Rhyl Leisure Centre - Swimming Timetable

01824 712661

From 15th April to 28th April 2019

Monday (Closed Easter Monday)

6.30am – 8.45am	Early Risers Lane Swim * ~ #
12 Noon – 12.45pm	Aqua Zumba #
1.00pm – 3.00pm	Public * #
4.00pm – 6.30pm	Swimming Lessons
5.00pm – 6.30pm	Swimming Club
6.45pm – 8.00pm	Public * #
8.00pm – 9.00pm	Swim Fit Widths #
9.00pm – 10.00pm	Swim Fit Lengths #

Tuesday

7.30am – 8.45am	Early Risers Lane Swim * ~ #
11.15am -11.45am	Parent & Toddler (Children 36 months & under)
12 Noon – 3.00pm	Public * #
4.00pm – 6.00pm	Swimming Lessons
6.15pm – 7.30pm	Public * #
7.30pm – 8.30pm	Aqua Zumba #
8.30pm – 9.30pm	Adult Swim #

Wednesday

7.30am – 8.45am	Early Risers Lane Swim * ~ #
12 Noon – 3.00pm	Public * #
4.00pm – 6.30pm	Swimming Lessons
6.30pm – 7.30pm	Public * #
7.30pm – 9.00pm	Swimming Club
9.00pm – 10.00pm	Sub Aqua

Thursday

11.00am – 1.00pm	Public + * #
1.30pm – 2.30pm	**Wibit AquaTrack Inflatable**
4.00pm – 6.30pm	Swimming Lessons
5.00pm – 6.30pm	Swimming Club
6.45pm – 8.30pm	Public * #

Friday (Closed Good Friday)

7.30am – 8.45am	Early Risers Lane Swim * ~ #
12 Noon – 3.30pm	Public * #
3.30pm – 7.15pm	Swimming Lessons
6.30pm – 9.30pm	Swimming Club

Saturday

8.00am – 12 Noon	Swimming Lessons
11.45am – 12.30pm	Adult Swim ~ #
12.30pm – 1.45pm	Public * #
2.15pm – 3.00pm	**Wibit AquaTrack Inflatable**
3.30pm – 4.20pm	**Pool Party –Wibit AquaTrack Inflatable ^**

Sunday

9.00am – 10.00am	Adult Swimming Lessons
9.00am – 9.45am	Parent & Toddler (Children 36 months & under)
10.00am – 11.00am	Adult Swim #
10.00am – 10.45am	Parent & Toddler (Children 36 months & under)
11.00am – 1.15pm	Public & Family Swim Session + * #
1.45pm – 3.00pm	Public * #
3.15pm – 4.15pm	Disability Swimming Session – Free
4.15pm – 5.45pm	Disability Swimming Lessons
6.30pm – 8.30pm	Swimming Club

- Free session for all 60+ swimmers.
* - Session includes lanes.
~ - Main pool only.

+ - Children are free with a paying adult.
^ - Birthday parties are private sessions, please contact Reception for availability.
This timetable is subject to change.

Under 8's – Please refer to our admissions policy