

# Ruthin Leisure Centre Swimming Pool Opening Times

28.06.10

Tel 01824 703880	Swimming Pool <b>Term</b> Time	Swimming Pool <b>Holiday</b> Time
<b>Monday</b>	7.30am - 8.30am Public Swim (60+ free) 5.00pm - 5.30pm Junior Lessons 5.30pm - 8.30pm Public Swim (60+ free) 5.30pm-7.00pm Swimming Club 2 lanes 7.00pm-8.00pm Disability Swim (shallow end) 8.30pm- 9.30pm Adult Swim ( 60+ free)	7.30am - 9:00am Public Swim (60+ Free) 9:00am - 10:00am Junior Swim Lessons 10:00am - 3.00pm Public Swim (60+ Free) 11:00am - 12:00pm WAG free 16/u Junior Lessons 12.00pm - 1.00pm WAG free 16/u instructed snorkeling 3:00pm - 4:00pm Public Swim inflatable session (60+ Free) 4:00pm - 8:30pm Public Swim (60+ Free) 5.00pm - 5.30pm Junior Lesson 5.30pm-7.00pm Swimming Club 2 lanes 8:30pm - 9:30pm Adult Swim (60+ Free)
<b>Tuesday</b>	7.30am - 8.30am Free 60+ session 3.30pm - 5.30pm WAG free Disability lessons 5.00pm - 6.00pm Water Dragons swim club 5.00pm - 7.30pm Public Swim ( club training lane between 6.15-7.15pm) 7:30pm - 8:30pm Aquafit (60+ free) 8:30pm - 9:30pm Public Swim/masters (60+ free)	7.30am - 9:00am Free 60+ session 9:00am - 10:00am Junior Swim Lessons 10:00am - 7.30pm Public Swim (Club Training Lane 6.15-7.15pm)(60+ Free) 11:00am - 12:00pm WAG free 16/u Junior Lessons 12.00pm - 1.00pm WAG free 16/u Rookie Lifesaving 7:30pm - 8:30pm Aquafit (60+ Free) 8:30pm - 9:30pm Public swim and Triathlon/Masters swim (60+ Free)
<b>Wednesday</b>	7.30am - 8.30am Adult lane Swim (60+ free) 7.30am - 8.30am Swimming Club 2 lanes 5:00pm - 7.00pm Junior Lesson 7.00pm - 8:00pm Junior Swim Awards 8:00pm - 8:30pm Adult lessons (60+ free) 8.30pm - 9.30pm Public Swim (60+ free)	7.30am - 9:00am Adult lane Swim (60+ Free) 9:00am - 10:00am Junior Swim Lessons 10:00am - 3:00pm Public Swim (60+ Free) 11:00am - 12:00pm WAG free 16/u Junior Lessons 2.00pm - 3.00pm WAG free 16/u Public Swim 3:00pm - 4:00 pm Public Swim inflatable session (60+ Free) 4.00pm - 5.00pm WAG free 16/u Disability session/Public Swim 5.00pm - 7.00pm Junior Lessons 7.00pm - 8.00pm Junior Swim Awards/WAG free 16/u Water Polo 8:00pm - 8:30pm Adult lessons (60+ free) 8.00pm - 9.30pm Public Swim (60+ free)
<b>Thursday</b>	7.30am - 8.30am Public Swim (60+free) 3.30pm - 5.30pm WAG free Disability lessons 5.00pm - 5.30pm Junior Lessons 5.30pm - 7.00pm Public Swim / training lane (60+ free) 7:30pm - 8:30pm Swimming Club 8:30pm - 9:30pm Ruthin Ladies Swim	7.30am - 9:00am Public Swim (60+ free) 9:00am - 10:00am Junior Swim Lessons 10:00am - 7:00pm Public Swim (60+ Free) 11:00am - 12:00pm WAG free 16/u Junior Lessons 12.00pm - 1.00pm WAG free 16/u instructed snorkeling 7:00pm - 8:30pm Swimming Club 8:30pm - 9:30pm Ruthin Ladies Swim
<b>Friday</b>	7.30am - 8.30am Public Swim (60+ free) 5.00pm - 7.00pm Swimming Club 7.00pm - 8:30pm Public Swim (60+ free) 8:30pm - 9:30pm Vale Sub aqua 2 lanes 8:30pm - 9:30pm Public swim 2 lanes (60+ free)	7.30am - 9:00am Public Swim (60+ Free) 9:00am - 10:00am Junior Swim Lessons 10:00am - 2:00pm Public Swim (60+ Free) 11:00am - 12:00pm WAG free 16/u Junior Lessons 2.00pm - 3.00pm WAG free 16/u inflatable session 3.00pm - 4.00pm Public Swim inflatable session (60+ Free) 4.00pm - 5.00pm Public Swim (60+ free) 5.00pm - 7.00pm Swimming Club 7.00pm - 8:30pm Public Swim (60+ free) 8:30pm - 9:30pm Vale Sub aqua club 2 lanes 8:30pm - 9:30pm Public swim 2 lanes (60+ free)
<b>Saturday</b>	10:00am - 1.00pm Junior Lessons 12:30pm - 1:30pm Public Swim (60+ & 16/u Free) *1:30pm - 3:30pm Public Swim inflatable session *pool hire may occur between 2.30 - 3.30pm	10:00am - 1.00pm Junior Lessons 12:30pm - 1:30pm Public Swim (60+ & 16/u Free) *1:30pm - 3:30pm Public Swim inflatable session *pool hire may occur between 2.30 - 3.30pm
<b>Sunday</b>	10:00pm - 11:00pm WAG free 16/u Parent Toddler 11:00am - 12:30pm Family Swim WAG 16/u free 12:30pm - 3:00pm Public Swimming (60+ free) 3.00pm - 4.30pm Swimming Club	10:00pm - 11:00pm WAG free 16/u Parent Toddler (children 3 & under) 11:00am - 12:30pm Family Swim WAG 16/u free 12:30pm - 3:00pm Public Swimming (60+ free) 3.00pm - 4.30pm Swimming Club