

CANOLFAN HAMDDEN HUW JONES CORWEN - AMSERLEN NOFIO

O 2^{il} MEDI – 27^{fed} HYDREF 2024

Dydd Llun

7.00am – 10.00am
11.00am – 12.30pm
2.30pm – 3.30pm
3.45pm – 6.30pm
6.30pm – 8.00pm
8.00pm – 9.00pm

Nofio Cyhoeddus >
Nofio Cyhoeddus >
Nofio Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Nofio Lôn Gyhoeddus > \$

Dydd Mawrth

7.00am – 8.45am
9.15am – 10.00am
10.30am – 12.30pm
1.00pm – 3.00pm
3.45pm – 6.30pm
5.45pm – 8.00pm
8.00pm – 9.00pm

Nofio Cyhoeddus >
Erobig Dŵr
Nofio Rhieni a Phlant Bach >
Nofio Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Nofio Lôn Gyhoeddus > \$

Dydd Mercher

2.30pm – 3.30pm
3.45pm – 8.00pm
8.00pm – 9.00pm

Nofio Cyhoeddus #
Gwersi Nofio
Nofio Lôn Gyhoeddus > \$

Dydd Iau

7.00am – 8.45am
2.30pm – 3.30pm
3.45pm – 6.15pm
6.15pm – 7.00pm
7.00pm – 8.00pm
8.00pm – 9.00pm

Nofio Cyhoeddus >
Nofio Cyhoeddus >
Gwersi Nofio
Nofio i'r Teulu >
Clwb Nofio
Nofio Lôn Gyhoeddus > \$

Dydd Gwener

7.00am – 8.45am
1.00pm – 3.30pm
3.45pm – 4.45pm
5.00pm – 6.30pm

Nofio Cyhoeddus >
Nofio Cyhoeddus >
Nofio i'r Teulu >
Parti Penblwydd yn y Pwll (Angen Archebu)

Dydd Sadwrn

8.15am – 11.45am
11.45am – 12.30pm

Gwersi Nofio
Nofio Cyhoeddus >

Dydd Sul

8.15am – 9.15am
9.30am – 10.30am
11.00am – 12.00pm

Lôn Oedolion >
Nofio i'r Teulu – o dan 16 oed am ddim >
Nofio Cyhoeddus >

- Sesiwn am ddim i bob nofwyr dros 60.
> - £2.50 ar gyfer holl nofwyr 60+.

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

CANOLFAN HAMDDEN HUW JONES CORWEN - SWIM TIMETABLE

FROM 2nd SEPTEMBER – 27th OCTOBER 2024

Monday

7.00am – 10.00am Public Swim >
11.00am – 12.30pm Public Swim >
2.30pm – 3.30pm Public Swim >
3.45pm – 6.30pm Swimming Lessons
6.30pm – 8.00pm Swimming Club
8.00pm – 9.00pm Public Lane Swim > \$

Tuesday

7.00am – 8.45am Public Swim >
9.15am – 10.00am Aqua Aerobics
10.30am – 12.30pm Parent & Toddler >
1.00pm – 3.00pm Public Swim >
3.45pm – 6.30pm Swimming Lessons
5.45pm – 8.00pm Swimming Club
8.00pm – 9.00pm Public Lane Swim > \$

Wednesday

2.30pm – 3.30pm Public Swim #
3.45pm – 8.00pm Swimming Lessons
8.00pm – 9.00pm Public Lane Swim > \$

Thursday

7.00am – 8.45am Public Swim >
2.30pm – 3.30pm Public Swim >
3.45pm – 6.15pm Swimming Lessons
6.15pm – 7.00pm Family Swim >
7.00pm – 8.00pm Swimming Club
8.00pm – 9.00pm Public Lane Swim > \$

Friday

7.00am – 8.45am Public Swim >
1.00pm – 3.30pm Public Swim >
3.45pm – 4.45pm Family Swim >
5.00pm – 6.30pm Birthday Pool Party (Booking Required)

Saturday

8.15am – 11.45am Swimming Lessons
11.45am – 12.30pm Public Swim >

Sunday

8.15am – 9.15am Adult Lane >
9.30am – 10.30am Family Swim - Under 16's Free >
11.00am – 12.00pm Public Swim >

- Free session for all 60+ swimmers.

> - £2.50 for all 60+ swimmers.

This timetable is subject to change.

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

\$ - Juniors aged 11 – 15 can attend.

