)  
[activities](#)

[swimming](#) | [after school](#)

No Limits Pool at Waves

  
0191 643 7171

  
[active@northtyneside.gov.uk](mailto:active@northtyneside.gov.uk)

  
The Links

Whitley Bay



<https://www.activenorthtyneside.org.uk/no-limits>

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