

## Amseroedd Agor Pwll Nofio Canolfan Hamdden Rhuthun

Ffôn 01824 703880	Pwll Nofio Amser <b>Tymor</b>	Pwll Nofio Amser <b>Gwyliau</b>
<b>Llun</b>	7.30am - 8.30am Nofio Cyhoeddus (60+ am ddim) 5.00pm - 5.30pm Gwersi lau 5.30pm - 8.30pm Nofio Cyhoeddus (60+ am ddim) 5.30pm-7.00pm Clwb Nofio 2 lôn 7.00pm- 8.00pm Nofio Anabledd (pen bas) 8.30pm- 9.30pm Nofio Oedolion ( 60+ am ddim)	7.30am - 9:00am Nofio Cyhoeddus (60+ Am Ddim) 9:00am - 10:00am Gwersi lau 10:00am - 3:00pm Nofio Cyhoeddus (60+ Am Ddim) 11.00am -12.00pm LICC 16/u am ddim Gwersi lau 12.00pm – 1.00pm LICC 16/u am ddim snorcelu dan gyfarwyddyd 3:00pm - 4:00pm Nofio Cyhoeddus sesiwn chwythedigion 4:00pm - 8:30pm Nofio Cyhoeddus (60+ Am Ddim) 5.00pm - 5.30pm Gwersi lau 5.30pm-7.00pm Clwb Nofio 2 lôn 8:30pm - 9:30pm Nofio Oedolion (60+ am Ddim)
<b>Mawrth</b>	7.30am - 8.30am Sesiwn Rhai Dros 60 Am Ddim 3.30pm - 5.30pm LICC 16/iau am ddim Gwersi Anabledd. 5.00pm - 6.00pm Clwb nofio Dreigiau Dwr 5.00pm - 7.30pm Nofio Cyhoeddus (lôn hyfforddi clwb rhwng 6.15-7.15pm) 7:30pm - 8:30pm Aquafit (60+ am ddim) 8:30pm - 9:30pm Nofio Cyhoeddus/meistri ( 60+ am ddim)	7.30am - 9:00am Sesiwn Rhai Dros 60 am ddim 9:00am - 10:00am Gwersi lau 10:00am – 7:30pm Nofio Cyhoeddus (60+ Am Ddim) 11:00am – 12:00pm LICC am ddim Gwersi lau 12.00pm – 1.00pm LICC am ddim Achub Bywyd i Recriwtiaid Newydd 2:00pm - 7:30pm Nofio Cyhoeddus (60+ am ddim)(lôn hyfforddi clwb rhwng 6.15-7.15pm) 7:30pm - 8:30pm Aquafit (60+ Am Ddim) 8:30pm - 9:30pm Nofio Cyhoeddus a Nofio Triathlon/Meistri (60 + Am Ddim)
<b>Mercher</b>	7.30am - 8.30am Nofio lôn Oedolion (60+ am ddim) 7.30am – 8.30am Clwb Nofio 2 lôn 5:00pm - 7.00pm Gwersi lau 7.00pm - 8:00pm Gwobrwyon Nofio lau 8:00pm - 8:30pm Gwersi Oedolion (60+ am ddim) 8.30pm - 9.30pm Nofio Cyhoeddus (60+ am ddim)	7.30am - 9:00am Nofio lôn Oedolion (60+ Am Ddim) 9:00am - 10:00am Gwersi lau 10:00am - 3:00pm Nofio Cyhoeddus (60+ Am Ddim) 11:00am – 12:00pm LICC 16/iau am ddim Gwersi lau 3:00pm - 4:00 pm Nofio Cyhoeddus sesiwn chwythedigion 4.00pm – 5.00pm LICC 16/iau am ddim Sesiwn Anabledd 5.00pm - 7.00pm Gwersi lau 7.00pm - 8.00pm Gwobrwyon Nofio lau 8:00pm - 8:30pm Gwersi Oedolion (60+ am ddim) 8.30pm - 9.30pm Nofio Cyhoeddus (60+ am ddim)
<b>Iau</b>	7.30am - 8.30am Nofio Cyhoeddus (60+ am ddim) 3.30pm - 5.30pm LICC 16/iau am ddim Gwersi Anabledd. 5.00pm - 5.30pm Gwersi lau 5.30pm - 7.00pm Nofio Cyhoeddus / lôn hyfforddi (60+ am ddim) 7:30pm - 8:30pm Clwb Nofio 8:30pm - 9:30pm Nofio Merched Rhuthun	7.30am - 9:00am Nofio Cyhoeddus (60+ am ddim) 9:00am - 10:00am Gwersi lau 10:00am - 7:00pm Nofio Cyhoeddus (60+ am Ddim) 11:00am – 12:00pm LICC 16/iau am ddim Gwersi lau 12.00pm – 1.00pm LICC 16/iau am ddim snorcelu dan gyfarwyddyd 7:00pm - 8:30pm Clwb Nofio 8:30pm - 9:30pm Nofio Merched Rhuthun
<b>Gwener</b>	7.30am - 8.30am Nofio Cyhoeddus (60+ am ddim) 5.00pm - 7.00pm Clwb Nofio 7.00pm - 8:30pm Nofio Cyhoeddus (60+ am ddim) 8:30pm - 9:30pm Clwb Tanddwr y Dyffryn 2 lôn 8:30pm - 9:30pm Nofio Cyhoeddus 2 lôn (60+ am ddim)	7.30am - 9:00am Nofio Cyhoeddus (60+ Am Ddim) 9:00am - 10:00am Gwersi lau 10:00am - 2:00pm Nofio Cyhoeddus (60+ Am Ddim) 11:00am – 12:00pm LICC 16/iau am ddim Gwersi lau 2.00pm - 3.00pm LICC 16/iau am ddim sesiwn chwythedigion 4.00pm - 5.00pm Nofio Cyhoeddus (60+ am ddim) 5.00pm - 7.00pm Clwb Nofio 7.00pm - 8:30pm Nofio Cyhoeddus (60+ am ddim) 8:30pm - 9:30pm Clwb Tanddwr y Dyffryn 2 lôn 8:30pm - 9:30pm Nofio Cyhoeddus 2 lôn (60+ am ddim)
<b>Sadwrn</b>	10:00am - 1.00pm Gwersi lau 12:30pm - 1:30pm Nofio Cyhoeddus (60+ & 16/iau am ddim) *1:30pm - 3:30pm Nofio Cyhoeddus sesiwn chwythedigion *fe all y pwll gael ei hurio rhwng 2.30 – 4.30pm	10:00am - 1.00pm Gwersi lau 12:30pm - 1:30pm Nofio Cyhoeddus (60+ & 16/iau Am Ddim) *1:30pm - 3:30pm Nofio Cyhoeddus sesiwn chwythedigion *fe all y pwll gael ei hurio rhwng 2.30 – 4.30pm
<b>Sul</b>	10:00am - 11:00am LICC am ddim Rhiant a Phlentyn 11:00am - 12:30pm Nofio Teuluol *LICC 16/iau am ddim 12:30pm - 3:00pm Nofio Cyhoeddus (60+ am ddim) 3.00pm - 4.30pm Clwb Nofio	10:00am - 11:00am LICC am ddim Rhiant a Phlentyn (plant 3 ac iau) 11:00am - 12:30pm Nofio Teuluol LICC 16/iau am ddim 12:30pm - 3:00pm Nofio Cyhoeddus (60+ am ddim) 3.00pm - 4.30pm Clwb Nofio