

Swimming Programme Main Pool



DON'T FORGET!
The Centre Will Be Closed On Monday 26th Aug For The Bank Holiday

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	21:30	22:00
Monday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6			Public Swimming 7.30am – 10.00am					Public Swimming 10.30am – 3.30pm											Swim Academy 4.00pm – 6.00pm	AquaFit* 6.00pm – 7.00pm <small>*Booking Recommended</small>		Swimming Club 7.00pm – 9.00pm									
Tuesday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.00pm												Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm			Adults Only 8.00pm – 9.00pm							
Wednesday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Public Swimming 6.30am – 10.00am						Public Swimming 10.30am – 1.00pm												Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm			Adults Only 8pm – 9pm							
Thursday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Public Swimming 6.30am – 10.00am						Public Swimming 10.30am – 1.00pm												Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 9.00pm										
Friday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6		Public Swimming 7.30am – 10.00am					Public Swimming 10.30am – 3.00pm												Swim Academy 4.00pm – 5.30pm		Public Swimming 5.15pm – 6.30pm			Swimming Club 6.30pm – 8.30pm			Adults Only 8.30pm – 9.30pm				
Saturday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6		Swim Academy 8.00am – 10.00am					Public Swimming 10.15am – 12.30pm														Inflatable Fun Session 1.00pm – 2.30pm			Public Swimming 3.00pm – 5.00pm							
Sunday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Public Swimming 8.00am – 12.00pm						Public Swimming 12.30pm – 3.00pm																Swimming Club 3.00pm – 5.00pm								

	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				Crash Course Swimming Lessons 8.00am-10.00am					Public Swimming 10.30am - 3.30pm											Swim Academy 4.00pm – 6.00pm		Public Swimming 6.00pm – 7.00pm			Swim Club 7.00pm – 9.00pm							
Tuesday		Public Swimming 6.30am – 7.45am		Crash Course Swimming Lessons 8.00am-10.00am					Public Swimming 10.30am – 12.00pm		Parent & Toddler Lessons 12.15pm - 1.15pm									Swim Academy 3.30pm – 7.00pm		Public Swimming 7.00pm – 8.00pm										
Wednesday		Public Swimming 6.30am – 7.45am		Crash Course Swimming Lessons 8.00am-10.00am				Parent & Toddler Lessons 10.00am - 11.00am		Public Swimming 11.00am - 1.00pm										Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm										
Thursday		Public Swimming 6.30am – 7.45am		Crash Course Swimming Lessons 8.00am-10.00am					Public Swimming 10.30am - 1.00pm											Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm - 9.00pm										
Friday				Public Swimming 7.30am – 10.00am					Public Swimming 10.30am - 3.30pm											Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 6.30pm			Swim Club 6.30pm – 9.00pm							
Saturday				Swim Academy 8.00am – 11.00am					Public Swimming 11.00am - 12.30pm													Fun Session 1.00pm - 2.30pm			Public Swimming 3.00pm - 5.00pm							
Sunday				Public Swimming 8.00am - 12.00pm					Public Swimming 12.30pm - 3.00pm													Swim Club 3.00pm – 5.00pm										

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.

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 @DarlastonPool