

HAMDDEN Y RHYL - AMSERLEN NOFIO

26 Mai 2025 – 1 Mehefin 2025

Dydd Llun

26 Gwyl y Banc

Dydd Mawrth

6.00am – 7.30am
7.30am – 8.45am
12.00noon – 1.00pm
1.15pm – 2.30pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Dydd Mercher

6.00am – 7.30am
7.30am – 8.45am
12noon – 1.00pm
1.15pm – 2.30pm
4.00pm – 6.15pm
6.30pm – 8.00pm
8.00pm – 9.00pm

Ar Gau

Clwb Nofio
Lôn Oedolion >
Cyhoedd >
Nofio i'r Teulu >
Gwersi Nofio
Cyhoedd >

Clwb Nofio
Lôn Oedolion #
Cyhoedd >
Nofio i'r Teulu >
Gwersi Nofio
Clwb Nofio
Clwb Dan-ddwr Aqua Rhyl

Dydd Iau

09.30am – 10.30am
11.00am – 12.00noon
12.15pm – 13.15pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Dydd Gwener

6.00am – 7.30am
7.30am – 8.45am
12noon – 2.00pm
3.30pm – 6.30pm
6.30pm – 8.30pm

Dydd Sadwrn

8.00am – 12.15pm
12.30pm – 2.00pm

Dydd Sul

8.00am – 9.00am
8.15am – 9.00am
9.15am – 10.00am
10.00am – 11.00am
11.00am – 12.00pm
12.15pm – 1.30pm
1.45pm – 3.00pm
3.15pm – 4.15pm
4.15pm – 5.45pm
6.30pm – 8.00pm

Gwersi Nofio i Oedolion
Nofio Rhieni a Phlant Bach
Nofio Rhieni a Phlant Bach
Lôn Oedolion >
Nofio i'r Teulu – o dan 16 am ddim >
Cyhoedd >
Cyhoedd >
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 bwl yn unig

Gall yr amserlen hon newid.
Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

