

# HAMDDEN DINBYCH - AMSERLEN NOFIO

O 4 TACHWEDD – 22 RHAGFYR 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 #
12.15pm – 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 >
9.30am – 10.00am	Nofio Rhieni a Phlant Bach
11.30am – 12.30pm	Nofio Lôn 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 * >
12.40pm – 1.10pm	Nofio Rhieni a Phlant Bach
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 4<sup>TH</sup> NOVEMBER – 22<sup>ND</sup> DECEMBER 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 #  
12.15pm – 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 >  
9.30am – 10.00am Parent and Toddler  
11.30am – 12.30pm Public Lane Swimming >  
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 \* >  
12.40pm – 1.10pm Parent and Toddler  
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.

