

# 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			
Monday	Lane 1				Public Swimming 7.30am – 9.30am					School Swim 10.00am – 11.30am					Public Swimming 12.00pm – 1.15pm				School Swim 1.30pm – 3.00pm			Swim Academy 4.00pm – 5.00pm		Public Swimming 5pm – 6pm		AquaFit* 6.00pm – 7.00pm		Swimming Club 7.00pm – 9.00pm								
	Lane 2																																			
	Lane 3				Lane Swim 7.30am – 9.30am						Lane Swimming 12.00pm – 3.45pm					Swim Academy 4.00pm – 5.00pm		Lane Swim 5pm – 6pm																		
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Tuesday	Lane 1	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am					Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm			Swim Academy 4.00pm – 6.00pm				Public Swimming 6.15pm – 8.00pm				Adults Only 8.00pm – 9.00pm								
	Lane 2																																			
	Lane 3	Lane Swimming 6.30am – 10.00am										Lane Swimming 11.00am – 3.45pm													Lane Swimming 6.15pm – 8.00pm											
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Wednesday	Lane 1	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am					Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm			Swim Academy 4.00pm – 6.00pm				Public Swimming 6.15pm – 8.00pm				Adults Only 8.00pm – 9.00pm										
	Lane 2																																			
	Lane 3	Lane Swimming 6.30am – 3.45pm										Lane Swimming 6.30am – 3.45pm													Lane Swimming 6.15pm – 8.00pm											
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Thursday	Lane 1	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 10.30am					Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm			Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm														
	Lane 2																																			
	Lane 3	Lane Swim 6.30am – 9.00am										Lane Swim 10.45am – 1.00pm																								
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Friday	Lane 1	Public Swimming 7.30am – 9.15am				School Swim 9.45am – 10.45am					Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm			Swim Academy 4.00pm – 5.30pm		Public Swimming 5.15pm – 6.30pm		Swimming Club 6.30pm – 8.30pm				Adults Only (Lanes 5 & 6) 8.30pm-9.30pm										
	Lane 2																																			
	Lane 3	Lane Swim 7.30am – 9.15am										Lane Swimming 11.00am – 3.45pm																								
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Saturday	Lane 1	Swim Academy 8.00am – 10.00am				Public Swimming 10.15am – 12.30pm				CLOSED DEEP CLEAN 12.30pm-1.00pm		Family Swim 1.00pm – 3.00pm		Swimming Club 3.00pm – 5.00pm																						
	Lane 2																																			
	Lane 3																																			
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			
Sunday	Lane 1	Public Swimming 8.00am – 12.00pm				CLOSED DEEP CLEAN 12.00pm-12.30pm				Family Swim 12.30pm – 3.00pm		Swimming Club 3.00pm – 5.00pm																								
	Lane 2																																			
	Lane 3	Lane Swimming 8.00am – 12.00pm																																		
	Lane 4																																			
	Lane 5																																			
	Lane 6																																			

### Walsall Leisure Child Admission Policy

- All Children under the age of 8 must be accompanied by a responsible adult of 16 or over at all times.
- During Public swimming sessions; In all teaching pools 1 adult may accompany 3 children aged 4 to 7 or 2 children aged under 4
- 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

# 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 12.00pm – 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 Swim 1.30pm – 2.45pm								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 – 9.00am				School Swim 9.30-10.30am		Public Swim 11.00am - 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 9.45-10.45am		Public Swimming 11.00am – 1.00pm		SCHOOL SWIM		Public Swim 2.15-3.15pm						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 3.00pm – 5.00pm																

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

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