



Sandwell Aquatics Centre

Swimming Timetable

Please note that swimming times may change. For the latest information, view the accessible timetable on our website, or contact the centre.

0300 012 0121

slt-leisure.co.uk/timetables



[View Events Timetable](#)

Monday

06:30 - Lane Swim 50m - Main Pool (120 min)
06:30 - Adults Only Swim - Small Pool (120 min)
06:30 - Sauna - Mixed (90 min)
08:30 - Sauna - Ladies Only (90 min)
09:00 - Adult Ladies Only Swim - Small Pool (60 min)
09:30 - Lane Swim - Main Pool (360 min)
10:15 - Aqua Zumba® - Small Pool (45 min)
10:30 - Sauna - Ladies Only (90 min)
11:00 - Adult Ladies Only Swim - Small Pool (60 min)
12:00 - Aqua Fit - Small Pool (45 min)
12:10 - Adults Only Swim (60 min)
12:30 - Sauna - Mixed (120 min)
13:00 - Splash time (Under 5 years) - Small Pool (60 min)
14:00 - Public Swim - Small Pool (60 min)
15:00 - Sauna - Men (90 min)
16:00 - Lane Swim - Main Pool (60 min)
16:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Sauna - Men (90 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:30 - Sauna - Mixed (90 min)
19:00 - Public/Lane Swim - Main Pool (60 min)
20:00 - Adults Only Swim - Main Pool (60 min)
20:00 - Adult Ladies Only Swim - Small Pool (60 min)

Tuesday

06:30 - Lane Swim - Main Pool (540 min)
06:30 - Sauna - Mixed (90 min)
06:30 - Public Swim - Small Pool (180 min)
08:00 - Aqua Fit - Main Pool (45 min)
08:30 - Sauna - Men (90 min)
09:30 - Adults Ladies Only Swim - Small Pool (60 min)
10:30 - Good Boost (60 min)
10:30 - Sauna - Men (90 min)
11:30 - SEND Session - Small Pool (105 min)
12:10 - Adults Only Swim (60 min)
12:30 - Sauna - Mixed (120 min)
13:30 - Splash time (Under 5 years) - Small Pool (60 min)
14:30 - Public Swim - Small Pool (60 min)
15:00 - Sauna - Ladies Only (90 min)
16:00 - Public/Lane Swim - Main Pool (60 min)
16:00 - Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Sauna - Ladies Only (90 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:30 - Sauna - Mixed (90 min)
19:00 - Public/Lane Swim - Main Pool (60 min)
19:45 - Aqua Fit - Small Pool (45 min)

Wednesday

06:30 - Lane Swim - Dive Pool Only (150 min)
06:30 - Public Swim - Small Pool (120 min)
08:30 - Adult Ladies Only - Small Pool (60 min)
08:30 - Sauna - Ladies Only (90 min)
09:00 - Lane Swim Only - Main Pool (390 min)
10:30 - Sauna - Ladies Only (90 min)
11:00 - Aqua Fit - Small Pool (45 min)
11:45 - Aqua Fit - Small Pool (45 min)
12:10 - Adults Only Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
15:00 - Sauna - Men (90 min)
16:00 - Public/Lane Swim - Main Pool (60 min)
16:00 - Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Sauna - Men (90 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:30 - Sauna - Mixed (90 min)
19:00 - Public/Lane Swim - Main Pool (60 min)
19:45 - Aqua Zumba® - Small Pool (45 min)
20:00 - Adults Only Swim - Main Pool (60 min)

Thursday

06:30 - Lane Swim (3 Lanes Only) - Main Pool (60 min)
06:30 - Public Swim - Small Pool (180 min)
06:30 - Lane Swim/Public Swim - Main Pool (60 min)
06:30 - Sauna - Mixed (90 min)
07:30 - Aqua Zumba (45 min)
08:30 - Sauna - Men (90 min)
09:30 - Adult Ladies Only - Small Pool (60 min)
10:30 - Sauna - Men (90 min)
12:00 - Disability Swim - Small Pool (75 min)
12:10 - Adults Only Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
14:45 - Public Swim - Small Pool (45 min)
15:00 - Sauna - Ladies Only (90 min)
16:00 - Public/Lane Swim - Main Pool (60 min)
16:00 - Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Sauna - Ladies Only (90 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:30 - Sauna - Mixed (90 min)
19:00 - Public/Lane Swim - Main Pool (60 min)
19:15 - Aqua Fit - Small Pool (45 min)
20:00 - Aqua Fit - Small Pool (45 min)
20:00 - Adults Only Swim - Main Pool (60 min)

Friday

06:30 - Lane Swim Only - Main Pool (540 min)
06:30 - Public Swim - Small Pool (120 min)
06:30 - Sauna - Mixed (90 min)
08:30 - Sauna - Ladies Only (90 min)
08:30 - Ladies Only - Small Pool (60 min)
08:30 - Aqua Fit - Main Pool (45 min)
09:30 - Public Swim - Small Pool (60 min)
10:30 - Sauna - Men (90 min)
10:45 - Splashtime (Under 5 years) - Small Pool (60 min)
12:10 - Adults Only Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
13:00 - Adult Relax - Small Pool (60 min)
15:00 - Sauna - Ladies Only (90 min)
16:00 - Public/Lane Swim - Main Pool (60 min)
16:00 - Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Public/Lane Swim - Main Pool (60 min)
17:00 - Sauna - Men (90 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:00 - Public/Lane Swim - Main Pool (60 min)
18:30 - Sauna - Mixed (90 min)
19:00 - Public/Lane swim - Main Pool (60 min)

Saturday

07:00 - Sauna - Mixed (90 min)
07:00 - Lane Swim 50m - Main Pool (90 min)
09:00 - Sauna - Ladies Only (150 min)
09:30 - Public/Family Swim - Main Pool (60 min)
10:00 - Lane Swim - Main Pool (330 min)
10:30 - Public/Family Swim - Main Pool (60 min)
11:30 - Fun Session - Main Pool (60 min)
11:30 - Family Swim - Main Pool (60 min)
12:00 - Sauna - Men (120 min)
12:30 - Public/Family Swim - Main Pool (60 min)
1:30 - Public/Family Swim - Main Pool (60 min)
2:30 - Public Swim - Main Pool (60 min)

Sunday

07:00 - Sauna - Mixed (90 min)
08:00 - Lane Swim - Main Pool (60 min)
09:00 - Sauna - Men (150 min)
09:00 - Public/Family Swim - Main Pool (60 min)
10:00 - Family/Public Swim - Main Pool (60 min)
12:00 - Sauna - Ladies Only (120 min)
12:00 - 50m Lane Swim - Main Pool (240 min)
13:15 - Public Swim - Small Pool (60 min)
14:15 - Family Swim - Small Pool (60 min)

Important Note:
 Times are subject to change. Please view events timetable or accessible version.

