

# PWLL MAWR . LARGE POOL

01.04.23 - 16.04.23

Dydd Llun Monday	08:00 - 10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	10:00 - 12:00	Nofio Cyhoeddus / Public Swimming
	11:30 - 12:00	Nofio Cyhoeddus / Public Swimming (pen bas yn unig . shallow end only)
	12:00 - 13:00	Nofio 60+ . 60+ Swim
	13:00 - 15:30	Nofio Cyhoeddus / Public Swimming
	17:00 - 18:00	Nofio Lon (2 lôn) / Lane Swimming ( 2 lane)
	18:00 - 20:00	Nofio Cyhoeddus (2 lôn) / Public Swimming ( 2 lane)
Dydd Mawrth Tuesday	08:00 - 10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	11:00 - 11:30	Nofio Cyhoeddus / Public Swimming (pen bas yn unig . shallow end only)
	12:00 - 13:00	Nofio Lon / Lane Swimming
	13:00 - 14:00	Nofio Cyhoeddus / Public Swimming (2 lôn - 13:00 - 14:00 - 2 lane)
	13:00 - 14:00	Inflatable
	13:00 - 15:30	Nofio Cyhoeddus / Public Swimming
	17:00 - 18:00	Nofio Lon (2 lôn) / Lane Swimming (2 lane)
18:00 - 20:00	Nofio Cyhoeddus (2 lôn) / Public Swimming ( 2 lane)	
Dydd Mercher Wednesday	08:00 - 10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	10:00 - 12:00	Nofio Cyhoeddus / Public Swimming
	12:00 - 13:00	Nofio Lôn . Lane Swim
	13:00 - 14:00	Nofio am Ddim (0-16 oed) . Free Swimming Session (0-16 years)
	13:00 - 15:00	Nofio Cyhoeddus / Public Swimming
	17:00 - 18:00	Nofio Lon / Lane Swimming (2 lôn . lane)
	18:00 - 19:00	Nofio Cyhoeddus / Public Swimming
	18:30 - 19:00	Plymio Cyhoeddus . Public Diving
	20:00 - 21:00	Nofio Lon / Lane Swimming (6 lôn . lane)
Dydd Iau Thursday	08:00 - 10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	10:00 - 12:00	Nofio Cyhoeddus / Public Swimming (11:00 - 12:00 pen bas yn unig . 11:00 - 12:00 shallow end only)
	12:00 - 13:00	Nofio Lon / Lane Swimming
	13:00 - 15:30	Nofio Cyhoeddus / Public Swimming
	17:00 - 18:00	Nofio Lon / Lane Swimming ( 4 lôn . lane)
	18:00 - 20:00	Nofio Cyhoeddus / Public Swimming
Dydd Gwener Friday	8:00-10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	10:00-12:00	Nofio Cyhoeddus / Public Swimming
	12:00-13:00	Nofio Lon / Lane Swimming
	13:00-15:30	Nofio Cyhoeddus / Public Swimming
	14:00-15:00	Inflatable
	17:00-17:30	Nofio Lon / Lane Swimming (6 lôn . lane)
	17:30-18:30	Nofio Lon (2 lôn) / Lane Swimming (2 lane)
Dydd Sadwrn Saturday	10:00 - 16:00	Nofio Cyhoeddus / Public Swimming
	15:30 - 16:00	Plymio Cyhoeddus . Public Diving
Dydd Sul Sunday	8:00-10:00	Nofio Lon / Lane Swimming (6 lôn . lane)
	10:00-15:30	Nofio Cyhoeddus / Public Swimming
	14:30-15:30	Nofio am Ddim (8-16 oed) . Free Swimming Session (8-16 years)
	15:00-15:30	Plymio Cyhoeddus . Public Diving
	15:30-16:30	Nofio Anabl . Disabled Swim