

# Swimming Programme

## Main Pool



	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
<b>Monday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.30pm											<b>Schools</b> 1.30pm – 3.00pm		<b>Public Swimming</b> 3.00pm – 4.00pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.00pm		<b>Aquafit</b> 8pm – 9pm <i>*Booking advised</i>		<b>Adult Swim</b> 9pm-10pm						
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Lane Swimming</b> 7.00am – 9.00am		<b>Lane Swimming</b> 9.00am – 1.30pm											<b>Adult Lane Swimming</b> 1.30pm – 3.00pm		<b>Lane Swim</b> 3pm – 4pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Lane Swimming</b> 6.00pm – 8.00pm										
<b>Tuesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Schools</b> 9.00am – 10.30am		<b>Public Swimming</b> 10.30am – 11.30am		<b>Aquafit</b> 11.30am – 12.30pm <i>*Booking advised</i>		<b>Public Swimming</b> 12.30pm – 1.30pm		<b>Schools</b> 1.30pm – 3.00pm		<b>50+ Swim</b> 3.00pm – 4.00pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.00pm		<b>Chase Swimming Club</b> 8.00pm – 9.00pm									
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Lane Swimming</b> 7.00am – 9.00am		<b>Lane Swimming</b> 9.00am – 11.30am						<b>Lane Swimming</b> 12.30pm – 1.30pm		<b>Lane Swim</b> 1.30pm – 3pm <i>*Lane swim closed 1<sup>st</sup> Tuesday of the month for staff training</i>		<b>50+ Lanes</b> 3pm – 4pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Lane Swim</b> 6pm – 8pm		<b>Adult Lane Swimming</b> 8.00pm – 10.00pm									
<b>Wednesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Schools</b> 9.00am-10.00am		<b>Public Swimming</b> 10.00am – 1.30pm						<b>Schools</b> 1.30pm – 3.00pm		<b>Public Swimming</b> 3.00pm – 4.00pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.30pm		<b>Lichfield Swimming Club</b> 8.30pm – 10.00pm									
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Lane Swimming</b> 7.00am – 9.00am		<b>Lane Swimming</b> 9.00am – 1.30pm		<b>Adult Lessons</b> 10.30am – 12.00pm								<b>Adult Lane Swimming</b> 1.30pm – 3.00pm		<b>Lane Swim</b> 3pm – 4pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Lane Swimming</b> 6.00pm – 7.30pm		<b>Lifesaving</b> 7.30pm-8.30pm		<b>Adult Lane Swim</b> 8.30pm – 10.00pm							
<b>Thursday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.30pm						<b>Schools</b> 1.30pm – 3.00pm		<b>50+ Swim</b> 3.00pm – 4.00pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 7.30pm		<b>Burntwood Swimming Club</b> 7.30pm – 9.00pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm									
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Lane Swimming</b> 7.00am – 9.00am		<b>Lane Swimming</b> 9.00am – 1.30pm								<b>Adult Lane Swimming</b> 1.30pm – 3.00pm		<b>50+ Lanes</b> 3pm – 4pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Lane Swimming</b> 6.00pm – 7.30pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm									
<b>Friday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 11.30am				<b>Aquafit</b> 11.30am – 12.30pm <i>*Booking advised</i>		<b>Public Swimming</b> 12.30pm – 1.30pm		<b>Schools</b> 1.30pm – 3.00pm		<b>Public Swimming</b> 3.00pm – 4.00pm		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 7.30pm		<b>Walsall Swimming Club</b> 7.30pm – 9.00pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm							
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Lane Swimming</b> 7.00am – 9.00am		<b>Lane Swimming</b> 9.00am – 11.30am						<b>Public Swimming</b> 12.30pm – 1.30pm		<b>Adult Lane Swimming</b> 1.30pm – 3.00pm		<b>Lane Swim</b> 3pm – 4pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Lane Swim</b> 6pm-7.30pm <b>Lessons   Adult Lesson</b>		<b>Walsall Swimming Club</b> 7.30pm – 9.00pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm							
<b>Saturday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 8.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.15pm								<b>Inflatable Fun Session</b> 1.45pm – 2.45pm <i>*Booking advised</i>		<b>Inflatable Fun Session</b> 3.00pm – 4.00pm <i>*Booking advised</i>		<b>Party Hire</b> 4.15pm – 5.00pm		<b>Swimming Gala Bookings</b> 6.00pm – 9.00pm													
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Lane Swim</b> 8.00am-9.00am		<b>Swimming Lessons</b> 9.00am – 11.30am				<b>Lane Swimming</b> 11.30am – 1.15pm																							
<b>Sunday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 8.00am – 9.00am		<b>Public Swimming</b> 9.00am – 5.00pm													<b>Walsall Swimming Club</b> 5.00pm – 7.30pm														
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Lane Swim</b>		<b>Lane Swimming</b> 9.00am – 5.00pm																											
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Swimming Lessons</b> 8.00am – 10.30am																													

