

Swimming Programme

Main Pool

Term Time
from January
2025



	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	Lane Swimming 7.00am – 8.30am		Lifeguard Training 8.30am – 10.30am				Lane Swimming 10.30am – 6.30pm										Swim Academy 4.00pm – 6.00pm		Diving 6-6.30pm	Walsall Swimming Club 6.30pm – 8.00pm										
Tuesday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.30am – 7.30pm										Public Swimming 11.45am – 1.15pm				Swim Academy 4pm – 5.30pm		Diving 6-6.30pm	Public Swim 4.00-7.30pm		Tamworth Sub Aqua Club 7.30pm – 8.30pm										
Wednesday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.00am – 6.00pm										Early Morning Swimming 7.00am – 8.30am		Public Swimming 11.45am – 1.15pm				Public Swimming 4.00pm – 6.00pm		Walsall Synchronised Swimming Club 6.00pm – 8.30pm											
Thursday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.30am – 7.00pm										School Swim 9.15-9.45am		Walsall College 10.30am – 12.30pm		Public Swimming 12.30pm – 1.30pm		Public Swimming 4.00pm – 6.00pm		Junior Lifeguard 5pm – 6pm	City of Birmingham Water Polo 6.00pm – 8.30pm										
Friday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.00am – 7.30pm										Early Morning Swimming 7.00am – 8.30am		Public Swimming 11.45am – 1.15pm				Public Swimming 4pm – 5pm	Swim Academy & Diving 5pm – 6pm		Public Swimming 6pm – 7pm	Walsall Synchronised Swimming Club 7.45pm – 9.45pm									
Saturday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.30am – 9.00am		Walsall Synchronised Swimming Club 9.00am – 12.30pm						Lane Swimming 12.30pm – 1.30pm		Public Swimming 12.30pm – 1.30pm				Swim Academy 8am – 9am															
Sunday	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6	Lane Swimming 7.30am – 12.00pm						Public Swimming 7.30am – 12.00pm																							

Walsall Leisure Child Admission Policy

1. All children under the age of 8 must be accompanied by a responsible adult of 16 years or over at all times.
2. 1 adult may accompany two children aged 4 to 7 or one child aged under 4.

Gala Pool events: Please be aware that the Gala Pool hosts regular events and monthly staff training (Mon 9.30am-11.30am) which may result in amendments to this programme. All changes will be posted in advance on notice boards and website.

Swimming Programme

Teaching Pool

	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		Public Swimming 7.00am – 8.30am									Public Swimming 11.45am – 1.15pm	School Swimming 1.30pm – 3.00pm							Swim Academy 4.00pm – 6.30pm	Walsall Swimming Club 6.30pm – 8.00pm											
Tuesday											Public Swimming 11.45am – 1.00pm	School Swimming 1.00pm – 3.00pm							Swim Academy 4.00pm – 7.30pm							Tamworth Sub Aqua 7.30pm – 8.30pm					
Wednesday		Public Swimming 7.00am – 8.30am			School Swimming 9.00am – 12.00pm						Public Swimming 12.00pm – 1.00pm	School Swimming 1.00pm – 3.00pm							Public Swimming 4.00pm – 5.00pm	Synchro Taster 5.15pm – 6.00pm	Walsall Synchro Club 6.00pm – 7.30pm										
Thursday					School Swimming 9.00am – 11.00am						Public Swimming 11.45am – 1.00pm	School Swimming 1.00pm – 3.00pm							Swim Academy 4.00pm – 6.30pm							City Of B'ham Water Polo 7.00pm – 8.30pm					
Friday		Public Swimming 7.00am – 8.30am			School Swimming 9.00am – 11.00am						Public Swimming 11.45am – 1.15pm	School Swimming 1.30pm – 3.00pm							Swim Academy 4.00pm – 6.00pm	Adult Lessons 6.00pm – 7.00pm											
Saturday					Swim Academy 8.00am – 10.30am	Synchro Club 10.30am – 12.30pm					Public Swimming 12.30pm – 1.30pm																				
Sunday																															
		Public Swimming 7.30am – 12.00pm																													

Swimming Programme

Brine Pool

	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						
Monday			Aqua-therapy* 8am – 9am		Adults Only 9.00am – 11.00am						Toddler Splash 12pm – 1.30pm									Public Swimming 11.00am – 7.30pm								Disability Swim 7.30pm – 8.30pm						
Tuesday			Public Swimming 7.30am – 9.00am		Adults Only 9am – 10am	Aquacise 10am – 11am		Disability Swim 11.15am – 12.30pm			Aqua-therapy* 1pm – 2pm	Toddler Splash 2pm – 3pm			Public Swimming 2.00pm – 6.30pm						Lessons 5-6pm					Aquacise 6.30pm – 7.30pm	Adult Lessons 7.30pm – 8.30pm							
Wednesday			Aquacise 7.15am – 8am				Public Swimming 9.00am – 1.00pm				Aqua-therapy* 1pm – 2pm		Adults Only 2.00pm – 4.00pm		Ladies & U13's 4.00pm – 5.30pm					Public Swimming 5.30pm – 7.30pm							Aqua-therapy* 7.30pm – 8.30pm							
Thursday			Public Swimming 7.30am – 9.00am		Adults Only 9.00am – 11.00am	Adult Lessons 11am – 12pm		Ladies Lessons/Ladies Only 12.00pm – 1.30pm			Aqua-therapy* 1.30pm – 2.30pm				Public Swimming 2.30pm – 7.30pm						Lessons 4.30-5pm						Aquacise 7.30pm – 8.30pm							
Friday					Aqua-therapy* 9-10am		Public Swimming 10.00am – 12.00pm			Adults Only 12.00pm – 1.30pm			Aqua-therapy* 1.30pm – 2.30pm		Toddler Splash 2.30pm – 3.30pm						Public Swimming 2.30pm – 7.30pm						Lessons 4-5pm	Adults Only 7.30pm – 8.30pm						
Saturday							Public Swimming 7.30am – 12.30pm						Family Swim 12.30pm – 3.00pm														Disability Swim 3pm – 4pm							
							Swimming Lessons 9.00am – 11.00am	SEN Lessons 11-12pm																										
Sunday							Public Swimming 7.30am – 3.00pm																											

*Aqua-therapy (self referral)