

RHYL LEISURE - SWIMMING TIMETABLE

Monday 11th August 2025 – Sunday 31st August 2025

Monday

6.30am – 8.30am	Adult Lane >
9.45am – 10.45am	Adult Lane >
12.00 Noon – 1.00pm	Public >
1.15pm – 2.45pm	Family Swim >
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 >
9.45am – 10.45am	Adult Lane >
12.00 Noon – 1.00pm	Public >
1.15pm – 2.45pm	Family Swim >
4.00pm – 6.00pm	Swimming Lessons
6.15pm – 8.30pm	Public >

Wednesday

6.00am – 7.30am	Swimming Club
7.30am – 8.45am	Adult Lane #
9.30am – 10.30am	Adult Lane
12.00 Noon – 1.30pm	Public >
1.45pm – 2.45pm	Family Swim Under 16's Free >
4.00pm – 6.15pm	Swimming Lessons
6.30pm – 8.00pm	Swimming Club
8.30pm – 9.30pm	Rhyl Sub Aqua Club

Thursday

9.30am – 10.30am	Adult Lane >
11.00am – 12.30pm	Public >
1.00pm – 2.15pm	Family Swim >
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 >
9.30am – 10.30am	Adult Lane >
12.00 Noon – 1.30pm	Public >
1.45pm – 3.00pm	Family Swim >
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 – 9.00am	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 >
3.15pm – 4.15pm	Disability Swim
4.15pm – 5.45pm	Disability Swimming Lessons
6.30pm – 8.00pm	Swimming Club

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

* - Session includes 1 Lane

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy.



VIEW OUR
TIMETABLES ON
THE DLL APP

