

# RHYL LEISURE - SWIM TIMETABLE

1st June 2026 – 19th July 2026

## Monday

6.30am – 8.30am  
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 – 8.45am  
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

6.30am – 8.45am  
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.

