

# CANOLFAN HAMDDEN HUW JONES CORWEN - AMSERLEN NOFIO

O 4<sup>ydd</sup> TACHWEDD – 22<sup>ain</sup> RHAGFYR 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 – 10.00am  
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 dross 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 4<sup>th</sup> NOVEMBER – 22<sup>nd</sup> DECEMBER 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 – 10.00am 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.

