

Rhyl Leisure Centre Summer Holidays Swimming Programme

Monday 19th July – Friday 27th August 2010

Monday	9.00am – 9.30am 9.00am – 10.00am 9.30am – 10.00am 11.00am – 12.30pm 2.00pm – 3.00pm	Stage 1 Lesson * Snorkelling * Stage 3 Lessons * Public Swimming ^ – Children £1.00, Adults £2.00 Public Swimming ^ – Children under 16 FREE, Adults £2.00
Tuesday	9.00am – 9.30am 9.00am – 10.00am 9.30am – 10.00am 11.00am – 12.30pm 2.00pm – 3.00pm	Stage 1 Lesson * Diving * Stage 3 Lessons * Public Swimming ^ – Children £1.00, Adults £2.00 Public Swimming ^ – Children £1.00, Adults £2.00
Wednesday	9.00am – 9.30am 9.00am – 10.00am 9.30am – 10.00am 11.00am – 12.30pm 2.00pm – 3.00pm	Stage 1 Lesson * Introduction to Synchronised Swimming* Stage 3 Lessons * Public Swimming ^ – Children £1.00, Adults £2.00 Public Swimming ^ – Children £1.00, Adults £2.00
Thursday	9.00am – 9.30am 9.00am – 10.00am 11.00am – 12.30pm 2.00pm – 3.00pm	Stage 2 Lesson * Mega Badge * Public Swimming ^ – Children £1.00, Adults £2.00 Public Swimming ^ – Children £1.00, Adults £2.00
Friday	9.00am – 9.30am 9.30am – 10.00am 2.00pm – 3.00pm 3.45pm – 4.30pm	Stage 2 Lesson * Disability * Inflatable Session ^ - Children under 16 FREE, Adults £2.00 Water Polo
Sunday	11.00am – 1.15pm 1.45pm – 3.00pm	Public & Family Swim ^ - Children under 16 FREE, Adults £3.10 Public & Family Swim ^ - Children under 16 FREE, Adults £3.10

* - Sessions require booking

^ - Limited spaces for each session. Entrance will be on a first come first served basis.

Please note our Swimming Admission Policy available at Reception.

Week 1 and 2 will be available to book from Saturday 3rd July 2010 at 8.30am

Week 3 and 4 will be available to book from Saturday 17th July 2010 at 8.30am

Week 5 and 6 will be available to book from Saturday 7th August 2010 at 8.30am

All bookings must be made at the Leisure Centre no telephone bookings will be accepted.

Please see our normal Swimming Timetable for all other sessions.

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www.sportdenbighshire.co.uk