

NOFIO . SWIMMING			NOFIO . SWIMMING		
16/02/26 - 22/02/26			16/02/26 - 22/02/26		
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 (pwll mawr) . Public Swimming (big pool)		09:00 - 11:00	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)
	11:15 - 12:00	Nofio Anabl . Disabled Swim		10:00 - 11:00	Nofio Cyhoeddus (pwll mawr) . Public Swimming (big pool)
	12:00 - 13:00	Nofio Lon . Lane Swimming		10:00 - 10:30	Gwers Swigod . Bubbles Swim
	13:15 - 14:15	Inflatable Dwr . Pool Inflatable 8-11 oed.yrs		11:15 - 12:00	Aerobeg Dwr 60+ . Aqua Aerobics 60+
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons		12:00 - 13:00	Nofio Lon . Lane Swimming
	18:15 - 20:00	Nofio Cyhoeddus . Public Swim (Pwll bach yn cau am 19:00 . small pool closes 19:00 Dau Lôn yn unig . Two lanes only		13:00- 14:00	Camp Chwaraeon . Sports Camp
	20:00 - 21:00	Nofio Lon . Lane Swimming		14:00 - 15:30	Nofio Cyhoeddus . Public Swimming
	20:00 - 20:30	Gwersi Oedolion . Adult Swimming		15:30 - 18:00	Gwersi Nofio . Swimming Lesson
				18:00 - 20:00	Nofio Cyhoeddus 3 x Lon + Nofio Lon 2x Lon Public Swim 3 x Lanes + Lane Swimming 2x 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 (pwll mawr) . Public Swimming (big pool)		09:00 - 10:00	Nofio Cyhoeddus . Public Swimming
	12:00 - 13:00	Nofio Lon . Lane Swimming		11:15 - 12:00	Nofio Anabl . Disabled Swim
	13:00 - 14:00	Camp Chwaraeon . Sport Camp		12:00 - 13:00	Nofio Lon . Lane Swimming
	14:00 - 15:30	Nofio Cyhoeddus . Public Swimming		13:00 - 14:30	Nofio Cyhoeddus . Public Swimming
	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 . Public Swim (Pwll bach yn cau am 19:00/ small pool closes 19:00)		15:30 - 18:00	Gwersi Nofio . Swimming Lessons
Dydd Mercher Wednesday	07:00 - 9:00	Nofio lon 07:00 - 08:00 2 lôn / 08:00 - 09:00 pwll cyfan Lane Swim 07:00 - 08:00 2 lane / 08:00 - 09:00 whole pool		18:00-19:00	Nofio Cyhoeddus . Public Swimming
	09:00 - 11:00	Nofio Cyhoeddus . Public Swim (Pwll Mawr yn unig . Big pool only)	Dydd Sadwrn Saturday	19:00-21:00	Nofio Lon . Lane Swimming
	11:00 - 12:00	Nofio Actif am Oes . Active for Life Swimming		09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	12:00 - 13:00	Nofio Lon . Lane Swimming		13:00 - 14:30	Nofio Cyhoeddus . Public Swimming
	13:15 - 14:15	Inflatable Dŵr . Pool Inflatable (8-11 oed . yrs)	Dydd Sul Sunday	14:30 - 15:30	Nofio Lon . Lane Swimming
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons		09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	18:00 - 19:00	Nofio Cyhoeddus . Public Swim		11:30 - 12:00	Nofio Swigod . Bubbles Swim
	19:00 - 19:45	Acwa Aerobeg . Aqua Aerobics		11:30 - 13:30	Nofio Cyhoeddus . Public Swimming
	20:00 - 21:00	Nofio Lon . Lane Swimming		13:30 - 14:30	Nofio am Ddim (0-16 oed) Free Swimming (0-16 yrs)
				14:30 - 16:00	Nofio Lon . Lane Swimming