

# Swimming Programme

## Main Pool



## 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	CENTRE CLOSED – BANK HOLIDAY																															
Tuesday	Public Swimming 6.30am – 10.00am		Ladies Only 10.00am – 11.00am		Public Swimming 11.00am – 1.00pm		Inflatable 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	Public Swimming 6.30am – 10.00am		Lane Swimming 6.30am – 10.00am		Public Swimming 10.30am – 3.30pm		Lane Swimming 11.00am – 1.00pm		Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm		Adults Only 8pm – 9pm																			
Thursday	Public Swimming 6.30am – 10.00am		Lane Swimming 6.30am – 10.00am		Public Swimming 10.30am – 1.00pm		Lane Swim 10.30am – 1.00pm		Floats Fun Session 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 9.00pm		Lane Swimming 5.15pm – 9.00pm																	
Friday	Public Swimming 7.30am – 10.00am		Lane Swimming 7.30am – 10.00am		Public Swimming 10.30am – 3.30pm		Lane 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	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	Public Swimming 8.00am – 12.00pm		Lane Swimming 8.00am – 12.00pm		Public Swimming 12.30pm – 2.00pm		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	CENTRE CLOSED – BANK HOLIDAY																															
Tuesday	Public Swimming 6.30am – 9.00am		Crash Course Swimming Lessons 9am-10am		Public Swimming 10.30am – 12pm		Parent & Toddler Lessons 12.15pm-1.15pm		Fun Session 1.30pm – 3.00pm		Swim Academy 3.30pm – 7.00pm		Public Swim 7-8pm																			
Wednesday	Public Swimming 6.30am – 9.00am		Crash Course Swimming Lessons 9am-10am		Parent & Toddler Lessons 10.00am-11.00am		Public Swimming 11.00am – 3.30pm		Swim Academy 4.00pm – 6.00pm		Public Swimming 6.15pm – 8.00pm																					
Thursday	Public Swimming 6.30am – 9.00am		Crash Course Swimming Lessons 9am-10am		Public Swimming 10.30am – 1.00pm		Fun Session 1.30pm – 3.00pm		Swim Academy 4.00pm – 5.00pm		Public Swimming 5.15pm – 7.00pm																					
Friday	Public Swimming 7.30am – 9.00am		Crash Course Swimming Lessons 9am-10am		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 – 11.00am		Public Swimming 11.00am – 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 – 2.00pm		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