

Canolfan Hamdden Dinbych – Amserlen Nofio Llun 19thfed Gorffnaf – Sul 29^{fed} Awst

Denbigh Leisure Centre – Swimming Timetable Monday 19th July – Sun 29th August

Monday

7:15am – 8:45am Public
 4:00pm – 5:30pm Swimming Lessons
 5:30pm – 6:30pm Denbigh Swimming Club
 6:30pm – 7:30pm Public *#
 7:30pm – 8:15pm Aqua Natal
 8:15pm – 9:00pm Ladies Swimming #
 9:00pm – 10:00pm Adult Lane Swimming #

Tuesday

6:30am – 7:45am Public * # (2 Lanes Only)
 7:45am – 8:45am Public * #
 4:00pm – 5:00pm FREE Junior Water Polo
 5:00pm – 6:30pm Swimming Lessons
 6:30pm – 7:30pm Public * #
 7:30pm – 8:00pm Adult Swimming Lessons – Please ask at Reception
 8:00pm – 8:30pm Adult Swimming Lessons – Please ask at Reception
 8:30pm – 9:30pm Adult Lane Swimming #

Wednesday

6:30am – 7:45am Public * # (2 Lanes Only)
 7:45am – 8:45am Public * #
 4:00pm – 5:00pm Swimming Lessons
 5:00pm – 6:00pm Disability Swimming Lessons – Please ask at Reception
 6:00pm – 6:45pm Aqua Aerobics #
 7:00pm – 8:30pm Public * #
 8:30pm – 9:30pm Adult Swim * #

Thursday

8:00am – 8:45am Aqua Aerobics # Only £2.00 per session
 4:00pm – 4:45pm Free Disability Swimming Session
 5:00pm – 8:00pm Swimming Club / Water Dragons
 8:00pm – 9:30pm Swim Fit (Masters Swimming)

Friday

7:15am – 8:45am Public * #
 4:00pm – 6:30pm Swimming Lessons
 6:30pm – 8:00pm Public * #
 8:00pm – 9:00pm Adult Lane Swimming # - £1:00

Saturday

8:30am – 10:30am Swimming Lessons
 10:30am – 11:30am FREE Snorkelling
 11:30am – 1:30pm Public * # Children Swim for £1:00
 1:45pm – 2:45pm ^ Birthday Party Inflatable Session – Please contact reception for further details and availability
 3:15pm – 4:15pm ^ Birthday Party Inflatable Session – Please contact reception for further details and availability

Sunday

9:00am – 10:00am Swimming Lessons
 10:00am – 12:00pm Family Swimming – Children Free with paying Adult
 12:30pm – 1:45pm Public * #
 2:00pm – 2:45pm FREE Over 60's Swim
 3:00pm – 5:00pm Denbigh Swim Club

- Free session for all 60+ swimmers. * - Session includes lanes.

^ - Birthday parties are private sessions, please contact Reception for details and availability.

For further information visit our web page:

www.sportdenbighshire.co.uk

Please take note of our Swimming Admission Policy displayed at Reception.