

Rhyl Leisure Centre Swimming Lesson Timetable March – May 2010

| | 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 | 9.30am 10.30am | |
| Stage 2 Learner Pool | 4.00pm 5.00pm | 4.30pm 5.00pm | 4.30pm 5.00pm | 5.00pm 5.30pm | 4.30pm 5.00pm 6.00pm | 10.00am | |
| Stage 3 Learner Pool | 5.00pm 5.30pm | 4.30pm | 5.00pm 5.30pm | 4.00pm 4.30pm | 4.00pm 5.30pm | 9.00am | |
| Stage 4 Main Pool | 4.00pm 4.30pm | 4.00pm 4.30pm 5.00pm 5.30pm | 4.00pm 4.30pm 5.00pm | 4.00pm 4.30pm | 4.00pm 6.00pm | | |
| Stage 5 Main Pool | | 4.30pm 5.00pm 5.30pm | 5.00pm | 4.00pm | | | |
| Stage 6 Main Pool 45 minutes | | | 5.30pm | | 5.15pm | 9.00am | |
| 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 |

Gwersi Nofio Canolfan Hamdden Y Rhyl Mawrth - Mai 2010

| | 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 | 9.30am 10.30am | |
| Stage 2 Pwll Dysgwyr | 4.00pm 5.00pm | 4.30pm 5.00pm | 4.30pm 5.00pm | 5.00pm 5.30pm | 4.30pm 5.00pm 6.00pm | 10.00am | |
| Stage 3 Pwll Dysgwyr | 5.00pm 5.30pm | 4.30pm | 5.00pm 5.30pm | 4.00pm 4.30pm | 4.00pm 5.30pm | 9.00am | |
| Stage 4 Prif Bwll | 4.00pm 4.30pm | 4.00pm 4.30pm 5.00pm 5.30pm | 4.00pm 4.30pm 5.00pm | 4.00pm 4.30pm | 4.00pm 6.00pm | | |
| Stage 5 Prif Bwll | | 4.30pm 5.00pm 5.30pm | 5.00pm | 4.00pm | | | |
| Stage 6 Prif Bwll 45 munud | | | 5.30pm | | 5.15pm | 9.00am | |
| 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 |