



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 - Small Pool
06:30-08:00 - Sauna - Mixed
08:30-10:00 - Sauna - Ladies Only
09:00-10:00 - Adult Ladies Only Swim - Small Pool
09:30-15:30 - Lane Swim - Main Pool
10:15-11:00 - Aqua Zumba® - Small Pool
10:30-12:00 - Sauna - Ladies Only
11:00-12:00 - Adult Ladies Only Swim - Small 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) - Small Pool
14:00-15:00 - Public Swim - Small Pool
15:00-16:30 - Sauna - Men
16:00-17:00 - Lane Swim - Main Pool
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 Fit - Small Pool
20:00-21:00 - Adults Only Swim - Main Pool
20:00-21:00 - Adult Ladies Only Swim - Small Pool

Tuesday

06:30-15:30 - Lane Swim - Main Pool
06:30-08:00 - Sauna - Mixed
06:30-09:30 - Public Swim - Small Pool
08:00-08:45 - Aqua Fit - Main Pool
08:30-10:00 - Sauna - Men
09:30-10:30 - Adults Ladies Only Swim - Small Pool
10:30-12:00 - Sauna - Men
11:30-13:15 - SEND Session - Small Pool
12:10-13:10 - Adults Only Swim
12:30-14:30 - Sauna - Mixed
13:30-14:30 - Splash time (Under 5 years) - Small Pool
14:30-15:30 - Public Swim - Small Pool
15:00-16:30 - Sauna - Ladies Only
16:00-17:00 - Public/Lane Swim - Main Pool
16:00-17:00 - 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 - Small Pool

Wednesday

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

Thursday

06:30-15:30 - Lane Swim (3 Lanes Only) - Main Pool
06:30-09:30 - Public Swim - Small 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
09:30-10:30 - Adult Ladies Only - Small Pool
10:30-12:00 - Sauna - Men
12:00-13:15 - Disability Swim - Small Pool
12:10-13:10 - Adults Only Swim - Main Pool
12:30-14:30 - Sauna - Mixed
14:45-15:30 - Public Swim - Small Pool
15:00-16:30 - Sauna - Ladies Only
16:00-17:00 - Public/Lane Swim - Main Pool
16:00-17:00 - 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 - Small Pool
20:00-20:45 - Aqua Fit - Small Pool
20:00-21:00 - Adults Only Swim - Main Pool

Friday

06:30-15:30 - Lane Swim Only - Main Pool
06:30-08:30 - Public Swim - Small Pool
06:30-8:00 - Sauna - Mixed
08:30-10:00 - Sauna - Ladies Only
08:30-09:30 - Ladies Only - Small Pool
08:30-09:15 - Aqua Fit - Main Pool
09:30-10:30 - Public Swim - Small Pool
10:30-12:00 - Sauna - Men
10:45-11:45 - Splashtime (Under 5 years) - Small Pool
12:10-13:10 - Adults Only Swim - Main Pool
12:30-14:30 - Sauna - Mixed
13:00-14:00 - Adult Relax - Small Pool
15:00-16:30 - Sauna - Ladies Only
16:00-17:00 - Public/Lane Swim - Main Pool
16:00-17:00 - 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
13:15-14:15 - Public Swim - Small Pool
14:15-15:15 - Family Swim - Small Pool