

PWLL NOFIO . SWIMMING POOL

27/10/25 - 02/11/25		
Dydd Llun Monday	11.00-12.00	Sesiwn Fflots ir teulu . Family Floats Session
	12.00-13.00	Nofio Lon . Lane Swimming
	13.30-14.30	Inflatable Pwll . Pool Inflatable
	18.00-19.00	Nofio cyhoeddus . Public Swimming
	19.00-20.00	Nofio Ion . Lane Swimming
Dydd Mawrth Tuesday	10.30-11.30	Nofio Actif am Oes Swim
	11.30-12.00	Nofio Swigod 0-3 oed . Bubbles Swim 0-3 yrs
	12.00-13.00	Nofio cyhoeddus . Public Swimming
	18.00-19.00	Nofio cyhoeddus . Public Swimming
	19.00-20.00	Nofio Ion . Lane Swimming
Dydd Mercher Wednesday	07.00-09.00	Nofio cyhoeddus . Public Swimming
	09.00-09.45	Aerobeg Dwr . Aqua Aerobics
	10.00-12.00	Nofio cyhoeddus . Public Swimming
	12.00-13.00	Nofio Ion . Lane Swimming
	13.30-14.30	Sesiwn Fflots ir teulu . Family Floats Session
	18.30-20.00	Nofio cyhoeddus . Public Swimming
Dydd Iau Thursday	10.00-11.00	Nofio am ddim 0-16 oed . Free Swimming 0-16 yrs
	11.00-12.00	Nofio Ion . Lane Swimming
	12.00-14.00	Nofio cyhoeddus . Public Swimming
	18.00-19.00	Nofio cyhoeddus . Public Swimming
	19.00-19.45	Aerobeg Dwr . Aqua Aerobics
Dydd Gwener Friday	10.00-11.00	Sesiwn Fflots ir teulu . Family Floats Session
	11.30-13.30	Nofio cyhoeddus . Public Swimming
	14.30-15.30	Nofio Ion . Lane Swimming
	17.00-18.00	Nofio cyhoeddus . Public Swimming
Dydd Sadwrn Saturday	10.00-11.00	Nofio Anabl . Disabled Swim
	10.00-13.30	Nofio Cyhoeddus . Public Swim
Dydd Sul Sunday	10.00-11.00	Nofio am ddim 0-16 oed . Free Swim 0-16 yrs
	11.15-12.30	Sesiwn Fflots ir teulu . Family Floats Session