

# RHYL LEISURE - SWIMMING TIMETABLE

16<sup>th</sup> February 2026 – 22<sup>nd</sup> February 2026

## Monday

6.30am – 8.30am      Adult Lane >  
12.00 Noon – 1.00pm      Public > **Main Pool Only**  
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 \$

## Tuesday

6.00am – 7.30am      Swimming Club  
7.30am – 8.45am      Adult Lane >  
12.00 Noon – 1.00pm      Public > **Main Pool Only**  
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 #  
12.00 Noon – 1.30pm      Public > **Main Pool Only**  
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

07.30am – 08.45am      Adult Lane >  
11.00am – 12.30pm      Public > **Main Pool Only**  
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 >  
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 Welsh Residents 60+.  
> £3.00 for all Welsh Residents 60+  
~ Main pool only session

\$ Juniors can attend, 11-15 years old  
Under 8's Child Admission Policy in place  
This timetable is subject to change



VIEW OUR  
TIMETABLES ON  
THE DLL APP

