

# DENBIGH LEISURE - SWIMMING TIMETABLE

FROM 23<sup>RD</sup> FEBRUARY – 29<sup>TH</sup> MARCH 2026

## Monday

6.30am – 8.45am Public Lane Swim >  
9.15am – 9.45am Parent and Toddler  
3.30pm – 6.15pm Swimming Lessons  
6.30pm – 7.30pm Denbigh Swimming Club  
7.30pm – 8.30pm Public Swim \* >  
8.30pm – 9.15pm Adult Swim \* >

## Tuesday

6.30am – 7.30am Public Lane Swim > (3 Lanes)  
7.30am – 8.45am Public Lane Swim #  
12.00pm – 12.45pm Public Swim \* >  
2.30pm – 3.00pm Parent and Toddler  
4.00pm – 5.30pm Swimming Lessons  
5.30pm – 7.00pm Denbigh Swimming Club  
7.00pm – 8.00pm Public Swim \* >  
8.00pm – 9.00pm Adult Swim \* >

## Wednesday

6.30am – 7.30am Public Lane Swim > (3 Lanes)  
7.30am – 8.45am Public Lane Swim >  
12.00pm – 12.45pm Public Swim \* >  
3.30pm – 5.30pm Swimming Lessons  
6.00pm – 7.00pm Public Swim \* >  
7.00pm – 8.15pm Denbigh Swimming Club  
8.15pm – 9.15pm Adult Lane Swim >

## Thursday

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

## Friday

6.30am – 8.00am Public Lane Swim >  
8.15am – 9.00am Aqua Aerobics >  
9.15am – 9.45am Parent and Toddler  
12.00pm – 12.45pm Public Swim \* >  
4.00pm – 6.45pm Swimming Lessons  
7.00pm – 8.15pm Public Swim \* >

## Saturday

8.30am – 12.45pm Swimming Lessons  
1.15pm – 3.00pm Public Swim \* >

## Sunday

9.00am – 9.45am Parent and Toddler  
10.00am – 11.00am Family Swim +  
11.15am – 1.00pm Public Swim \* >

# - 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

