



# 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](#)

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



### Monday

**06:30-08:30** - Lane Swim 50m - Main Pool  
**06:30-08:30** - Adults Only Swim - Studio Pool  
**06:30-08:00** - Sauna - Mixed  
**08:30-10:00** - Sauna - Ladies Only  
**09:00-10:00** - Adult Ladies Only Swim - Studio Pool  
**09:30-17:00** - 25M Lane Swim - Main Pool  
**10:15-11:00** - Aqua Zumba® - Studio Pool  
**10:30-12:00** - Sauna - Ladies Only  
**11:00-11:45** - Adult Ladies Only Swim - Studio Pool  
**12:00-12:45** - Aqua Fit - Small Pool  
**12:10-13:10** - Adults Only Swim  
**12:30-14:30** - Sauna - Mixed  
**13:00-14:00** - Splash time (Under 5 years) - Studio Pool  
**14:00-15:00** - Public Swim - Studio Pool  
**15:00-16:30** - Sauna - Men  
**16:00-17:00** - Public/Lane Swim - Main Pool  
**17:00-18:00** - Public/Lane Swim - Main Pool  
**17:00-18:30** - Sauna - Men  
**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

### Tuesday

**06:30-17:00** - 25M Lane Swim - Main Pool  
**06:30-08:00** - Sauna - Mixed  
**06:30-09:30** - Public Swim - Studio Pool  
**08:00-08:45** - Aqua Fit - Main Pool  
**08:30-10:00** - Sauna - Men  
**09:30-10:30** - Adults Ladies Only Swim - Studio Pool  
**10:30-12:00** - Sauna - Men  
**11:30-13:15** - SEND Session - Studio Pool  
**12:10-13:10** - Adults Only Swim  
**12:30-14:30** - Sauna - Mixed  
**13:30-14:30** - Splash time (Under 5 years) - Studio 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** - Aqua Fit - Studio Pool

### Wednesday

**06:30-09:00** - Lane Swim - Dive Pool Only  
**06:30-08:30** - Public Swim - Studio Pool  
**08:30-09:30** - Adult Ladies Only - Studio Pool  
**08:30-10:00** - Sauna - Ladies Only  
**09:00-17:00** - 25M Lane Swim - Main Pool  
**10:30-12:00** - Sauna - Ladies Only  
**11:00-11:45** - Aqua Fit - Studio Pool  
**11:45-12:30** - Aqua Fit - Studio Pool  
**12:10-13:10** - Adults Only Swim - Main Pool  
**12:30-14:30** - Sauna - Mixed  
**13:00-14:00** - Public Swim - Studio Pool  
**15:00-16:30** - Sauna - Men  
**16:00-17:00** - Public/Lane Swim - Main Pool  
**17:00-18:00** - Public/Lane Swim - Main Pool  
**17:00-18:30** - Sauna - Men  
**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** - Aqua Zumba® - Studio Pool  
**20:00-21:00** - Adults Only Swim - Main Pool

### Thursday

**06:30-17:00** - 25M Lane Swim - Main Pool  
**06:30-08:30** - Public Swim - Studio Pool  
**06:30-07:30** - Public/Lane Swim - Main Pool  
**06:30-08:00** - Sauna - Mixed  
**07:30-08:15** - Aqua Zumba  
**08:30-10:00** - Sauna - Men  
**10:30-12:00** - Sauna - Men  
**12:00-13:15** - Disability Swim - Studio Pool  
**12:10-13:10** - Adults Only Swim - Main Pool  
**12:30-14:30** - Sauna - Mixed  
**14:45-15:30** - 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  
**19:15-20:00** - Aqua Fit - Studio Pool  
**20:00-20:45** - Aqua Fit - Studio Pool  
**20:00-21:00** - Adults Only Swim - Main Pool

### Friday

**06:30-17:00** - 25M Lane Swim - Main Pool  
**06:30-08:30** - Public Swim - Studio Pool  
**06:30-8:00** - Sauna - Mixed  
**08:30-10:00** - Sauna - Ladies Only  
**08:30-09:30** - Ladies Only - Studio Pool  
**08:30-09:15** - Aqua Fit - Main Pool  
**10:30-12:00** - Sauna - Men  
**10:45-11:45** - Splashtime (Under 5 years) - Studio Pool  
**12:10-13:10** - Adults Only Swim - Main Pool  
**12:30-14:30** - Sauna - Mixed  
**13:00-14:00** - Adult Relax - 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  
**17:00-18:00** - Public/Lane Swim - Main Pool  
**17:00-18:30** - Sauna - Men  
**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

**07.00-08.45** - Lane Swim 50m - Main Pool  
**07.00-08.30** - Sauna -Mixed  
**09.00-11.30** - Sauna - Ladies Only  
**09.30-10.30** - Family Swim - Main Pool  
**09.30-10.30** - Public Swim - Main Pool  
**10.00-15.30** - Lane Swim 25m - Main Pool  
**10.30-11.30** - Family Swim - Main Pool  
**10.30-11.30** - Public Swim - Main Pool  
**11.30-12.30** - Fun Session - Main Pool  
**11.30-12.30** - Family Swim - Main Pool  
**12.00-14.00** - Sauna - Men  
**12.30-13.30** - Family Swim - Main Pool  
**12.30-13.30** - Public Swim - Main Pool  
**13.30-14.30** - Family Swim - Main Pool  
**13.30-14.30** - Public Swim - Main Pool  
**14.30-15.30** - Public Swim - Main Pool

### Sunday

**07.00-08.30** - Sauna - Mixed  
**08.00-09.00** - 25M Lane Swim - Main Pool  
**09.00-11.30** - Sauna - Men Only  
**09.00-10.00** - Public Swim - Main Pool  
**09.00-10.00** - Public/ Lane Swim - Main Pool  
**10.00-11.00** - Family Swim - Main Pool  
**10.00-11.00** - Public/Lane Swim - Main Pool  
**12.00-14.00** - Sauna - Ladies Only  
**12.00-16.00** - 50M Lane Swim - Main Pool  
**13.15-14.15** - Public Swim - Studio Pool  
**14.15-15.15** - Family Swim - Studio Pool