DENBIGH LEISURE - SWIMMING TIMETABLE

2nd November 2026 – 20th December 2026

Monday

6.30am – 8.45am	Public Lane Swim >
3.30pm – 6.15pm	Swimming Lessons
6.30pm – 7.30pm	Denbigh Swimming Club
7.45pm – 8.30pm	Public Swim * >
8.30pm – 9.15pm	Adult Swim * >

Tuesday

6.30am – 7.30am	Public Lane Swim > (3 Lanes)
7.30am – 8.45am	Public Lane Swim #
12.00pm – 12.45pm	Public Swim * >
4.00pm – 5.30pm	Swimming Lessons
5.30pm – 7.00pm	Denbigh Swimming Club
7.15pm – 8.00pm	Public Swim * >
8.00pm – 9.00pm	Adult Swim * >

Wednesday

6.30am – 7.30am	Public Lane Swim > (3 Lanes)
7.30am – 8.45am	Public Lane Swim >
3.30pm – 5.30pm	Swimming Lessons
6.00pm – 6.45pm	Public Swim * >
7.00pm – 8.15pm	Denbigh Swimming Club
8.15pm – 9.15pm	Adult Lane Swim >

Thursday

6.30am – 7.30am	Public Lane Swim > (3 Lanes)
7.30am – 8.45am	Public Lane Swim >
12.00pm – 12.45pm	Public Swim * >
4.00pm – 4.45pm	Free Disability Swim
5.00pm – 8.00pm	Denbigh Swimming Club
8.00pm – 9.00pm	Adult Lane Swim >

Friday

6.30am – 8.00am	Public Lane Swim >
8.15am – 9.00am	Aqua Aerobics >
9.15am – 9.45am	Parent and Toddler
12.00pm – 12.45pm	Public Swim * >
4.00pm – 6.45pm	Swimming Lessons
7.00pm – 8.00pm	Public Swim >

Saturday

8.30am – 12.45pm	Swimming Lessons
1.15pm – 3.00pm	Public Swim * >

Sunday

9.00am – 9.45am	Parent and Toddler
10.00am – 11.00am	Family Swim +
11.15am – 1.00pm	Public Swim * >

- 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