

HAMDDEN DINBYCH - AMSERLEN NOFIO

O 16 MEDI – 27 HYDREF 2024

Dydd Llun

6.30am – 8.45am	Nofio Lôn Cyhoeddus >
10.30am – 11.00am	Nofio Cyhoedd * >
3.30pm – 6.15pm	Gwersi Nofio
6.15pm – 7.30pm	Clwb Nofio Dinbych
7.30pm – 8.30pm	Nofio Cyhoedd * >
8.30pm – 9.15pm	Nofio Oedolion * >

Dydd Mawrth

6.30am – 7.30am	Nofio Lôn Cyhoeddus > (3 Lôn)
7.30am – 8.45am	Nofio Lôn Cyhoeddus #
12.20pm – 1.00pm	Nofio Cyhoeddus * >
4.00pm – 5.30pm	Gwersi Nofio
5.30pm – 7.00pm	Clwb Nofio Dinbych
7.00pm – 8.00pm	Nofio Cyhoeddus * >
8.00pm – 9.00pm	Nofio Oedolion * >

Dydd Mercher

6.30am – 7.30am	Nofio Lôn Cyhoeddus > (3 Lôn)
7.30am – 8.45am	Nofio Lôn Cyhoeddus >
11.15am – 11.45am	Nofio Rhieni a Phlant Bach
12.20pm – 1.00pm	Nofio Cyhoeddus * >
3.30pm – 5.45pm	Gwersi Nofio
6.00pm – 7.00pm	Nofio Cyhoeddus * >
7.00pm – 8.15pm	Clwb Nofio Dinbych
8.15pm – 9.15pm	Nofio Lôn Oedolion >

Dydd Iau

6.30am – 7.30am	Nofio Lôn Cyhoeddus > (3 Lôn)
7.30am – 8.45am	Nofio Lôn Cyhoeddus >
12.40pm – 1.10pm	Nofio Cyhoeddus * >
4.00pm – 4.45pm	Sesiwn Nofio Anabledd Am Ddim
5.00pm – 8.00pm	Clwb Nofio Dinbych
8.00pm – 9.00pm	Nofio Lôn Oedolion >

Dydd Gwener

6.30am – 8.00am	Nofio Lôn Cyhoeddus >
8.15am – 9.00am	Erobeg Dŵr >
9.15am – 10.00am	Nofio Cyhoeddus * >
3.30pm – 6.30pm	Gwersi Nofio
6.45pm – 8.30pm	Nofio Cyhoeddus * >

Dydd Sadwrn

8.30am – 12.30pm	Gwersi Nofio
12.45pm – 2.15pm	Nofio Cyhoeddus * >
2.30pm – 3.15pm	Nofio Lôn Cyhoeddus >

Dydd Sul

9.00am – 9.45am	Nofio Rhieni a Phlant Bach
10.00am – 11.00am	Nofio i'r Teulu +
11.15am – 12.15pm	Nofio i'r Teulu
12.30pm – 1.30pm	Nofio Cyhoeddus * >

- Sesiwn am ddim i bob nofwyr dros 60.

> - £2.50 ar gyfer holl nofwyr 60+.

* - Sesiwn yn cynnwys 1 lôn

+ Sesiwn am ddim i blant o dan 16 oed.

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

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

DENBIGH LEISURE - SWIM TIMETABLE

FROM 16th SEPTEMBER – 27TH OCTOBER 2024

Monday

6.30am – 8.45am Public Lane Swimming >
10.30am – 11.00am Public * >
3.30pm – 6.15pm Swimming Lessons
6.15pm – 7.30pm Denbigh Swimming Club
7.30pm – 8.30pm Public * >
8.30pm – 9.15pm Adult Swim * >

Tuesday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)
7.30am – 8.45am Public Lane Swimming #
12.20pm – 1.00pm Public * >
4.00pm – 5.30pm Swimming Lessons
5.30pm – 7.00pm Denbigh Swimming Club
7.00pm – 8.00pm Public * >
8.00pm – 9.00pm Adult Swim * >

Wednesday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)
7.30am – 8.45am Public Lane Swimming >
11.15am – 11.45am Parent and Toddler
12.20pm – 1.00pm Public * >
3.30pm – 5.45pm Swimming Lessons
6.00pm – 7.00pm Public * >
7.00pm – 8.15pm Denbigh Swimming Club
8.15pm – 9.15pm Adult Lane Swim >

Thursday

6.30am – 7.30am Public Lane Swimming > (3 Lanes)
7.30am – 8.45am Public Lane Swimming >
12.40pm – 1.10pm Public * >
4.00pm – 4.45pm Free Disability Swimming Session
5.00pm – 8.00pm Denbigh Swimming Club
8.00pm – 9.00pm Adult Lane Swim >

Friday

6.30am – 8.00am Public Lane Swimming >
8.15am – 9.00am Aqua Aerobics >
9.15am – 10.00am Public * >
3.30pm – 6.30pm Swimming Lessons
6.45pm – 8.30pm Public * >

Saturday

8.30am – 12.30pm Swimming Lessons
12.45pm – 2.15pm Public * >
2.30pm – 3.15pm Public Lane Swimming >

Sunday

9.00am – 9.45am Parent and Toddler
10.00am – 11.00am Family Swimming +
11.15am – 12.15pm Family Swimming
12.30pm – 1.30pm Public * >

- Free session for all 60+ swimmers.
> - £2.50 for all 60+ swimmers.
* - Session includes 1 Lane
+ Free for Under 16's with paying adult.

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

