RUTHIN LEISURE - SWIMMING TIMETABLE

2nd November 2026 – 20th December 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 >

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
> - £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