

RHYL LEISURE - SWIM TIMETABLE

5th January 2026 – 15th February 2026

Monday

6.30am – 8.15am Adult Lane >
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.00pm Swimming Lessons
5.30pm – 7.00pm Swimming Club
7.00pm – 8.00pm Public >
8.00pm – 9.00pm Swim Fit Widths
9.00pm – 10.00pm Swim Fit Lengths

Tuesday

6.00am – 7.30am Swimming Club
7.30am – 8.15am Adult Lane >
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.00pm Swimming Lessons
6.15pm – 8.30pm Public >

Wednesday

6.00am – 7.30am Swimming Club
7.30am – 8.15am Adult Lane >
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.15pm Swimming Lessons
6.30pm – 8.00pm Swimming Club
8.30pm – 9.30pm Sub Aqua Club

Thursday

6.30am – 7.30am Adult Lane >
12.00pm – 12.45pm Adult Lane >
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 #
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 >
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.

> - £3.00 for all 60+ swimmers.

~ - Main pool only

This timetable is subject to change.

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

\$ - Juniors aged 11 – 15 can attend.

