



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 2:15pm - 3:15pm



**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.

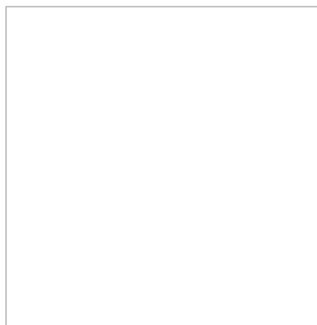
Sessions take place in term time only, a valid easecard is required to access the programme.



[kids  
activities](#) |

[Children  
activities](#) |

[swimming](#) | [pool](#) | [under 16](#) | [after school](#)



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Hadrian Leisure Centre  
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Wallsend



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

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