

# RHYL LEISURE CENTRE

## Free Junior Holiday Swimming Programme



	Small Pool	Big Pool
<b>Monday</b>	9.00am - 9.30am Ducklings 9.30am - 10.00am Ducklings 10.00am - 10.30am Level 1 10.30am - 11.00am Level 2 11.00am - 11.30am Level 3 / 4 11.30am - 12 noon Parent & Toddler	9.00am - 10am 50+ Disability 10.00am - 10.30am Level 5/6 10.30am - 11.15am Snorkeling 7yrs+ 100m+
<b>Tuesday</b>	9.00am - 9.30am Ducklings 9.30am - 10.00am Ducklings 10.00am - 10.30am Level 1 10.30am - 11.00am Level 2 11.00am - 11.30am Level 3 / 4 11.30am - 12 noon Disability	9.00am - 10am 50+ Disability 10.00am - 10.30am Level 5/6 10.30am - 11.15am Diving 7yrs+ 100m+
<b>Wednesday</b>	9.00am - 9.30am Ducklings 9.30am - 10.00am Ducklings 10.00am - 10.30am Level 1 10.30am - 11.00am Level 2 11.00am - 11.30am Level 3 / 4 11.30am - 12 noon Parent & Toddler	9.00am - 10am 50+ Disability 10.00am - 10.30am Level 5/6 10.30am - 11.15am Rookie Lifeguard 7yrs+ 100m+
<b>Thursday</b>	9.00am - 9.30am Ducklings 9.30am - 10.00am Ducklings 10.00am - 10.30am Level 1 10.30am - 11.00am Level 2 11.00am - 11.30am Level 3 / 4 11.30am - 12 noon Disability	9.00am - 10am 50+ Disability 10.00am - 10.30am Level 5/6 10.30am - 11.15am Water Polo 7yrs+ 100m+
<b>Friday</b>	9.00am - 9.30am Ducklings 9.30am - 10.00am Ducklings 10.00am - 10.30am Level 1 10.30am - 11.00am Level 2 11.00am - 11.30am Level 3 / 4 11.30am - 12 noon Parent & Toddler	9.00am - 10.00am 50+ Disability 10.00am - 10.30am Level 5/6 10.30am - 11.15am WASA Jnr Challenge 11.15am - 12 noon Rafts & Floats

### PLEASE NOTE

That as well as the above programme all public swim sessions  
 Mon to Friday up to 5pm are FREE FOR Under/16'S During the  
 SCHOOL HOLIDAYS.

