



Sandwell Aquatics Centre

Holiday Swimming Timetable

Week Commencing 27th October

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

6:30-8:30 – 50M Lane Swim - Main Pool
6:30-8:30 – Adults Only Swim - Studio Pool
6:30-8:00 – Sauna - Mixed
8:30-10:00 – Sauna – Ladies Only
9:00-10:00 – Adult Ladies Only Swim - Studio Pool
9:30-10:30 – Public Swim - Main Pool
9:30-17:00 – 25M Lane Swim - Main Pool
10:15-11:00 – Aqua Zumba - Studio Pool
10:30-12:00 – Sauna – Ladies Only
10:45-11:45 – Family - Main Pool
11:00-11:45 – Adult Ladies Only Swim - Studio Pool
12:00-13:00 – Public Swim - Main Pool
12:00-13:00 – Adults Only - Main Pool
12:00-12:45 – Hydrohex Cardio - Studio Pool
12:30-14:30 – Sauna - Mixed
13:00-14:00 – SplashTime – U5's - Studio Pool
13:15-14:15 – U18 Free Swimming - Main Pool
14:15-15:15 – Under 8's Free Swim - Studio Pool
14:30-15:30 – U18 Free Swimming - Main Pool
15:00-16:30 – Sauna – Men Only
16:00-17:00 – Public/Lane Swim - Main Pool
17:00-18:00 – Public/Lane Swim - Main Pool
17:00-18:30 – Sauna – Men Only
18:00-19:00 – Public/Lane Swim - Main Pool
18:30-20:00 – Sauna - Mixed
19:00-20:00 – Public/Lane Swim - Main Pool
19:45-20:30 – HydroHex Beat - Studio Pool
20:00-21:00 – Adults Only - Main Pool

Tuesday

6:30-17:00 – 25M Lane Swim - Main Pool
6:30-8:00 – Sauna - Mixed
6:30-9:30 – Public Swim - Studio Pool
8:00-8:45 – AquaFit - Main Pool
8:30-10:00 – Sauna - Men Only
9:30-10:30 – Adults Ladies Only - Studio Pool
9:30-10:30 – Public Swim - Main Pool
9:30-10:30 – Adults Only - Main Pool
10:30-12:00 – Sauna - Ladies Only
10:30-12:00 – Sauna - Men Only
10:30-11:15 – HydroHex Move - Studio Pool
10:45-11:45 – Public Swim - Main Pool
10:45-11:45 Family Swim - Main Pool
11:30-13:15 – SEND Session - Studio Pool
12:00-13:00 – Public Swim - Main Pool
12:00-13:00 – Adults Only Swim - Main Pool
12:30-14:30 – Sauna - Mixed
13:15-14:15 – U18 Free Swimming - Main Pool
13:30-14:30 – Splash time (Under 5 years) - Studio Pool
14:30-15:30 – U18 Free Swimming - Main Pool
14:30-15:30 – Public Swim - Studio Pool
15:00-16:30 – Sauna - Ladies Only
16:00-17:00 – Public/Lane Swim - Main Pool
17:00-18:00 – Public/lane Swim - Main Pool
17:00-18:30 – Sauna - Ladies Only
18:00-19:00 – Public/Lane Swim - Main Pool
18:30-20:00 – Sauna - Mixed
19:00-20:00 – Public/Lane Swim - Main Pool
19:45-20:30 – HydroHex Cardio - Studio Pool

