

Denbigh Leisure Centre – Swimming Timetable Monday 30th August 2010- Sunday 24th October 2010

Monday

7:15am – 8:45am	Public #
12:30pm – 1:15pm	Parent & Toddler Session FREE
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 * #
12:30pm – 1:15pm	60+ Swimming FREE
4:00pm – 5:00pm	FREE Junior Water Polo
5:00pm – 6:30pm	Swimming Lessons
6:30pm – 7:30pm	Public * #
7:30pm – 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 – 8:30pm	Public * #

Saturday

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

Sunday

9:00am – 10:00am	Swimming Lessons / 60+ Swim (2 Lanes Only)
10:00am – 12:00pm	Family Swimming – Children Free with paying Adult
12:30pm – 2:00pm	Public * #
2:30pm – 3:30pm	^ Birthday Party Inflatable Session – Please contact reception for further details and availability
4:00pm – 5:00pm	Water Dragons
5:00pm – 7:00pm	Denbigh Swim Club
7:00pm – 8:30pm	Adult Water Polo

- 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.