# HAMDDEN Y RHYL - AMSERLEN NOFIO

2il Tachwedd 2026 – 20ain Rhagfyr 2026

**Dydd Llun**

| | |
|---|---|
| 6.30am – 8.15am | Lôn Oedolion > |
| 12.15pm – 1.00pm | 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 > |
| 12.15pm – 1.00pm | 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 > |
| 12.15pm – 1.00pm | Lôn Oedolion > |
| 4.00pm – 6.15pm | Gwersi Nofio |
| 6.30pm – 8.00pm | Clwb Nofio |
| 8.30pm – 9.30pm | Clwb Sub Aqua |

**Dydd Iau**

| | |
|---|---|
| 6.30am – 8.15am | 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 – 8.15am | Lôn Oedolion # |
| 10.00am – 11.00am | 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 – 8.00pm | Clwb Nofio |

# - Sesiwn am ddim i nofwyr dros 60 oed
> - £3 i nofwyr dros 60 oed
*- Sesiwn yn cynnwys 1 lôn

+ - Plant yn nofio am ddim gyda oedolyn sy'n talu'n llawn
Gall yr amserlen hon newid
Dan 8 oed - Cyfeiriwch at ein polisi mynediad

DEWCH O HYD
I'N AMSERLENNI
DLL