

RHYL LEISURE - SWIMMING TIMETABLE

Wednesday 5th August 2026 – Sunday 30th August 2026

Monday

6.30am-8.30am
9.45am – 10.45am
12:00 Noon – 1:00pm
1.15pm – 2.45pm
4.00pm – 6.00pm
5.30pm – 7:00pm
7:00pm – 8:00pm
8:00pm – 9:00pm
9:00pm – 10:00pm

Adult Lane >
Adult Lane >
Public > **Main Pool Only**
Family Swim >
Swimming Lessons
Swimming Club
Public Swim >
Swim Fit Widths \$
Swim Fit Lengths \$

Tuesday

6.00am – 7.30am
7.30am – 8.45am
9.45am – 10.45am
12.00 Noon – 1.00pm
1.15pm – 2.45pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Swimming Club
Adult Lane >
Adult Lane >
Public > **Main Pool Only**
Family Swim >
Swimming Lessons
Public >

Wednesday

6.00am – 7.30am
7.30am – 8.45am
9.30am – 10.30am
12.00 Noon – 1.30pm
1.45pm – 2.45pm
4.00pm – 6.15pm
6.30pm – 8.00pm
8.30pm – 9.30pm

Swimming Club
Adult Lane >
Adult Lane
Public >
Family Swim Under 16's Free >
Swimming Lessons
Swimming Club
Rhyl Sub Aqua Club

Thursday

6:30am – 8:45am
11.00am – 12.30pm
1:00pm – 2.15pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Adult Lanes >
Public > **Main Pool Only**
Family Swim >
Swimming Lessons
Swimming Club
Public >

Friday

6.00am – 7.30am
7.30am – 8.45am
9.30am – 10.30am
12.00 Noon – 1.30pm
1.45pm – 3.00pm
3.30pm – 6.30pm
6.30pm – 8.30pm

Swimming Club
Adult Lane #
Adult Lanes >
Public >
Family Swim >
Swimming Lessons
Swimming Club

Saturday

8.00am – 12.15pm
12.30pm – 2.00pm

Swimming Lessons
Public >

Sunday

8.00am – 9.00am
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 >
Public Swim >
Public Swim >
Disability Swim
Disability Swimming Lessons
Swim 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

