

# HAMDDEN RHUTHUN - AMSERLEN NOFIO

2il MEDI 2024 – 8fed FEDI 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 – 1.30yh  
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  
12.45yh – 1.30yh

Lôn Cyhoeddus >  
Erobeg Dwr >

4.00yh – 7.15yh  
7.30yh – 8.15yh  
8.30yh – 9.15yh

Gwersi Nofio  
Erobeg Dwr >  
Lôn Cyhoeddus >

## Dydd Iau

6.45yb – 8.45yb  
12.45yh – 1.30yh  
4.00yh – 7.00yh  
7.00yh – 8.30yh  
8.30yh – 9.15yh

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

## Dydd Gwener

6.45yb – 8.45yb  
12.45yh – 1.30yh  
4.00yh – 6.00yh  
6.00yh – 7.00yh  
7.00yh – 8.00yh

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

## Dydd Sadwrn

8.00yb – 12.00yh  
11.15yb – 12.45yh  
12.45yh – 1.30yh  
1.45yh – 2.30yh

Gwersi Nofio  
Clwb Nofio  
Lôn Oedolion >  
Nofio Teulu

## Dydd Sul

9.00yb – 10:30yb  
10.30yb – 11.15yb  
11.30yb – 12.15yh  
12.45yh – 1.30yh  
2.00yh-4.00yh

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

# - 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

2nd SEPTEMBER 2024 – 8<sup>th</sup> SEPTEMBER

## 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 – 1.30pm  
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  
12.45pm – 1.30pm

Public Lane >  
Aqua Aerobics >

4.00pm – 7.15pm  
7.30pm – 8.15pm  
8.30pm – 9.15pm

Swimming Lessons  
Aqua Aerobics >  
Public Lane >

## Thursday

6.45am – 8.45am  
12.45pm – 1.30pm  
4.00pm – 7.00pm  
7.00pm – 8.30pm  
8.30pm – 9.15pm

Public Lane >  
Public Lane >  
Swimming Lessons  
Swimming Club  
Public Lane >

## Friday

6.45am – 8.45am  
12.45pm – 1.30pm  
4.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 8.00pm

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

## Saturday

8.00am – 12.00pm  
11.15am-12.45pm  
12.45pm – 1.30pm  
1.45pm – 2.30pm

Swimming Lessons  
Swimming Club  
Adult Lane >  
Family Swim

## Sunday

9.00am – 10:30am  
10.30am – 11.15am  
11.30am – 12.15pm  
12.45pm – 1.30pm  
2.00pm-4.00pm

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

# - 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.

