

PWLL MAWR . LARGE POOL

30/03/26 - 12/04/26		
Dydd Llun Monday 30/03/26	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
	12.00-13.00	Nofio Actif am Oes . Active for Life 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 31/03/26	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 01/04/26	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
	13.00-15.00	Nofio Cyhoeddus / Public Swimming
	17.15-18.15	Nofio Lon / Lane Swimming
	18.15-19.00	Nofio Cyhoeddus / Public Swimming
	18.30-19.00	Deifio Cyhoeddus . Public Diving
	19:30-20:00	Gwersi Nofio Oedolion (gwelliant) . Adult Swimming Lessons (improver)
	20.00-21.00	Nofio Lon / Lane Swimming
Dydd Iau Thursday 02/04/26	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	Deifio 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
	09:00-10:00	Nofio Lon / Lane Swimming
Dydd Gwener Friday 03/04/26	10:00 - 12:00	Nofio Cyhoeddus / Public Swimming (pen bas yn unig . shallow end only 11:00-12:00)
	11.30-12.00	Deifio Cyhoeddus . Public Diving
	12.00-13.00	Nofio Lon a nofio cyhoeddus / Lane Swimming and public swimming
	13.00-15.00	Nofio Cyhoeddus / Public Swimming
	11:00 - 15:30	Nofio Cyhoeddus / Public Swimming (15:00-15:30 pen bas yn unig . shallow end only)
Dydd Sadwrn Saturday 04/04/26	15:00-15:30	Plymio cyhoeddus . Public Diving
	8:00-10:00	Nofio Lon / Lane Swimming
Dydd Sul Sunday 05/04/26	10:00-15:30	Nofio Cyhoeddus / Public Swimming (15:00-15:30 pen bas yn unig . shallow end only)
	15:00-15:30	Plymio cyhoeddus . Public Diving
	15:30-16:30	Nofio anabl am ddim . Free disabled swim

PWLL MAWR . LARGE POOL

30/03/26 - 12/04/26		
Dydd Llun Monday 06/04/26	AR GAU . CLOSED	
Dydd Mawrth Tuesday 07/04/26	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
Dydd Mercher Wednesday 08/04/26	18.15-20.00	Nofio Cyhoeddus / Public Swimming
	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
	13.00-15.00	Nofio Cyhoeddus / Public Swimming
	17.15-18.15	Nofio Lon / Lane Swimming
	18.15-19.00	Nofio Cyhoeddus / Public Swimming
	18.30-19.00	Deifio Cyhoeddus . Public Diving
	19:30-20:00	Gwersi Nofio Oedolion (gwelliant) . Adult Swimming Lessons (improver)
Dydd Iau Thursday 09/04/26	20.00-21.00	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	Deifio 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 10/04/26	06.30-08.00	Nofio Lon (1 lon) / Lane Swimming (1 lane)
	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	Deifio 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 11/04/26	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 12/04/26	8:00-10:00	Nofio Lon / Lane Swimming
	10:00-15:30	Nofio Cyhoeddus / Public Swimming (15:00-15:30 pen bas yn unig . shallow end only)
	15:00-15:30	Plymio cyhoeddus . Public Diving
	15:30-16:30	Nofio anabl am ddim . Free disabled swim