

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 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		Swimming Club 7.00pm – 9.00pm																	
			Lane Swim 7.30am – 10.00am					Lane Swimming 10.30am – 3.30pm							Lane Swim 4.00pm – 6.00pm																						
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			Inflatable Fun Session 1.30pm – 3.00pm			Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm																		
		Lane Swimming 6.30am – 10.00am							Lane Swimming 11.00am – 1.00pm						Lane Swim 4.00pm – 6.00pm		Lane Swimming 6.15pm – 8.00pm																				
Wednesday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Public Swimming 6.30am – 10.00am					Public Swimming 10.30am – 3.30pm							Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm																			
		Lane Swimming 6.30am – 10.00am					Lane Swimming 10.30am – 3.30pm							Lane Swim 4.00pm – 6.00pm		Lane Swimming 6.15pm – 8.00pm		Adults Lessons 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			Floats Fun Session 1.30pm – 3.00pm			Swim Academy 4pm – 5pm		Public Swimming 5.15pm – 9.00pm																						
		Lane Swimming 6.30am – 10.00am					Lane Swim 10.30am – 1.00pm								Lane Swimming 4.00pm – 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 – 3.30pm							Swim Academy 4.00pm – 5.30pm		Public Swimming 5.15pm – 6.30pm		Swimming Club 6.30pm – 8.30pm			Adults Only 8.30pm – 9.30pm																
		Lane Swimming 7.30am – 10.00am					Lane Swimming 10.30am – 3.30pm							Lane Swim 5.30pm – 6.30pm																							
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																									
						Lane Swimming 10.30am – 12.30pm																															
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																								
		Lane Swimming 8.00am – 12.00pm																																			

*Booking recommended

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.

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 – 9.00am		Crash Course Swimming Lessons 9am-10am			Public Swimming 10.30am – 3.30pm												Swim Academy 4.00pm – 6.00pm		Public Swim 6-7pm						Swim Club 7.00pm – 9.00pm	
Tuesday		Public Swimming 6.30am – 9.00am				Crash Course Swimming Lessons 9am-10am			Public Swimming 10.30am – 12.00pm			Parent & Toddler Lessons 12.15pm-1.15pm		Fun Session 1.30pm – 3.00pm							Swim Academy 4.00pm – 7.00pm					Public Swim 7-8pm				
Wednesday		Public Swimming 6.30am – 9.00am				Crash Course Swimming Lessons 9am-10am		Parent & Toddler Lessons 10.00am-11.00am		Public Swimming 11.00am – 3.30pm												Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm					
Thursday		Public Swimming 6.30am – 9.00am				Crash Course Swimming Lessons 9am-10am			Public Swimming 10.30am – 1.00pm					Fun Session 1.30pm – 3.00pm							Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 9.00pm							
Friday			Public Swimming 7.30am – 9.00am		Crash Course Swimming Lessons 9am-10am			Public Swimming 10.30am – 3.30pm														Swim Academy 4.00pm – 5.00pm		Public Swimming 5.00pm – 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 3.15pm – 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  @DarlastonPool

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