



# 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](http://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)  
**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)  
**18:30** - 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.

