

NOFIO . SWIMMING			NOFIO . SWIMMING		
27/10/25 - 02/10/25			27/10/25 - 02/10/25		
Dydd Llun Monday	07:45 - 09:00	Nofio Lon . Lane Swimming	Dydd Iau Thursday	07:45 - 09:00	Nofio Lon . Lane Swimming
	09:00 - 11:00	Nofio Cyhoeddus . Public Swim (Pwll Mawr / Big Pool)		09:00 - 11:00	Nofio Cyhoeddus . Public Swim
	11:15 - 12:00	Nofio Anabl . Disabled Swim		10:00 - 11:00	Nofio Cyhoeddus . Public Swim (Pwll mawr yn unig . Big Pool Only)
	12:00 - 13:00	Nofio Lon . Lane Swimming		10:00 - 10:30	Gwers Swigod . Bubbles Swim (Pwll Bach . Small Pool)
	13:15 - 14:15	Inflatable Dŵr . Pool Inflatable (8-11 oed . yrs)		11:15 - 12:00	Acwa Aerobeg . Aqua Aerobics
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons		12:00 - 13:00	Nofio Lon . Lane Swimming
	18:15 - 20:00	Nofio Cyhoeddus (Pwll bach yn cau am 19:00) Public Swim (Small pool closes 19:00) .		13:00 - 14:00	Camp Chwaraeon . Sports Camp
	20:00 - 21:00	Nofio Lon . Lane Swim		14:00 - 15:30	Nofio Cyhoeddus . Public Swimming
	20:00 - 20:30	Gwersi Oedolion . Adult Swim		15:30 - 18:00	Gwersi Nofio . Swimming Lessons
				18:00 - 19:30	Nofio Lon . Lane Swim (2 lon . 2 lanes) Nofio Cyhoeddus . Public Swimming (3 lon . 3 lanes) (Pwll bach yn cau am 19:00 . Small pool closes 19:00)
Dydd Mawrth Tuesday	07:45 - 09:00	Nofio Lon . Lane Swimming	Dydd Gwener Friday	07:45 - 09:00	Nofio Lon . Lane Swimming
	09:00 - 12:00	Nofio Cyhoeddus . Public Swim (Pwll Mawr . Big Pool)		09:00 - 11:00	Nofio Cyhoeddus . Public Swim
	12:00 - 13:00	Nofio Lon . Lane Swimming		11:15 - 12:00	Nofio Anabl . Disabled Swim
	13:00 - 14:00	Camp Chwaraeon . Sports Camp		12:00 - 13:00	Nofio Lon . Lane Swimming
	14:00 - 15:30	Nofio Cyhoeddus . Public Swim		13:00 - 14:30	Nofio Cyhoeddus . Public Swim
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons		14:30 - 15:30	Nofio am Ddim (0-16 oed) . Free Swimming (0-16 yrs)
	18:15 - 20:00	Nofio Cyhoeddus (Pwll bach yn cau am 19:00) Public Swim (Small pool closes 19:00)		15:30 - 18:00	Gwersi Nofio . Swimming Lessons
				18:00-19:00	Nofio Cyhoeddus . Public Swim
Dydd Mercher Wednesday	07:00 - 08:00	Nofio Lôn . Lane Swim (2 lôn . 2 lane)		19:00 - 21:00	Nofio Lon . Lane Swimming
	08:00 - 09:00	Nofio Lôn . Lane Swim	Dydd Sadwrn Saturday	09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	09:00 - 11:00	Nofio Cyhoeddus . Public Swim (Pwll Mawr yn unig . Big pool only)		13:00 - 14:30	Nofio Cyhoeddus . Public Swimming
	11:00 - 12:00	Nofio Actif Am Oes . Actif or Life Swim		14:30 - 15:30	Nofio Lon . Lane Swimming
	12:00 - 13:00	Nofio Lon . Lane Swimming	Dydd Sul Sunday	09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	13:15 - 14:15	Inflatable Dŵr . Pool Inflatable (8-11 oed . yrs)		11:30 - 12:00	Nofio Swigod . Bubbles Swim
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons		11:30 - 13:30	Nofio Cyhoeddus . Public Swimming
	18:00 - 19:00	Nofio Cyhoeddus . Public Swim		13:30 - 14:30	Nofio am Ddim (0-16 oed) Free Swimming (0-16 yrs)
	19:00 - 19:45	Acwa Aerobeg . Aqua Aerobics		14:30 - 16:00	Nofio Lon . Lane Swimming
	20:00 - 21:00	Nofio Lon / Lane Swimming		16:00-18:00	Nofio Cyhoeddus . Public Swimming
				18:00-19:00	Nofio Lon . Lane Swimming