

# 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			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
	Lane 2			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
	Lane 3			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
	Lane 4			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
	Lane 5			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
	Lane 6			<b>Public Swimming</b> 7.30am – 1.15pm												<b>School Swim</b> 1.30pm – 3.00pm		<b>Swim Academy</b> 4.00pm – 6.00pm		<b>Aquafit*</b> 6.00pm – 7.00pm	<b>Swimming Club</b> 7.00pm – 9.00pm											
<b>Tuesday</b>	Lane 1	<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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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												
	Lane 2	<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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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												
	Lane 3	<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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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												
	Lane 4	<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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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												
	Lane 5	<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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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												
	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 – 2.45pm		<b>Public Swim</b> 2.45pm – 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>Wednesday</b>	Lane 1	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
	Lane 2	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
	Lane 3	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
	Lane 4	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
	Lane 5	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
	Lane 6	<b>Public Swimming</b> 6.30am – 9.00am				<b>School Swim</b> 9.30am – 11.00am		<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> 8pm – 9pm														
<b>Thursday</b>	Lane 1	<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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
	Lane 2	<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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
	Lane 3	<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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
	Lane 4	<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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
	Lane 5	<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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
	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> 4pm – 5pm	<b>Public Swimming</b> 5.15pm – 7.00pm		<b>Swimming Club</b> 7.00pm – 9.00pm															
<b>Friday</b>	Lane 1	<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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
	Lane 2	<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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
	Lane 3	<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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
	Lane 4	<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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
	Lane 5	<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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
	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 (Lanes 5 &amp; 6)</b> 8.30pm-9.30pm												
<b>Saturday</b>	Lane 1	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
	Lane 2	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
	Lane 3	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
	Lane 4	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
	Lane 5	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
	Lane 6	<b>Swim Academy</b> 8.00am – 10.30am				<b>Public Swimming</b> 10.15am – 12.30pm				<b>Inflatable Fun Session</b> 1.00pm – 2.30pm				<b>Public Swimming</b> 3.00pm – 5.00pm																		
<b>Sunday</b>	Lane 1	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</b> 12.30pm – 3.00pm				<b>Swimming Club</b> 3.15pm – 5.15pm																						
	Lane 2	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</b> 12.30pm – 3.00pm				<b>Swimming Club</b> 3.15pm – 5.15pm																						
	Lane 3	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</b> 12.30pm – 3.00pm				<b>Swimming Club</b> 3.15pm – 5.15pm																						
	Lane 4	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</b> 12.30pm – 3.00pm				<b>Swimming Club</b> 3.15pm – 5.15pm																						
	Lane 5	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</b> 12.30pm – 3.00pm				<b>Swimming Club</b> 3.15pm – 5.15pm																						
	Lane 6	<b>Public Swimming</b> 8.00am – 12.00pm				<b>Public Swimming</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 – 3.00pm																				Swim Academy 4.00pm – 6.00pm	Public Swim 6.00pm – 7.00pm	Swim Club 7.00pm – 9.00pm					
Tuesday		Public Swimming 6.30am – 9.00am				Toddler Splash 9.00am – 11.00am			Public Swimming 11.00am – 12.00pm		Parent & Toddler Lessons 12.15 – 1.15pm			School Swim 1.30pm – 2.45pm							Swim Academy 3.30pm – 7.00pm						Public Swim 7.15pm – 8pm				
Wednesday		Public Swimming 6.30am – 10.00am				Parent & Toddler Lessons 10pm – 11am			Public Swimming 11.00am – 3.00pm												Swim Academy 3.30pm – 6.00pm					Public Swimming 6.15pm – 8.00pm					
Thursday		Public Swimming 6.30am – 9.00am			School Swim 9.30 – 10.30am			Toddler Splash 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 1.00pm			Public Swim 2.15 – 3.15pm							Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 6.30pm									
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 3.15pm – 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

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