

# HAMDDEN Y RHYL - AMSERLEN NOFIO

22 ain Gorffennaf – 1af Medi 2024

## Dydd Llun

6.30am – 8.30am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.00pm  
8.00pm – 9.00pm  
9.00pm – 10.00pm

## Dydd Mawrth

6.00am – 7.30am  
7.30am – 8.45am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.00pm  
6.15pm – 8.30pm

## Dydd Mercher

6.00am – 7.30am  
7.30am – 8.45am  
12.00pm – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.15pm  
6.30pm – 8.00pm  
9.00pm – 10.00pm

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

Clwb Nofio  
Lôn Oedolion >  
Nofio Cyhoeddus >  
Nofio i'r Teulu >  
Gwersi Nofio  
Nofio Cyhoeddus >

Clwb Nofio  
Lôn Oedolion #  
Nofio Cyhoeddus >  
Nofio i'r Teulu – o dan 16 am ddim >  
Gwersi Nofio  
Clwb Nofio  
Clwb Dan-ddwr Aqua Y Rhyl

## Dydd Iau

11.00am – 12.00noon  
12.15pm – 1.15pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.30pm

## Dydd Gwener

6.00am – 7.30am  
7.30am – 8.45am  
12.00pm – 1.00pm  
1.15pm – 2.15pm  
3.30pm – 6.30pm  
6.30pm – 8.30pm

## Dydd Sadwrn

8.00am – 12.15pm  
12.30pm – 2.00pm

## Dydd Sul

8.00am – 9.15am  
8.15am – 9.00am  
9.15am – 10.00am  
10.00am – 11.00am  
11.00am – 12.00pm  
12.15pm – 13.30pm  
1.45pm – 3.00pm  
3.15pm – 4.15pm  
4.15pm – 5.45pm  
6.30pm – 8.00pm

Nofio Cyhoeddus >  
Nofio i'r Teulu >  
Gwersi Nofio  
Clwb Nofio  
Nofio Cyhoeddus >

Clwb Nofio  
Lôn Oedolion >  
Nofio Cyhoeddus >  
Nofio i'r Teulu >  
Gwersi Nofio  
Clwb Nofio

Gwersi Nofio  
Nofio Cyhoeddus >

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 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+.  
~ - Prif bwll yn unig

Gall yr amserlen hon newid.  
Dan 8 oed - Cyfeiriwch at ein polisi derbyn.  
\$ - Plant oed 11 – 15 yn gallu mynchu.

# RHYL LEISURE - SWIM TIMETABLE

22nd July 2024 – 1st September 2024

## Monday

6.30am – 8.30am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.00pm  
8.00pm – 9.00pm  
9.00pm – 10.00pm

Adult Lane >  
Public >  
Family Swim >  
Swimming Lessons  
Swimming Club  
Public Swim >  
Swim Fit Widths \$  
Swim Fit Lengths

## Tuesday

6.00am – 7.30am  
7.30am – 8.45am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.00pm  
6.15pm – 8.30pm

Swimming Club  
Adult Lane >  
Public >  
Family Swim >  
Swimming Lessons  
Public >

## Wednesday

6.00am – 7.30am  
7.30am – 8.45am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
4.00pm – 6.15pm  
6.30pm – 8.00pm  
9.00pm – 10.00pm

Swimming Club  
Adult Lane #  
Public >  
Family Swim Under 16's Free >  
Swimming Lessons  
Swimming Club  
Rhyl Sub Aqua Club

## Thursday

11.00am – 12.00noon  
12.15pm – 1.30pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.30pm

Public >  
Family Swim >  
Swimming Lessons  
Swimming Club  
Public >

## Friday

6.00am – 7.30am  
7.30am – 8.45am  
12.00noon – 1.00pm  
1.15pm – 2.15pm  
3.30pm – 6.30pm  
6.30pm – 8.30pm

Swimming Club  
Adult Lane >  
Public >  
Family Swim >  
Swimming Lessons  
Swimming Club

## Saturday

8.00am – 12.15pm  
12.30pm – 2.00pm

Swimming Lessons  
Public >

## Sunday

8.00am – 9.15am  
8.15am – 9.00am  
9.15am – 10.00am  
10.00am – 11.00am  
11.00am – 12.00pm  
12.15pm – 1.30pm  
1.45pm – 3.00pm  
3.15pm – 4.15pm  
4.15pm – 5.45pm  
6.30pm – 8.00pm

Adult Swimming Lessons  
Parent & Toddler  
Parent & Toddler  
Adult Lane >  
Family Swim Under 16's Free >  
Public Swim >  
Public Swim >  
Disability Swim  
Disability Swimming Lessons  
Swimming Club

# - Free session for all 60+ swimmers.  
> - £2.50 for all 60+ swimmers.  
~ - Main pool only

This timetable is subject to change.  
Under 8's – Please refer to our admissions policy.  
\$ - Juniors aged 11 – 15 can attend.

