

# Swimming Programme

## Main 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	Lane 1	Early Morning Swim 7.00am – 9.00am				Public Swimming 9.00am – 1.30pm										Floats Fun Session 2.00pm – 3.30pm *Booking advised		Adult Lane Swim 4.00pm – 6.00pm		Public Swimming 6.00pm – 8.00pm				AquaFit 8pm – 9pm *Booking advised		Adult Swim 9pm-10pm																			
	Lane 2																																												
	Lane 3	Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 1.30pm																						Lessons 6-6.30pm		Lane Swimming 6.30pm – 8.00pm															
	Lane 4																																												
	Lane 5	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 11.30am				AquaFit 11.30am – 12.30pm *Booking advised				Public Swimming 12.30pm – 1.30pm								Swimming Lessons 4.00pm – 6.00pm				Public Swimming 6.00pm – 8.00pm				Walsall Swimming Club 8.00pm – 9.30pm															
	Lane 6																																												
	Lane 7	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 11.30am								Lane Swimming 12.30pm – 1.30pm										Lane Swim 6.00pm – 8.00pm				Adult Lane Swimming 8.00pm – 10.00pm																	
	Lane 8																																												
Tuesday	Lane 1	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 11.30am				AquaFit 11.30am – 12.30pm *Booking advised				Public Swimming 12.30pm – 1.30pm		Inflatable Fun Session 2.00pm – 3.30pm *Booking advised		Lessons		Adult Lane Swim 4.00pm – 6.00pm		Swimming Lessons 4.00pm – 6.00pm				Public Swimming 6.00pm – 8.00pm				Lichfield Swimming Club 8.30pm – 10.00pm															
	Lane 2																																												
	Lane 3	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 1.30pm																		Lane Swimming 6.00pm – 7.30pm		Lifesaving 7.30pm-8.30pm		Adult Lane Swim 8.30pm – 10.00pm																	
	Lane 4																																												
	Lane 5	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 1.30pm				Public Swimming 9.00am – 1.30pm				Public Swimming 9.00am – 1.30pm										Public Swimming 6.00pm – 8.30pm				Burntwood Swimming Club 7.30pm – 9.00pm																	
	Lane 6																																												
	Lane 7	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 1.30pm								Lane Swimming 9.00am – 1.30pm										Lane Swimming 6.00pm – 7.30pm		Lifesaving 7.30pm-8.30pm		Adult Lane Swim 8.30pm – 10.00pm																	
	Lane 8																																												
Wednesday	Lane 1	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 1.30pm										Floats Fun 2.00pm – 3.30pm *Booking advised		Adult Lane Swim 4.00pm – 6.00pm		Swimming Lessons 4.00pm – 6.00pm				Public Swimming 6.00pm – 8.30pm				Lichfield Swimming Club 8.30pm – 10.00pm																	
	Lane 2																																												
	Lane 3	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 1.30pm																		Lane Swimming 6.00pm – 7.30pm		Lifesaving 7.30pm-8.30pm		Adult Lane Swim 8.30pm – 10.00pm																	
	Lane 4																																												
	Lane 5	6am Early Morning Swimming 6.00am – 9.00am				Public Swimming 9.00am – 1.30pm																		Public Swimming 6.00pm – 7.30pm				Burntwood Swimming Club 7.30pm – 9.00pm				Adult Lane Swimming 9.00pm – 10.00pm													
	Lane 6																																												
	Lane 7	6am Lane Swimming 6.00am – 9.00am				Lane Swimming 9.00am – 1.30pm																		Lessons 6-6.30pm		Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm																	
	Lane 8																																												
Thursday	Lane 1	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 11.30am										AquaFit 11.30am – 12.30pm *Booking advised		Public Swimming 12.30pm – 1.30pm										Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Adult Lane Swimming 9.00pm – 10.00pm											
	Lane 2																																												
	Lane 3	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 11.30am								Lane Swimming 12.30pm-1.30pm										Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Adult Lane Swimming 9.00pm – 10.00pm															
	Lane 4																																												
	Lane 5	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 1.30pm								Public Swimming 9.00am – 1.30pm				Public Swimming 9.00am – 1.30pm										Public Swimming 6.00pm – 7.30pm						Walsall Swimming Club 7.30pm – 9.00pm											
	Lane 6																																												
	Lane 7	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 11.30am												Lane Swimming 9.00am – 1.30pm										Lessons 6-6.30pm		Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm													
	Lane 8																																												
