RHYL LEISURE - SWIMMING TIMETABLE

2nd November 2026 – 20th December 2026

Monday	
6.30am – 8.15am	Adult Lane >
12.15pm – 1.00pm	Adult Lane >
4.00pm – 6.00pm	Swimming Lessons
5.30pm – 7.00pm	Swimming Club
7.00pm – 8.00pm	Public >
8.00pm – 9.00pm	Swim Fit Widths
9.00pm – 10.00pm	Swim Fit Lengths
Tuesday	
6.00am – 7.30am	Swimming Club
7.30am – 8.15am	Adult Lane >
12.15pm – 1.00pm	Adult Lane >
4.00pm – 6.00pm	Swimming Lessons
6.15pm – 8.30pm	Public >
Wednesday	
6.00am – 7.30am	Swimming Club
7.30am – 8.15am	Adult Lane >
12.15pm – 1.00pm	Adult Lane >
4.00pm – 6.15pm	Swimming Lessons
6.30pm – 8.00pm	Swimming Club
8.30pm – 9.30pm	Sub Aqua Club
Thursday	
6.30am – 8.15am	Adult Lane >
4.00pm – 6.00pm	Swimming Lessons
5.30pm – 7.00pm	Swimming Club
7.00pm – 8.30pm	Public >
Friday	
6.00am – 7.30am	Swimming Club
7.30am – 8.15am	Adult Lane #
10.00am – 11.00am	Adult Lane >
3.30pm – 6.30pm	Swimming Lessons
6.30pm – 8.30pm	Swimming Club
Saturday	
8.00am – 12.15pm	Swimming Lessons
12.30pm – 2.00pm	Public >
Sunday	
8.00am – 9.15am	Adult Swimming Lessons
8.15am – 9.00am	Parent & Toddler
9.15am – 10.00am	Parent & Toddler
10.00am – 11.00am	Adult Lane >
11.00am – 12.00pm	Family Swim Under 16's Free (Welsh Residents Only) >
12.15pm – 1.30pm	Public Swim >
1.45pm – 3.00pm	Public Swim >
3.15pm – 4.15pm	Disability Swim
4.15pm – 5.45pm	Disability Swimming Lessons
6.30pm – 8.00pm	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