

NOFIO . SWIMMING

30/03/26 - 12/04/26

Dydd Llun
Monday
30/03/26

07:45-09:00	Nofio Lon . Lane Swimming
09:00-09:30	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
09:30-10:00	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
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
18:15-19:00	Nofio Cyhoeddus (pwll bach 18:00-19:00) . Public Swim (small 18:00-19:00)
19:00 - 20:00	Nofio Lon . Lane Swimming
20:00 - 21:00	Nofio Lon 3 Ion .Lane Swimming 3 Lanes
20:00 - 20:30	Gwersi Nofio Oeolion (2 Ion cychwynwyr) Adult Swimming lessons (2 Lanes Beginners)

Dydd Mawrth
Tuesday
31/03/26

07:45-09:00	Nofio Lon . Lane Swimming
09:00-09:30	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
09:30-10:00	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
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	Nofio am ddim (0-16 oed) . Free Swimming (0-16 years)
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
01/04/26

07:00-08:00	Nofio Ion (2 Ion) . Lane Swimming (2 lanes)
08:00-09:00	Nofio Ion . Lane Swimming
09:00-09:30	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
09:30-10:00	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
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
02/04/26

07:45-09:00	Nofio Lon . Lane Swimming
09:00-09:30	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
09:30-10:00	Cwrs Nofio Dwys Ton 1 + 2 . Crash Course Wave 1 + 2
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
13:00-15:30	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) Nofio Lon (2 Ion) . Lane Swim (2 lanes)

Dydd Gwener
Friday
03/04/26

Ar Gau . Closed

Dydd Sadwrn
Saturday
04/04/26

09:00-11:30	Gwersi Nofio . Swimming Lessons
11:30-12:30	Sesiwn pwll Derwen Pool Session
13:00-14:30	Nofio Cyhoeddus . Public Swim
14:30-15:30	Nofio Lon . Lane Swimming
09:30-11:30	Gwersi Nofio . Swimming lessons
11:30-12:00	Nofio Swigod . Bubbles Swim
11:30-13:30	Nofio Cyhoeddus . Public Swim
13:30-14:30	Nofio am Ddim 0-16 oed . Free Swim 0-16 yrs
14:30-16:00	Nofio Lon . Lane Swim

Dydd Llun Monday 06/04/26	09:00 - 09:30	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:30 - 10:00	Cwrs Nofio Dwys (Pwll Bach) Ton 1 a 2 / Crash Course Wave 1 + 2 (Small Pool)
	09:00 - 11:00	Nofio Cyhoeddus / Public Swim (Pwll Mawr / 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	Pool Inflatable (8-11 years old)
	14:30 - 15:30	Nofio Cyhoeddus / Public Swim
	15:30 - 18:00	Gwersi Nofio / Swimming lessons

Dydd Mawrth Tuesday 07/04/26	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	Nofio am ddim (0-16 oed) . Free Swimming (0-16 years)
	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 08/04/26	07:00-08:00	Nofio lon (2 lon) . Lane Swimming (2 lanes)
	08:00-09:00	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)
	10:00-11:00	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 09/04/26	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
	13:00-15:30	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) Nofio Lon (2 lon) . Lane Swim (2 lanes)	

Dydd Gwener Friday 10/04/26	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)
	10:00-11:00	Nofio Cyhoeddus . Public Swim
	11:15-12:00	Nofio Anabl . Disabled Swim
	12:00-13:00	Nofio Lon . Lane Swimming
	13:15 - 14:15	Inflatable Pwll - Pool Inflatable 8 - 11 oed . yrs
	14:30 - 15:30	Nofio Cyhoeddus . Public Swim
15:30-18:00	Gwersi Nofio . Swimming Lessons	
18:00-19:00	Nofio Cyhoeddus . Public Swim	
19:00-20:00	Nofio Lon . Lane Swimming	
20:00-21:00	Nofio Lon . Lane Swimming	

Dydd Sadwrn Saturday 11/04/26	09:00-11:30	Gwersi Nofio . Swimming Lessons
	13:00-14:30	Nofio Cyhoeddus . Public Swim
	14:30-15:30	Nofio Lon . Lane Swimming

Dydd Sul Sunday 12/04/26	09:30-11:30	Gwersi Nofio . Swimming lessons
	11:30-12:00	Nofio Swigod . Bubbles Swim
	11:30-13:30	Nofio Cyhoeddus . Public Swim
	13:30-14:30	Nofio am Ddim 0-16 oed . Free Swim 0-16 yrs
	14:30-16:00	Nofio Lon . Lane Swim
	16:00 - 18:00	Nofio Cyhoeddus . Public Swim
	18:00 - 19:00	Nofio Lon . Lane Swim