

# Denbigh Leisure Centre Opening Times

Tel 01745 816311	Swimming Pool <b>Term</b> Time	Swimming Pool <b>Holiday</b> Time
<b>Monday</b>	7.15 - 8.45am Public swim (F/C lane 7.15-8am 60+ Free) 4.00 - 5.30pm Junior Swimming lessons 5.30 - 6.30pm Denbigh Swimming Club 6.30 - 7.30pm Public Swim (60+ Free) 7.30 - 8.15pm Ante Natal 8.15 - 9.30pm Ladies Swim (60+ Free)	7.15 - 8.45am Public swim (F/C lane 7.15-8am 60+ and 16/u Free) 9.00 -10.15am Free Over 60's swimming session 10.30- 11.30am <b>*WAG</b> Lifesaving 12.30 - 3.30pm Public Swim (60+ and 16 and under go Free) 4.00 - 5.30pm Junior Swimming lessons 5.30 - 6.30pm Denbigh Swimming Club 6.30 - 7.30pm Public Swim (60+ Free) 7.30 - 8.15pm Ante Natal 8.15 - 9.30pm Ladies Swim (60+ Free)
<b>Tuesday</b>	6.45 - 7.45am Swim club/Public swim 1 lane f/c 1 lane breaststroke (60+ Free) 7.45 - 8.45am Public swim (60+ Free) 4.15 - 5.00pm <b>*WAG free</b> Water polo 5.00 - 5.30pm <b>*WAG free</b> Parent / Toddler 5.30 - 6.00pm Junior Swimming lessons 6.00 - 7.30pm Public Swim(60+ Free) 7.30 - 8.00pm Adult swimming lessons(60+ Free) 8.15 - 9.30pm Adult lane swimming (60+ Free) (fitswimwales programme cards available)	6.45 - 7.45am Swim club 2 lanes / Public swim 1 lane f/c 1 lane breast (60+ and 16/u Free) 9.00 -10.00am Free Over 60's swimming session 10:30 -11:30am <b>*WAG</b> Free swim Mini Water Polo 1.00 - 2.00pm <b>*WAG</b> Free ASA swim lessons 2.00 - 4.00pm Public Swim (60+ and 16 and under go Free) 5.30 - 6.00pm Junior Swimming lessons 6.00 - 7.30pm Public Swim(60+ Free) 7.30 - 8.00pm Adult swimming lessons(60+ Free) 8.15-9.30pm Adult lane swimming (60+ Free)(fitswimwales)
<b>Wednesday</b>	7.15 - 8.45am Public swim (F/C lane 7.15-8am 60+ Free) 4.15 - 5.30pm Junior Advanced lessons 5.00 - 6.00pm Disability swimming lessons 6.00 - 7.00pm Aqua Aerobics(60+ Free) 7.00 - 8.00pm Public Swim (60+ Free) 8:00 - 8:30pm Over 50's swimming (60+ Free) 8.30 - 9.30pm Adult Swimming (60+ Free)	7.15 - 8.45am Public swim (F/C lane 7.15-8am (60+ Free and 16/u Free) 9.00 - 10.30am <b>*WAG</b> Free ASA swim lessons 10.45 -11.30am Free Over 60's swimming session 11.30 - 12.30pm Public Swim (60+ and 16 and under go Free) 1.00 - 3.30pm Public Swim (60+ and 16 and under go Free) 4.15 - 5.30pm <b>*WAG</b> Free Junior Advanced lessons ASA Level 8 5.00 - 6.00pm <b>*WAG</b> Free Disability swimming lessons 6.00 - 7.00pm Aqua Aerobics(60+ Free) 7.00 - 8.00pm Public Swim (60+ Free) 8:00 - 8:30pm Over 50's swimming (60+ Free) 8.30 - 9.30pm Adult Swimming (60+ Free)
<b>Thursday</b>	6.45 - 8.45am Swim club/Public swim 1 lane f/c 1 lane breaststroke (60+ Free) 4.15 - 5.00pm <b>*WAG free</b> Snorkeling 5.00 - 5.30pm <b>*WAG free</b> Parent / Toddler 5.30 - 6.30pm Junior Swimming lessons 6:30 - 7:00pm Over 50's swimming (60+ Free) 7:00 - 8:00pm Public Swim (60+ Free) 8.15 - 9.15pm Adult lengths with coaching(fitswimwales) (60+)	6.45 - 8.45am Swim club/Public Swim 1 lane f/c 1 lane breaststroke (60+ and 16/u Free) 9.00 - 10.30am <b>*WAG</b> Free ASA swim lessons 10.45 -11.30am Free Over 60's swimming session 11.30 - 12.30pm Public Swim (60+ and 16 and under go Free) 12:45 -1:45pm <b>*WAG</b> Free swim Snorkeling 2.00 - 4.00pm Public Swim (60+ and 16 and under go Free) 5.00 - 5.30pm <b>*WAG free</b> Parent / Toddler 5:30 - 6:30pm Junior Swimming lessons 6:30 - 7:00pm Over 50's swimming (60+ Free) 7:00 - 8:00pm Public Swim (60+ Free) 8.15 - 9.15pm Adult lengths with coaching(fitswimwales) (60+ free)
<b>Friday</b>	7.15 - 8.45am Public swim (F/C lane 7.15-8am 60+ Free) 4.30 - 7.00pm Swim Club/Water dragons 7.00 - 8.30pm Public Swim(60+ Free) 8.30 - 9.15pm Adult lane swimming (60+ Free) (fitswimwales programme cards available)	7.15 - 8.45am Public swim (F/C lane 7.15-8am 60+ and 16/u Free) 9.00 - 10.30am <b>*WAG</b> Free ASA swim lessons 10.45 -11.30am Free Over 60's swimming session 11.30 - 12.30pm Public Swim (60+ and 16 and under go Free) 2.00 - 4.00pm Public Swim (60+ and 16 and under go Free) 4.30 - 7.00pm Swim Club/Water dragons 7.00 - 8.30pm Public Swim(60+ Free) 8.30-9.15pm Adult lane swim (60+ Free)(fitswimwales cards available)
<b>Saturday</b>	8.15 - 9.00am Public Swim(60+ Free) 9:15 - 10.45am Junior Swimming lessons 11.00 - 11.30am 1 to 1 swimming lessons 11.30 - 12.30pm Over 60's Free Swimming 1.00 - 3.00pm Public Swim(60+ Free) 3.15 - 4.15pm Public Hire	8.15 - 9.00am Public Swim(60+ and 16/u Free) 9:15 - 10.45am Junior Swimming lessons 11.00 - 11.30am 1 to 1 swimming lessons 11.30 - 12.30pm Over 60's Free Swimming 1.00 - 3.00pm Public Swim(60+ and 16/u Free) 3.15 - 4.15pm Public Hire
<b>Sunday</b>	10.15-12.15pm Family Swim 12.30-3.30pm Public Swim ( <b>WAG free</b> 16/u 60+ go Free) 4.00-6.00pm Swimming Club	10.15-12.15pm Family Swim 12.30-3.30pm Public Swim (16 and under and 60+ go Free) 4.00-6.00pm Swimming Club
<b>60+ Free Swim</b>	60+ Swim Free during all public sessions	60+ Swim Free during all public sessions & free instructed sessions
<b>Children and young people 16/u</b>	<b>*WAG free</b> Weekly Free Water Polo <b>*WAG free</b> Weekly Free Snorkeling <b>*WAG free</b> Weekly Parent / Toddler	Sessions marked with a <b>*WAG</b> must be pre booked via the Leisure Centre. Please contact the reception for further details.

