

## Newburn Activity Centre

Book through their Facebook page.

Newburn Activity Centre offers a range of activities including: over 50s sessions, table tennis, trampolining, martial arts, basketball, badminton, football, dancing, indoor rock climbing, mountain biking, aerobics, walking, inclusive cycling, climbing, archery, abseiling, and water sports such as open canoeing, bell boating, windsurfing, power boating and water skiing. There is also a fitness suite which has a mixture of weights and cardio vascular equipment available.

Newburn Activity Centre runs drop in sessions where you can use a range of adapted bikes or tricycles. You can also arrange group activities on the bikes.

Last updated: July 22, 2021

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**Telephone:** 0191 264 0014

**Telephone note:** Main and for Best Summer Ever activities on Fridays

**Website:** [www.newburnactivity.co.uk](http://www.newburnactivity.co.uk)

**Fax:** 0191 229 0389

**Email:** [neal.thompson@newburnactivity.co.uk](mailto:neal.thompson@newburnactivity.co.uk)

**Twitter:** <https://twitter.com/activenewcastle>

**Facebook:** <http://www.facebook.com/Activenewcastlepage?sk=wall>

**Cost:** Free

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