**Walsall Leisure Child Admission Policy**

1. All Children under the age of 8 must be accompanied by a responsible adult of 16 or over at all times.
2. In Public swimming sessions; In all teaching pools 1 adult may accompany 3 children aged 4 to 7 or 2 children aged under 4.
3. In all other pools 1 adult may accompany 2 children aged 4 to 7 or 1 child aged under 4 – Management may use their discretion to amend these ratios.

## Swimming Programme Teaching Pool

	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	
Monday			Toddler Splash (0.6m) 9.00am – 10.30am			Public Swimming 10.30am – 12.30pm		*Aqua-therapy 12.30 – 1.30pm		Schools 1.30pm – 3.00pm						Swimming Lessons 3.30pm – 6.00pm				Public Swimming 6.00pm – 8.00pm			*Aqua-therapy 8.00pm – 9.00pm						
Tuesday			Schools 9.00am – 10.30am		Parent & Toddler 10.30am – 11.30am		*Aqua-therapy 11.30am – 12.30pm		Public Swimming 12.30pm – 1.30pm		Schools 1.30pm – 3.00pm						Swimming Lessons 3.30pm – 6.00pm			Floats Fun Swim 6.00pm – 8.00pm			*Aqua-therapy 8.30pm – 9.30pm						
Wednesday		*Aqua-therapy 8.00am – 9.00am		Schools 9.30am – 10.30am		Swim lessons 9.30am – 10.30am		Adult Lesson 10.30am – 11.15am		Adult Lesson 11.15am – 12.00pm		Public Swimming 12.00pm – 1.30pm		Schools 1.30pm – 3.00pm				Swimming Lessons 3.30pm – 6.00pm			Public Swimming 6.00pm – 7.30pm		Lifesaving 7.30pm – 8.30pm						
Thursday			Splash & Play 9.00am – 10.00am		Schools 10.00am – 12.00pm		Public Swimming 12.00pm – 1.30pm		Schools 1.30pm – 3.00pm								Swimming Lessons 3.30pm – 6.00pm			Floats Fun Swim 6.00pm – 7.30pm		Burntwood Swimming Club 7.30-9pm							
Friday		Swimming Lessons 9.00am – 11.00am		Schools 11.30am – 12.30pm		*Aqua-therapy 11.30am – 12.30pm		Public Swimming 12.30pm – 1.30pm		Schools 1.30pm – 3.00pm							Swimming Lessons 3.30pm – 6.00pm			Public Swimming 6.00pm – 7.30pm		Adult Lessons 7.30pm – 8.30pm							
Saturday		Swimming Lessons 8.00am – 12.00pm				*Family Swim 12.00pm – 1.00pm		*Family Swim 1.00pm – 2.00pm		*Floats Fun Swim 2.00pm – 3.00pm		*Family Swim 3.00pm – 4.00pm		Party Hire 4.15pm – 5.00pm															
Sunday		Swimming Lessons 8.00am – 10.00am		*Family Swim 10.00am – 11.00am		*Floats Fun Swim 11.15am – 12.15pm		*Family Swim 12.30pm – 1.30pm		*Floats Fun Swim 1.45pm – 2.45pm		*Family Swim 3.00pm – 4.00pm		Walsall Swimming Club 5.00pm – 7.30pm															

\*Aqua-therapy- Suitable self assessment required

\*Booking advised

Contact our teams who will be happy to advise and help with your enquiry.

Oak Park Active Living Centre

Coppice Road, Walsall Wood Walsall WS9 9BH

Tel: 01922 652266 [www.walsall.gov.uk/leisure](http://www.walsall.gov.uk/leisure)

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Walsall Leisure



Walsall Council

Leisure Services from Walsall Council