

PWLL MAWR .LARGE POOL

|                           | 21/07/25 - 31/08/25 |                                                                         |
|---------------------------|---------------------|-------------------------------------------------------------------------|
| Dydd Llun<br>Monday       | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 12.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 12.00 - 13.00       | Sesiwn Nofio Actif am Oes . Active for Life Swimming Session            |
|                           | 12.00 - 13.00       | Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming         |
|                           | 13.00 - 17.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 17.00 - 18.00       | Nofio Lon . Lane Swimming                                               |
|                           | 18.00 - 20.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 20.00 - 21.00       | Nofio Lon . Lane Swimming                                               |
| Dydd Mawrth<br>Tuesday    | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 12.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 12.00 - 13.00       | Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming         |
|                           | 13.00 - 17.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 17.00 - 18.00       | Nofio Lon . Lane Swimming                                               |
|                           | 18.00 - 20.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 20.00 - 21.00       | Nofio Lon . Lane Swimming                                               |
| Dydd Mercher<br>Wednesday | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 12.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 12.00 - 13.00       | Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming         |
|                           | 13.00 - 14.00       | Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs                         |
|                           | 13.00 - 17.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 17.00 - 18.00       | Nofio Lon . Lane Swimming                                               |
|                           | 18.00 - 19.00       | Nofio Cyhoeddus . Public Swimming (18:30-19:00 Pen Bas . Shallow End)   |
|                           | 18.30 - 19.00       | Plymio Cyhoeddus . Public Diving                                        |
|                           | 19.30 - 20.00       | Gwers Nofio Oedolion (gwelliant) . Adult Swimming Lesson (improver)     |
|                           | 20.00 - 21.00       | Nofio Lon . Lane Swimming                                               |
| Dydd Iau<br>Thursday      | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 12.00       | Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas . Shallow End) |
|                           | 11.30 - 12.00       | Plymio Cyhoeddus . Public Diving                                        |
|                           | 12.00 - 13.00       | Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming         |
|                           | 13.00 - 17.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 17.00 - 18.00       | Nofio Lon . Lane Swimming                                               |
|                           | 18.00 - 20.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 20.00 - 21.00       | Nofio Lon . Lane Swimming                                               |
| Dydd Gwener<br>Frriday    | 06.30 - 08.00       | Nofio Lon . Lane Swimming                                               |
|                           | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 12.00       | Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas . Shallow End) |
|                           | 11.30 - 12.00       | Plymio Cyhoeddus . Public Diving                                        |
|                           | 12.00 - 13.00       | Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming         |
|                           | 13.00 - 17.00       | Nofio Cyhoeddus . Public Swimming                                       |
|                           | 17.00 - 18.30       | Nofio Lon . Lane Swimming                                               |
|                           | 20.00 - 21.00       | Nofio Lon . Lane Swimming                                               |
| Dydd Sadwrn<br>Saturday   | 09:00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10:00 - 10:45       | Gwersi Plymio Oedolion . Adult Diving Lesson                            |
|                           | 10.00 - 17.00       | Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas . Shallow End) |
|                           | 15.00 - 15.30       | Plymio Cyhoeddus . Public Diving                                        |
| Dydd Sul<br>Sunday        | 08.00 - 10.00       | Nofio Lon . Lane Swimming                                               |
|                           | 10.00 - 15.30       | Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas . Shallow End) |
|                           | 14.30 - 15.30       | Nofio am Ddim 0-16 oed . Free Swimming 0-16 yrs                         |
|                           | 15.00 - 15.30       | Plymio Cyhoeddus . Public Diving                                        |
|                           | 15:30 - 16:30       | Seswin Nofio Anabl am Ddim . Free Disabled Swimming Session             |
|                           | 17:00 - 18:00       | Nofio Lon . Lane Swimming                                               |