

PWLL MAWR . LARGE POOL

21/07/25 - 31/08/25		
Dydd Llun 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 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 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 yn Unig . Shallow
	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 Thurday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 12.00	Nofio Cyhoeddus . Public Swimming (11.00 - 12.00 Pen Bas yn Unig . Shallow
	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 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 yn Unig . Shallow
	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 Saturday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 17.00	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
Dydd Sul Sunday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 17.00	Nofio Cyhoeddus . Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow
	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