



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 4:00pm - 5:00pm

£
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.

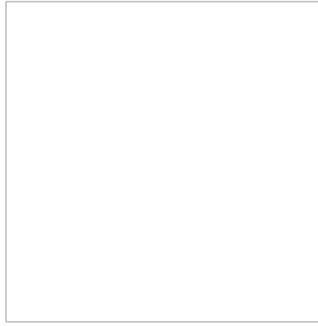
Pool based sessions include pool inflatables.


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](#) | [pool](#) | [under 16](#)




0191 643 7171


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Tynemouth Pool
Preston Road North
North Shields



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



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