

NOFIO . SWIMMING

14/04/25 - 27/04/25		
Dydd Llun Monday 14/04/25	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:30-10:00	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:00-11:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-10:30	Gwers Swigod (Pwll Bach) . Bubbles Swim (Small Pool)
	11:15-12:00	Nofio Anabl . Disabled Swim
	12:00-13:00	Nofio Lon . Lane Swimming
	13:15-14:15	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	14:30-15:30	Nofio Cyhoeddus . Public Swim
	15:30-18:00	Gwersi Nofio . Swimming lessons
	18:00-20:00	Nofio Cyhoeddus (pwll bach 18:00-19:00) . Public Swim (small 18:00-19:00)
	20:00-21:00	Nofio Lon (3 lon) . Lane Swimming (3 Lanes)
	20:00-20:30	Gwersi Nofio Ddechreuwy'r i Oedolion (2 lon) Adult Beginners Swimming lessons (2 Lanes)
Dydd Mawrth Tuesday 15/04/25	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:30-10:00	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:00-10:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-12:00	Nofio Cyhoeddus . Public Swim
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-14:00	Camp Chwaraeon . Sports Camp
	14:00-15:30	Nofio Cyhoeddus . Public Swim
	15:30-18:00	Gwersi Nofio . Swimming lessons
	18:15-20:00	Nofio Cyhoeddus (pwll bach 18:15-19:00) . Public Swim (small 18:15-19:00)
Dydd Mercher Wednesday 16/04/25	07:00-08:00	Nofio lon (2 lon) . Lane Swimming (2 lanes)
	08:00-09:00	Nofio lon (2 lon) . Lane Swimming (2 lanes)
	09:00-09:30	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:30-10:00	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:00-10:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-11:00	Nofio Cyhoeddus . Public Swim
	11:00-12:00	Nofio Actif am Oes . Active for Life Swimming
	12:00-13:00	Nofio Lon . Lane Swimming
	13:15-14:15	Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs
	15:30-18:00	Gwersi Nofio . Swimming lessons
	18:00-19:00	Nofio Cyhoeddus . Public Swim
	19:00-19:45	Aerobeg Dwr . Aqua Aerobics
	20:00-21:00	Nofio Lon . Lane Swimming
Dydd Iau Thursday 17/04/25	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:30-10:00	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:00-11:00	Nofio Cyhoeddus (Pwll Mawr) . Public Swim (Big Pool)
	10:00-10:30	Gwers Swigod (Pwll Bach) . Bubbles Swim (Small Pool)
	11:15-12:00	Aerobeg Dwr 60+ . Aqua Aerobics 60+
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-14:00	Camp Chwaraeon . Sports Camp
	14:00-15:30	Nofio Cyhoeddus . Public Swimming
	15:30-18:00	Gwersi Nofio . Swimming Lessons
	18:00-20:00	Nofio Cyhoeddus (pwll bach 18:00-19:00) . Public Swim (small 18:00-19:00)

14/04/25 - 27/04/25		
Dydd Gwener Friday 18/04/25	09:00-09:30	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	09:30-10:00	Nofio Dwys (Pwll Bach) Ton 1+2 . Intensive Swimming Wave 1+2 (Small Pool)
	11:15-12:00	Nofio Anabl . Disabled Swim
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-14:30	Nofio Cyhoeddus . Public Swim
Dydd Sadwrn Saturday 19/04/25	14:30-15:30	Nofio am Ddim 0-16 oed . Free Swim 0-16 yrs
	15:30-18:00	Gwersi Nofio . Swimming Lessons
Dydd Sadwrn Saturday 19/04/25	09:00-11:30	Gwersi Nofio . Swimming Lessons
	13:00-14:30	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday 20/04/25	14:30-15:30	Nofio Lon . Lane Swimming
	09:00-11:30	Gwersi Nofio . Swimming lessons
	11:30-12:00	Nofio Swigod . Bubbles Swim
	11:30-13:30	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday 20/04/25	13:30-14:30	Nofio am Ddim 0-16 oed . Free Swim 0-16 yrs
	14:30-16:00	Nofio Lon . Lane Swim