

# HAMDDEN RHUTHUN - AMSERLEN NOFIO

1af o Mehefin 2026 – 19fed o Gorffennaf 2026

## Dydd Llun

6.45am – 8.45am  
4.00pm – 6.15pm  
5.30pm – 7.30pm  
7.45pm – 8.30pm  
8.30pm – 9.15pm

Lôn Cyhoeddus >  
Gwersi Nofio  
Clwb Nofio  
Nofio Anabledd  
Lôn Cyhoeddus >

## Dydd Iau

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.30pm  
6.45pm – 8.15pm  
8.15pm – 9.00pm

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

## Dydd Mawrth

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 5.45pm  
6.00pm – 8.00pm  
8.00pm – 8.45pm

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

## Dydd Gwener

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 8.00pm

Lôn Cyhoeddus #  
Lôn Cyhoeddus >  
Gwersi Nofio  
Clwb Nofio  
Clwb Triathlon

## Dydd Mercher

6.45am – 8.45am  
4.00pm – 7.15pm  
7.30pm – 8.15pm  
8.30pm – 9.15pm

Lôn Cyhoeddus >  
Gwersi Nofio  
Erbeg Dŵr >  
Nofio Ffitrwydd

## Dydd Sadwrn

8.00am – 12:00pm  
11.15am – 12.45pm  
12.45pm – 1.30pm  
1.45pm – 2.30pm

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

## Dydd Sul

9.30am – 10.15am  
10.30am – 11.15am  
11.30am – 12.30pm  
12.45pm – 1.30pm  
2.00pm – 4.00pm

Lôn Cyhoeddus >  
Nofio rhieni and phlant bach  
Nofio i'r Teulu – o dan 16 am ddim  
Lôn Oedolion >  
Clwb Nofio

# - Sesiwn am ddim i bob nofwyr dros 60.

> £3.00 ar gyfer holl nofwyr 60+.

\* - Sesiwn yn cynnwys 1 lôn

+ - Plant yn nofio am ddim gyda oedolyn yn talu yn llawn  
Gall yr amserlen hon newid.  
Dan 8 oed - Cyfeiriwch at ein polisi derbyn.

dll

DEWCH O HYD I'N  
AMSERLENNI AR  
AP DLL



# RUTHIN LEISURE - SWIMMING TIMETABLE

1<sup>st</sup> of June 2026 – 19<sup>th</sup> of July 2026

## Monday

6.45am – 8.45am  
4.00pm – 6.15pm  
5.30pm – 7.30pm  
7.45pm – 8.30pm  
8.30pm – 9.15pm

Public Lane >  
Swimming Lessons  
Swimming Club  
Disability Swim  
Public Lane >

## Thursday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.30pm  
6.45pm – 8.15pm  
8.15pm – 9.00pm

Public Lane >  
Public Lane >  
Swimming Lessons  
Swimming Club  
Public Lane >

## Tuesday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 5.45pm  
6.00pm – 8.00pm  
8.00pm – 8.45pm

Public Lane >  
Public Lane >  
Swimming Lessons  
Swimming Club  
Public Lane >

## Friday

6.45am – 8.45am  
12.30pm – 1.15pm  
4.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 8.00pm

Public Lane #  
Public Lane >  
Swimming Lessons  
Swimming Club  
Triathlon Club

## Wednesday

6.45am – 8.45am  
4.00pm – 7.15pm  
7.30pm – 8.15pm  
8.30pm – 9.15pm

Public Lane >  
Swimming Lessons  
Aqua Aerobics >  
Swim Fit

## Saturday

8.00am – 12.00pm  
11.15am – 12.45pm  
12.45pm – 1.30pm  
1.45pm – 2.30pm

Swimming Lessons  
Swimming Club  
Adult Lane >  
Family Swim

## Sunday

9.30am – 10.15am  
10.30am – 11.15am  
11.30am – 12.30pm  
12.45pm – 1.30pm  
2.00pm – 4.00pm

Public Lane >  
Parent & Toddler  
Family Swim Under 16 Free  
Adult Lane >  
Swimming Club

# - Free session for all 60+ swimmers.  
> - £3.00 for all 60+ swimmers.  
\* - Session includes 1 Lane

+ - Children are free with a paying adult.  
This timetable is subject to change.  
Under 8's – Please refer to our admissions policy.

dul



VIEW  
TIMETABLE  
THE DUL