

HAMDDEN RHUTHUN - AMSERLEN NOFIO

08/04/24 - 26/05/24

Dydd Llun

6.45am – 8.45am Lôn Cyhoeddus >
4.00pm – 6.15pm Gwersi Nofio
5.30pm – 7.30pm Clwb Nofio
7.45pm – 8.30pm Nofio Anabledd
8.30pm – 9.15pm Lôn Cyhoeddus >

Dydd Mawrth

6.45am – 8.45am Lôn Cyhoeddus >
12.45pm – 1.30pm Lôn Cyhoeddus >
4.00pm – 5.45pm Gwersi Nofio
6.00pm – 8.00pm Clwb Nofio
8.00pm – 8.45pm Lôn Cyhoeddus >

Dydd Mercher

6.45am – 8.45am Lôn Cyhoeddus >
4.00pm – 7.15pm Gwersi Nofio
7.30pm – 8.15pm Erobeg Dŵr >
8.30pm – 9.15pm Lôn Cyhoeddus >

Dydd Iau

6.45am – 8.45am Lôn Cyhoeddus >
12.45pm – 1.30pm Lôn Cyhoeddus >
4.00pm – 6.30pm Gwersi Nofio
6.45pm – 8.15pm Clwb Nofio
8.15pm – 9.00pm Lôn Cyhoeddus >

Dydd Gwener

6.45am – 8.45am Lôn Cyhoeddus #
12.45pm – 1.30pm Lôn Cyhoeddus >
4.00pm – 6.00pm Gwersi Nofio
6.00pm – 7.00pm Clwb Nofio
7.00pm – 8.00pm Clwb Triathlon

Dydd Sadwrn

8.00am – 12:00pm Gwersi Nofio
11.15am – 12.45pm Clwb Nofio
12.45pm – 1.30pm Lôn Oedolion >
1.45pm – 2.30pm Nofio i'r Teulu

Dydd Sul

9.30am – 10.15am Lôn Cyhoeddus >
10.30am – 11.15am Nofio rhieni and phlant bach
11.30am – 12.15pm Nofio i'r Teulu – o dan 16 am ddim
12.45pm – 1.30pm Lôn Oedolion >
2.00pm – 4.00pm Clwb Nofio

- 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.

RUTHIN LEISURE - SWIMMING TIMETABLE

08/04/24 - 26/05/24

Monday

6.45am – 8.45am Public Lane >
4.00pm – 6.15pm Swimming Lessons
5.30pm – 7.30pm Swimming Club
7.45pm – 8.30pm Disability Swim
8.30pm – 9.15pm Public Lane >

Tuesday

6.45am – 8.45am Public Lane >
12.45pm – 1.30pm Public Lane >
4.00pm – 5.45pm Swimming Lessons
6.00pm – 8.00pm Swimming Club
8.00pm – 8.45pm Public Lane >

Wednesday

6.45am – 8.45am Public Lane >
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.15pm Aqua Aerobics >
8.30pm – 9.15pm Public Lane >

Thursday

6.45am – 8.45am Public Lane >
12.45pm – 1.30pm Public Lane >
4.00pm – 6.30pm Swimming Lessons
6.45pm – 8.15pm Swimming Club
8.15pm – 9.00pm Public Lane >

Friday

6.45am – 8.45am Public Lane #
12.45pm – 1.30pm Public Lane >
4.00pm – 6.00pm Swimming Lessons
6.00pm – 7.00pm Swimming Club
7.00pm – 8.00pm Triathlon Club

Saturday

8.00am – 12.00pm Swimming Lessons
11.15am – 12.45pm Swimming Club
12.45pm – 1.30pm Adult Lane >
1.45pm – 2.30pm Family Swim

Sunday

9.30am – 10.15am Public Lane >
10.30am – 11.15am Parent & Toddler
11.30am – 12.15pm Family Swim Under 16 Free
12.45pm – 1.30pm Adult Lane >
2.00pm – 4.00pm 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.