

# Swimming Programme

## Main Pool



	06:30	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			<b>Public Swimming</b> 7.30am – 9.30am				<b>School Swim</b> 10.00am – 11.30am				<b>Public Swimming</b> 11.45am – 1.15pm			<b>School Swim</b> 1.30pm – 3.00pm					<b>Swim Academy</b> 4.00pm – 5.00pm		<b>Public Swimming</b> 5pm – 6pm		<b>Aquafit*</b> 6.00pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm								
			<b>Lane Swim</b> 7.30am – 9.30am						<b>Lane Swimming</b> 11.45am – 3.45pm								<b>Lane Swim</b> 5pm – 6pm																	
<b>Tuesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Public Swimming</b> 6.30am – 10.00am					<b>Ladies Only</b> 10.00am – 11.00am		<b>Public Swimming</b> 11.00am – 1.15pm				<b>School Swim</b> 1.30pm – 2pm		<b>Public Swimming</b> 2.15pm – 3.45pm					<b>Swim Academy</b> 4.00pm – 6.00pm			<b>Public Swimming</b> 6.15pm – 8.00pm		<b>Adults Only</b> 8.00pm – 9.00pm									
		<b>Lane Swimming</b> 6.30am – 10.00am							<b>Lane Swimming</b> 11.00am – 3.45pm												<b>Lane Swimming</b> 6.15pm – 8.00pm													
<b>Wednesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Public Swimming</b> 6.30am – 9.00am				<b>Public Swimming</b> 11.30am – 1.15pm				<b>School Swim</b> 1.30pm – 3.00pm										<b>Swim Academy</b> 4.00pm – 6.00pm			<b>Public Swimming</b> 6.15pm – 8.00pm		<b>Adults Only</b> 8.00pm – 9.00pm									
		<b>Lane Swimming</b> 6.30am – 3.45pm																					<b>Lane Swimming</b> 6.15pm – 8.00pm											
<b>Thursday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 10.30am		<b>Public Swimming</b> 10.45am – 1.00pm			<b>School Swim</b> 1.30pm – 3.00pm									<b>Swim Academy</b> 4.00pm – 5.00pm		<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm										
		<b>Lane Swim</b> 6.30am – 9.00am								<b>Lane Swim</b> 10.45am – 1.00pm													<b>Lane Swimming</b> 5.15pm – 7.00pm											
<b>Friday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Public Swimming</b> 7.30am – 9.15am				<b>School Swim</b> 9.45am – 10.45am		<b>Public Swimming</b> 11.00am – 1.15pm			<b>School Swim</b> 1.30pm – 3.00pm									<b>Swim Academy</b> 4.00pm – 5.30pm		<b>Public Swimming</b> 5.15pm – 6.30pm		<b>Swimming Club</b> 6.30pm – 8.30pm		<b>Adults Only</b> 8.30pm – 9.30pm								
		<b>Lane Swim</b> 7.30am – 9.15am						<b>Lane Swimming</b> 11.00am – 3.45pm																<b>Lane Swim</b> 5.30pm – 6.30pm										
<b>Saturday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Swim Academy</b> 8.00am – 10.00am				<b>Public Swimming</b> 10.15am – 12.30pm			<b>Public Swimming</b> 10.15am – 12.30pm		<b>CLOSED DEEP CLEAN</b> 12.30pm – 1.00pm		<b>Family Swim</b> 1.00pm – 3.00pm		<b>Swimming Club</b> 3.00pm – 5.00pm																			
					<b>Lane Swimming</b> 10.15am – 12.30pm																													
<b>Sunday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	<b>Public Swimming</b> 8.00am – 12.00pm					<b>Public Swimming</b> 8.00am – 12.00pm				<b>CLOSED DEEP CLEAN</b> 12.00pm – 12.30pm		<b>Family Swim</b> 12.30pm – 3.00pm		<b>Swimming Club</b> 3.15pm – 5.15pm																			

### 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. During 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.

**Staff training:** Please be aware that we host monthly staff training which may result in amendments to this programme. All changes will be posted in advance on notice boards, Facebook and website.

\*Booking recommended


## Swimming Programme Teaching Pool

	06:30	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	
Monday				Public Swimming 7.30am – 9.30am				School Swim 10.00am – 11.30am				Public Swimming 11.45am – 3.00pm									Swim Academy 4.00pm – 5.00pm		Public Swimming 5.00pm – 6.45pm			Swim Club 7.00pm – 9.00pm					
Tuesday	Public Swimming 6.30am – 10.30am							Swim Academy 10.30am – 11.30am		Public Swimming 11.30am – 1.15pm			School 11.30-2pm		Public Swim 2.15pm – 3.15pm					Swim Academy 3.30pm – 7.00pm				Public Swim 7.15pm – 8pm							
Wednesday	Public Swimming 6.30am – 3.00pm																				Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm								
Thursday	Public Swimming 6.30am – 1.00pm														School Swim 1.30pm – 3.00pm							Swim Academy 4pm – 5pm		Public Swimming 5.15pm – 7.00pm		Swim Club 7.00pm – 9.00pm					
Friday		Public Swimming 7.30am – 9.15am					School Swim 9.45am – 10.45am		Public Swimming 11.00am – 3.00pm												Swim Academy 4pm – 5pm		Public Swimming 5.15pm – 8.00pm								
Saturday		Swim Academy 8.00am – 10.00am		Public Swimming 10.15am – 12.30pm		DEEP CLEAN		Family Swim 1.00pm – 5.00pm																							
Sunday		Public Swimming 8.00am – 10.00am		Family Swim 10.15am – 12.00pm		DEEP CLEAN		Family Swim 12.30pm – 3.00pm		Swim Club 3.15pm – 5.15pm																					

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

**Darlaston Swimming and Fitness Centre**

Victoria Road, Darlaston, Walsall WS10 8AP

Tel: 01922 652255 [www.walsall.gov.uk/leisure](http://www.walsall.gov.uk/leisure)  @DarlastonPool

09/22