

# NOFIO . SWIMMING

27/05/24 - 02/06/24

Dydd Llun Monday 27/05	09:30-12:30	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Gwers Nofio Dwys (ton 3-5) . Intensive Swimming lesson (wave 3-5)
	09:30 - 10:00	Gwers Nofio Dwys (ton 1&2) . Intensive Swimming lesson (wave 1&2)
Dydd Mawrth Tuesday 28/05	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Gwers Nofio Dwys (ton 3-5) . Intensive Swimming lesson (wave 3-5)
	09:30 - 10:00	Gwers Nofio Dwys (ton 1&2) . Intensive Swimming lesson (wave 1&2)
	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming
	17:00 - 18:00	Sgiliau Nofio . Swimming Skills
	18:00 - 18:45	Gwersi Nofio Oedolion . Adult Swimming Lessons
	18:45 - 21:30	Nofio Cyhoeddus . Public Swimming
Dydd Mercher Wednesday 29/05	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Gwers Nofio Dwys (ton 3-5) . Intensive Swimming lesson (wave 3-5)
	09:30 - 10:00	Gwers Nofio Dwys (ton 1&2) . Intensive Swimming lesson (wave 1&2)
	10:00 - 15:00	Nofio Cyhoeddus . Public Swimming
	17:30 - 18:30	Nofio Cyhoeddus . Public Swimming
	18:45 - 19:30	Acwa . Aqua
Dydd Iau Thursday 30/05	07:30 - 09:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 09:30	Gwers Nofio Dwys (ton 3-5) . Intensive Swimming lesson (wave 3-5)
	09:30 - 10:00	Gwers Nofio Dwys (ton 1&2) . Intensive Swimming lesson (wave 1&2)
	10:30 - 11:15	Acwa . Aqua
	11:15 - 13:30	Nofio Cyhoedus . Public Swimming
	14:45 - 16:00	Nofio Cyhoedus . Public Swimming
	18:30 - 21:30	Nofio Cyhoedus . Public Swimming
Dydd Gwener Friday 31/05	09:00 - 09:30	Gwers Nofio Dwys (ton 3-5) . Intensive Swimming lesson (wave 3-5)
	09:30 - 10:00	Gwers Nofio Dwys (ton 1&2) . Intensive Swimming lesson (wave 1&2)
	09:30-11:15	Nofio Cyhoeddus . Public Swimming
	11:15-12:00	Acwa . Aqua
	12:00 - 12:30	Nofio Swigod* . Bubbles Swim*
	12:00-14:30	Nofio Cyhoeddus . Public Swimming
	14:30-15:30	Nofio am ddim o dan 16 . Free Swimming under 16
Dydd Sadwrn Saturday 01/06	09:30 - 10:00	Sbalsh 3 oed** . Splash 3 yrs**
	10:00 - 11:00	Nofio am ddim o dan 16 . Free Swimming under 16
	11:00 - 14:00	Nofio Cyhoeddus . Public Swimming
Dydd Sul Sunday 02/06	10:30 - 11:00	Sbalsh 3 oed** . Splash 3 yrs**
	11:00 - 14:30	Nofio Cyhoeddus . Public Swimming

\*Rhaid llogi o flaen llaw . You must pre-book

\*\*Pwll Bach ar gau i'r cyhoedd . Pwll Bach is closed to the public