



Sandwell Aquatics Centre

Holiday Swimming Timetable

Week Commencing 26th May

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 25m - Main Pool (390 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 - Public Swim - Small Pool (60 min)
10:30 - Sauna - Male Only (90 min)
11:15 - Public Swim - Small Pool (60 min)

Tuesday

06:30 - Lane Swim 25m - 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 Only (90 min)
09:30 - Adults Ladies Only Swim - Small Pool (60 min)
09:30 - U18 Free Swimming - Main Pool (60 min)
10:30 - Sauna - Men Only (90 min)
10:45 - Public Swim - Main Pool (60 min)
11:30 - SEND Session - Small Pool (105 min)
12:00 - Public Swim - Main Pool (60 min)
12:00 - Adults Only Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
13:15 - U18 Free Swimming - Main Pool (60 min)
13:30 - Splash time (Under 5 years) - Small Pool (60 min)
14:30 - Fun Session - Main Pool (60 min)
14:30 - Adults Only Swim - Main Pool (60 min)
14:30 - Under 8's Free 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 Swim - Small Pool (60 min)
08:30 - Sauna - Ladies Only (90 min)
09:00 - Lane Swim 25m - Main Pool (390 min)
09:30 - U18 Free Swimming - Main Pool (60 min)
10:30 - Sauna - Ladies Only (90 min)
11:00 - Aqua Fit - Small Pool (45 min)
11:45 - Aqua Fit - Small Pool (45 min)
12:00 - Public Swim - Main Pool (60 min)
12:00 - Adults Only Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
13:00 - Public Swim - Small Pool (60 min)
13:15 - U18 Free Swimming - Main Pool (60 min)
14:30 - Fun Session - Main Pool (60 min)
15:00 - Sauna - Men 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 - Men 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 Zumba® - Small Pool (45 min)
20:00 - Adults Only Swim - Main Pool (60 min)

Thursday

06:30 - Lane Swim 25m - Main Pool (540 min)
06:30 - Public Swim - Small Pool (180 min)
06:30 - Sauna - Mixed (90 min)
07:30 - Aqua Fit (45 min)
08:30 - Sauna - Men (90 min)
09:30 - U18 Free Swimming - Main Pool (60 min)
09:30 - Adult Ladies Only - Small Pool (60 min)
10:30 - Sauna - Men Only (90 min)
10:45 - Family Swim - Main Pool (60 min)
10:45 - Public Swim - Main Pool (60 min)
11:00 - Public Swim - Small Pool (60 min)
12:00 - Disability Swim - Small Pool (75 min)
12:00 - Adults Only Swim - Main Pool (60 min)
12:00 - Public Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
13:15 - U18 Free Swimming - Main Pool (60 min)
13:30 - Family Swim - Small Pool (60 min)
14:30 - Fun Session - Main Pool (60 min)
14:30 - Adults Only Swim - Main 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 (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 - Adults Only Swim - Main Pool (60 min)
20:00 - Aqua Fit - Small Pool (45 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 Swim - Small Pool (60 min)
08:30 - Aqua Fit - Main Pool (45 min)
09:30 - U18 Free Swim - Main Pool (60 min)
09:30 - Public Swim - Small Pool (60 min)
10:30 - Sauna - Men Only (90 min)
10:45 - Family Swim - Main Pool (60 min)
10:45 - Public Swim - Main Pool (60 min)
10:45 - Splash time (Under 5's Only) - Small Pool (60 min)
12:00 - Adults Only Swim - Main Pool (60 min)
12:00 - Public Swim - Main Pool (60 min)
12:30 - Sauna - Mixed (120 min)
13:00 - Adult Relax - Small Pool (60 min)
13:15 - U18 Free Swimming - Main Pool (60 min)
14:30 - Fun Session - Main Pool (60 min)
14:30 - Adults Only Swim - Main 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 - Men 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)

Saturday

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



Sunday

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

