

# RUTHIN LEISURE - SWIMMING TIMETABLE

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

## Monday

6.45am – 8.45am	Public Lane >
4.00pm – 6.15pm	Swimming Lessons
5.30pm – 7.30pm	Swimming Club
7.45pm – 8.30pm	Disability Swim
8.30pm – 9.15pm	Public Lane >

## Thursday

6.45am – 8.45am	Public Lane >
9.00am – 11.30am	Family Swim
12.30pm – 3.00pm	Public Lane >
4.00pm – 6.30pm	Swimming Lessons
6.45pm – 8.15pm	Swimming Club
8.15pm – 9.00pm	Public Lane >

## Tuesday

6.45am – 8.45am	Public Lane >
12.30pm – 3.00pm	Public Lane >
4.00pm – 5.45pm	Swimming Lessons
6.00pm – 8.00pm	Swimming Club
8.00pm – 8.45pm	Public Lane >

## Friday

6.45am – 8.45am	Public Lane #
9.00am – 11.30am	Family Swim
12.30pm – 3.00pm	Public Lane >
4.00pm – 6.00pm	Swimming Lessons
6.00pm – 7.00pm	Swimming Club
7.00pm – 8.00pm	Triathlon Club

## Wednesday

6.45am – 8.45am	Public Lane >
9.00am – 11.30am	Family Swim Under 16 Free
1.30pm – 3.00pm	Public Lane >
4.00pm – 7.15pm	Swimming Lessons
7.30pm – 8.15pm	Aqua Aerobics >
8.30pm – 9.15pm	Swim Fit

## Saturday

8.00am – 12.00pm	Swimming Lessons
11.15am – 12.45pm	Swimming Club
12.45pm – 1.30pm	Adult Lane >
1.45pm – 2.30pm	Family Swim

## Sunday

9.30am – 10.15am	Public Lane >
10.30am – 11.15am	Parent & Toddler
11.30am – 12.15pm	Family Swim Under 16 Free
12.45pm – 1.30pm	Adult Lane >
2.00pm – 4.00pm	Swimming Club

# - Free session for all 60+ swimmers.  
> - £2.50 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

