

Canolfan Hamdden Dinbych – Amserlen Nofio Llun 19thfed Gorffennaf – Sul 29^{fed} Awst

Denbigh Leisure Centre – Swimming Timetable Monday 19th July – Sun 29th August

Monday

7:15am – 8:45am Public
 4:00pm – 5:30pm Swimming Lessons
 5:30pm – 6:30pm Denbigh Swimming Club
 6:30pm – 7:30pm Public *#
 7:30pm – 8:15pm Aqua Natal
 8:15pm – 9:00pm Ladies Swimming #
 9:00pm – 10:00pm Adult Lane Swimming #

Tuesday

6:30am – 7:45am Public * # (2 Lanes Only)
 7:45am – 8:45am Public * #
 4:00pm – 5:00pm FREE Junior Water Polo
 5:00pm – 6:30pm Swimming Lessons
 6:30pm – 7:30pm Public * #
 7:30pm – 8:00pm Adult Swimming Lessons – Please ask at Reception
 8:00pm – 8:30pm Adult Swimming Lessons – Please ask at Reception
 8:30pm – 9:30pm Adult Lane Swimming #

Wednesday

6:30am – 7:45am Public * # (2 Lanes Only)
 7:45am – 8:45am Public * #
 4:00pm – 5:00pm Swimming Lessons
 5:00pm – 6:00pm Disability Swimming Lessons – Please ask at Reception
 6:00pm – 6:45pm Aqua Aerobics #
 7:00pm – 8:30pm Public * #
 8:30pm – 9:30pm Adult Swim * #

Thursday

8:00am – 8:45am Aqua Aerobics # Only £2.00 per session
 4:00pm – 4:45pm Free Disability Swimming Session
 5:00pm – 8:00pm Swimming Club / Water Dragons
 8:00pm – 9:30pm Swim Fit (Masters Swimming)

Friday

7:15am – 8:45am Public * #
 4:00pm – 6:30pm Swimming Lessons
 6:30pm – 8:00pm Public * #
 8:00pm – 9:00pm Adult Lane Swimming # - £1:00

Saturday

8:30am – 10:30am Swimming Lessons
 10:30am – 11:30am FREE Snorkelling
 11:30am – 1:30pm Public * # Children Swim for £1:00
 1:45pm – 2:45pm ^ Birthday Party Inflatable Session – Please contact reception for further details and availability
 3:15pm – 4:15pm ^ Birthday Party Inflatable Session – Please contact reception for further details and availability

Sunday

9:00am – 10:00am Swimming Lessons
 10:00am – 12:00pm Family Swimming – Children Free with paying Adult
 12:30pm – 1:45pm Public * #
 2:00pm – 2:45pm FREE Over 60's Swim
 3:00pm – 5:00pm Denbigh Swim Club

- Free session for all 60+ swimmers. * - Session includes lanes.

^ - Birthday parties are private sessions, please contact Reception for details and availability.

For further information visit our web page:

www.sportdenbighshire.co.uk

Please take note of our Swimming Admission Policy displayed at Reception.

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Dydd Llun

7:15yb – 8:45yb Cyhoedd * #
4:00yp – 5:30yp Gwersi Nofio
5:30yp – 6:30yn Denbigh Swimming Club
6:30yn – 7:30yn Cyhoedd * #
7:30yn – 8:15yn Aqua Natal
8:15yn – 9:00yn Nofio I Ferched #
9:00yn – 10:00yn Nofio Lon Oedolion #

Dydd Mawrth

6:30yb – 7:45yb Cyhoedd * # (2 lanes only)

7:45yb – 8:45yb Cyhoedd * #

4:00yp – 5:00yp Polo Dwr I Blant – AM DDIM
5:00yp – 6:30yn Gwersi Nofio
6:30yn – 7:30yn Cyhoedd * #
7:30yn – 8:00yn Gwersi Nofio Oedolion
8:00yn – 8:30yn Gwersi Nofio Oedolion
8:30yn – 9:30yn Nofio Lon Oedolion #

Dydd Mecher

6:30yb – 7:45yb Cyhoedd * # (2 Lanes Only)
7:45yb – 8:45yb Cyhoedd * #
4:00yp – 5:00yp Gwersi Nofio
5:00yp – 6:00yn Gwersi Nofio Anabl – cysylltwch ar dderbynfa am fanylion
6:00yn – 6:45yn Aqua Aerobics #
7:00yn – 8:30yn Cyhoedd * #
8:30yn – 9:30yn Nofio Oedolion * #

Dydd Iau

8:00yb – 8:45yb Aqua Aerobics #
4:00yp – 4:45yp Seswin Nofio Anabl AM DDIM
5:00yp – 8:00yn Clwb Nofio / Water Dragons
8:00yn – 9:30yn Swim Fit (Nofio Masters)

Dydd Gwener

7:15yb – 8:45yb Cynhoedd * #
4:00yp – 6:30yn Gwersi Nofio
6:30yn – 8:00yn Cyhoedd * #
8:00yn – 9:00yn Nofio Lon Oedolion # - £1.00

Dydd Sadwrn

8:30yb – 10:30yb Gwersi Nofio
10:30yb – 11:30yb Snorkelling AM DDIM
11:30yb – 1:30yp Cyhoedd * #
1:45yp – 2:45yp ^ Parti Penblwydd – Cysylltwch ar dderbynfa am ragor o fanylion

3:15yp – 4:15yp ^ Parti Penblwydd – Cysylltwch ar dderbynfa am rogor o fanylion

Dydd Sul

9:00yb – 10:00yb Gwersi Nofio
10:00yb – 12:00yp Nofio Teulu – plant am ddim hefo Oedolion
12:30yp – 1:45yp Cyhoedd * #
2:00yp – 2:45yp Am ddim I bobl dros 60
3:00yp – 5:00yp Clwb nofio Dinbych

- am ddim i bobl dros 60. * - sesiynau hefo lonydd.

^ - I drefnu parti penblwydd, ffoniwch y Dderbynfa

I gael mwy o wybodaeth gweler ein gwefan:

www.chwaraeonsirddinbych.co.uk

Gweler ein polisi nofio yn y dderbynfa.