

Denbigh Leisure Centre - Swimming Timetable

01824 712664

From 7 January
to 24 February 2019

Saturday

8.30am–12.30pm Swimming Lessons
12.30pm–1.30pm Public *#

Sunday

9.00am–9.45am Parent & Toddler
9.45am–11.45am Family Swimming + #
12.00pm–1.00pm Public *#
3.00pm–6.00pm Denbigh Swimming Club

Monday

6.30am–8.45am Public *#
3.30pm–5.30pm Swimming Lessons
5.30pm–6.30pm Denbigh Swimming Club
6.30pm–7.30pm Public *#
7.30pm–8.15pm Aqua natal
8.15pm–9.00pm Adult Swim *#

Tuesday

6.30am–7.45am Public Lane Swimming # (2 Lanes only)
7.45am–8.45am Public Lane Swimming #
12.40pm–1.10pm Public *#
3.30pm–5.30pm Swimming Lessons
5.30pm–7.00pm Denbigh Swimming Club
7.00pm–8.00pm Public *#
8.00pm–8.30pm AQUA HIIT

Wednesday

6.30am – 7.45am Public Lane Swimming # (3 Lanes only)
7.45am – 8.45am Public Lane Swimming #
3.30pm – 6.00pm Swimming Lessons
6.00pm – 6.45pm Aqua Aerobics #
7.00pm – 8.00pm Public *#
8.00pm – 9.00pm Adult Swim *#

Thursday

6.30am – 8.45am Public Lane Swimming #
12.40pm – 1.10pm Public *#
4:00pm – 4:45pm Free Disability Swimming Session
5.00pm – 8.00pm Denbigh Swimming Club
8.00pm – 9.00pm Adult Lane Swim *#

Friday

6.30am – 8.00am Public Lane Swimming #
8.00am – 8.45am Aqua Aerobics #
12.40pm – 1.10pm Parent & Toddler
3.30pm – 6.30pm Swimming Lessons
6.30pm – 7.30pm Aqua Aerobics #
7.30pm – 8.30pm Public * #

- Free session for all 60+ swimmers.
* - Session includes lanes.

+ - Children are free with a paying adult.
This timetable is subject to change.

Under 8's – Please refer to our admissions policy