

Rhyl Leisure Centre Opening Times

Tel 01745 352900	Swimming Pool Term Time	Swimming Pool Holiday Time
Monday	7.30 - 8.45am Public swim (50+ Free) 12.50 – 1.20 GP referral (living well) 12.50 – 1.20 Over 50's Free swim session 4.00 - 6.30pm Junior Swimming lessons 5.00 – 6.30pm Swimming Club 6.45 - 8:00pm Public Swim (50+ Free) 8.00 – 9.00pm Swim fit Widths (ffitswimwales) (50+ Free) 9.00 –10.00pm Swim fit lengths (ffitswimwales) (50+ Free)	7.30 - 8.45am Public swim (50+ Free) 9.00- 12noon See *WAG free Instructed Swim Programme 12.15 – 1.15pm Public Swim (50+ & 16/u Free) 1.30 – 2.30pm Public Swim (50+ & 16/u Free) 2.45 – 3.45pm Public Swim (50+ & 16/u Free) 4.00 - 6.30pm Junior Swimming lessons 5.00 – 6.30pm Swimming Club 6.45 - 8:00pm Public Swim (50+ Free) 8.00 – 9.00pm Swim fit Widths (ffitswimwales) (50+ Free) 9.00 –10.00pm Swim fit lengths(ffitswimwales) (50+ Free)
Tuesday	7.30 - 8.45am Public swim (50+ Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 8.00pm Public swim (50+ Free) 6.15 – 7.15pm 1 lane Swimming Club 8.00 – 9.00pm Aqua Aerobics (50+ Free) 9.00 – 10.00pm Ladies Swim (50+ Free)	7.30 - 8.45am Public swim (50+ Free) 9.00- 12noon See *WAG free Instructed Swim Programme 12.15 – 1.15pm Public Swim (50+ & 16/u Free) 1.30 – 2.30pm Public Swim (50+ & 16/u Free) 2.45 – 3.45pm Public Swim (50+ & 16/u Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 8.00pm Public swim (50+ Free) 6.15–7.15pm 1 lane S Club 8.00 – 9.00pm Aqua Aerobics (50+ Free) 9.00 – 10.00pm Ladies Swim (50+ Free)
Wednesday	7.30 - 8.45am Public swim (50+ Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 7.30pm Public swim (50+ Free) 7.30 – 9.00pm Aqua Circuits (50 + Free) 9.00 – 10.00pm Sub Aqua	7.30 - 8.45am Public swim (50+ Free) 9.00- 12noon See *WAG free Instructed Swim Programme 12.15 – 1.15pm Public Swim (50+ & 16/u Free) 1.30 – 2.30pm Public Swim (50+ & 16/u Free) 2.45 – 3.45pm Public Swim (50+ & 16/u Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 7.30pm Public swim (50+ Free) 7.30 – 9.00pm Aqua Circuits (50 + Free) 9.00 – 10.00pm Sub Aqua
Thursday	7.30 - 8.45am Public swim (50+ Free) 11.15 – 11.45am *WAG free Adult & Child 11.15 – 11.45am Adult lessons (50+ Free) 12.50 – 1.20 GP referral (living well) 12.50 – 1.20 Over 50's Free swim session 4.00 - 6.00pm Junior Swimming lessons 5.00 – 6.30pm Swimming Club 6.45 – 8:30pm Public Swim (50+ Free) 7.30 – 8.30pm 1 lane Disability Swimming (to be book via Lucy 01824712714)	7.30 - 8.45am Public swim (50+ Free) 9.00- 12noon See *WAG free Instructed Swim Programme 11.15 – 11.45am Adult lessons (50+ Free) 12.15 – 1.15pm Public Swim (50+ & 16/u Free) 1.30 – 2.30pm Public Swim (50+ & 16/u Free) 2.45 – 3.45pm Public Swim (50+ & 16/u Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 7.30pm Public swim (50+ Free) 7.30 – 9.00pm Aqua Circuits (50 + Free) 9.00 – 10.00pm Sub Aqua
Friday	7.30 - 8.45am Public swim (50+ Free) 12.15 – 1.15pm Ladies Swim (50+ Free) 4.00 – 5.00pm *WAG free Water polo 4.00 - 6.00pm Junior Swimming lessons 6.15 – 7.15pm Public Swim (50+ Free) 7.30 – 10.00pm Swimming Club	7.30 - 8.45am Public swim (50+ Free) 9.00- 12noon See *WAG free Instructed Swim Programme 12.15 – 1.15pm Public Swim (50+ & 16/u Free) 1.30 – 2.30pm Public Swim (50+ & 16/u Free) 2.45 – 3.45pm Public Swim (50+ & 16/u Free) 4.00 - 6.00pm Junior Swimming lessons 6.15 – 7.15pm Public Swim (50+ Free) 7.30 – 10.00pm Swimming Club
Saturday	9.00 – 11.00 Junior Swimming lessons 10.00 – 11.30am Public – Main Pool only (50+ Free) 11.00 – 11.30am Adult & Child 11.30 – 1.30pm Public Swim (50+ Free) 2.00 – 3.00pm Aqua Fun Parties 3:30 – 4:30pm Aqua Fun Parties	9.00 – 11.00 Junior Swimming lessons 10.00 – 11.30am Public – Main Pool only (50+ Free) 11.00 – 11.30am *WAG free Adult & Child 11.30 – 1.30pm Public Swim (50+ & u16 Free) 2.00 – 3.00pm Aqua Fun Parties 3:30 – 4:30pm Aqua Fun Parties
Sunday	9.00 – 10.00am Adult lessons (50+ Free) 9.00 – 10.00am Adult & Child 10.00– 2.00pm Public swim (50+ Free) 3.15 – 4.15pm Free Disability Swimming 4.15 – 5.45 pm Disability Swimming lessons 6.00 – 9.00pm Swimming Club	9.00 – 10.00am Adult lessons (50+ Free) 9.00 – 10.00am Adult & Child 11.15 – 12.15pm Public swim (50+ & 16/u Free) 12.30 – 1.30pm Public swim (50+ & 16/u Free) 3:15pm – 4:15pm *WAG Free Disability Swimming (To be book via Lucy - 01824712714) 4.15 – 5.45 pm Disability Swimming lessons 6.00 – 9.00pm Swimming Club
50+ Free Swim	50+ Swim Free during all public sessions	50+ Swim Free during all public sessions & free instructed sessions
Children and young people 16/u	*WAG free Weekly Free Water Polo *WAG free Weekly Adult & Child	Sessions marked with a *WAG must be pre booked via the Leisure Centre. Please contact the reception for further details.

