

GWEITHGAREDDAU PLANT . CHILDREN’S ACTIVITIES

16/02/26 - 20/02/26		
Dydd Llun Monday	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 a 2 (4+ oed) Intensive Swimming Course Wave 1&2 (4+ yrs)
	13.00 - 14.00	Inflatble (8-16 oed . 8-16 yrs)
Dydd Mawrth Tuesday	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 a 2 (4+ oed) Intensive Swimming Course Wave 1&2 (4+ yrs)
	13.00 - 14.00	Inflatble (8-16 oed . 8-16 yrs)
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs
Dydd Mercher Wednesday	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 a 2 (4+ oed) Intensive Swimming Course Wave 1&2 (4+ yrs)
	10.00 - 10.30	Nofio Swigod 0-3 oed . Bubbles Swim 0-3 yrs
	13.00 - 14.00	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	16.00 - 17.00	Pasbort Ffitrwydd 11-15 oed . Fitness Passport 11-15 yrs
	18.30 - 19.00	Plymio Cyhoeddus . Public Diving
Dydd Iau Thursday	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 a 2 (4+ oed) Intensive Swimming Course Wave 1&2 (4+ yrs)
	11.00 - 11.30	Gwers Plymio 6-16 oed . Diving Lesson 6-16 yrs
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
Dydd Gwener Friday	09.30 - 10.00	Cwrs Nofio Dwys Ton 1 a 2 (4+ oed) Intensive Swimming Course Wave 1&2 (4+ yrs)
	11.00 - 11.30	Gwers Plymio 6-16 oed . Diving Lesson 6-16 yrs
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	13.00 - 14.00	Inflatble (8-16 oed . 8-16 yrs)
Dydd Sadwrn Saturday	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
Dydd Sun Sunday	14.30 - 15.30	Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving

Defnydd am ddim o’r cyrtiau a chaeau allanol tu allan yn ystod oriau agor y ganolfan
Free use of outside courts and fields during the centre’s opening hours