

HAMDDEN Y RHYL - AMSERLEN NOFIO

23ain Chwefror 2026 – 29ain Mawrth 2026

Dydd Llun

6.30am – 8.15am Lôn Oedolion >
12.00pm – 12.45pm Lôn Oedolion >
4.00pm – 6.00pm Gwersi Nofio
5.30pm – 7.00pm Clwb Nofio
7.00pm – 8.00pm Nofio Cyhoeddus >
8.00pm – 9.00pm Nofio Lled Ffit
9.00pm – 10.00pm Nofio Hyd Ffit

Dydd Mawrth

6.00am – 7.30am Clwb Nofio
7.30am – 8.15am Lôn Oedolion >
12.00pm – 12.45pm Lôn Oedolion >
4.00pm – 6.00pm Gwersi Nofio
6.15pm – 8.30pm Nofio Cyhoeddus >

Dydd Mercher

6.00am – 7.30am Clwb Nofio
7.30am – 8.15am Lôn Oedolion >
12.00pm – 12.45pm Lôn Oedolion >
4.00pm – 6.15pm Gwersi Nofio
6.30pm – 8.00pm Clwb Nofio
8.30pm – 9.30pm Clwb Sub Aqua

Dydd Iau

7.30am – 8.15am Lôn Oedolion >
12.00pm – 12.45pm Lôn Oedolion >
4.00pm – 6.00pm Gwersi Nofio
5.30pm – 7.00pm Clwb Nofio
7.00pm – 8.30pm Nofio Cyhoeddus >

Dydd Gwener

6.00am – 7.30am Clwb Nofio
7.30am – 8.45am Lôn Oedolion #
12.00pm – 12.45pm Lôn Oedolion >
3.30pm – 6.30pm Gwersi Nofio
6.30pm – 8.30pm Clwb Nofio

Dydd Sadwrn

8.00am – 12.15pm Gwersi Nofio
12.30pm – 2.00pm Nofio Cyhoeddus >

Dydd Sul

8.00am – 9.15am Gwersi Nofio
8.15am – 9.00am Nofio Rhieni a Phlant Bach
9.15am – 10.00am Nofio Rhieni a Phlant Bach
10.00am – 11.00am Lôn Oedolion >
11.00am – 12.00pm Nofio i'r Teulu – o dan 16 am ddim >
12.15pm – 1.30pm Nofio Cyhoeddus >
1.45pm – 3.00pm Nofio Cyhoeddus >
3.15pm – 4.15pm Nofio Anabledd
4.15pm – 5.45pm Gwersi Nofio i Bobl Anabl
6.30pm – 8.30pm Clwb Nofio

- Sesiwn am ddim i bob nofwyr dros 60.
> - £3.00 ar gyfer holl nofwyr 60+.
~ - Prif bwll yn unig

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