

NOFIO . SWIMMING			
26/05/25 - 01/06/25			
Dydd Llun Monday26/05	AR GAU . CLOSED		
Dydd Mawrth Tuesday 27/05	07:45 - 09:00	Nofio Lon . Lane Swimming	
	09:00 - 09:30	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)	
	09:30 - 10:00	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)	
	09:00 - 10:00	Nofio Cyhoeddus (pwll mawr) . Public Swimming (big pool)	
	10:00 - 12:00	Nofio Cyhoeddus . Public Swimming	
	12:00 - 13:00	Nofio Lon . Lane Swimming	
	13:00 - 14:00	Camp Chwaraeon . Sport Camp	
	14:00 - 15:30	Nofio Cyhoeddus . Public Swimming	
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons	
	18:15 - 20:00	Nofio Cyhoeddus . Public Swim (Pwll bach yn cau am 19:00/ small pool closes 19:00)	
	Dydd Mercher Wednesday 28/05	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
		09:00 - 09:30	Cwrs Nofio Dwys (Pwll Bach) Ton 1 + 2 Crash Course Wave 1 + 2 (Small Pool)
09:30 - 10:00		Cwrs Nofio Dwys (Pwll Bach) Ton 1 + 2 Crash Course Wave 1 + 2 (Small Pool)	
09:00 - 10:00		Nofio Cyhoeddus . Public Swim (Pwll Mawr yn unig . Big pool only)	
10:00 - 11:00		Nofio Cyhoeddus . Public Swim	
11:00 - 12:00		Nofio 60+ . 60+ Swimming	
12:00 - 13:00		Nofio Lon . Lane Swimming	
13:15 - 14:15		Inflatable Dŵr . Pool Inflatable (8-11 oed . yrs)	
15:30 - 18:00		Gwersi Nofio . Swimming Lessons	
18:00 - 19:00		Nofio Cyhoeddus . Public Swim	
19:00 - 19:45		Acwa Aerobeg . Aqua Aerobics	
20:00 - 21:00		Nofio Lon . Lane Swimming	

NOFIO . SWIMMING		
26/05/25 - 01/06/25		
Dydd Iau Thursday 29/05	07:45 - 09:00	Nofio Lon . Lane Swimming
	09:00 - 09:30	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)
	09:30 - 10:00	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)
	09:00 - 11:00	Nofio Cyhoeddus (pwll mawr) . Public Swimming (big pool)
	10:00 - 10:30	Gwers Swigod . Bubbles Swim
	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 Lesson
	18:00 - 20:00	Nofio Cyhoeddus - 3 x Lon . Public Swim - 3 x Lanes (Pwll bach yn cau am 19:00 . Small pool closes 19:00)
	18:00 - 20:00	Nofio Lon 2 lôn . Lane Swimming 2 lanes
Dydd Gwener Friday 31/05	07:45 - 09:00	Nofio Lon . Lane Swimming
	09:00 - 09:30	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)
	09:30 - 10:00	Cwrs Nofio Dwys (pwll bach Ton 1 a 2) Intensive Swimming Course (small pool Wave 1 a 2)
	09:00 - 10:00	Nofio Cyhoeddus (pwll mawr) . Public Swimming (big pool)
	10:00 - 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 am Ddim (0-16 oed) Free Swimming (0-16 yrs)
	15:30 - 18:00	Gwersi Nofio . Swimming Lessons
	18:00 - 19:00	Nofio Cyhoeddus . Public Swimming
	19:00 - 21:00	Nofio Lon . Lane Swimming
Dydd Sadwrn Saturday 31/05	09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	13:00 - 14:30	Nofio Cyhoeddus . Public Swimming
	14:30 - 15:30	Nofio Lon . Lane Swimming
Dydd Sul Sunday 01/06	09:00 - 11:30	Gwersi Nofio . Swimming Lessons
	11:30 - 12:00	Nofio Swigod . Bubbles Swim
	11:30 - 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