

Walsall Gala Swimming and Fitness Centre

Pool timetables from January 2025

Monday

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| 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) |
| 11am to 7:30pm | Public swim (brine pool) |
| 12pm to 1:30pm | Toddler Splash (brine pool) |
| 11:45am to 1:15pm | Public swim (main pool and teaching pool) |
| 7:30pm to 8:30pm | Disability swim (brine pool) |

Tuesday

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|--------------------|---|
| 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 1:15pm | Public swim (main pool) |
| 11:45 to 1pm | Public swim (teaching 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

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|-------------------|---|
| 7am to 8:30am | Public swim (teaching pool) |
| 7am to 8:30am | Early morning swim (main pool) |
| 7am to 6pm | Lane swim – 2 lanes (main pool) |
| 7.15am to 8am | Aquacise – booking advised (brine pool) |
| 9am to 1pm | 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 5pm | Public swim (teaching pool) |



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| 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 9am | Public swim (brine pool) |
| 7:30am to 7pm | Lane swim – 2 lanes (main pool) |
| 9am to 11am | Adults only (brine pool) |
| 12:30pm to 1:30pm | Public swim (main pool) |
| 11:45am to 1pm | Public swim (teaching pool) |
| 2:30pm to 7:30pm | Public swim (brine pool) |
| 4pm to 6pm | Public swim (main pool) |
| 7:30pm to 8:30pm | Aquacise – booking advised (brine pool) |

Friday

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|-------------------|---|
| 7am to 8:30am | Public swim (main pool and teaching pool) |
| 7am to 7:30pm | 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) |
| 6pm to 7pm | 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 | Lane swim – 2 lanes (main pool) |
| 12:30pm to 1:30pm | Public swim (main pool and teaching pool) |
| 12:30pm to 3pm | Family swim (brine pool) |
| 3pm to 4pm | Disability swim (brine pool) |

Sunday

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