Friday	Lane 1	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 11.30am												AquaFit 11.30am – 12.30pm *Booking advised		Public Swimming 12.30pm – 1.30pm												Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Adult Lane Swimming 9.00pm – 10.00pm							
	Lane 2																																												
	Lane 3	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 11.30am														Lane Swimming 12.30pm-1.30pm										Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Adult Lane Swimming 9.00pm – 10.00pm									
	Lane 4																																												
	Lane 5	Early Morning Swimming 7.00am – 9.00am				Public Swimming 9.00am – 1.30pm				Public Swimming 9.00am – 1.30pm										Public Swimming 9.00am – 1.30pm										Public Swimming 6.00pm – 7.30pm				Walsall Swimming Club 7.30pm – 9.00pm											
	Lane 6																																												
	Lane 7	Early Lane Swimming 7.00am – 9.00am				Lane Swimming 9.00am – 11.30am														Lane Swimming 9.00am – 1.30pm										Lessons 6-6.30pm		Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm											
	Lane 8																																												
Saturday	Lane 1	Early Morning Swimming 8.00am–9.00am				Public Swimming 9.00am – 1.15pm												Inflatable Fun Session 1.45pm – 2.45pm *Booking advised		Inflatable Fun Session 3.00pm – 4.00pm *Booking advised		Party Hire 4.15pm – 5.00pm		Swimming Gala Bookings 6.00pm – 9.00pm																					
	Lane 2																																												
	Lane 3	Lane Swim 8.00am-9.00am				Swimming Lessons 9.00am – 11.30am																		Lane Swimming 11.30am – 1.15pm				Swimming Lessons 4.00pm – 6.00pm				Public Swimming 6.00pm – 7.30pm				Walsall Swimming Club 7.30pm – 9.00pm									
	Lane 4																																												
	Lane 5	Swim Lessons				Lane Swimming 11.30am – 1.15pm																		Lessons 6-6.30pm		Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm																	
	Lane 6																																												
	Lane 7	Early Morning Swimming 8.00am – 9.00am				Public Swimming 9.00am – 5.00pm																		Public Swimming 6.00pm – 7.30pm				Walsall Swimming Club 7.30pm – 9.00pm				Walsall Leisure Child Admission Policy													
	Lane 8																																												
Sunday	Lane 1	Early Morning Swimming 8.00am – 9.00am				Public Swimming 9.00am – 5.00pm																		Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Walsall Leisure Child Admission Policy															
	Lane 2																																												
	Lane 3	Lane Swim				Lane Swimming 9.00am – 5.00pm																		Lessons 6-6.30pm		Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm																	
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	Lane 5	Swimming Lessons 8.00am – 10.30am				Lane Swimming 9.00am – 5.00pm																		Lessons 6-6.30pm				Lane Swim 6.00pm-7.30pm		Walsall Swimming Club 7.30pm – 9.00pm															
	Lane 6																																												
	Lane 7	Early Morning Swimming 8.00am – 9.00am				Public Swimming 9.00am – 5.00pm																		Public Swimming 6.00pm – 7.30pm		Walsall Swimming Club 7.30pm – 9.00pm				Walsall Leisure Child Admission Policy															
	Lane 8																																												

## 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
Monday				<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> 12.30 – 1.30pm				<b>*Floats Fun</b> 2.00pm – 3.30pm			<b>Swimming Lessons</b> 3.30pm – 6.30pm					<b>Public Swim</b> 6.30pm – 8.00pm			<b>*Aquaft</b> 8.00 – 9.00pm			
Tuesday			<b>*Bookable Public Swim</b> 8.30am – 9.30am	<b>*Bookable Public Swim</b> 9.30am – 10.30am	<b>*Bookable Public Swim</b> 10.30am – 11.30am	<b>*Bookable Public Swim</b> 10.30am – 11.30am	<b>*Aquaft</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						
Wednesday		<b>*Aqua-therapy</b> 8.00am – 9.00am		<b>Swimming 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						
Thursday				<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						
Friday				<b>Swimming Lessons</b> 9.00am – 11.00am			<b>*Aquaft</b> 11.30am – 12.30pm	<b>*Bookable Public Swimming</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									
Saturday				<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												
Sunday				<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														<b>Walsall Swimming Club</b> 5.00pm – 7.30pm			

\*Aqua-therapy – Suitable self assessment required

\*Booking advised

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)

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Walsall Leisure



Walsall Council

Leisure Services from Walsall Council