

PWLL MAWR . LARGE POOL

27/10/25 - 02/10/25		
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 - 15.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public 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 - 15.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public 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 - 15.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 19.00	Nofio Cyhoeddus . Public Swimming (18.30 - 19.00 Pen Bas yn Unig. Shallow End Only)
	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 Thursday	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 End Only)
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 15.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.15	Nofio Lon . Lane Swimming
	18.15 - 20.00	Nofio Cyhoeddus . Public Swimming
Dydd Gwener Friday	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 End Only)
	11.30 - 12.00	Plymio Cyhoeddus . Public Diving
	12.00 - 13.00	Nofio Lon a Nofio Cyhoeddus . Lane Swimming and Public Swimming
	13.00 - 15.15	Nofio Cyhoeddus . Public Swimming
	17.15 - 18.30	Nofio Lon . Lane Swimming
Dydd Sadwrn Saturday	11.00 - 15.30	Nofio Cyhoeddus. Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	15.00 - 15.30	Plymio Cyhoeddus . Public Diving
Dydd Sul Sunday	08.00 - 10.00	Nofio Lon . Lane Swimming
	10.00 - 15.30	Nofio Cyhoeddus. Public Swimming (15.00 - 15.30 Pen Bas yn Unig . Shallow End Only)
	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	Sesiwn Nofio Anabl am Ddim . Free Disabled Swimming Session