Wednesday

6:30-17:00 – 25M Lane Swim - Main Pool
6:30-8:30 – Public Swim - Studio Pool
8:30-9:30 – Adult Ladies Only - Studio pool
8:30-10:00 – Sauna - Ladies Only
9:30-10:30 – Public Swim - Main Pool
9:30-10:30 – Adults Only - Main Pool
10:30-12:00 – Sauna - Ladies Only
10:45-11:45 – Family Swim - Main Pool
10:45-11:45 – Public Swim - Main Pool
11:00-11:45 – AquaFit - Studio Pool
11:45-12:30 – HydroHex Power - Studio Pool
12:00-13:00 – Public Swim - Main Pool
12:00-13:00 – Adults Only Swim - Main Pool
12:30-14:30 – Sauna - Mixed
13:00-14:00 – Public Swim - Studio Pool
13:15-14:15 – U18 Free Swimming - Main Pool
14:30-15:30 – U18 Free Swimming - Main Pool
15:00-16:30 – Sauna - Men Only
16:00-17:00 – Public/Lane Swim - Main Pool
17:00-18:00 – Public/Lane Swim - Main Pool
17:00-18:30 – Sauna - Men Only
18:00-19:00 – Public/Lane Swim - Main Pool
18:30-20:00 – Sauna - Mixed
19:00-20:00 – Public/Lane Swim - Main Pool
20:00-21:00 – Adults Only Swim - Main Pool
20:00-20:45 – AquaFit - Studio Pool

Thursday

6:30-17:00 – Lane Swim 25m - Main Pool
6:30-9:30 – Public Swim - Studio Pool
6:30-8:00 – Sauna - Mixed
7:30-8:15 – Aqua Zumba - Main Pool
8:30-10:00 – Sauna - Men
9:30-10:30 – Public Swim - Main Pool
9:30-10:15 – HydroHex Power - Studio Pool
10:30-12:00 – Sauna - Men Only
10:45-11:45 – Family Swim - Main Pool
11:00-12:00 – Public Swim - Studio Pool
12:00-13:15 – Disability Swim - Studio Pool
12:00-13:00 – Adults Only Swim - Main Pool
12:00-13:00 – Public Swim - Main Pool
12:30-14:30 – Sauna - Mixed
13:15-14:15 – U18 Free Swimming - Main Pool
13:30-14:30 – Family Swim - Studio Pool
14:30-15:30 – U18 Free Swimming - Main Pool
14:30-15:30 – Public Swim - Studio Pool
15:00-16:30 – Sauna - Ladies Only
16:00-17:00 – Public/Lane Swim - Main Pool
17:00-18:00 – Public/Lane Swim - Main Pool
17:00-18:30 – Sauna - Ladies
18:00-19:00 – Public/Lane Swim - Main Pool
18:30-20:00 – Sauna - Mixed
19:00-20:00 – Public/Lane Swim - Main Pool
19:15-20:00 – AquaFit - Studio Pool
20:00-20:45 – AquaFit - Studio Pool
20:00-21:00 – Adults Only Swim - Main Pool

Friday

6:30-17:00 – 25M Lane Swim - Main Pool
6:30-8:30 – Public Swim - Studio Pool
6:30-8:00 – Sauna - Mixed
8:30-10:00 – Sauna - Ladies Only
8:30-9:30 – Adult Ladies Only Swim - Studio Pool
9:30-10:30 – Public Swim - Main Pool
9:30-10:30 – Adults Only - Main Pool
9:30-10:15 – HydroHex Move - Studio Pool
10:30-12:00 – Sauna - Men Only
10:45-11:45 – Family Swim - Main Pool
10:45-11:45 – SplashTime (Under 5's Only) - Studio Pool
12:00-13:00 – Adults Only Swim - Main Pool
12:00-13:00 – Under 8's Free Swim - Studio Pool
12:30-14:30 – Sauna - Mixed
13:00-14:00 – Adult Relax - Studio Pool
13:15-14:15 – U18 Free Swimming - Main Pool
14:30-15:30 – U18 Free Swim - Main Pool
15:00-16:30 – Sauna - Ladies Only
16:00-17:00 – Public/Lane Swim - Main Pool
17:00-18:00 – Public/Lane Swim - Main Pool
17:00-18:30 – Sauna - Men Only
18:00-19:00 – Public/Lane Swim - Main Pool
18:30-20:00 – Sauna - Mixed
19:00-20:00 – Public/Lane swim - Main Pool

Saturday

NO PUBLIC SWIMMING DUE TO EVENT

Sunday

NO PUBLIC SWIMMING DUE TO EVENT