

| NOFIO . SWIMMING                                  |             |                                                                                   | NOFIO . SWIMMING                                  |             |                                                      |
|---------------------------------------------------|-------------|-----------------------------------------------------------------------------------|---------------------------------------------------|-------------|------------------------------------------------------|
| HAF O HWYL . SUMMER OF FUN<br>21/07/25 - 31/08/25 |             |                                                                                   | HAF O HWYL . SUMMER OF FUN<br>21/07/25 - 31/08/25 |             |                                                      |
| Dydd Llun<br>Monday                               | 09:00-09:30 | Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2<br>(21/07/25 yn unig . only) | Dydd Gwener<br>Friday                             | 09.00-10.00 | Nofio Lon<br>Lane swimming                           |
|                                                   | 09.45-10.45 | Nofio Lon . Lane swimming                                                         |                                                   | 10.15-10.45 | Gwers Nofio Swigod 0-3 oed<br>Bubbles lesson 0-3 yrs |
|                                                   | 11.00-12.00 | Sesiwn fflot i'r teulu . Family float session                                     |                                                   | 11.00-12.00 | Sesiwn fflot i'r teulu<br>Family float session       |
|                                                   | 12.00-14.00 | Nofio cyhoeddus . Public swimming                                                 |                                                   | 12.00-15.00 | Nofio Cyhoeddus<br>Public swimming                   |
|                                                   | 14.00-15.00 | Nofio Actif am Oes . Actif am Oes swim                                            |                                                   | 15.00-16.00 | Sesiwn fflot i'r teulu<br>Family float session       |
|                                                   | 15.00-16.45 | Nofio cyhoeddus . Public swimming                                                 |                                                   | 16.00-17.45 | Nofio Cyhoeddus<br>Public swimming                   |
|                                                   | 17.00-18.00 | Nofio ffitrwydd lau . Junior swim fit                                             |                                                   | 18.00-19.00 | Inflatable Pwll 8-11 oed<br>Pool Inflatable 8-11 yrs |
|                                                   | 18.00-19.00 | Nofio Lon . Lane swimming                                                         | Dydd Sadwrn<br>Saturday                           | 10.00-11.00 | Sesiwn fflot i'r teulu<br>Family float session       |
|                                                   | 19.00-20.00 | Nofio cyhoeddus . Public swimming                                                 |                                                   | 11.00-14.45 | Nofio Cyhoeddus<br>Public swimming                   |
| Dydd Mawrth<br>Tuesday                            | 09:00-09:30 | Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2<br>(22/07/25 yn unig . only) |                                                   | 12.30-13.30 | Sesiwn Bwm 1:2<br>Boom session ratio 1:2             |
|                                                   | 09.45-10.45 | Nofio Lon . Lane swimming                                                         | Dydd Sul<br>Sunday                                | 10.00-11.00 | Nofio am ddim 0-16 oed<br>Free Swim 0-16 yrs         |
|                                                   | 11.00-12.00 | Sesiwn fflot i'r teulu . Family float session                                     |                                                   | 11.00-12.00 | Sesiwn fflot i'r teulu<br>Family float session       |
|                                                   | 12.00-13.00 | Nofio cyhoeddus . Public swimming                                                 |                                                   | 12.00-13.00 | Nofio Cyhoeddus<br>Public swimming                   |
|                                                   | 13.00-13.45 | Aerobeg Dwr . Aqua Aerobics                                                       |                                                   |             |                                                      |
|                                                   | 15.00-18.00 | Nofio cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 18.15-19.15 | Nofio Lon . Lane swimming                                                         |                                                   |             |                                                      |
|                                                   | 19.30-20:00 | Aerobeg dwr dwfn . Deep water aerobics                                            |                                                   |             |                                                      |
|                                                   |             |                                                                                   |                                                   |             |                                                      |
| Dydd Mercher<br>Wednesday                         | 09:00-09:30 | Nofio Dwys ton 1 a 2 . Intensive Swimming Wave 1 & 2<br>(23/07/25 yn unig . only) |                                                   |             |                                                      |
|                                                   | 09.45-10.45 | Nofio Lon . Lane swimming                                                         |                                                   |             |                                                      |
|                                                   | 11.00-12.00 | Sesiwn fflot i'r teulu . Family float session                                     |                                                   |             |                                                      |
|                                                   | 12.00-13.00 | Nofio am ddim 0-16 oed . Free Swim 0-16 yrs                                       |                                                   |             |                                                      |
|                                                   | 13.00-15:00 | Nofio Cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 15.00-16.00 | Sesiwn fflot i'r teulu . Family float session                                     |                                                   |             |                                                      |
|                                                   | 16.00-17.45 | Nofio Cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 18.00-19.00 | Inflatable Pwll 8-11 oed . Pool Inflatable 8-11 yrs                               |                                                   |             |                                                      |
| Dydd Iau<br>Thursday                              | 09.00-10.00 | Nofio Lon . Lane swimming                                                         |                                                   |             |                                                      |
|                                                   | 10.00-11.00 | Nofio Cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 11.15-12.00 | Aerobeg Dwr . Aqua Aerobics                                                       |                                                   |             |                                                      |
|                                                   | 12.00-13.00 | Nofio Cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 13.00-14.00 | Sesiwn fflot i'r teulu . Family float session                                     |                                                   |             |                                                      |
|                                                   | 15.00-16:00 | Nofio Anabl am ddim . Disabled free swimming                                      |                                                   |             |                                                      |
|                                                   | 16.00-18.45 | Nofio Cyhoeddus . Public swimming                                                 |                                                   |             |                                                      |
|                                                   | 19.00-20.00 | Nofio Lon . Lane swimming                                                         |                                                   |             |                                                      |