

NOFIO . SWIMMING

HAF O HWYL . SUMMER OF FUN 23/07/25 - 31/08/25		
Dydd Llun Monday Amserlen Gwahanol ar Gwyl y Banc 25/08/25 - ewch i'r wefan Different timetable on Bank Holiday 25/08/25 - go to the website	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:30-10:00	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:00-11:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr . Big Pool)
	10:00-10:30	Gwers Swigod . Bubbles Swim (Pwll Bach)
	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 8-11yrs
	15:00-20:00	Nofio Cyhoeddus . Public Swimming (Pwll bach yn cau am 19:00 . Small pool closes at 19:00)
	20:00-20:30	Gwersi Nofio i Oedolion . Adult Swimming lessons (2 lon . 2 Lanes)
	20:00-21:00	Nofio Lon . Lane Swimming
Dydd Mawrth Tuesday	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:30-10:00	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:00-10:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr . Big Pool)
	10:00-12:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr a Bach . Big & Small Pool)
	12:00-13:00	Nofio Lon . Lane Swimming
	13:00-14:00	Camp Chwaraeon . Sports Camp
	14:00-16:00	Nofio Cyhoeddus . Public Swimming
	16:00-16:45	Nofio Cyhoeddus . Public Swimming (3 lon . 3 Lanes)
	16:45-19:00	Nofio Cyhoeddus . Public Swimming (Pwll bach yn cau am 19:00 . Small pool closes at 19:00)
	19:00-20:00	Nofio Lon . Lane Swimming

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Dydd Mercher Wednesday	07:00-07:45	Nofio Lon . Lane Swimming (2 lon . 2 lanes)
	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:30-10:00	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:00-10:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr . Big Pool)
	10:00-11:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr a Bach . Big & Small Pool)
	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 8-11yrs
	16:00-19:00	Nofio Cyhoeddus . Public Swimming (Pwll bach yn cau am 19:00 . Small pool closes at 19:00)
	19:00-19:45	Aerobeg dwr 16+ . Aqua Aerobics 16+
	20:00-21:00	Nofio Lon . Lane Swimming
Dydd Iau Thursday	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:30-10:00	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:00-11:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr . Big Pool)
	10:00-10:30	Gwers Swigod . Bubbles Swim (Pwll Bach . 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
	14:00-18:00	Nofio Cyhoeddus . Public Swimming
	18:00-19:00	Nofio Cyhoeddus . Public Swimming (3 lon . 3 lanes) Nofio Lon . Lane Swimming (2 lon . 2 lanes)
	19:00-20:00	Nofio Cyhoeddus . Public Swimming (3 lon . 3 lanes) Nofio Lon . Lane Swimming (2 lon . 2 lanes) Pwll mawr yn unig . Big pool only

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HAF O HWYL . SUMMER OF FUN 23/07/25 - 31/08/25		
Dydd Gwener Friday	07:45-09:00	Nofio Lon . Lane Swimming
	09:00-09:30	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:30-10:00	Cwrs Nofio Dwys Ton 1 a 2 . Intensive Swimming Lesson Wave 1 & 2 (Pwll bach . Small Pool)
	09:00-10:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr . Big Pool)
	10:00-11:00	Nofio Cyhoeddus . Public Swimming (Pwll Mawr a Bach . Big & 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 Swimming
	14:30-15:30	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs
	15:30-19:00	Nofio Cyhoeddus . Public Swimming (Pwll bach yn cau am 19:00 . Small pool closes at 19:00)
	19:00-21:00	Nofio Lon . Lane Swimming
Dydd Sadwrn Saturday	09:00-11:00	Nofio Cyhoeddus . Public Swimming
	11:30-14:30	Nofio Cyhoeddus . Public Swimming (Cysylltwch y ganolfan i candarnhau . Contact the centre to confirm)
	14:30-15:30	Nofio Lon . Lane Swimming
Dydd Sul Sunday	09:30-13:30	Nofio Cyhoeddus . Public Swimming
	13:30-14:30	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs
	14:30-16:00	Nofio Lon . Lane Swimming
	16:00-18:00	Nofio Cyhoeddus . Public Swimming
	18:00-19:00	Nofio Lon . Lane Swimming

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GWYL Y BANC . BANK HOLIDAY 25/08/25		
Dydd Llun Monday 25/08/25	09:00-11:00	Nofio Cyhoeddus Public Swimming
	11:15-12:00	Nofio Anabl Disabled Swim
	12:00-13:00	Nofio Lon Lane Swimming
	13:00-14:30	Nofio Cyhoeddus Public Swimming
	14:30-15:30	Nofio Lon Lane Swimming