

HAMDDEN Y RHYL - AMSERLEN NOFIO

17 Tachwedd 2025 – 14 Rhagfyr 2025

Dydd Llun

6.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.00pm
8.00pm – 9.00pm
9.00pm – 10.00pm

Dydd Mawrth

6.00am – 7.30am
7.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Dydd Mercher

6.00am – 7.30am
7.30am – 8.15am
12.00pm – 12.45pm
4.00pm – 6.15pm
6.30pm – 8.00pm
8.30pm – 9.30pm

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

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

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

Dydd Iau

6.30am – 7.30am
12.00pm – 12.45pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Dydd Gwener

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

Dydd Sadwrn

8.00am – 12.15pm
12.30pm – 2.00pm

Dydd Sul

8.00am – 9.15am
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 – 8.30pm

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

Clwb Nofio
Lôn Oedolion >
Gwersi Nofio
Clwb Nofio

Gwersi Nofio
Nofio Cyhoeddus >

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.
> - £3.00 ar gyfer holl nofwyr 60+.
~ - Prif bwl yn unig

Gall yr amserlen hon newid.
Dan 8 oed - Cyfeiriwch at ein polisi derbyn.
\$ - Plant oed 11 – 15 yn gallu mynchu.



RHYL LEISURE - SWIM TIMETABLE

17th November 2025 – 14th December 2025

Monday

6.30am – 8.15am Adult Lane >
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.00pm Swimming Lessons
5.30pm – 7.00pm Swimming Club
7.00pm – 8.00pm Public Swim >
8.00pm – 9.00pm Swim Fit Widths \$
9.00pm – 10.00pm Swim Fit Lengths

Tuesday

6.00am – 7.30am Swimming Club
7.30am – 8.15am Adult Lane >
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.00pm Swimming Lessons
6.15pm – 8.30pm Public >

Wednesday

6.00am – 7.30am Swimming Club
7.30am – 8.15am Adult Lane #
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.15pm Swimming Lessons
6.30pm – 8.00pm Swimming Club
8.30pm – 9.30pm Rhyl Sub Aqua Club

Thursday

6.30am – 7.30am Adult Lane
12.00pm – 12.45pm Adult Lane >
4.00pm – 6.00pm Swimming Lessons
5.30pm – 7.00pm Swimming Club
7.00pm – 8.30pm Public >

Friday

6.00am – 7.30am Swimming Club
7.30am – 8.45am Adult Lane >
3.30pm – 6.30pm Swimming Lessons
6.30pm – 8.30pm Swimming Club

Saturday

8.00am – 12.15pm Swimming Lessons
12.30pm – 2.00pm Public >

Sunday

8.00am – 9.15am Adult Swimming Lessons
8.15am – 9.00am Parent & Toddler
9.15am – 10.00am Parent & Toddler
10.00am – 11.00am Adult Lane >
11.00am – 12.00pm Family Swim Under 16's Free >
12.15pm – 1.30pm Public Swim >
1.45pm – 3.00pm Public Swim >
3.15pm – 4.15pm Disability Swim
4.15pm – 5.45pm Disability Swimming Lessons
6.30pm – 8.00pm Swimming Club

- Free session for all 60+ swimmers.
> - £3.00 for all 60+ swimmers.
~ - Main pool only

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

