

# HAMDDEN Y RHYL - AMSERLEN NOFIO

1af Medi 2024 – 27fed Hydref 2024

## Dydd Llun

6.30am – 8.30am  
12.00pm – 12.45pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.00pm  
8.00pm – 9.00pm  
9.00pm – 10.00pm

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

## Dydd Mawrth

6.00am – 7.30am  
7.30am – 8.45am  
12.00pm – 12.45pm  
4.00pm – 6.00pm  
6.15pm – 8.30pm

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

## Dydd Mercher

6.00am – 7.30am  
7.30am – 8.45am  
12.00pm – 12.45pm  
4.00pm – 6.15pm  
6.30pm – 8.00pm  
9.00pm – 10.00pm

Clwb Nofio  
Lôn Oedolion #  
Lôn Oedolion >  
Gwersi Nofio  
Clwb Nofio  
Clwb Dan-ddwr Aqua Y Rhyl

## Dydd Iau

12.00pm – 12.45pm  
4.00pm – 6.00pm  
5.30pm – 7.00pm  
7.00pm – 8.30pm

Lôn Oedolion >  
Gwersi Nofio  
Clwb Nofio  
Nofio Cyhoeddus >

## Dydd Gwener

6.00am – 7.30am  
7.30am – 8.45am  
12.00pm – 12.45pm  
3.30pm – 6.30pm  
6.30pm – 8.30pm

Clwb Nofio  
Lôn Oedolion >  
Lôn Oedolion >  
Gwersi Nofio  
Clwb Nofio

## Dydd Sadwrn

8.00am – 12.15pm  
12.30pm – 2.00pm

Gwersi Nofio  
Nofio Cyhoeddus >

## 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 – 8.30pm

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.