

## Rhyl Leisure Centre Swimming Lesson Timetable August - October 2010

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

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