

HAMDDEN Y RHYL - AMSERLEN NOFIO

5 IONAWR – 15 CHWEFROR 2026

Dydd Llun

6.30am – 8.30am
12.15pm – 1.00pm
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 – 8.30am
12.15 – 1.00pm
4.00pm – 6.00pm
6.15pm – 8.30pm

Dydd Mercher

6.00am – 7.30am
7.30am – 8.30am
12.15pm – 1.00pm
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
12.15pm – 1.00pm
4.00pm – 6.00pm
5.30pm – 7.00pm
7.00pm – 8.30pm

Dydd Gwener

6.00am – 7.30am
7.30am – 8.45am
12.15pm – 1.00pm
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 >
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 mynychu.