

# RUTHIN LEISURE - SWIMMING TIMETABLE

23<sup>rd</sup> of February – 29<sup>th</sup> of March 2026

## Monday

6.45am – 8.45am  
4.00pm – 6.15pm  
5.30pm – 7.30pm  
7.45pm – 8.30pm  
8.30pm – 9.15pm

Public Lane >  
Swimming Lessons  
Swimming Club  
Disability Swim  
Public Lane >

## Tuesday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 5.45pm  
6.00pm – 8.00pm  
8.00pm – 8.45pm

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

## Wednesday

6.45am – 8.45am  
4.00pm – 7.15pm  
7.30pm – 8.15pm  
8.30pm – 9.15pm

Public Lane >  
Swimming Lessons  
Aqua Aerobics >  
Swim Fit

## Thursday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.30pm  
6.45pm – 8.15pm  
8.15pm – 9.00pm

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

## Friday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 8.00pm

Public Lane #  
Public Lane >  
Swimming Lessons  
Swimming Club  
Triathlon Club

## Saturday

8.00am – 12.00pm  
11.15am – 12.45pm  
12.45pm – 1.30pm  
1.45pm – 2.30pm

Swimming Lessons  
Swimming Club  
Adult Lane >  
Family Swim

## Sunday

9.30am – 10.15am  
10.30am – 11.15am  
11.30am – 12.30pm  
12.45pm – 1.30pm  
2.00pm – 4.00pm

Public Lane >  
Parent & Toddler  
Family Swim Under 16 Free  
Adult Lane >  
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

