

HAMDDEN RHUTHUN - AMSERLEN NOFIO

O 22^{AIN} GORFFENNAF – 1^{AF} MEDI 2024

Dydd Llun

6.45yb – 8.45yb
9.00yb – 12.00yh
4.00yh – 6.15yh
5.30yh – 7.30yh
7.45yh – 8.30yh
8.30yh – 9.15yh

Lôn Cyhoeddus >
Nofio Teulu
Gwersi Nofio
Clwb Nofio
Nofio Anabl
Lôn Cyhoeddus >

Dydd Mawrth

6.45yb – 8.45yb
9.00yb – 12.00yh
12.45yh – 3.00yh
4.00yh – 6:15yh
6.30yh – 8.30yh
8.30yh – 9.15yh

Lôn Cyhoeddus >
Nofio Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Lôn Cyhoeddus >

Dydd Mercher

6.45yb – 8.45yb
9.00yb – 12.00yh
12.45yh – 1.30yh
1.45yh – 3.00yh
4.00yh – 7.15yh
7.30yh – 8.15yh
8.30yh – 9.15yh

Lôn Cyhoeddus >
Nofio Teulu – O dan 16 am ddim
Erobeg Dwr >
Lôn Cyhoeddus >
Gwersi Nofio
Erobeg Dwr >
Lôn Cyhoeddus >

Dydd Iau

6.45yb – 8.45yb
9.00yb – 12.00yh
12.45yh – 3.00yh
4.00yh – 7.00yh
7.00yh – 8.30yh
8.30yh – 9.15yh

Lôn Cyhoeddus >
Nofio Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Lôn Cyhoeddus >

Dydd Gwener

6.45yb – 8.45yb
9.00yb – 12.00yh
12.45yh – 1.30yh
4.00yh – 6.00yh
6.15yh – 7.00yh
7.00yh – 8.00yh

Lôn Cyhoeddus #
Nofio Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Lôn Cyhoeddus >
Clwb Treiathlon

Dydd Sadwrn

8.00yb – 12.00yh
12.45yh – 1.30yh
1.45yh – 2.30yh

Gwersi Nofio
Lôn Oedolion >
Nofio Teulu

Dydd Sul

9.00yb – 10:30yb
10.30yb – 11.15yb
11.30yb – 12.15yh
12.45yh – 3.00yh

Gwersi Nofio
Nofio Teulu a Phlant Bach
Nofio Teulu - O dan 16 am ddim
Lôn Oedolion >

- Sesiwn am ddim i bob nofwyr dros 60.

> - £2.50 ar gyfer holl nofwyr 60+.

Lôn oedolion / cyhoeddus – 4 lôn. Nofio cyhoeddus
– dim lôn.

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

\$ - Plant oed 11 – 15 yn gallu mynchu.

RUTHIN LEISURE - SWIM TIMETABLE

FROM 22nd JULY – 1ST SEPTEMBER 2024

Monday

6.45am – 8.45am
9.00am – 12.00pm
4.00pm – 6.15pm
5.30pm – 7.30pm
7.45pm – 8.30pm
8.30pm – 9.15pm

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

Tuesday

6.45am – 8.45am
9.00am – 12.00pm
12.45pm – 3.00pm
4.00pm – 6:15pm
6.30pm – 8.30pm
8.30pm – 9.15pm

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

Wednesday

6.45am – 8.45am
9.00am – 12.00pm
12.45pm – 1.30pm
1.45pm – 3.00pm
4.00pm – 7.15pm
7.30pm – 8.15pm
8.30pm – 9.15pm

Public Lane >
Family Swim – Under 16s Free
Aqua Aerobics >
Public Lane >
Swimming Lessons
Aqua Aerobics >
Public Lane >

Thursday

6.45am – 8.45am
9.00am – 12.00pm
12.45pm – 3.00pm
4.00pm – 7.00pm
7.00pm – 8.30pm
8.30pm – 9.15pm

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

Friday

6.45am – 8.45am
9.00am – 12.00pm
12.45pm – 1.30pm
4.00pm – 6.00pm
6.15pm – 7.00pm
7.00pm – 8.00pm

Public Lane #
Family Swim
Public Lane >
Swimming Lessons
Public Lane >
Triathlon Club

Saturday

8.00am – 12.00pm
12.45pm – 1.30pm
1.45pm – 2.30pm

Swimming Lessons
Adult Lane >
Family Swim

Sunday

9.00am – 10:30am
10.30am – 11.15am
11.30am – 12.15pm
12.45pm – 3.00pm

Swimming Lessons
Parent & Toddler
Family Swim - Under 16 Free
Adult Lane >

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

Adult lane / Public lane – 4 lanes. Public swim – no lanes

This timetable is subject to change.

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

\$ - Juniors aged 11 – 15 can attend.

