

Denbighshire

Welsh Assembly Government 60+ Free Swimming Timetable/Programme



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Dedicated / Instructed Sessions

Venue	Day	Time	Instructed Session	Contact details
Corwen Leisure Centre	Monday	12noon to 1pm	Instructed Session	01490412600
Corwen Leisure Centre	Friday	12 noon to 1pm	Instructed Session	01490412600
Corwen Leisure Centre	Wednesday	8.00pm to 9.00pm	Aqua Fit	01490412600
Corwen Leisure Centre	Sunday	9.00 to 10.00am	Disability Instructed	01490412600
Nova Centre	Tuesday	3.00 to 4.00pm	Instructed session	01745888021
Nova Centre	Friday	2.45 to 3.45pm	Instructed session	01745888021
Denbigh Leisure Centre	Tuesday	7.30 to 8.30pm	Instructed Session	01745816311
Denbigh Leisure Centre	Wednesday	6.00 to 7.00pm	Aqua Fit	01745816311
Denbigh Leisure Centre	Saturday	11.30 to 12.30pm	Dedicated casual swim	01745816311
Denbigh Leisure Centre	Thursday	6.30 to 7.30pm	Dedicated casual swim	01745816311
Ruthin Leisure Centre	Tuesday	7.30am to 8.30am	Dedicated Session	01824703880
Ruthin Leisure Centre	Tuesday	7.00pm to 8.30pm	Aqua fit	01824703880
Ruthin Leisure Centre	Wednesday	7.30pm to 8.30pm	Instructed Session	01824703880
Ruthin Leisure Centre	Wednesday	7.30 to 8.30pm	Disability session	01824703880
Rhyl Leisure Centre	Monday and Thursday	12.50 to 1.20pm	50+ Casual swim and G/P referral	01745352900
Rhyl Leisure Centre	Monday	8.00 to 9.00pm 9.00 to 10.00pm	Fitswimwales Widths Fitswimwales Lengths	01745352900
Rhyl Leisure Centre	Wednesday	7.30 to 9.00pm	Aqua Circuits	01745352900
Rhyl Leisure Centre	Tuesday	8.00pm to 9.00pm	Aqua Fit	01745352900
Rhyl Leisure Centre	Thursday	8.45 to 9.15am	Casual swim	01745352900
Rhyl Leisure Centre	Thursday	11.15 to 11.45	Instructed Session	01745352900
Rhyl Leisure Centre	Sunday	9.00am to 10.00am	Instructed Session	01745352900



sports council wales
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Plus Free Swimming during all public Swimming Sessions

Please note.

Please confirm sessions are running by contacting your local Leisure Centre.