

RHYL LEISURE - SWIM TIMETABLE

23rd February 2026 – 29th March 2026

Monday

6.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.00pm
8.00pm – 9.00pm
9.00pm – 10.00pm

Adult Lane >
Adult Lane >
Swimming Lessons
Swimming Club
Public >
Swim Fit Widths
Swim Fit Lengths

Tuesday

6.00am – 7.30am
7.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Swimming Club
Adult Lane >
Adult Lane >
Swimming Lessons
Public >

Wednesday

6.00am – 7.30am
7.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.15pm
6.30pm – 8.00pm
8.30pm – 9.30pm

Swimming Club
Adult Lane >
Adult Lane >
Swimming Lessons
Swimming Club
Sub Aqua Club

Thursday

7.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Adult Lane >
Adult Lane >
Swimming Lessons
Swimming Club
Public >

Friday

6.00am – 7.30am
7.30am – 8.45am
12:00pm – 12:45pm
3.30pm – 6.30pm
6.30pm – 8.30pm

Swimming Club
Adult Lane #
Adult Lane >
Swimming Lessons
Swimming Club

Saturday

8.00am – 12.15pm
12.30pm – 2.00pm

Swimming Lessons
Public >

Sunday

8.00am – 9.15am
8.15am – 9.00am
9.15am – 10.00am
10.00am – 11.00am
11.00am – 12.00pm
12.15pm – 1.30pm
1.45pm – 3.00pm
3.15pm – 4.15pm
4.15pm – 5.45pm
6.30pm – 8.00pm

Adult Swimming Lessons
Parent & Toddler
Parent & Toddler
Adult Lane >
Family Swim Under 16's Free (Welsh Residents Only) >
Public Swim >
Public Swim >
Disability Swim
Disability Swimming Lessons
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.