

hAMDDEN Y rHYL - AMSERLEN NOFIO

08/04/24 - 26/05/24

Dydd Llun

6.30am – 8.30am
1.15pm – 2.00pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.00pm
8.00pm – 9.00pm
9.00pm – 10.00pm

Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Clwb Nofio
Nofio Cyhoeddus >
Nofio'n Ffit ar Draws \$
Nofio'n Ffit ar Hyd

Dydd Mawrth

6.00am – 7.30am
7.30am – 8.45am
12.15pm – 1.00pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Clwb Nofio
Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Nofio Cyhoeddus >

Dydd Mercher

6.00am – 7.30am
7.30am – 8.45am
1.15pm – 2.00pm
4.00pm – 6.15pm
6.30pm – 8.00pm
9.00pm – 10.00pm

Clwb Nofio
Lôn Oedolion #
Lôn Oedolion >
Gwersi Nofio
Clwb Nofio
Clwb Dan-ddwr Aqua Y Rhyl

Dydd Iau

12.15pm – 1.00pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Lôn Oedolion >
Gwersi Nofio
Clwb Nofio
Nofio Cyhoeddus >

Dydd Gwener

6.00am – 7.30am
7.30am – 8.45am
12.15pm – 1.00pm
3.30pm – 6.30pm
6.30pm – 8.30pm

Clwb Nofio
Lôn Oedolion >
Lôn Oedolion >
Gwersi Nofio
Clwb Nofio

Dydd Sadwrn

8.00am – 12.15pm
12.30pm – 2.00pm

Gwersi Nofio
Nofio Cyhoeddus >

Dydd Sul

8.00am – 9.15am
8.15am – 9.00am
9.15am – 10.00am
10.00am – 11.00am
11.00am – 1.15pm
1.45pm – 3.00pm
3.15pm – 4.15pm
4.15pm – 6.15pm
6.30pm – 8.30pm

Gwersi Nofio
Nofio Rhieni a Phlant Bach
Nofio Rhieni a Phlant Bach
Lôn Oedolion >
Nofio i'r Teulu – o dan 16 am ddim >
Nofio Cyhoeddus >
Nofio Anabledd
Gwersi Nofio i Bobl Anabl
Clwb Nofio

- Sesiwn am ddim i bob nofwyr dros 60.

> - £2.50 ar gyfer holl nofwyr 60+.

* - Sesiwn yn cynnwys 1 lôn

+ - Plant yn nofio am ddim gyda oedolyn yn talu yn llawn

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

rhyl leisure - SWIMMING TIMETABLE

08/04/24 - 26/05/24

Monday

6.30am – 8.30am

Adult Lane >

1.15pm – 2.00pm

Adult Lane >

4.00pm – 6.00pm

Swimming Lessons

5.30pm – 7.00pm

Swimming Club

7.00pm – 8.00pm

Public Swim >

8.00pm – 9.00pm

Swim Fit Widths \$

9.00pm – 10.00pm

Swim Fit Lengths

Tuesday

6.00am – 7.30am

Swimming Club

7.30am – 8.45am

Adult Lane >

12.15pm – 1.00pm

Adult Lane>

4.00pm – 6.00pm

Swimming Lessons

6.15pm – 8.30pm

Public >

Wednesday

6.00am – 7.30am

Swimming Club

7.30am – 8.45am

Adult Lane #

1.15pm – 2.00pm

Adult Lane >

4.00pm – 6.15pm

Swimming Lessons

6.30pm – 8.00pm

Swimming Club

9.00pm – 10.00pm

Rhyl Sub Aqua Club

Thursday

12.15pm – 1.00pm

Adult Lane >

4.00pm – 6.00pm

Swimming Lessons

5.30pm – 7.00pm

Swimming Club

7.00pm – 8.30pm

Public >

Friday

6.00am – 7.30am

Swimming Club

7.30am – 8.45am

Adult Lane >

12.15pm – 1.00pm

Adult Lane >

3.30pm – 6.30pm

Swimming Lessons

6.30pm – 8.30pm

Swimming Club

Saturday

8.00am – 12.15pm

Swimming Lessons

12.30pm – 2.00pm

Public >

Sunday

8.00am – 9.15am

Adult Swimming Lessons

8.15am – 9.00am

Parent & Toddler

9.15am – 10.00am

Parent & Toddler

10.00am – 11.00am

Adult Lane >

11.00am – 1.15pm

Family Swim Under 16's-Free >

1.45pm – 3.00pm

Public Swim >

3.15pm – 4.15pm

Disability Swim

4.15pm – 6.15pm

Disability Swimming Lessons

6.30pm – 8.00pm

Swimming Club

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

* - Session includes 1 Lane

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy.