

RUTHIN LEISURE - SWIMMING TIMETABLE

13th of April – 22nd of May 2026 (closed all Bank Holidays)

Monday (Site Closed 04.05)

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 >

Tuesday

6.45am – 8.45am Public Lane >
12.30pm – 1.15pm Public Lane >
4.00pm – 5.45pm Swimming Lessons
6.00pm – 8.00pm Swimming Club
8.00pm – 8.45pm Public Lane >

Wednesday

6.45am – 8.45am Public Lane >
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.15pm Aqua Aerobics >
8.30pm – 9.15pm Swim Fit

Thursday

6.45am – 8.45am Public Lane >
12.30pm – 1.15pm Public Lane >
4.00pm – 6.30pm Swimming Lessons
6.45pm – 8.15pm Swimming Club
8.15pm – 9.00pm Public Lane >

Friday

6.45am – 8.45am Public Lane #
12.30pm – 1.15pm Public Lane >
4.00pm – 6.00pm Swimming Lessons
6.00pm – 7.00pm Swimming Club
7.00pm – 8.00pm Triathlon Club

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 – 12.30pm 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 £3.00 + 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
TIMETABLE
THE DLU

