

Swimming Programme

Main Pool



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	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																
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				Floats Fun Session 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm																				
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 8.00pm – 9.00pm																		
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 4.00pm – 5.00pm		Public Swimming 5.15pm – 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																
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																										
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																								

*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.

	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 – 10.00am			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			Toddler Splash 9.00am – 11.00am		Public Swimming 11.00am – 1.00pm			Fun Session 1.30pm – 3.00pm		Swim Academy 4.00pm – 7.00pm		Public Swim 7.00 – 9.00pm																								
Wednesday	Public Swimming 6.30am – 10.00am				Public Swimming 10.30am – 3.30pm										Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 9.00pm																				
Thursday	Public Swimming 6.30am – 9.00am			Toddler Splash 9.00am – 11.00am		Public Swimming 11.00am – 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 – 10.00am				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 – 10.00am			Public Swimming 10.15am – 12.30pm			Fun Session 1.00pm – 2.30pm		Public Swimming 3.00pm – 5.00pm																												
Sunday	Public Swimming 8.00am – 10.00am				Family Swim 10.00am – 12.00pm		Public Swimming 12.30pm – 3.00pm				Swim Club 3.00pm – 5.00pm																										

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