

Rhyl Leisure Centre Swimming Lesson Timetable September - December 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 1 Learner Pool	4.30pm 5.30pm	4.00pm 5.30pm	4.00pm 4.30pm	4.30pm 5.00pm 5.30pm	4.00pm	9.00am 10.00am	
Stage 2 Learner Pool	4.00pm 5.00pm	4.30pm 5.00pm	4.30pm 5.00pm	5.00pm 5.30pm	5.00pm 6.00pm	10.30am	
Stage 3 Learner Pool	5.00pm 5.30pm	4.30pm	5.00pm 5.30pm	4.00pm 4.30pm	4.00pm 4.30pm 5.30pm	9.30am	
Stage 4 Main Pool	4.00pm 4.30pm	4.00pm 5.00pm 5.30pm	4.00pm 5.00pm	4.00pm 4.30pm	4.00pm		
Stage 5 Main Pool		4.30pm 5.00pm 5.30pm	5.00pm	4.00pm			
Stage 6 Main Pool 45 minutes			5.30pm		5.15pm		
Stage 7 Main Pool 45 minutes			5.30pm		4.30pm 5.15pm		
Stroke Technique 45 minutes					4.30pm 5.15pm		
Water Polo FREE					3.45pm – 4.30pm		
Disability							4.15pm 4.45pm 5.15pm
Adults Main Pool				10.15am			9.00am 9.30am

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	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener	Dydd Sadwrn	Dydd Sul
Stage 1 Pwll Dysgwyr	4.30pm 5.30pm	4.00pm 5.30pm	4.00pm 4.30pm	4.30pm 5.00pm 5.30pm	4.00pm	9.00am 10.00am	
Stage 2 Pwll Dysgwyr	4.00pm 5.00pm	4.30pm 5.00pm	4.30pm 5.00pm	5.00pm 5.30pm	5.00pm 6.00pm	10.30am	
Stage 3 Pwll Dysgwyr	5.00pm 5.30pm	4.30pm	5.00pm 5.30pm	4.00pm 4.30pm	4.00pm 4.30pm 5.30pm	9.30am	
Stage 4 Prif Bwll	4.00pm 4.30pm	4.00pm 5.00pm 5.30pm	4.00pm 5.00pm	4.00pm 4.30pm	4.00pm		
Stage 5 Prif Bwll		4.30pm 5.00pm 5.30pm	5.00pm	4.00pm			
Stage 6 Prif Bwll 45 munud			5.30pm		5.15pm		
Stage 7 Prif Bwll 45 munud			5.30pm		4.30pm 5.15pm		
Technegau 45 munud					4.30pm 5.15pm		
Polo dwr Am Ddim					3.45pm – 4.30pm		
Anabledd							4.15pm 4.45pm 5.15pm
Oedolion Prif Bwll				10.15am			9.00am 9.30am