

# Swimming Programme

## Main Pool

Advanced booking is advised.  
To book click 'Book Now' (pool sessions can be found in Ticketed Activities)



	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 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.30pm												<b>Floats Fun Session</b> 2.00pm – 3.30pm *Booking advised		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.00pm		<b>Aquafit</b> 8.00pm – 9.00pm *Booking advised		<b>Adult Swimming</b> 9.00pm – 10.00pm					
<b>Tuesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 11.30am				<b>Aquafit</b> 11.30am – 12.30pm *Booking advised		<b>Public Swimming</b> 12.30pm – 1.30pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Inflatable Fun Session</b> 2.00pm – 3.30pm *Booking advised		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.00pm		<b>Walsall Swimming Club</b> 8pm – 9.30pm		<b>Adult Lane Swimming</b> 8.00pm – 10.00pm							
<b>Wednesday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.30pm				<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Floats Fun Session</b> 2.00pm – 3.30pm *Booking advised		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 8.30pm		<b>Lichfield Swimming Club</b> 8.30pm – 10.00pm		<b>Adult Lane Swim</b> 8.30pm – 10.00pm											
<b>Thursday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 6.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.30pm				<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Inflatable Fun Session</b> 2.00pm – 3.30pm *Booking advised		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 7.30pm		<b>Burntwood Swimming Club</b> 7.30pm – 9.00pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm											
<b>Friday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 7.00am – 9.00am		<b>Public Swimming</b> 9.00am – 11.30am				<b>Aquafit</b> 11.30am – 12.30pm *Booking advised		<b>Public Swimming</b> 12.30pm – 1.30pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Floats Fun Session</b> 2.00pm – 3.30pm *Booking advised		<b>Adult Lane Swim</b> 4.00pm – 6.00pm		<b>Swimming Lessons</b> 4.00pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 7.30pm		<b>Walsall Swimming Club</b> 7.30pm – 9.00pm		<b>Adult Lane Swimming</b> 9.00pm – 10.00pm							
<b>Saturday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 8.00am – 9.00am		<b>Public Swimming</b> 9.00am – 1.15pm				<b>Swimming Lessons</b> 9.00am – 11.30am		<b>Lane Swimming</b> 11.30am – 1.15pm		<b>Inflatable Fun Session</b> 1.45pm – 2.45pm *Booking advised		<b>Inflatable Fun Session</b> 3.00pm – 4.00pm *Booking advised		<b>Party Hire</b> 4.15pm – 5.00pm		<b>Swimming Gala Bookings</b> 6.00pm – 9.00pm													
<b>Sunday</b>	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	<b>Early Morning Swimming</b> 8.00am – 9.00am		<b>Public Swimming</b> 9.00am – 5.00pm												<b>Walsall Swimming Club</b> 5.00pm – 7.30pm															
		<b>Swimming Lessons</b> 8.00am – 10.30am				<b>Lane Swimming</b> 9.00am – 5.00pm																									

Please note:  
Times are subject to change

**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. In 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.

## Swimming Programme Teaching Pool

	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
<b>Monday</b>	Childrens Water safety * 8.00am – 9.00am		<b>Toddler Splash (0.6m)</b> 9.00am – 10.30am		<b>*Bookable Public Swim</b> 10.30am – 11.30am		<b>*Bookable Public Swim</b> 11.30am – 12.30pm			<b>*Aqua-therapy</b> 12.30pm – 1.30pm				<b>*Floats Fun Swim</b> 2.00pm – 3.30pm									<b>Swimming Lessons</b> 3.30pm – 6.30pm		<b>Public Swimming</b> 6.30pm – 8.00pm		<b>*Aquafit</b> 8.00pm – 9.00pm	
<b>Tuesday</b>	Childrens Water safety * 8.00am – 9.00am		<b>*Bookable Public Swim</b> 9.30am – 10.30am		<b>*Bookable Public Swim</b> 10.30am – 11.30am		<b>*Aquafit</b> 11.30am – 12.30pm		<b>*Bookable Public Swim</b> 12.30pm – 1.30pm					<b>*Floats Fun Swim</b> 2.00pm – 3.30pm									<b>Swimming Lessons</b> 3.30pm – 6.00pm		<b>Floats Fun Swim</b> 6.00pm – 8.00pm		<b>*Aqua-therapy</b> 8.00pm – 9.00pm	
<b>Wednesday</b>	<b>*Aqua-therapy</b> 8.00am – 9.00am		<b>Swim Lessons</b> 9.00am – 10.30am		<b>*Bookable Public Swim</b> 10.30am – 11.30am		<b>*Bookable Public Swim</b> 11.30am – 12.30pm		<b>*Bookable Public Swim</b> 12.30pm – 1.30pm					<b>*Floats Fun Swim</b> 2.00pm – 3.30pm									<b>Swimming Lessons</b> 3.30pm – 6.00pm		<b>Public Swimming</b> 6.00pm – 7.30pm		<b>Lifesaving</b> 7.30pm – 8.30pm	
<b>Thursday</b>	Childrens Water safety * 8.00am – 9.00am		<b>*Splash &amp; Play</b> 9.00am – 10.30am		<b>*Bookable Public Swim</b> 10.30am – 11.30am		<b>*Bookable Public Swim</b> 11.30am – 12.30pm		<b>*Bookable Public Swim</b> 12.30pm – 1.30pm					<b>*Floats Fun Swim</b> 2.00pm – 3.30pm									<b>Swimming Lessons</b> 3.30pm – 6.30pm		<b>Floats Fun Swim</b> 6.30pm – 7.30pm		<b>Burntwood Swimming Club</b> 7.30pm – 9.00pm	
<b>Friday</b>	Childrens Water safety * 8.00am – 9.00am		<b>Swimming Lessons</b> 9.00am – 11.00am				<b>*Aquafit</b> 11.30am – 12.30pm		<b>*Bookable Public Swim</b> 12.30pm – 1.30pm					<b>*Floats Fun Swim</b> 2.00pm – 3.30pm									<b>Swimming Lessons</b> 3.30pm – 6.30pm		<b>Public Swim</b> 6.30pm – 7.30pm			
<b>Saturday</b>			<b>Swimming Lessons</b> 8.00am – 12.00pm					<b>*Family Swim</b> 12.00pm – 1.00pm	<b>*Family Swim</b> 1.00pm – 2.00pm	<b>*Floats Fun Swim</b> 2.00pm – 3.00pm	<b>*Family Swim</b> 3.00pm – 4.00pm	<b>*Party Hire</b> 4.15pm – 5.00pm																
<b>Sunday</b>		<b>Swimming Lessons</b> 8.00am – 10.00am	<b>*Family Swim</b> 10.00am – 11.00am	<b>*Floats Fun Swim</b> 11.15am – 12.15pm	<b>*Family Swim</b> 12.30pm – 1.30pm	<b>*Floats Fun Swim</b> 1.45pm – 2.45pm	<b>*Family Swim</b> 3.00pm – 4.00pm																					

\*Aqua-therapy – Suitable self assessment required

\*Booking advised

\*Childrens water Safety sessions - please email [Michelle.rollinson@activeblackcountry.co.uk](mailto:Michelle.rollinson@activeblackcountry.co.uk)

Contact our teams who will be happy to advise and help with your enquiry.

Oak Park Active Living Centre

Coppice Road, Walsall Wood Walsall WS9 9BH

Tel: 01922 652266 [www.walsall.gov.uk/leisure](http://www.walsall.gov.uk/leisure)

107984 07/24



Walsall Leisure



Walsall Council

Leisure Services from Walsall Council