

Swimming Programme

Main 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			Public Swimming 7.30am – 1.15pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
	Lane 2			Public Swimming 7.30am – 1.15pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
	Lane 3			Public Swimming 7.30am – 1.15pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
	Lane 4			Public Swimming 7.30am – 1.15pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
	Lane 5			Public Swimming 7.30am – 1.15pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
	Lane 6			Lane Swimming 7.30am – 6.00pm												School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Aquafit* 6.00pm – 7.00pm	Swimming Club 7.00pm – 9.00pm										
Tuesday	Lane 1	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
	Lane 2	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
	Lane 3	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
	Lane 4	Public Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
	Lane 5	Lane Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
	Lane 6	Lane Swimming 6.30am – 10.00am				Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 2.45pm		Public Swim 2.45pm – 3.45pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8.00pm – 9.00pm											
Wednesday	Lane 1	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
	Lane 2	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
	Lane 3	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
	Lane 4	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
	Lane 5	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
	Lane 6	Lane Swimming 6.30am – 3.45pm				School Swim 9.30am – 11.00am		Public Swimming 11.30am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 6.00pm			Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm													
Thursday	Lane 1	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
	Lane 2	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
	Lane 3	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
	Lane 4	Public Swimming 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
	Lane 5	Lane Swim 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
	Lane 6	Lane Swim 6.30am – 9.00am				School Swim 9.30am – 10.30am		Public Swimming 10.45am – 1.00pm				School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm	Public Swimming 5.15pm – 7.00pm		Swimming Club 7.00pm – 9.00pm															
Friday	Lane 1	Public Swimming 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
	Lane 2	Public Swimming 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
	Lane 3	Public Swimming 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
	Lane 4	Public Swimming 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
	Lane 5	Lane Swim 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
	Lane 6	Lane Swim 7.30am – 9.15am				School Swim 9.45am – 10.45am		Public Swimming 11.00am – 1.15pm				School Swim 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.30pm	Public Swimming 5.15pm – 6.30pm	Swimming Club 6.30pm – 8.30pm			Adults Only (Lanes 5 & 6) 8.30pm-9.30pm													
Saturday	Lane 1	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
	Lane 2	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
	Lane 3	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
	Lane 4	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
	Lane 5	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
	Lane 6	Swim Academy 8.00am – 10.30am				Public Swimming 10.15am – 12.30pm				Inflatable Fun Session 1.00pm – 2.30pm				Public Swimming 3.00pm – 5.00pm																		
Sunday	Lane 1	Public Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						
	Lane 2	Public Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						
	Lane 3	Public Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						
	Lane 4	Public Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						
	Lane 5	Public Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						
	Lane 6	Lane Swimming 8.00am – 12.00pm				Public Swimming 12.30pm – 3.00pm				Swimming Club 3.15pm – 5.15pm																						

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.

*Booking recommended

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
Monday				Public Swimming 7.30am – 3.00pm															Swim Academy 4.00pm – 6.00pm		Public Swim 6.00pm – 7.00pm		Swim Club 7.00pm – 9.00pm							
Tuesday	Public Swimming 6.30am – 9.00am			Toddler Splash 9.00am – 11.00am			Public Swimming 11.00am – 12.00pm		Parent & Toddler Lessons 12.15 – 1.15pm		School Swim 1.30pm – 2.45pm		Swim Academy 3.30pm – 7.00pm						Public Swim 7.15pm – 8pm											
Wednesday	Public Swimming 6.30am – 10.00am				Parent & Toddler Lessons 10pm – 11am		Public Swimming 11.00am – 3.00pm										Swim Academy 3.30pm – 6.00pm		Public Swimming 6.15pm – 8.00pm											
Thursday	Public Swimming 6.30am – 9.00am			School Swim 9.30 – 10.30am		Toddler Splash 11.00am – 1.00pm			School Swim 1.30pm – 3.00pm		Swim Academy 4pm – 5pm		Public Swimming 5.15pm – 7.00pm		Swim Club 7.00pm – 9.00pm															
Friday	Public Swimming 7.30am – 9.15am		School Swim 9.45 – 10.45am		Public Swimming 11.00am – 1.00pm			SCHOOL SWIM	Public Swim 2.15 – 3.15pm	Swim Academy 4pm – 5pm		Public Swimming 5.15pm – 8.00pm																		
Saturday	Swim Academy 8.00am – 11.00am			Public Swimming 11.00am – 1.00pm			Fun Session 1.00pm – 2.30pm		Public Swimming 3.00pm – 5.00pm																					
Sunday	Public Swimming 8.00am – 10.00am		Public Swimming 10.15am – 12.00pm		Public Swimming 12.30pm – 3.00pm			Swim Club 3.15pm – 5.15pm																						

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

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