

# DENBIGH LEISURE - SWIM TIMETABLE

FROM 2<sup>ND</sup> JUNE – 20<sup>TH</sup> JULY 2025

## Monday

6.30am – 8.45am	Public Lane Swimming >
9.15am – 10.00am	Public * >
12.00pm – 12.45pm	Public Lane Swimming >
3.30pm – 6.15pm	Swimming Lessons
6.15pm – 7.30pm	Denbigh Swimming Club
7.30pm – 8.30pm	Public * >
8.30pm – 9.15pm	Adult Swim * >

## Tuesday

6.30am – 7.30am	Public Lane Swimming > (3 Lanes)
7.30am – 8.45am	Public Lane Swimming #
12.00pm – 1.00pm	Public * >
4.00pm – 5.30pm	Swimming Lessons
5.30pm – 7.00pm	Denbigh Swimming Club
7.00pm – 8.00pm	Public * >
8.00pm – 9.00pm	Adult Swim * >

## Wednesday

6.30am – 7.30am	Public Lane Swimming > (3 Lanes)
7.30am – 8.45am	Public Lane Swimming >
11.30am – 12.15pm	Public * >
3.30pm – 5.45pm	Swimming Lessons
6.00pm – 7.00pm	Public * >
7.00pm – 8.15pm	Denbigh Swimming Club
8.15pm – 9.15pm	Adult Lane Swim >

## Thursday

6.30am – 7.30am	Public Lane Swimming > (3 Lanes)
7.30am – 8.45am	Public Lane Swimming >
12.00pm – 12.45pm	Public * >
4.00pm – 4.45pm	Free Disability Swimming Session
5.00pm – 8.00pm	Denbigh Swimming Club
8.00pm – 9.00pm	Adult Lane Swim >

## Friday

6.30am – 8.00am	Public Lane Swimming >
8.15am – 9.00am	Aqua Aerobics >
9.15am – 10.00am	Public * >
11.45am – 12.30pm	Parent and Toddler
3.30pm – 6.30pm	Swimming Lessons
6.45pm – 8.15pm	Public * >

## Saturday

8.30am – 12.45pm	Swimming Lessons
1.15pm – 3.15pm	Public * >

## Sunday

9.00am – 9.45am	Parent and Toddler
10.00am – 11.00am	Family Swimming +
11.15am – 1.15pm	Public * >

# - Free session for all 60+ swimmers.  
> - £2.50 for all 60+ swimmers.  
\* - Session includes 1 Lane  
+ Free for Under 16's with paying adult.

This timetable is subject to change.  
Under 8's – Please refer to our admissions policy.  
\$ - Juniors aged 11 – 15 can attend.

