

# Walsall Gala Swimming and Fitness Centre

## Pool timetables term time from September 2024

### Monday

7am to 8:30am	Early morning swim and lane swim – 2 lanes (main pool and teaching pool)
8am to 9am	Aqua-therapy – assessment required (brine pool)
9am to 11am	Adults only (brine pool)
10:30am to 6:30pm	Lane swim – 2 lanes (main pool)
11:45am to 1:15pm	Public swim (main pool and teaching pool)
12pm to 1:30pm	Toddler splash (brine pool)
11am to 7:30pm	Public swim (brine pool)
7:30pm to 8:30pm	Disability swim (brine pool)

### Tuesday

7:30am to 9am	Public swim (brine pool)
7:30am to 7:30pm	Lane swim – 2 lanes (main pool)
9am to 10am	Adults only (brine pool)
10am to 11am	Aquacise – booking advised (brine pool)
11:15am to 12:30pm	Disability swim (brine pool)
11:45am to 1pm	Public swim (teaching pool)
11:45am to 1:15pm	Public swim (main pool)
1pm to 2pm	Aqua-therapy – assessment required (brine pool)
2pm to 3pm	Toddler splash (brine pool)
2pm to 6:30pm	Public swim (brine pool)
4pm to 7:30pm	Public swim (main pool)
6:30pm to 7:30pm	Aquacise, booking advised (brine pool)

### Wednesday

7am to 6pm	Lane swim – 2 lanes (main pool)
7am to 8:30am	Early morning swim (main pool and teaching pool)
7:15am to 8am	Aquacise – booking advised (brine pool)
9am to 11:45am	Public swim (brine pool)
11:45am to 1:15pm	Public swim (main pool)
12pm to 1pm	Public swim (teaching pool)
1pm to 2pm	Aqua-therapy – assessment required (brine pool)
2pm to 4pm	Adults only (brine pool)
4pm to 5:30pm	Ladies and under 13s (brine pool)
4pm to 6pm	Public swim (main pool and teaching pool)
5:30pm to 7:30pm	Public swim (brine pool)
7:30pm to 8:30pm	Aqua-therapy – assessment required (brine pool)



## Thursday

7:30am to 7pm	Lane swim – 2 lanes (main pool)
7:30am to 9am	Public swim (brine pool)
9am to 11am	Adults only (brine pool)
11:45am to 1pm	Public swim (teaching pool)
12:30pm to 1:30pm	Public swim (main pool)
12pm to 1:30pm	Public swim (brine pool)
1:30pm to 2:30pm	Aqua-therapy – assessment required (brine pool)
2:30pm to 7:30pm	Public swim (brine pool)
4pm to 6pm	Public swim (main pool)
7:30pm to 8:30pm	Aquafit – booking advised (brine pool)

## Friday

7am to 8:30am	Early morning swim (main pool and teaching pool)
7am to 6pm	Lane swim – 2 lanes (main pool)
9am to 10am	Aqua-therapy – assessment required (brine pool)
10am to 12pm	Public swim (brine pool)
11:45am to 1:15pm	Public swim (main pool and teaching pool)
12pm to 1:30pm	Adults only (brine pool)
1:30pm to 2:30pm	Aqua-therapy – assessment required (brine pool)
2:30pm to 3:30pm	Toddler splash (brine pool)
2:30pm to 7:30pm	Public swim (brine pool)
4pm to 5pm	Public swim (main pool)
7:30pm to 8:30pm	Adults only (brine pool)

## Saturday

7:30am to 9am	Lane swim – 2 lanes (main pool)
7:30am to 12:30pm	Public swim (brine pool)
12:30pm to 1:30pm	Public swim and lane swim – 2 lanes (main pool and teaching pool)
12:30pm to 3pm	Family swim (brine pool)
3pm to 4pm	Disability swim (brine pool)

## Sunday

7:30am to 12pm	Public swim and lane swim in main pool – 2 lanes (teaching pool and main pool)
7:30am to 3pm	Public swim (brine pool)

To book Aquafit please [book here](#)

To complete an Aqua-therapy assessment form [click here](#)

### 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.
- In 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.

