

# Swimming Programme

## Brine Pool

		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
Monday	Shallow																											
	Middle																											
	Deep																											
Tuesday	Shallow																											
	Middle																											
	Deep																											
Wednesday	Shallow																											
	Middle																											
	Deep																											
Thursday	Shallow																											
	Middle																											
	Deep																											
Friday	Shallow																											
	Middle																											
	Deep																											
Saturday	Shallow																											
	Middle																											
	Deep																											
Sunday	Shallow																											
	Middle																											
	Deep																											

\*Aquattherapy (self referral)

# Swimming Programme

## Teaching Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Public Swimming 7.00am – 8.30am						Public Swimming 7.30am – 12.00pm
07:30							
08:00							
08:30							
09:00							
09:30							
10:00							
10:30							
11:00							
11:30							
12:00	Public Swimming 11.45am – 1.15pm	Public Swimming 11.45am – 1.15pm	Public Swimming 11.45am – 1.15pm	Public Swimming 11.45am – 1.00pm	Public Swimming 11.45am – 1.15pm		
12:30							
13:00							
13:30	School Swimming 1.30pm – 3.00pm	School Swimming 1.30pm – 3.00pm	School Swimming 1.30pm – 3.00pm	School Swimming 1.30pm – 3.00pm	School Swimming 1.30pm – 3.00pm		
14:00							
14:30							
15:00							
15:30							
16:00	Swim Academy 4.00pm – 6.30pm	Swim Academy 4.00pm – 6.00pm	Public Swimming 4.00pm – 6.00pm	Public Swimming 4.00pm – 6.00pm	Swim Academy 4.00pm – 6.00pm		
16:30							
17:00							
17:30							
18:00							
18:30	Walsall Swimming Club 6.30pm – 8.00pm		Walsall Synchro Club 6.00pm – 7.30pm	City Of B'ham Water Polo 7.00pm – 8.30pm			
19:00							
19:30		Tamworth Sub Aqua 7.30pm – 8.30pm					
20:00							
20:30							
21:00							
21:30							
22:00							

1. All children under the age of 8 must be accompanied by a responsible adult of 16 years or over at all times.
2. 1 adult may accompany two children aged 4 to 7 or one child aged under 4.

**Gala Pool events:** Please be aware that the Gala Pool hosts regular events and monthly staff training (Mon 9.30am-11.30am) which may result in amendments to this programme. All changes will be posted in advance on notice boards and website.