

# hAMDDEN dinbych - AMSERLEN NOFIO

25/03/24 - 07/04/24

## Dydd Llun

6.30am – 8.45am Nofio Lôn Cyhoeddus >  
3.30pm – 6.30pm Gwersi Nofio  
6.30pm – 7.30pm Clwb Nofio Dinbych  
7.30pm – 8.30pm Nofio Cyhoedd \* >  
8.30pm – 9.15pm Nofio Oedolion \* >

## Dydd Mawrth

6.30am – 7.30am Nofio Lôn Cyhoeddus > (3 Lôn)  
7.30am – 8.45am Nofio Lôn Cyhoeddus #  
12.40pm – 1.10pm Nofio Cyhoeddus \* >  
3.30pm – 5.30pm Gwersi Nofio  
5.30pm – 7.00pm Clwb Nofio Dinbych  
7.00pm – 8.00pm Nofio Cyhoeddus \* >  
8.00pm – 9.00pm Nofio Oedolion \* >

## Dydd Mercher

6.30am – 7.30am Nofio Lôn Cyhoeddus > (3 Lôn)  
7.30am – 8.45am Nofio Lôn Cyhoeddus >  
12.40pm – 1.10pm Nofio Rhieni a Phlant Bach  
3.30pm – 6.00pm Gwersi Nofio  
6.15pm – 7.15pm Nofio Cyhoeddus \* >  
7.15pm – 8.15pm Clwb Nofio Dinbych  
8.15pm – 9.15pm Nofio Lôn Oedolion >

## Dydd Iau

6.30am – 7.30am Nofio Lôn Cyhoeddus > (3 Lôn)  
7.30am – 8.45am Nofio Lôn Cyhoeddus >  
12.40pm – 1.10pm Nofio Cyhoeddus \* >  
4.00pm – 4.45pm Sesiwn Nofio Anabledd Am Ddim  
5.00pm – 8.00pm Clwb Nofio Dinbych  
8.00pm – 9.00pm Nofio Lôn Oedolion >

## Dydd Gwener

6.30am – 8.00am Nofio Lôn Oedolion >  
8.15am – 9.00am Erobeg Dŵr >  
12.40pm – 1.10pm Nofio Cyhoeddus \* >  
3.30pm – 6.30pm Gwersi Nofio  
6.30pm – 7.30pm Erobeg Dwr  
7.30pm – 8.30pm Nofio Cyhoeddus \* >

## Dydd Sadwrn

8.30am – 12.30pm Gwersi Nofio  
12.45pm – 3.15pm Nofio Cyhoeddus \* >

## Dydd Sul

9.00am – 9.45am Nofio Rhieni a Phlant Bach  
10.00am – 11.00am Nofio i'r Teulu +  
11.15am – 12.15pm Nofio i'r Teulu  
12.30pm – 1.30pm Nofio Cyhoeddus \* >

# - Sesiwn am ddim i bob nofwyr dross 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.

# denbigh leisure - SWIMMING TIMETABLE

25/03/24 - 07/04/24

## Monday

6.30am – 8.45am Public Lane Swimming >  
3.30pm – 6.30pm Swimming Lessons  
6.30pm – 7.30pm Denbigh Swimming Club  
7.30pm – 8.30pm Public \* >  
8.30pm – 9.15pm Adult Swim \* >

## Tuesday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)  
7.30am – 8.45am Public Lane Swimming #  
12.40pm – 1.10pm Public \* >  
3.30pm – 5.30pm Swimming Lessons  
5.30pm – 7.00pm Denbigh Swimming Club  
7.00pm – 8.00pm Public \* >  
8.00pm – 9.00pm Adult Swim \* >

## Wednesday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)  
7.30am – 8.45am Public Lane Swimming >  
12.40pm – 1.10pm Parent and Toddler  
3.30pm – 6.00pm Swimming Lessons  
6.15pm – 7.15pm Public \* >  
7.15pm – 8.15pm Denbigh Swimming Club  
8.15pm – 9.15pm Adult Lane Swim >

## Thursday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)  
7.30am – 8.45am Public Lane Swimming >  
12.40pm – 1.10pm Public \* >  
4.00pm – 4.45pm Free Disability Swimming Session  
5.00pm – 8.00pm Denbigh Swimming Club  
8.00pm – 9.00pm Adult Lane Swim >

## Friday

6.30am – 8.00am Public Lane Swimming >  
8.15am – 9.00am Aqua Aerobics >  
12.40pm – 1.10pm Public \* >  
3.30pm – 6.30pm Swimming Lessons  
6.30pm – 7.30pm Aqua Aerobics  
7.30pm – 8.30pm Public \* >

## Saturday

8.30am – 12.30pm Swimming Lessons  
12.45pm – 3.15pm Public \* >

## Sunday

9.00am – 9.45am Parent and Toddler  
10.00am – 11.00am Family Swimming +  
11.15am – 12.15pm Family Swimming  
12.30pm – 1.30pm Public \* >

# - 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.