

# RUTHIN LEISURE - SWIMMING TIMETABLE

5<sup>th</sup> January – 15<sup>th</sup> February 2025

## Monday

6.45am – 8.45am Public Lane >  
4.00pm – 6.15pm Swimming Lessons  
5.30pm – 7.30pm Swimming Club  
7.45pm – 8.30pm Disability Swim  
8.30pm – 9.15pm Public Lane >

## Tuesday

6.45am – 8.45am Public Lane >  
12.30pm – 1.15pm Public Lane >  
4.00pm – 5.45pm Swimming Lessons  
6.00pm – 8.00pm Swimming Club  
8.00pm – 8.45pm Public Lane >

## Wednesday

6.45am – 8.45am Public Lane >  
4.00pm – 7.15pm Swimming Lessons  
7.30pm – 8.15pm Aqua Aerobics >  
8.30pm – 9.15pm Public Lane >

## Thursday

6.45am – 8.45am Public Lane >  
12.30pm – 1.15pm Public Lane >  
4.00pm – 6.30pm Swimming Lessons  
6.45pm – 8.15pm Swimming Club  
8.15pm – 9.00pm Public Lane >

## Friday

6.45am – 8.45am Public Lane #  
12.30pm – 1.15pm Public Lane >  
4.00pm – 6.00pm Swimming Lessons  
6.00pm – 7.00pm Swimming Club  
7.00pm – 8.00pm Triathlon Club

## Saturday

8.00am – 12.00pm Swimming Lessons  
11.15am – 12.45pm Swimming Club  
12.45pm – 1.30pm Adult Lane >  
1.45pm – 2.30pm Family Swim

## Sunday

9.30am – 10.15am Public Lane >  
10.30am – 11.15am Parent & Toddler  
11.30am – 12.30pm Family Swim Under 16 Free  
12.45pm – 1.30pm Adult Lane >  
2.00pm – 4.00pm Swimming Club

# - Free session for all 60+ swimmers  
> - £3 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

