RHYL LEISURE - SWIM TIMETABLE

FROM 6th JANUARY – 23rd FEBRUARY 2025

Monday

6.30am – 8.30am	Adult Lane >
9.45am – 10.30am	Adult Lane >
4.00pm – 6.00pm	Swimming Lessons
5.30pm – 7.00pm	Swimming Club
7.00pm – 8.00pm	Public Swim >
8.00pm – 9.00pm	Swim Fit Widths \$
9.00pm – 10.00pm	Swim Fit Lengths
Tuesday	
6.00am – 7.30am	Swimming Club
7.30am – 8.45am	Adult Lane >
2.30pm – 3.15pm	Adult Lane >
4.00pm – 6.00pm	Swimming Lessons
6.15pm – 8.30pm	Public >
Wednesday	
6.00am – 7.30am	Swimming Club
7.30am – 8.45am	Adult Lane #
11.30am – 12.15pm	Adult Lane >
4.00pm – 6.15pm	Swimming Lessons
6.30pm – 8.00pm	Swimming Club
8.30pm – 9.30pm	Rhyl Sub Aqua Club

Thursday

4.00pm – 6.00pm	Swimming Lessons
5.30pm – 7.00pm	Swimming Club
7.00pm – 8.30pm	Public >
Friday	
6.00am – 7.30am	Swimming Club
7.30am – 8.45am	Adult Lane >
9.45am – 10.30am	Adult Lane >
3.30pm – 6.30pm	Swimming Lessons
6.30pm – 8.30pm	Swimming Club
Saturday	
8.00am – 12.15pm	Swimming Lessons
12.30pm – 2.00pm	Public >
Sunday	
8.00am – 9.15am	Adult Swimming Lessons
8.15am – 9.00am	Parent & Toddler
9.15am – 10.00am	Parent & Toddler
10.00am – 11.00am	Adult Lane >
11.00am – 12.00pm	Family Swim Under 16's Free >
12.15pm – 1.30pm	Public Swim >
1.45pm – 3.00pm	Public Swim >

Disability Swim

Swimming Club

Disability Swimming Lessons

- # Free session for all 60+ swimmers.
- > £2.50 for all 60+ swimmers.
- ~ Main pool only

This timetable is subject to change.

3.15pm - 4.15pm

4.15pm - 5.45pm 6.30pm - 8.00pm

Under 8's – Please refer to our admissions

policy.

\$ - Juniors aged 11 – 15 can attend.

