

NOFIO . SWIMMING			NOFIO . SWIMMING		
16/02/26 - 20/02/26			16/02/26 - 20/02/26		
Dydd Llun Monday	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session	Dydd Gwener Friday	09.00-10.00	Nofio Lon . Lane swimming
	12.00-14.00	Nofio Cyhoeddus . Public swimming			
	14.00-15.00	Nofio Actif am Oes . Active for Life swim		10.15-10.45	Gwers Swigod 0-3 oed . Bubbles lesson 0-3
	15.00-16.45	Nofio Cyhoeddus . Public swimming			
	17.00-18.00	Nofio Ffitrwydd Iau . Junior swim fit		11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session
	18.00-19.00	Nofio Lon . Lane swimming			
	19.00-20.00	Nofio Cyhoeddus . Public swimming		12.00-15.00	Nofio Cyhoeddus . Public swimming
	19.15-19.45	Gwersi Nofio i Oedolion . Adult swimming lesson			
Dydd Mawrth Tuesday	09.45-10.45	Nofio Lon . Lane swimming	Dydd Sadwrn Saturday	15.30-17.30	Gwersi Nofio . Swimming lessons
	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session			
	12.00-13.00	Nofio Cyhoeddus . Public swimming		18.00-19.00	Inflatable Pwll 8-11 oed . Pool inflatable age 8-11
	13.00-13.45	Acwa . Aqua aerobics			
	14.45-15.45	Nofio Cyhoeddus . Public swimming		10.00-11.00	Sesiwn Fflot i'r Teulu . Family floats session
	16.00-18.00	Gwersi Nofio . Swimming lessons			
	18.15-19.15	Nofio Lon . Lane swimming		11.00-13.45	Nofio Cyhoeddus . Public swimming
	19.30-20.00	Acwa Dwr Dyfn . Deep water aqua aerobics			
Dydd Mercher Wednesday	07.00-08.45	Nofio Lon . Lane swimming	Dydd Sul Sunday	10.00-11.00	Nofio am ddim o dan 16 . Under 16 free swimming
	09.00-10.00	Nofio Cyhoeddus . Public swimming			
	11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session		11.00-12.00	Sesiwn Fflot i'r Teulu . Family floats session
	12.00-13.00	Nofio am ddim o dan 16 . Under 16 free swimming			
	14.15-15.45	Nofio Cyhoeddus . Public swimming		12.00-13.00	Nofio Cyhoeddus . Public swimming
	16.00-18.00	Gwersi Nofio . Swimming lessons			
	18.00-19.15	Nofio Cyhoeddus . Public swimming			
Dydd Iau Thursday	09.00-10.00	Nofio Lon . Lane swimming			
	11.15-12.00	Acwa . Aqua aerobics			
	13.45-14.45	Sesiwn Fflot i'e teulu . Family floats session			
	14.45-15.45	Nofio Anabl am Ddim . Disabled free swimming			
	16.00-18.00	Gwersi Nofio . Swimming lessons			
	18.00-19.00	Nofio Cyhoeddus . Public swimming			
	19.00-20.00	Nofio Lon . Lane swimming			